

CORPORATE LUNCH MENU

OLD FAVORITES FOR PARTIES OF 25 OR MORE

CHICKEN POT PIE

Served with Potato Salad, Green Salad, Dressings, Rolls & Butter \$11.50 per guest

BBQ PLATE BUFFET

BBQ Pork, Kaiser Rolls, Potato Chips, Cole Slaw \$12.00 per guest

CHICKEN TENDERS BASKET

Crispy Chicken Tenders served with Honey Mustard, homemade Potato Wedges, Hush Puppies, Coleslaw \$12.50 per guest

OLD FASHION MEATLOAF

Old special recipe Meatloaf with Mashed Potatoes and Gravy, Honey Glazed Carrots, Rolls & Butter \$13.00 per guest

FRIED SHRIMP BASKET

Large Butterfly Shrimp served with Cocktail Sauce, Homemade Potato Wedges, Coleslaw & Hush Puppies \$13.75 per guest

FRIED CHICKEN

Served with Mashed Potato & Gravy, Green Beans, Rolls (for all white meat add\$1.00 per guest) \$14.00 per guest

HOT ROAST BEEF OR TURKEY BUFFET

Hot Roast Beef or Hot Turkey, Kaiser Rolls, Garlic Potato Wedges, Honey Glazed Carrots \$14.75 per guest

For Catering Call (770) 334-0673
E-mail: wholelifecatering@live.com
www.wholelifecatering.com
Attention: Chef Tony

LASAGNA

Vegetable or Beef Lasagna, Homemade with all natural ingredients, Served with Garden Salad or Marinated Vegetables and Fresh Baked Garlic Bread \$15.50 per guest

PASTA BUFFET

Your choice of Ziti, Bowtie or Fettuccini Pasta with your choice of Homemade Marinara, Alfredo or Pesto Sauce, served with Garden Salad Or Marinated Vegetables and Fresh Baked Garlic Bread \$11.50 per guest
Please add \$1.00 per guest for Meat Sauce, \$2.00 per guest for Meatballs Or Sausage, \$3.00 per guest for Char-grilled Chicken Strips

CHICKEN PARMESAN

Lightly breaded chicken breast topped with provolone Cheese and Homemade Italian Sauce, served with a side of Pasta, Garden Salad & Fresh Baked Garlic Bread \$11.50 per guest

SOUTH OF THE BORDER

*Includes: Tortilla shells, shredded lettuce, chopped tomatoes, shredded cheddar cheese, sour cream, salsa, jalapenos.
Guacamole, upon request

FAJITA FIESTA

Grilled onions and peppers served with Mexi Rice and homemade Black Beans
Chicken \$12.95 per guest
Steak \$13.95 per guest

TACO SALAD BUFFET

Toasted or Soft Tortillas
Chicken \$11.95 per guest
Steak \$12.95 per guest

SKILLET RANCHERO

Char-grilled Chicken, Beef or Shrimp over Roasted Vegetables, Potatoes, Onions, Peppers and Mushrooms, served with our Tequila Black Beans
Chicken \$12.95 per guest
Steak \$13.95 per guest
Shrimp \$14.95 per guest

DESSERT SELECTION

(Per guest)

ASSORTED COOKIES	\$1.50	CHEESE CAKE	\$3.00
		(With Raspberry Topping)	\$3.50
ZEBRA BROWNIES	\$2.00	MINI PICK-UP DESSERTS	\$3.00
STRAWBERRY SHORTCAKE	\$2.00	FRUIT COBBLER	\$2.00
KEY LIME PIE	\$3.00	CHOCOLATE CAKE	\$3.00
ASSORTED CAKE SQUARES	\$3.00		

BEVERAGES

INCLUDES ICE AND CUPES

SOFT DRINKS	\$2.00	BOTTLED WATER	\$2.00
(Coke, Diet Coke, Sprite, Diet Sprite)			
SWEET ICED TEA	\$10.00	LEMONADE	\$10.00
(1 GALLON SERVES 10)		(1 GALLON SERVES 10)	
FRUIT PUNCH	\$10.00	Sparkling Water	\$5.00
(1 GALLON SERVES 10)			
White Wine	\$20.00	Red Wine	\$20.00

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SIDES & SALADS

House Salad	Potato Salad	Pasta Salad
Garden Salad	Tomato & Cucumber Salad	Marinated Vegetables
Caesar Salad	Vinaigrette	Asparagus & Roasted Potatoes

VEGETABLES

Green Beans (almondine or herbed)	Steamed Carrots	Green Bean Casserole
Honey Glazed Baby Carrots	Steamed Broccoli	Parmesan Tomatoes (stuffed)
Sautéed Zucchini & Squash	Sautéed Onions	Asparagus (hot or cold)
Spicy Carrots (Balsamic)	Baked Apples	Confetti of Vegetables
Sweet Potato Soufflé	Peas & Onions	Zucchini & Tomatoes
Sugar Snaps & Carrots	Grilled Vegetables	Mixed Green Vegetables
Sautéed Mushrooms		

STARCHES

Garlic Roasted Potatoes	Twice Baked Potatoes	Smashed Red Potatoes
Baked Potatoes	Steamed Rice	Home Fried Potatoes
Mushroom Rice	Rice Pilaf	Smashed Potatoes
Saffron Rice	Wild Rice	Buttered Noodle
Macaroni & Cheese		

CORPORATE HOT LUNCHES

CHICKEN

Teriyaki Kabob Marinated Chicken Chunks skewered with Peppers, Onion and Fresh Pineapple served with a Vegetable Rice Pilaf \$12.50

Chicken & Friend Chicken Breast Brushed Lightly with BBQ Sauce, Covered with Ham and Melted Cheese, Served with Jack Daniel Apples \$12.50

Lemon Chicken Piccata Lemon marinated Breast of chicken slightly breaded and served over Bowtie Pasta with Capers and a Vegetable Medley \$12.50

Spicy Honey Glazed Chicken Chicken Breast marinated and seasoned with a Southwestern Flair served with Garlic Roasted Potatoes \$12.50

Zucchini Stuffed Parmesan Chicken Chicken Breast stuffed with Julienne Zucchini Cheese Stuffing served with Twice Baked Potatoes \$12.50

Smothered Chicken A 6 ounce boneless Chicken Breast smothered with sautéed onions, mushrooms, veloute Tomatoes sauce \$13.50

Chicken Oscar Bread or Grilled chicken Breasts garnished with Hollandaise sauce and stuffed with fresh Asparagus Spears and Crabmeat \$14.50

BEEF

Beef Roast with Spicy Chipotle Sauce Tenderloin of Beef seasoned wand oven roasted, drizzled with a Spicy Chipotle Sauce served with Vegetable Rice Pilaf \$13.50

Top Round of Beef with Roasted Garlic Demi Glaze Slow cooked Top Round of Beef topped with Roasted Garlic Demi Glaze, served with Homemade Mashed Potatoes \$13.50

Beef Stroganoff Chunks of Beef Roast and Noodles in a special recipe sour cream sauce and served with Seasonal Vegetable Medley \$12.50

Stuffed Tenderloin Roasted Red Peppers, Onions, Mushrooms, Garlic and Spinach stuffed Tenderloin topped with a Espagnole Roasted Garlic Demi Glaze, served with our Twice Baked Potatoes \$15.50

Tenderloin Madeira Medallions of Beef Tenderloin in a special blend of Madeira Wine Sauce served with Chinese Sesame Carrots 15.50

All Selections listed above include a choice of one starch, one vegetable, roll & butter

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Cold plates and Salads for the Culinary Explorer

VIP Cold Plate Gulf Shrimp, Marinated Tenderloin and sliced Char-grilled chicken Breast with Brioche Roll and Butter,, Pasta Salad and Fresh Cut Fruit 14.95

Executive Plate Gulf Shrimp, Sliced Roasted Beef and Slices of Char-grilled Chicken Breast surrounded by Pasta Salad and Fresh Cut Fruit 13.50

Tenderloin Plate Roast Tenderloin of Beef served with Marinated Vegetables and Potato Salad 12.95

CEO Plate Sliced Pork, Marinated Tenderloin and Grilled Chicken served with Pasta Salad and Fruit Salad 13.50

Char-grilled Chicken Plate Traditional Lemon or Teriyaki served with Vegetable Rice Pilaf and Fresh Fruit 11.95

Wild West Chicken Honey Glazed Spicy Chicken Breast Served Over a Bed of Mexican Rice with Fresh cut Fruit and Blue Cheese Dipping Sauce 11.95

Salmon Salad Salmon Filet Served Over a Bed of Greens with Creamy Basil Dressing and a Yeast Roll 12.95

Grilled Chicken Caesar Marinated Grilled Chicken Breast sliced and served over a Traditional Caesar Salad with Fresh Fruit 11.50

Tortellini Pasta Salad – Vegetarians Choice Tortellini Pasta, Zucchini, Squash, Peppers and Carrots tossed in a creamy Garlic Parmesan Sauce served with a fresh Baked Brioche Roll and Fresh Fruit 11.50

Wraps

Rio Grande Sun-dried Tomato Tortilla, Southwestern Grilled Chicken, Mexican Rice, Black Beans, Lettuce and Tomato with Monterey Jack Cheese and Spicy Tomato Aioli 10.50

Veggie-Delight Spinach tortilla, Grilled Portobello, Zucchini, Squash & Roasted Peppers with Rice Pilaf, Smoked Gouda and Lettuce with Basil Remoulade 10.50

Seafood Cajun Flour Tortilla, Crawfish or Shrimp Sautéed with Chef Tony's Spicy Cajun Blend, Dirty Rice, Lettuce and Tomato with Spicy Mango Aioli 11.50



*“Eating With
Living in Mind”
Chef Tony A.
Sharpe*

Chef Tony discovered his love of cooking at an early age during the many hours he spent in the kitchen with his mother, grandmother and grandfather. After finishing high school Tony left Philadelphia for Bethune Cookman College in Florida, where he studied Business. The following year Tony traveled to Australia, Mexico, New Zealand, and Canada and throughout the United States as a member of UP WITH PEOPLE, an international dance and signing group. During his journeys, Tony discovered a passion for food while staying with host families, and at the end of his engagement decided to pursue a career in culinary arts.

After working in the culinary field for 13 years, Tony enrolled at Le Cordon Bleu Culinary Arts School of Atlanta in 2005. Le Cordon Bleu intensive culinary program, designed for career-changing professionals, includes an integrated wine and baking curriculum. Tony is classically trained in French, European, Asian and American cooking techniques and is a certified Chef. After graduating magna cum laude with perfect attendance, Tony honed his skills at Cherokee Town & Country Club under Certified Master Chef Kevin Walker for 3 years, where he studied traditional French and American techniques. Today Chef Tony is a personal chef to 3-time Super Bowl Champion Rodney Harrison (Safety - New England Patriots), Joe Horn (Wide Receiver - Atlanta Falcons), Eric Snow (Point Guard - Cleveland Cavaliers) and former 2-time Super Bowl Champion Tony Jones (Offensive Tackle for-Denver Broncos), Atlanta House Wife NeNe Leak season one. Most recently cooked for artist TI and talk show host Ryan Cameron from V-103 at the Grammy symposium.

Today Tony combines his twin passion for food and teaching by creating uniquely enjoyable culinary classes, teambuilding seminars and culinary events. His classes use only the freshest and finest ingredients available, many from local farmer markets. His classes also entertain, enrich as well as amuse. His innovative menus are hand-crafted.

Looking for a delicious way to spend a special evening? Contact: Chef Tony at 770-334-0673.
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