



Minnesota  
Humanities  
Event Center

## Breakfast Selections

**Continental Breakfast** (comes standard with the Day Meeting Package and the Half-Day Meeting Package)

The Continental includes: a selection of muffins and pastries and/or fruit breads and coffeecake; bagels with cream cheese, peanut butter, jam; a fruit tray; orange and cranberry juices, regular and decaf coffee, hot tea and water.

**Heavy Continental Breakfast**

Add yogurt, granola, and hard boiled eggs to the continental breakfast for an additional charge.

## Hot Breakfast Selections

*You may add any of the hot breakfast selections below to the continental breakfast for an additional per person charge.*

**Egg Bake**

Eggs, cheddar cheese, diced ham, and spinach mixed together and baked until set custard style.

**Vegetarian Breakfast Bake (can be made gluten free)**

Ciabatta, spinach, mushrooms, onion, red pepper, cheese, eggs and cream.

**The Classic**

Scrambled eggs, bacon, and sausage.

**Make your own Yogurt Parfaits**

Vanilla yogurt served with an assortment of fresh seasonal berries and granola.

**White Chocolate and Banana Stuffed French Toast**

French toast stuffed with white chocolate and bananas, dusted with powdered sugar and topped with freshly whipped cream.

**Mini individual Egg Frittatas (can be made vegetarian)**

A mixture of eggs, sausage, bacon, ham and seasonal vegetables topped with cheese and baked.

**Cream Cheese and Cherry Stuffed French Toast**

French toast stuffed with cream cheese and cherries. Dusted with powdered sugar and topped with whipped cream.



Lunch is typically served in our Commons room. If there are multiple groups booked on the same day, all groups will eat in the Commons (if capacity allows) at separate reserved tables. There are times when we will serve lunch right in your meeting room if we are over capacity in the Commons or if a group requests to have their own private lunch in their meeting room. If you need a private or working lunch (either in the Commons or your meeting room), please request at time of booking and know that additional charges may apply.

Because of our intimate size, we are able to offer only one menu selection per meal; however special dietary needs can be accommodated with advance notice. If there are multiple groups booked, we allow the group that booked first to choose the day's menu. Please inquire at the time of booking whether your group is the first to book.

## Luncheon Selections

***Each offering is accompanied with a choice of either soup or a garden select salad tossed with our house vinaigrette, and your choice of dessert. All selections are served buffet style, but can be plated and served for an additional cost.***

### **Margarita Chicken Sandwich**

Grilled, margarita marinated chicken breast; chilled and then topped with tomato, onion, avocado, lettuce and mayonnaise and served on a baguette. Served with chips and your choice of soup or salad.

### **Teriyaki Chicken with Mango Salsa**

Grilled chicken breast with a rich teriyaki glaze and topped with fresh mango salsa. Served with fresh cilantro and lime jasmine rice and seasonal vegetables.

### **Salad Sampler**

Served with bread and crackers, and your choice of soup.

1. Chicken Gluten Free Pasta Salad: diced grilled chicken, dried cherries, and feta cheese mixed in with pasta
2. Wheat Berry Super Salad: wheat berries, quinoa, dried fruit, edamame, and green onions tossed in citrus vinaigrette
3. Vegetable Bowtie Pasta Salad: fresh spinach, tomato, peapods, and pistachios mixed in with pasta and tossed in an oregano dressing
4. Waldorf Salad: apples, pears, grapes, walnuts and celery tossed in a lemon yogurt/mayo dressing

### **Cobb Salad**

Crisp romaine lettuce and peppery watercress tossed with crisp sautéed bacon, sliced avocado, crumbled Maytag bleu cheese, diced fresh tomatoes, poached chicken, and finally our homemade red wine vinaigrette.

### **Garden Wrap (Can be prepared as vegan.)**

Flour tortillas stuffed with spinach, sprouts, cucumbers, red onions, havarti dill cheese, cream cheese, mayonnaise and whole grain mustard. Served with an apple and red cabbage slaw, pickles and kettle fried potato chips

**Blackberry Grilled Chicken**

A chicken breast grilled in a balsamic blackberry marinade served with cannellini bean, corn sauté, and seasonal vegetables.

**Prime Rib Sandwich**

A crusty baguette houses thinly sliced prime rib of beef bathed in au jus topped with sautéed onions and topped with gruyere cheese. Served with kettle fried potato chips and your choice of soup.

**Grilled Lemon-Thyme Chicken Piccata**

Olive oil-marinated grilled chicken breasts, topped with capers, parsley, and lemon-thyme butter. Served with orzo and seasonal vegetable.

**Roasted Corn Salad**

Roasted corn tossed with cherry tomatoes, feta cheese and a hint of jalapeno to taste on a bed of chopped romaine lettuce.

**Butternut Squash and Wild Mushroom Lasagna**

Layers of lasagna noodles, spinach mixed with salted and peppered ricotta, simmered squash pureed and mixed with goat cheese, and all sorts of mushrooms sautéed in butter. Served with garlicky parmesan bread.

**Curried Tofu Mango Stir-Fry (Vegetarian and Vegan)**

Cubes of fried tofu tossed with a stir-fried combination of mushrooms, green peppers, scallions, red onions, sauced with mango chutney, and spiced just a bit.

**Linguini alla Carbonara**

Linguini tossed Parmesan cheese, eggs, Romano cheese and applewood smoked bacon, zucchini, red pepper all sautéed in olive oil.

**Chicken Caesar Salad**

Homemade Caesar dressing, romaine lettuce, parmesan cheese, garlicky croutons tossed together and topped with grilled chicken. Served with parmesan garlic toast.

**Caprese Grilled Sandwich**

Layered mozzarella, tomatoes, basil and balsamic vinegar-mayonnaise grilled on sourdough bread to perfection. Served with potato chips and your choice of soup or salad.

**Grilled Chicken BLT Wrap**

A tortilla stuffed with grilled chicken, bacon, lettuce and tomato. Served with kettle chips and fresh fruit.

# “Build Your Own” Luncheons

*These meals are reserved for groups of twenty people or more. Each offering includes menu items shown in description and your choice of dessert. There are no soup or salad starter with these menus.*

## **Soup and Salad Bar**

A make your own salad bar complete with mixed greens, diced chicken, and various toppings served with bread and your choice of two selections from our soup menu.

## **Taco Bar**

Ground beef served with both hard shell corn tortillas and soft flour tortillas, refried beans, corn tortilla chips, and a condiments bar including lettuce, tomato, onion, cheese, sour cream, salsa, and guacamole. (There is no soup or salad starter with this choice.)

## **The Delicatessen\***

A selection of fresh breads, meats, cheeses, and vegetables. Served with your choice of soup, pasta salad and chips.

*\*May contain pork (ham) as one of the meats. Non-pork options will always be included.*

## **Burger Bar**

The burger bar includes a classic beef hamburger (veggie burgers can be ordered as well) paired with all the favorites: lettuce, tomato, cheese, pickles, mayo, ketchup, and mustard. Served with kettle chips, baked beans and potato salad.

## **The Mediterranean**

Curried chicken, seared peppers and onions, spicy yellow split peas, creamed curry spinach, basmati and lentils, and a salad served with a sweet dill dressing.

## **Mac and Cheese Bar**

Classic elbow pasta loaded with a variety of cheeses and served with all the classics on the side: grilled chicken, bacon, turkey sausage, broccoli, green onions and Franks Buffalo Sauce.

## **Fajitas**

Grilled chicken and beef served with seared peppers and onions, refried beans, Spanish-style rice pilaf, warmed tortillas, tortilla chips, and a condiments bar including lettuce, tomato, onion, cheese, sour cream, salsa, and guacamole. (There is no soup or salad starter with this choice.)

## **Chicken Satay**

A selection of red curry-coconut milk vegetable stir fry, chicken satay, and jasmine sticky rice. Served with green salad in a seasonal vinaigrette dressing.

## **Pulled BBQ Pork and BBQ Chicken**

Build your own sandwich on a brioche bun with pulled BBQ pork and chicken paired with pineapple cole slaw, pickles, and kettle chips.

# Soup Selections

## **Chicken Noodle**

Flavorful chicken broth with onion, carrot, celery, pasta and chunks of chicken breast.

## **Sopa de Albondigas**

Literally, "Meatball Soup". A Mexican soup with small beef and chorizo meatballs in a light broth with tomatoes, rice and cilantro.

## **Tuscan Vegetable (Vegetarian and Vegan)**

Rustic vegetable soup with cannellini beans, leeks, carrots, zucchinis, spinach and so on. Touched with herbs and parmesan cheese.

## **Tomato Bisque (Vegetarian)**

Creamy and chunky tomato soup flavored with dill.

# Dessert Selections

## **Strawberry Shortcake**

Strawberries macerated in sugar, served over angel food cake and topped with whipped cream.

## **Dark Chocolate Mousse (Dairy and Egg free)**

Light, rich and fluffy chocolate mousse!

## **Gourmet Cookies**

A combination of sugar, oatmeal raisin, chocolate chip, peanut butter, or triple chocolate chip cookies.

## **Nanaimo Bars**

All bars start with a chocolate graham crust base, then with a layer of custard topped with either the flavors of Cappuccino, Irish Crème, Peanut Butter and Nanaimo.

## **Vanilla Cheesecake with Chocolate and Caramel Sauce**

A classic vanilla cheesecake topped with caramel and chocolate sauce.

## **White Chocolate Raspberry Cream Cake**

Triple layered cake with white chocolate and raspberry cream filling.

## **Lemon Supreme Shortcake**

A triple layer shortcake of lemon cream and whipped cream

## **Triple Chocolate Cake**

White cake centered between layers of rich dark chocolate and white chocolate buttercream and majestic chocolate cake.

## **Strawberry Brownie Bar**

A classic fudge brownie topped with chocolate ganache and strawberries.



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## Snack Options

*Please choose two options for your break service.*

Trail Mix with dried fruit and nuts

Assorted Granola Bars

Chex Mix

Hummus and Pretzel Crisps or Pita Chips

Bagged Sweet Treats (Chips Ahoy, Oreos, and Golden Oreos)

Veggie Straws

Hand held, whole fruit (a variety of bananas, apples, pears, oranges)

Fresh Cookies and Bars

Apple Wedges with Peanut Butter and Caramel Dipping Sauce

Peanut Butter filled Pretzels and Chocolate Candy

Tortilla Chips and Homemade Salsa

Veggies and Dip

Hard Pretzels served with Honey Mustard Dipping Sauce

Bagged Snacks (a variety of Kettle Chips, Trail Mix, and Mixed Nuts)



Dinner is typically served in our Commons room. If there are multiple groups booked on the same day, all groups will eat in the Commons (if capacity allows) at separate reserved tables. There are times when we will serve dinner right in your meeting room if we are over capacity in the Commons or if a group requests to have their own private dinner in their meeting room. If you need a private or working dinner (either in the Commons or your meeting room), please request at time of booking and know that additional charges may apply.

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## Dinner Selections

*Each offering is accompanied with a seasonal vegetable preparation, bread, a choice of either soup or a garden select salad tossed with our house vinaigrette, and your choice of dessert. All selections are served buffet style, but can be plated and served for an additional cost.*

### **Parmesan Dijon Chicken**

Chicken breast bathed in Dijon mustard and coated with a mixture of breadcrumbs, parsley, chives and parmesan cheese. Roasted and dressed with a mayonnaise mustard blend. Served with roasted red potatoes and fresh seasonal vegetables.

### **Teriyaki Chicken with Mango Salsa**

Grilled chicken breast with a rich teriyaki glaze and topped with fresh mango salsa. Served with fresh cilantro and lime jasmine rice and seasonal vegetables.

### **Lasagna**

Layers of pasta, parmesan and mozzarella cheeses, and meat sauce which is baked until the top is golden.

### **Butternut Squash and Wild Mushroom Lasagna**

Layers of lasagna noodles, spinach mixed with salted and peppered ricotta, simmered squash pureed and mixed with goat cheese, and all sorts of mushrooms sautéed in butter. Served with garlicky parmesan bread.

### **Burger Bar**

The burger bar includes a classic beef hamburger (veggie burgers can be ordered as well) paired with all the favorites: lettuce, tomato, cheese, pickles, mayo, ketchup, and mustard. Served with kettle chips, baked beans and potato salad.

### **Pulled BBQ Pork and BBQ Chicken**

Build your own sandwich on a brioche bun with pulled BBQ pork and chicken **paired with** pineapple cole slaw, pickles, and kettle chips.

### **Curried Tofu Mango Stir-Fry (Vegetarian and Vegan)**

Cubes of fried tofu tossed with a stir-fried combination of mushrooms, green peppers, scallions, red onions, sauced with mango chutney, and spiced just a bit.

### **Dried Fruit Stuffed Pork Loin**

Pork loin stuffed with ginger, apricots, prunes, garlic, caraway, and herbs and served with an enriched pan sauce, orzo and seasonal vegetables.

### **Tofu, Pepper and Zucchini Stuffed Mushroom (Can be prepared as vegan.)**

Little diced pieces of tofu, zucchini, summer squash, and red peppers all tossed together with Worcestershire sauce and parmesan cheese, then stuffed into a Portobello mushroom cap and roasted. Served with Arborio rice risotto and fresh seasonal vegetables.

### **Chicken Escoffier**

An elegant and classic preparation of a breast of chicken doused with clarified butter, breaded with fresh breadcrumbs and sautéed until golden served with Arborio rice risotto and seasonal vegetables. The dish is finished with a ring of intensely flavored balsamic glaze.

### **Herb-stuffed Turkey Breast Roulade**

Turkey breast butterflied, stuffed with a variety of herbs, rolled up, wrapped in applewood-smoked bacon and roasted. Served with Arborio rice risotto and seasonal vegetables.

### **Beef Bourguignon**

A classic dish of beef slowly braised in red wine and brown stock until extremely tender and deeply flavored is combined with sautéed mushrooms and pearl onions and then served with the rich wine sauce over egg noodles.

## **Soup Selections**

### **Chicken Noodle**

Flavorful chicken broth with onion, carrot, celery, pasta and chunks of chicken breast.

### **Sopa de Albondigas**

Literally, "Meatball Soup". A Mexican soup with small beef and chorizo meatballs in a light broth with tomatoes, rice and cilantro.

### **Tuscan Vegetable (Vegetarian and Vegan)**

Rustic vegetable soup with cannellini beans, leeks, carrots, zucchinis, spinach and so on. Touched with herbs and parmesan cheese.

### **Tomato Bisque (Vegetarian)**

Creamy and chunky tomato soup flavored with dill.

# Dessert Selections

## **Strawberry Shortcake**

Strawberries macerated in sugar, served over angel food cake and topped with whipped cream.

## **Dark Chocolate Mousse (Dairy and Egg free)**

Light, rich and fluffy chocolate mousse!

## **Gourmet Cookies**

A combination of sugar, oatmeal raisin, chocolate chip, peanut butter, or triple chocolate chip cookies.

## **Nanaimo Bars**

All bars start with a chocolate graham crust base, then with a layer of custard topped with either the flavors of Cappuccino, Irish Crème, Peanut Butter and Nanaimo.

## **Vanilla Cheesecake with Chocolate and Caramel Sauce**

A classic vanilla cheesecake topped with caramel and chocolate sauce.

**White Chocolate Raspberry Cream Cake** Triple layered cake with white chocolate and raspberry cream filling.

## **Lemon Supreme Shortcake**

A triple layer shortcake of lemon cream and whipped cream

## **Triple Chocolate Cake**

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## Hors d'oeuvres Menu

*Hors d'oeuvres are priced per 25 pieces, unless otherwise indicated.*

### Cold Hors d'oeuvres

**Chips and Salsa, \$25**

Serves 25

Our chef's homemade salsa served with tortilla chips.

**Gourmet Cheese Plate, \$78**

Serves 25

Four to five varieties of artisan cheeses (a selection that may include and is not limited to: Tillamook sharp cheddar, Gruyere, Stilton, Maytag Bleu, Gorgonzola picante, Chevre, Camembert, Sheep's milk) served with a variety of crackers, biscuits, breads, etc.

**Simple Cheese Tray, \$42**

Serves 25

A selection of standard cheeses served with a variety of crackers.

**Warmed Brie with Raspberry Jam and Almonds, \$48**

Serves 25

A wheel of creamy Brie cheese is topped with raspberry jam and sliced almonds, and then baked until just warm. Served with crusty French bread.

**Strawberry and Brie, \$48**

Slices of Limoncello-soaked strawberries, served with triple cream Brie. Served at room temperature, with crusty French bread.

**Grilled Vegetable Platter, \$48**

Serves 25

Assorted grilled vegetables, served with a spicy yogurt dip.

**Raw Vegetable Crudités, \$48**

Serves 25

Assorted fresh vegetables, served with curry dip and Ranch dip. Selection will vary, depending on season, but will include at least 4 of the following: carrots, celery, bell pepper strips, cherry tomatoes, mushrooms, jicama, yellow squash, pea pods, broccoli, cauliflower, radishes, cucumber.

**Hummus & Pita, \$32**

Serves 25

A chickpea purée served with wedges of pita bread.

**Shrimp with Fresh Cocktail Sauce, \$68**

Peeled, de-veined shrimp poached in shrimp stock, served with a homemade classic cocktail sauce.

**Insalata Caprese Crostini, \$58**

Slices of baguette brushed with olive oil, grilled and topped with chopped fresh tomatoes, mozzarella and basil.

**Deviled Eggs, \$25**

Hard-boiled eggs halved and filled with a mixture of egg yolk, mustard, and mayonnaise, topped with a variety of garnishes.

**Mixed Nuts, \$42**

Serves 25

A combination of at least four of the following nuts: honey almonds, masala spiced peanuts, pecans, and spicy cashews, walnuts, and macadamias.

**Fruit Tray, \$42**

Serves 25

A selection of fresh, seasonal fruit.

**Meat Assortment with Dollar Buns, \$65**

Serves 25

An assortment cold sliced roast beef, ham, turkey served with bread buns.

## Hot Hors d'oeuvres

**Chicken Tandoori, \$42**

Roasted pieces of chicken marinated in yogurt and spices with onion and peppers.

**Sea Scallops Wrapped with Bacon\*, \$78**

Large sea scallops wrapped with applewood smoked bacon, brushed with a mixture of lemon juice, chives, olive oil, and garlic, then grilled.

*\*Contains pork*

**American Meatballs with Smoky Chipotle Sauce, \$35**

Seared meatballs in a chipotle tomato sauce.

**Pork Satay and Pineapple\*, \$42**

Satays of marinated pork shoulder skewered alternately with chunks of fresh pineapple, grilled, and garnished with toasted white sesame seeds.

*\*Contains pork*

**Creamy Spinach and Artichoke Heart Dip, \$42**

Serves 25

The dip is made with spinach, artichoke hearts, garlic, onion, béchamel sauce, Worcestershire, Parmesan cheese. Served with chunks of warm baguette.

**Spanakopita, \$52**

A mixture of spinach, Feta cheese, scallions, and cream cheese inside a triangle of phyllo dough, baked until crisp.

**Asparagus Straws, \$68**

Blanched asparagus stalks are wrapped with thinly sliced Prosciutto de Parma, Parmesan cheese and phyllo dough, then baked until the dough is crispy.

**Beef Tenderloin Teriyaki, \$44**

Pieces of beef tenderloin marinated in a mixture of soy sauce, mirin, sugar, garlic, ginger, scallions and sesame oil grilled and garnished with slivers of scallions.

**Hot Crab Dip, \$55**

A hot dip made of cream cheese, mayonnaise, onion, lemon juice, Tabasco sauce, Old bay seasoning, and fresh crabmeat. Served with slices of baguette bread for dipping.

## Dessert Hors d'oeuvres

**Black and White Chocolate Covered Strawberries, \$42**

Fresh strawberries dipped in dark or white chocolate.

**Mini-Creampuffs with Two Sauces, \$35**

Small cream filled creampuffs, with chocolate and strawberry sauces.

**Gourmet Cookies, \$33**

A combination of sugar, oatmeal raisin, chocolate chip, peanut butter, or triple chocolate chip cookies.

**Nanaimo Bars, \$37**

All bars start with a chocolate graham crust base, then with a layer of custard topped with either the flavors of Cappuccino, Irish Crème, Peanut Butter and Nanaimo.

**White Chocolate Raspberry Cream Cake, \$39**

Triple layered cake with white chocolate and raspberry cream filling.

**Lemon Supreme Shortcake, \$39**

A triple layer shortcake of lemon cream and whipped cream

**Triple Chocolate Cake, \$39**

White cake centered between layers of rich dark chocolate and white chocolate buttercream and majestic chocolate cake

## **Beverages**

**Soda (Coke & Pepsi Products) \$1.50 each**

**Bottled Water \$1.50 each**

**Infused Water \$8/dispenser (40 glasses) (No charge for plain water dispenser)**

**Coffee & Hot Tea \$11/urn (12-14 cups)**

**Punch \$25/dispenser (40 glasses)**

**Lemonade \$25/ dispenser (40 glasses)**

**Iced Tea \$25/ dispenser (40 glasses)**

**Sparkling Cider \$7/bottle (6-8 glasses)**