

**BELL HARBOR INTERNATIONAL CONFERENCE CENTER  
WORLD TRADE CENTER SEATTLE**

**BUFFET LUNCH MENUS**

*All buffet lunches include freshly brewed Starbucks coffee, assorted Tazo teas, iced tea, and lemonade.  
Serves a minimum of 25 guests.*

**THE DELI BUFFET**

Traditional Coleslaw  
Country Style Potato Salad  
Mixed Greens with a Choice of Dressing  
*Build Your Own Sandwich Platter:*  
Roast Turkey                      Assorted Cheeses  
Sliced Roast Beef                Lettuce  
Smoked Ham                      Tomatoes  
Assorted Breads  
Assorted Cookies and Brownies  
**\$25.00 PER PERSON**

**THE FOCACCIA BUFFET**

Greek Pasta Salad with Roasted Peppers, Feta Cheese, Olives, and Artichoke Hearts  
Fresh Mozzarella and Tomato Salad with Basil and Balsamic Vinaigrette  
Hearts of Romaine Salad with Caesar Dressing  
*Assorted Focaccia Sandwiches:*  
Grilled Vegetable with Dill Havarti and Basil Aioli  
Grilled Chicken Wrap with Sun Dried Tomato Aioli  
Italian Roast Beef with Roasted Red pepper Spread and Smoked Provolone  
Chef's Selection of Mini Pastries and Tarts  
**\$28.00 PER PERSON**

**SOUTH OF THE BORDER**

Cabbage Ensalada  
Chips with Guacamole, Two Fresh Salsas, and Sour Cream  
Beef and Chicken Fajitas  
Cheese Enchiladas  
Spanish Rice, Seasoned Black Beans, and Tortillas  
Key Lime Pie  
**\$32.00 PER PERSON**

**BALANCED CHOICES BUFFET**

Mixed Greens with an Assortment of Dressings  
Crispy Asian Slaw with Sesame Ginger Vinaigrette  
Fruit Salad with Local Berries  
Seared Salmon with Melted and Sweet Red Pepper Coulis  
Mediterranean Penne with Roasted Vegetable Veloute and Feta Cheese  
Brown Rice Pilaf  
Warm Peach Cobbler with Vanilla Cream  
**\$34.00 PER PERSON**

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*Prices and menus subject to change.  
A 20% service charge and applicable sales tax will be added to all charges.*



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**WHEN IN ROME**

Grilled Marinated Vegetable Tray  
Mixed Greens with Goat Cheese and Balsamic Olive Oil Vinaigrette  
Tuscan Bread Salad with Tomatoes, Olives, and Mozzarella  
Lasagna Bolognese  
Ricotta Stuffed Shells with Sauce Pomadora  
Vegetable Ratatouille  
Garlic Bread Sticks and Rolls  
Chef's Selection of Mini Pastries and Tarts  
**\$34.00 PER PERSON**

**NORTHWEST LUNCHEON BUFFET**

Mixed Greens with an Assortment of Dressings  
Seafood Pasta Salad  
Roasted Vegetable Salad  
Grilled Chicken Breast with Wild Mushroom Demi Glace  
Roasted Salmon Filet with Citrus-Herb Sauce  
Chef's Selection of Fresh Vegetables  
Herb Roasted Potatoes  
Assorted Rolls and Butter  
Assorted Mini Pastries and Tarts  
**\$36.00 PER PERSON**

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**BOXED LUNCHES**

**TRADITIONAL BOXED LUNCH**

*Choice of Sandwich on Artisan Rolls  
Includes Lettuce, Tomato, Mayonnaise and Mustard*

Turkey and Swiss Cheese  
Roast Beef and Tillamook Cheddar Cheese  
Ham and Tillamook Cheddar Cheese  
Grilled Marinated Vegetable

*Also Includes:*  
Individual Bag of Chips  
Whole Fresh Fruit  
Gourmet Cookie  
Bottled Water  
**\$20.00 PER PERSON**

**DELUXE BOXED LUNCH**

*Choice of Sandwich  
Includes Lettuce, Tomato, Mayonnaise and Mustard*

Smoked Turkey and Swiss Cheese on a Flakey Croissant  
Roast Beef and Tillamook Cheddar Cheese on Herbed Foccaccia Bread  
Italian Sub with Salami, Ham, Capicola, Morttadella, and Provolone Cheese  
Grilled Marinated Vegetable Ciabatta

*Also Includes:*  
Individual Bag of Chips  
Greek Pasta Salad  
Whole Fresh Fruit  
Gourmet Cookie  
Bottled Water  
**\$23.00 PER PERSON**

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**LUNCHEON ENTRÉES**

*Includes a mixed green salad, seasonal vegetables, Chef's choice of starch, assorted rolls and butter, freshly brewed Starbucks coffee, and assorted Tazo teas. All prices listed are per person.*

**SEAFOOD**

Dungeness Crab Cake with Cajun Rémoulade	\$34.00
Grilled Salmon with Savory Peach and White Balsamic Sauce	\$34.00
Blackened Catfish with Creole Rémoulade	\$32.00
Garlic Shrimp Penne with Browned Butter and Myzithra Cheese	\$30.00
Basil Pesto Crusted Pacific Halibut with Roasted Red Pepper Coulis	\$36.00

**MEATS AND POULTRY**

Petite Filet Mignon with Wild Mushroom Sauté and Brandy Cream	\$38.00
Grilled Beef Tender Medallions with Red Wine Demi Glace	\$36.00
Stuffed Breast of Chicken with Black Forest Ham, Provolone Cheese, and Fire Roasted Tomato Pomadora Sauce	\$32.00
Braised Sirloin Tips with Potato Gnocchi and Gorgonzola and Cabernet Demi Glace	\$34.00
Searred Chicken Breast with Roast Garlic, Onion Marmalade, and Balsamic Vinegar Demi Glace	\$32.00
Traditional Lasagna with Layers of Italian Spiced Ground Beef and Sausage, Fire Roasted Tomato Basil Garlic Sauce	\$28.00

**ENTRÉE SALADS**

Grilled Shrimp or Chicken Caesar Salad with Vine-Ripened Tomato Concassé and Shaved Parmesan	\$28.00
Poached Citrus Salmon on a Bed of Organic Greens with Sweet Peppers and Lemon Thyme Vinaigrette	\$28.00
Southwest Crispy Chicken Salad with Diced Tomatoes, Apple Wood Bacon, Chopped Egg, Fire Roasted Corn, and Chipotle Lime Dressing	\$28.00
Seafood Chop Salad with Oregon Bay Shrimp, Smoked Salmon, Dungeness Crab, Chopped Roma Tomatoes, Blue Cheese, Crisp Cucumber, and Parmesan Citronette Dressing	\$28.00
Smoked Miso Cod on a Bed of Asian Noodles, Crisp Sesame Vegetables, and Sweet Chili Vinaigrette	\$27.00

**VEGETARIAN**

Three Cheese Tortellini Tossed with Roasted Vegetables and Sun-Dried Tomato Pesto	\$26.00
Baked Cannelloni Stuffed with Fresh Spinach, Artichokes, and Herbed Ricotta Cheese with Charred Red Pepper Sauce and Basil Purée	\$26.00
Three Mushroom Risotto with King Oyster Picatta	\$26.00

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**DESSERTS**

White Chocolate and Macadamia Nut Bread Pudding with Crème Anglaise	\$4.00
Individual Fresh Seasonal Fruit Tart	\$5.00
New York Style Cheesecake with Fresh Berry Coulis	\$4.00
Seasonal Fruit Selection	\$4.00
Chocolate Truffle Ganache Tort	\$5.00
Rustic Apple Tart	\$5.00
Assorted Mini French Pastries and Tarts. <i>Priced Per Dozen</i>	\$38.00
Fresh Baked Cookies Served Family Style. <i>Priced Per Dozen</i>	\$27.00

*Ask your Event Planning Manager for additional selections.*