

ISI DISTRICT 5 SEMINAR (SEPT. 26, 2010) LUNCH OPTIONS - Catering by Panera Bread
Please send check payable to "Ice Chalet" for the amount indicated.

Signature Sandwiches -- \$ 9.82 including tax.
Served with chips and a cookie.

- Napa Almond Chicken Salad**
On Sesame Semolina bread. Made with all natural, antibiotic-free chicken, fresh celery, seedless grapes, sliced almonds, and our special dressing. Served with lettuce and tomato.
- Bacon Turkey Bravo**
On Tomato Basil bread. Smoked turkey breast, applewood-smoked bacon, smoked gouda, lettuce, tomatoes, and our signature dressing.
- Italian Combo**
On Ciabatta. Oven-roasted beef, smoked turkey breast, smoked ham, salami, swiss cheese, peperoncini, lettuce, tomatoes, red onion, and our special sauce.
- Asiago Roast Beef**
On Asiago cheese demi. Oven-roasted beef, smoked cheddar, lettuce, tomatoes, red onions, and our creamy horseradish sauce.

Cafe Sandwiches -- \$ 9.60 including tax.
Served with chips and a cookie.

- Sierra Turkey**
On Asiago cheese focaccia. Smoked turkey breast with smoky chipotle mayonnaise, field greens, and red onions.
- Mediterranean Veggie**
On Tomato Basil bread. Zesty sweet Peppadew peppers, feta cheese, cucumbers, lettuce, tomatoes, onions, and cilantro hummus.
- Tuna Salad**
On honey wheat. Our special recipe, served with mayonnaise, spicy mustard, lettuce, tomatoes, red onions, and salt & pepper.
- Smoked Ham & Swiss**
On stone-milled rye. 96% fat-free, served with mayonnaise, spicy mustard, lettuce, tomatoes, red onion, and salt & pepper.

Signature Salads -- \$ 10.59 including tax.
Served with a baguette and a cookie.

- Chopped Chicken Cobb**
All natural, antibiotic-free chicken, romaine lettuce, tomatoes, applewood-smoked bacon, gorgonzola cheese, hard-boiled eggs, all chopped & tossed with our herb vinaigrette
- Asian Sesame Chicken**
All natural, antibiotic-free chicken, romaine lettuce, fresh cilantro, sliced almonds, sesame seeds, crispy wonton chips and our reduced-sugar Asian sesame vinaigrette.
- Fuji Apple Chicken**
All natural, antibiotic-free chicken, romaine lettuce, mixed field greens, vine-ripened tomatoes, red onions, pecans, gorgonzola cheese, apple chips, and white balsamic Fuji apple vinaigrette.
- Grilled Chicken Caesar**
All natural, antibiotic-free chicken, romaine lettuce, Asiago-parmesan cheese, homemade Asiago cheese croutons, and caesar dressing.

Cafe Salads -- \$ 9.82 including tax.
Served with a baguette and a cookie.

- Greek Salad**
Romaine lettuce, vine-ripened tomatoes, feta cheese, red onions, peperoncini, kalamata olives, pepper and Greek dressing.
- Classic Salad**
Mixed field greens and romaine lettuce topped with vine-ripened tomatoes, cucumbers, red onions and balsamic vinaigrette.

YOUR NAME: _____

PHONE: _____

E-MAIL: _____

Mail with payment to:

Ice Chalet
P.O. Box 10668
Knoxville TN 37939-0668

Questions? Call Larry LaBorde 865-386-6869
or Julia Hardin 865-705-6796