



Tibbles and Paul Evans

Gourmet Sandwiches & Wraps 2010

Sandwiches & Wraps - Baguettes, Brioche, Egg twist rolls, Onion pockets, Mini croissants, Wraps

Fresh mozzarella, soppressata, sun dried tomato and basil pesto
Portobello mushroom, pecorino Romano and arugala
Seared tuna, oven roast tomato, arugala and black olive pesto
Grilled chicken, oven roasted tomato, asiago, arugala and lemon
Artichoke hearts, braised fennel, spinach and fontina
Mortadella and robiola with arugala and basil
Grilled eggplant, oven roast tomato, goat cheese and pine nuts
Asparagus and egg frita with cremini mushrooms and parmigiana reggiano
Prosciutto, balsamic figs, fontina and arugala
Spicy black pepper coated chicken with roasted fennel and gorgonzola
Grilled eggplant with walnut oil, ricotta salata and mesclun greens

Bacon and egg frita, gorgonzola and frisee
Marinated eggplant, chick pea puree, roasted peppers and watercress
Meatloaf, cheddar, bacon and tomato relish
Spicy Cuban meatloaf, grilled red onion, jack cheese and spicy ketchup
Santa Maria rubbed filet mignon with garlic aioli and pico de gallo
Grilled lamb loin - Greek style with tzatziki sauce
Oregano grilled chicken with feta, peppers, onions and tomato
Seared chicken breast with sweet red pepper and fennel
Prosciutto, granny smith apples and fontina cheese
Grilled chicken, cortland apples, havarti and bibb lettuce
Sesame encrusted salmon, red pepper and basil - wasabi mayo

Thai style salmon with fresh parsley and nuoc cham sauce
Ginger-yakatori chicken breast with sesame sauteed spinach
Mongolian barbecued lamb loin with cilantro, butter lettuce and toasted sesame seeds
Miso glazed filet mignon with watercress and daikon
Grilled garlic and ginger filet mignon with yellow tomato-lemongrass salsa
Grilled chili rubbed chicken with avocado and asiago
Chicken "satay" sandwich with butter lettuce and grilled pineapple
Salt and pepper encrusted sirloin with sauteed spinach and lemon zest
Hoisin chicken with green onions, cucumber and peanut sauce

Lemon-sage marinated turkey breast with cranberry mojo
Mole rubbed chicken breast with cranberry mojo
Grilled flank steak with horseradish-parsley mojo and red onion
Seared salmon with grilled zucchini and dill chimichurri
Grilled mahi mahi with grilled red onion and lime-chipotle mayo

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Roast pork loin with braised greens, caramelized onion and yam puree
Red pepper crusted flank steak with cool mango salsa and frisee
Chipotle pork loin with green apple-apricot relish and frisee
Roast turkey with poached pear, ripe brie and fresh dill
Avocado, ripe brie, roasted peppers, sun dried tomato and fresh dill
Goat cheese, cucumber, sun dried tomato, red onion, fresh dill and balsamic vinegar
Grilled chicken, black forest ham, provolone and honey mustard
Grilled lamb with wild mushrooms, roasted garlic and watercress

Chicken salad with snow pea pods and toasted cashews
Chicken salad with roasted pepper, diced zucchini and fresh dill
Tuna salad with diced garden vegetables
Italian tuna with olives and caramelized onion

Lemon peppercorn chicken with grilled portobello mushrooms and sauteed spinach
Grilled honey dijon breast of chicken with grilled red onion
Grilled rosemary breast of chicken with grilled zucchini and roasted pepper
Mexican grilled breast of chicken with tomato salsa rosa
Garlic and herb grilled breast of chicken with montrachet and roasted eggplant
Pan seared balsamic chicken with sauteed arugala and shitake mushrooms
Fresh roast turkey breast with grilled yellow beefsteak tomato
Fresh roast breast of turkey with avocado and radish sprouts
Smoked turkey breast with brie and honey cup mustard
Smoked turkey breast with cheddar and bacon

Roast filet mignon with roasted tri color peppers and horseradish
Roasted filet mignon with roasted garlic and grilled pepperoncini peppers
Roasted filet mignon with eggplant-onion chutney
Grilled flank steak with shitake mushrooms and roasted garlic
Red chili flank steak with spicy fire roasted tomatoes
Black forest ham with brie and honey cup mustard
Black forest ham with jarlsberg and grilled tomato
Prosciutto with smoked mozzarella, grilled eggplant, arugala and roasted peppers
Prosciutto with gruyere, marinated artichokes and shitake mushrooms

Fresh mozzarella with marinated sun dried tomato and fresh basil
French goat cheese with roasted peppers, watercress, cucumbers and olive
Havarti with grilled garden vegetables, browned garlic and lemon vinaigrette
Smoked mozzarella with grilled yellow tomato, sauteed spinach and roast peppers
Beefsteak tomato with olive tapenade, fresh basil and ricotta
Grilled zucchini with marinated artichokes, roasted carrots, sprouts and hummus
Grilled shitake mushrooms and eggplant with tomato and white bean salsa

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- Grilled Italian swordfish with capers** and roasted tomato
- Grilled citrus marinated swordfish** with papaya-cilantro salsa
- Blackened catfish** with Louisiana remoulade
- Classic shrimp salad with dijon** and diced garden vegetables
- Grilled shrimp salad with garlic**, fresh lemon and Italian parsley
- Pan seared fresh Ahi tuna** with marinated French green beans and olives
- Grilled salmon with roasted carrots**, leeks and wild mushrooms
- Poached salmon with watercress**, cucumber, capers and fresh dill

WRAP SPECIFIC

- Turkey with avocado** and radish sprout wrap
- Smoked turkey with caramelized apple** wrap
- Grilled flank steak with roasted corn** and bean wrap
- Artichoke, asparagus, sprouts** and hummus wrap
- Grilled garden vegetables** with sprouts wrap
- Grilled shitake mushroom** and sun dried tomato wrap
- Grilled chicken Caesar** salad wrap
- Grilled shrimp Caesar** salad wrap
- Brown chili salmon** - julienne vegetables wrap
- Smoked salmon with cucumber** and watercress wrap
- Seared tuna nicoise** with French beans wrap
- Tuna salad with broccoli** and carrots wrap

SAUCES, SPREADS AND CONDIMENTS

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|-----------------------|--------------------------|-------------------------|
| honey mustard | bleu cheese | horseradish |
| lemon mustard | lime-cilantro mayo | grey poupon |
| pommery mustard | pesto sauce | pesto mayo |
| Cajun mayo | eggplant chutney | roast pepper humus |
| roast garlic humus | white bean garlic spread | Russian |
| Szechuan peanut | ginger-soy | wasabi mayo |
| roasted garlic mayo | balsamic reduction | port wine reduction |
| chimichurra | montrachet | gorgonzola |
| mango chutney | grilled red onion | Caesar dressing |
| balsamic vinaigrette | honey vinaigrette | bbq sauce |
| chipotle ketchup | red pepper mayo | olive tapenade |
| roast pepper tapenade | artichoke tapenade | caponata |
| shaved peccorino | basil oil | nuoc nam |
| mango chutney | spicy sweet & sour | dijon peppercorn |
| remoulade | tomato relish | black olive vinaigrette |
| sweet roasted peppers | avocado mayo | hot peppers |
| jalapenos | cranberry sauce | Carolina vinegar sauce |

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