

The Glen

RESTAURANT

Inspiring Lunches

(Monday #1)

Soup of the Moment: Pasta with White Bean and Sausage

Daily Compositions:

Heart Healthy: Seasonal Fresh Fruit Salad with Honey Poppyseed Yogurt

Traditional Flare: Summer Rice Salad with Feta, Citrus, and Mint

Worldly : Cold Glass Noodle Salad with Ponzu Sauce

From the Deli: Mini Italian Hoagie Sandwich

From the Garden: Field Greens with Cucumber, Tomatoes, Carrots, Cheddar Cheese, Chopped Bacon, Chick Peas and Sun Flower Seeds

Vinaigrette: Italian

Creamy: Bleu Cheese

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Sautéed Green Beans with Onions

Accompaniments: Steamed Red Potatoes with Old Bay Butter

Vegetarian Cuisine: Cheese Tortellini in a Red Pepper Cream Sauce

Chef's Specialty: Roasted Ham and Warm Collard Slaw

Daily Comfort: Grilled Chicken Breast with Creamy Grits and Mushroom Sauce

Exhibition Kiosk: Panini Sandwich of the Day

Desserts: Assorted Mini Desserts and Mini Mousse

Brownie Bites with Whipped Cream, Caramel and Chocolate Sauce

Fresh Baked Fruit Pie of the Day

Lunch Rotational Menus

For reservations and additional information call 804-727-1480

All menus are subject to change based upon availability.



WYNDHAM
VIRGINIA CROSSINGS HOTEL
& CONFERENCE CENTER

The Glen

RESTAURANT

Inspiring Lunches

(Tuesday #2)

Soup of the Moment: Home-Made Vegetable Soup with Barley (Vegetarian)

Daily Compositions:

Heart Healthy: Seasonal Fruit Salad with Raspberry Yogurt
Traditional Flare: Deviled Egg Salad with Chopped Pickles
Worldly : Cous Cous with Greek Salad Tapenade

From the Deli: Waldorf Salad Wraps with Grapes

From the Garden: Romaine with Cucumber, Tomatoes, Carrots, Red Onion, Kalamata, Green and Black Olives, Feta Cheese and Green Pepper

Vinaigrette: Greek Vinaigrette with Feta
Creamy: Buttermilk Ranch
Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Snap Peas with Garlic and Shallots
Accompaniments: Smoked Gouda Orichetti and Cheese
Vegetarian Cuisine: Wild Mushroom Bread Pudding
Chef's Specialty: Dark Rum Barbequed Beef Brisket
Daily Comfort: Grilled Bratwurst with Braised Onions

Exhibition Kiosk: Hand Tossed Caesar Salad with Grilled Chicken

Desserts: Assorted Mini Desserts and Mini Mousse
Brownie Bites with Whipped Cream, Caramel and Chocolate Sauce
Fresh Baked Fruit Pie of the Day

Lunch Rotational Menus

For reservations and additional information call 804-727-1480

All menus are subject to change based upon availability.



WYNDHAM
VIRGINIA CROSSINGS HOTEL
& CONFERENCE CENTER

The Glen

RESTAURANT

Inspiring Lunches

(Wednesday #3)

Soup of the Moment: Homestyle Chicken with Rice

Daily Compositions:

Heart Healthy: Seasonal Fresh Fruit Salad with Honey Poppyseed Yogurt

Traditional Flare: Beet Salad with Goat Cheese, Toasted Pecans and Field Greens

Worldly : Long Noodles with Carrots, Grilled Spring Onions and Toasted Sesame Seeds

From the Deli: Shredded Chicken Wrap with Guacamole and Cucumber

From the Garden: Field Greens with Cucumber, Tomatoes, Carrots, Cheddar Cheese, Chopped Bacon, Chick Peas and Sun Flower Seeds

Vinaigrette: Italian

Creamy: Bleu Cheese

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Honey Roasted Carrots

Accompaniments: Whipped Potatoes

Vegetarian Cuisine: Barley Bake with Bleu Cheese Cream

Chef's Specialty: Grilled Pork Loin Chops with Grilled Peach Compote

Daily Comfort: Baked Salmon with Pesto Bread Crumbs

Exhibition Kiosk: Italian Sausage & Peppers

Sweet Green Peppers, Provolone and Marinara

Rustic Sub Roll

Desserts: Assorted Mini Desserts and Mini Mousse

Brownie Bites with Whipped Cream, Caramel and Chocolate Sauce

Fresh Baked Fruit Pie of the Day

Lunch Rotational Menus

For reservations and additional information call 804-727-1480

All menus are subject to change based upon availability.



WYNDHAM
VIRGINIA CROSSINGS HOTEL
& CONFERENCE CENTER

The Glen

RESTAURANT

Inspiring Lunches

(Thursday #4)

Soup of the Moment: Manhattan Clam Chowder

Daily Compositions:

Heart Healthy: Seasonal Fresh Fruit Salad with Raspberry Yogurt

Traditional Flare: Orzo Salad with Fresh Cilantro, Red Onion and Tomato

Worldly : Chilled Grilled Broccolini with Toasted Garlic and Lemon Mist

From the Deli: Turkey Salad Wrap with Grilled Asparagus

From the Garden: Romaine with Cucumber, Tomatoes, Carrots, Red Onion, Kalamata, Green and Black Olives, Feta Cheese and Green Pepper

Vinaigrette: Greek Vinaigrette with Feta

Creamy: Buttermilk Ranch

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Fresh Zucchini and Squash with Red Onions

Accompaniments: Parmesan Polenta Cakes with Marinara

Vegetarian Cuisine: Sweet Red Cabbage Casserole with Balsamic Reduction

Chef's Specialty: Cajun Chicken With Black Bean, Tomato, Corn Relish

Daily Comfort: Seafood Étouffée

Exhibition Kiosk: Chicken & Cheese Quesadilla

Desserts: Assorted Mini Desserts and Mini Mousse

Brownie Bites with Whipped Cream, Caramel and Chocolate Sauce

Fresh Baked Fruit Pie of the Day

Lunch Rotational Menus

For reservations and additional information call 804-727-1480

All menus are subject to change based upon availability.



WYNDHAM
VIRGINIA CROSSINGS HOTEL
& CONFERENCE CENTER

The Glen

RESTAURANT

Inspiring Lunches

(Friday #5)

Soup of the Moment: Baked Potato Cheddar Soup with Bacon

Daily Compositions

Heart Healthy: Fresh Seasonal Fruit Salad with Honey Poppyseed Yogurt

Traditional Flare: Italian Hoagie Penne Salad

Worldly : Barley and Smoked Mushrooms with Scallions

From the Deli: Grilled Vegetable Antipasto Wrap with Basil-Mayonnaise

From the Garden: Field Greens with Cucumber, Tomatoes, Carrots, Cheddar Cheese, Chopped Bacon, Chick Peas and Sun Flower Seeds

Vinaigrette: Italian

Creamy: Bleu Cheese

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Baked Broccoli with Lemon, Garlic and Parmesan

Accompaniments: Hashbrown Casserole with Mushrooms

Vegetarian Cuisine: Ricotta and Spinach Raviolis with Diced Tomato Cream

Chef's Specialty: Fried Grouper with Lemon-Tartar

Daily Comfort: Braised Beef Tips with Burgundy

Exhibition Kiosk: Panini Sandwich of the Day

Desserts: Assorted Mini Desserts and Mini Mousse

Brownie Bites with Whipped Cream, Caramel and Chocolate Sauce

Fresh Baked Fruit Pie of the Day

Lunch Rotational Menus

For reservations and additional information call 804-727-1480

All menus are subject to change based upon availability.



WYNDHAM
VIRGINIA CROSSINGS HOTEL
& CONFERENCE CENTER

The Glen

RESTAURANT

Inspiring Lunches

(Monday #6)

Soup of the Moment: Cream of Broccoli with Cheddar

Daily Compositions

Heart Healthy: Fresh Seasonal Fruit Salad with Honey Poppyseed Yogurt

Traditional Flare: Red Bliss Potato Salad

Worldly : Moroccan Carrot Salad

From the Deli: Grilled Oriental Chicken Salad Wrap

From the Garden: Field Greens with Cucumber, Tomatoes, Carrots, Cheddar Cheese, Chopped Bacon, Chick Peas and Sun Flower Seeds

Vinaigrette: Italian

Creamy: Bleu Cheese

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Brussel Sprouts with Crispy Tobacco Onions

Accompaniments: Red Beans and Rice

Vegetarian Cuisine: Baked Pasta Marsala with Fresh Basil

Chef's Specialty: Mediterranean Style Tilapia with Black Olives and Tomatoes

Daily Comfort: Slow Cooked Pork Roast with Smoked Apple Cider Barbeque

Exhibition Kiosk: Panini Sandwich of the Day

Desserts: Assorted Mini Desserts and Mini Mousse

Brownie Bites with Whipped Cream, Caramel and Chocolate Sauce

Fresh Baked Fruit Pie of the Day

Lunch Rotational Menus

For reservations and additional information call 804-727-1480

All menus are subject to change based upon availability.



WYNDHAM
VIRGINIA CROSSINGS HOTEL
& CONFERENCE CENTER

The Glen

RESTAURANT

Inspiring Lunches

(Tuesday #7)

Soup of the Moment: Italian Wedding Soup

Daily Compositions:

Heart Healthy: Fresh Seasonal Fruit Salad with Honey Poppyseed Yogurt

Traditional Flare: Macaroni Salad

Worldly : Black Eye Pea Salad with Cherry Tomatoes

From the Deli: Seafood Salad Wrap

From the Garden: Romaine with Cucumber, Tomatoes, Carrots, Red Onion, Kalamata, Green and Black Olives, Feta Cheese and Green Pepper

Vinaigrette: Greek Vinaigrette with Feta

Creamy: Buttermilk Ranch

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Roasted Cauliflower with Fried Leeks

Accompaniments: Skillet Fried Yukon Gold Potatoes with Onions

Vegetarian Cuisine: Roasted Corn Soufflé

Chef's Specialty: Baked Ziti with Italian Sausage and Peppers

Daily Comfort: Blackened Salmon with Mango Chutney

Exhibition Kiosk: Chef's Selection Pasta Bar

Desserts: Assorted Mini Desserts and Mini Mousse

Brownie Bites with Whipped Cream, Caramel and Chocolate Sauce

Fresh Baked Fruit Pie of the Day

Lunch Rotational Menus

For reservations and additional information call 804-727-1480

All menus are subject to change based upon availability.



WYNDHAM
VIRGINIA CROSSINGS HOTEL
& CONFERENCE CENTER

The Glen

RESTAURANT

Inspiring Lunches

(Wednesday #8)

Soup of the Moment: Chipotle Chicken Tortilla Soup

Daily Compositions:

Heart Healthy: Fresh Seasonal Fruit Salad with Honey Raspberry Yogurt
Traditional Flare: South of the Border Salad with Tortillas
Worldly: Cous Cous Salad with Grilled Vegetables and Balsamic Drizzle

From the Deli: Fried Chicken Strip Wrap with Honey Mustard

From the Garden: Field Greens with Cucumber, Tomatoes, Carrots, Cheddar Cheese, Chopped Bacon, Chick Peas and Sun Flower Seeds

Vinaigrette: Italian
Creamy: Bleu Cheese
Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Grilled Mini Corn on the Cob
Accompaniments: Roasted Ranch Potatoes
Vegetarian Cuisine: Molasses Baked Beans
Chef's Specialty: Grilled Mahi Mahi with Citrus Salsa
Daily Comfort: Spicy BBQ Spareribs

Exhibition Kiosk: Asian Stir-Fry Station with Jasmine Rice

Desserts: Assorted Mini Desserts and Mini Mousse
Brownie Bites with Whipped Cream, Caramel and Chocolate Sauce
Fresh Baked Fruit Pie of the Day

Lunch Rotational Menus

For reservations and additional information call 804-727-1480

All menus are subject to change based upon availability.



WYNDHAM
VIRGINIA CROSSINGS HOTEL
& CONFERENCE CENTER

The Glen

RESTAURANT

Inspiring Lunches

(Thursday #9)

Soup of the Moment: Creamy Mushroom Soup

Daily Compositions:

- Heart Healthy: Fresh Seasonal Fruit Salad with Honey Poppyseed Yogurt
- Traditional Flare: Sweet n' Sour Cole Slaw
- Worldly : Indian Chick Pea Salad with Caramelized Onions

From the Deli: Club Sandwich Wraps

From the Garden: Romaine with Cucumber, Tomatoes, Carrots, Red Onion, Kalamata, Green and Black Olives, Feta Cheese and Green Pepper

Vinaigrette: Greek Vinaigrette with Feta

Creamy: Buttermilk Ranch

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Steamed Broccoli with Butter

Accompaniments: Fried Cous Cous Pilaf

Vegetarian Cuisine: Baked Primavera Pasta

Chef's Specialty: Meatloaf Wrapped in Bacon with Tomato Gravy

Daily Comfort: Southern Fried Chicken Bites with Sweet and Sour

Exhibition Kiosk: Pulled Pork Barbeque Sliders with Coleslaw

Desserts: Assorted Mini Desserts and Mini Mousse

Brownie Bites with Whipped Cream, Caramel and Chocolate Sauce

Fresh Baked Fruit Pie of the Day

Lunch Rotational Menus

For reservations and additional information call 804-727-1480

All menus are subject to change based upon availability.



WYNDHAM
VIRGINIA CROSSINGS HOTEL
& CONFERENCE CENTER

The Glen

RESTAURANT

Inspiring Lunches

(Friday #10)

Soup of the Moment: Five-Onion Soup (Vegetarian)

Daily Compositions:

Heart Healthy: Fresh Seasonal Fruit Salad with Raspberry Yogurt

Traditional Flare: Cucumbers with Sherry Vinaigrette

Worldly : Hunan-Style Broccoli

From the Deli: Grilled Chicken Caesar Wrap

From the Garden: Field Greens with Cucumber, Tomatoes, Carrots, Cheddar Cheese, Chopped Bacon, Chick Peas and Sun Flower Seeds

Vinaigrette: Italian

Creamy: Bleu Cheese

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Roasted Carrots, Celery and Spanish Onions

Accompaniments: Roasted Fingerling Potatoes with Rosemary

Vegetarian Cuisine: Spinach, Tomato, and Fresh Mozzarella Lasagna

Chef's Specialty: Baked Cod with Sun-Dried Tomato Tapenade

Daily Comfort: Braised Beef Pot Roast with Fried Onions

Exhibition Kiosk: Panini Sandwich of the Day

Desserts: Assorted Mini Desserts and Mini Mousse

Brownie Bites with Whipped Cream, Caramel and Chocolate Sauce

Fresh Baked Fruit Pie of the Day

Lunch Rotational Menus

For reservations and additional information call 804-727-1480

All menus are subject to change based upon availability.



WYNDHAM
VIRGINIA CROSSINGS HOTEL
& CONFERENCE CENTER