

The Glen

RESTAURANT

Inspiring Lunches

(Monday #1)

Soup of the Moment: Pasta with White Bean

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, Edamame, and Sun Flower Seeds

Vinaigrette: Italian

Creamy: Bleu Cheese

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Sautéed Green Beans with Shredded Carrots

Accompaniments: Vegetable Fried Rice with Egg

Vegetarian Cuisine: Tri- Color Cheese Tortellini with Pesto Cream Sauce

Chef's Specialty: Seared Salmon Cakes with Asian Citrus Sauce

Daily Comfort: Home-style Chicken Pot Pie

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, Edamame and Green Pepper

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

From The Kitchen:

Vegetable: Stir Fry Edamame with Mushrooms
Accompaniments: Traditional Macaroni and Cheese
Vegetarian Cuisine: Creamed Spinach Torte
Chef's Specialty: Dark Ale Braised Beef Brisket with Pan Gravy
Daily Comfort: Turkey Italian Sausage and Peppers with Cherry Tomatoes

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

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RESTAURANT

Inspiring Lunches

(Wednesday #3)

Soup of the Moment: Tomato Soup with Croutons

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: Grilled Chicken Wrap with Guacamole and Cucumber

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

Vinaigrette: Italian

Creamy: Bleu Cheese

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Garlic and Herb Roasted Vegetable Medley

Accompaniments: New Potatoes with Parsley Butter

Vegetarian Cuisine: Rigatoni Puttanesca with Artichokes

Chef's Specialty: Lemon Rotisserie Baked Cod

Daily Comfort: Beef Barbecue with Soft Rolls

Exhibition Kiosk: Grilled Cheese Sandwich

Desserts: Assorted Mini Desserts and Mini Mousse

Brownie Bites with Whipped Cream, Caramel and Chocolate Sauce

Fresh Baked Fruit Pie of the Day

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(Thursday #4)

Soup of the Moment: Split Pea Soup

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, Edamame and Green Pepper

Vinaigrette: Greek Vinaigrette with Feta

Creamy: Buttermilk Ranch

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Broccoli and Cheddar Soufflé

Accompaniments: Parmesan Polenta Cakes with Marinara

Vegetarian Cuisine: Crispy Fried Eggplant with Ricotta Cream

Chef's Specialty: Caribbean Jerk Chicken with Mango Salsa

Daily Comfort: Seafood Étouffée with Rice

Exhibition Kiosk: BBQ Pulled Pork with Coleslaw & Pepper Jack 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

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(Friday #5)

Soup of the Moment: Baked Potato and Cheddar Soup

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, Edamame and Sun Flower Seeds

Vinaigrette: Italian

Creamy: Bleu Cheese

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Braised Kale with Garlic and Leeks

Accompaniments: Hash Brown Casserole with Mushrooms

Vegetarian Cuisine: Tofu Vegetarian Chili with Cornbread Croutons and Cheddar Cheese

Chef's Specialty: Fried Grouper with Lemon-Tartar

Daily Comfort: Dried Cranberry and Maple Glazed Pork Loin

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

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(Monday #6)

Soup of the Moment: Home-style Chicken Noodle Soup

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, Edamame and Sun Flower Seeds

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

From The Kitchen:

Vegetable: Brown Sugar Glazed Fresh Carrots
Accompaniments: Red Beans and Rice
Vegetarian Cuisine: Stuffed Shells with White Balsamic Cream Sauce
Chef's Specialty: Southern Fried Catfish with Cajun Tarter
Daily Comfort: Turkey Stuffed Red Peppers with Pesto 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

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(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, Edamame and Green Pepper

Vinaigrette: Greek Vinaigrette with Feta

Creamy: Buttermilk Ranch

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Steamed Cabbage with White Wine Butter

Accompaniments: Skillet Fried Yukon Gold Potatoes with Onions

Vegetarian Cuisine: Fried Green Tomatoes Basil Aioli

Chef's Specialty: Tandoori Chicken with Basmati Rice

Daily Comfort: Cornbread Chili Pie with Cheddar Cheese

Exhibition Kiosk: Warm Seasonal Cobbler with Vanilla Ice Cream

Desserts: Assorted Mini Desserts and Mini Mousse

Brownie Bites with Whipped Cream, Caramel and Chocolate Sauce

Fresh Baked Fruit Pie of the Day

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(Wednesday #8)

Soup of the Moment: Steak and Potato 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, Edamame and Sun Flower Seeds

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

From The Kitchen:

Vegetable: Roasted Corn and Peppers
Accompaniments: Wild Rice Pilaf
Vegetarian Cuisine: Curried Chick Peas with Coconut Milk
Chef's Specialty: Grilled Mahi Mahi with Pineapple Salsa
Daily Comfort: Slow Roasted Pork Rib Roast with Mushroom Sauce

Exhibition Kiosk: Mini French Dip Sandwich with Au Jus

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

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(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, Edamame and Green Pepper

Vinaigrette: Greek Vinaigrette with Feta

Creamy: Buttermilk Ranch

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Steamed Broccoli with Butter

Accompaniments: Roasted Fingerling Potatoes

Vegetarian Cuisine: Portobello and Spinach Frittata

Chef's Specialty: Cajun Tilapia with Peach Pico de Gallo

Daily Comfort: General Tso's Chicken with Jasmine Rice

Exhibition Kiosk: Baked Potato Bar with all the fixing's

Desserts: Assorted Mini Desserts and Mini Mousse

Brownie Bites with Whipped Cream, Caramel and Chocolate Sauce

Fresh Baked Fruit Pie of the Day

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(Friday #10)

Soup of the Moment: Vegetarian Minestrone Soup

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, Edamame and Sun Flower Seeds

Vinaigrette: Italian

Creamy: Bleu Cheese

Low Fat: Balsamic Vinaigrette

From The Kitchen:

Vegetable: Sautéed Brussels Sprout with Bleu Cheese

Accompaniments: Cinnamon Mashed Sweet Potatoes

Vegetarian Cuisine: Spinach and Cheese Ravioli with Tomato Cream

Chef's Specialty: Honey Chipotle Roasted Salmon

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

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