



THE  
CENTRAL EXCHANGE®

*A champion of women leaders*

\$20 lunch includes salad or soup, rolls, drinks and dessert.

Please pick one soup or salad, one entrée, and one dessert for the entire group.

**Salad Choices:**

1. Bread salad: crusty bread, cucumbers, tomatoes, onions, herbs, red wine vinaigrette
2. Caesar salad: chopped romaine, garlic croutons, parmesan cheese, creamy Caesar dressing
3. Garden mixed lettuce: grape tomatoes, cucumbers, artichoke hearts, balsamic vinaigrette
4. Baby spinach salad: pickled red onions, crumbled bacon, chopped egg, champagne vinaigrette

**OR**

**Soup Choices:**

1. Creamy italian tomato with herb pesto
2. Roasted yellow Pepper with fennel oil
3. Baked potato soup with bacon

**Entrée Choices:**

- Pan seared airline chicken breast with lemon and rosemary, mashed potatoes, seasonal veggies
- Grilled chicken breast with fresh and dried fruit salsa, curried rice pilaf, seasonal vegetables
- Grilled pork tenderloin with onion pepper and mushroom ragout, roast potato wedges, braised greens or green beans
- Grilled airline chicken breast with caper butter sauce, white bean ragout, seasonal vegetable
- Grilled flat iron steak, hot-sweet tomato chutney, rice pilaf, seasonal veg
- Grilled flat iron steak, horseradish cream, mashed potatoes, veggies
- Grilled salmon, pine nut currant vinaigrette, sautéed spinach
- Orange basil pesto baked salmon with wild rice pilaf and vegetable medley
- Grill vegetable plate: Any combination of the following fresh vegetables seasoned and grilled; yellow squash, zucchini, red peppers, yellow peppers, green beans, asparagus and eggplant.
- Beef and broccoli stir fry with soy and sesame, basmati rice (subtract \$3)
- Cashew orange chicken with vegetables, basmati rice (subtract \$3)
- Meat or grilled vegetable lasagna, melted cheeses, herbs (subtract \$3)

**Dessert Choices:**

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|------------------------------|---------------------|
| 1. Flourless Chocolate Torte | 4. Lemon Bars       |
| 2. Raspberry Cheese cake     | 5. Fresh cut fruit  |
| 3. Almond Cake               | 6. Assorted Cookies |

All choices subject to 23% service charge.