

## LIGHT LUNCH ENTREES

All lunch entrees include bread basket and whipped butter, dessert (from House Dessert list), coffee (house blend and decaffeinated) and assorted teas.

Grilled Ahi Salad  
Grilled Ahi Tuna Fillet Served Medium Well  
Julienne Vegetables  
Mix of Bibb Lettuce, Radicchio and Baby Frisee and Bean Sprouts  
Topped with Black Sesame Seeds  
Soy Ginger Vinaigrette  
Market Price

Chop Marinated Steak Salad  
Carne Asada Skirt Steak  
Crisp Romaine Lettuce  
Cherry Tomatoes  
Pickled Bermuda Onions  
Blue Cheese Crumbles  
Bacon  
Creamy Buttermilk Dressing  
\$15.50 per person

Thai Chicken Salad  
Marinated Ginger Chicken  
Crisp Bibb Lettuce  
Cherry Tomatoes  
Chilled Stir Fry Rice Noodles  
Sugar Snap Peas  
Lemongrass Vinaigrette  
\$15.50 per person

Northwest Caesar Salad  
Grilled Chicken or Troll Caught Pacific Poached Salmon over Romaine Leaves  
Topped with Garlic Croutons  
Parmesan Cheese  
Balsamic Caesar or Smoked Salmon Caesar Dressing  
\$14.75 with Chicken  
\$16.75 with Salmon

*The consumption of raw or undercooked eggs, meat, seafood or shellfish may increase your risk of foodborne illness.*

An 18% service fee and applicable sales tax will be applied to all food and beverage orders.

## PLATED LUNCH MENUS

---

All lunch entrees include salad, rice, potatoes or pasta, bread basket and whipped butter, dessert (from House Dessert list), coffee (house blend and decaffeinated) and assorted teas.

Petite Roasted Filet Mignon  
Black Truffle-Pinot Noir Demi Glace  
\$26.00 per person

Chatman Straight Black Cod  
Smoked Black Cod  
With Spring Onions  
Roasted Shallot Thyme Demi Glace  
\$25.00 per person

Halibut Fillet  
Topped with Herbed King Crab and Apple Salad  
With Sauce Americana  
(Market Price)

Grilled Rib Eye  
With Black Bean Corn Salsa  
\$25.00 per person

Cider Brined Pork Chop  
Balsamic Roasted Washington Granny Smith Apples  
Pancetta, Sautéed Cabbage  
Cider Brandy Reduction  
\$23.00 per person

Dungeness Crab Cake  
Jicama-Mango Slaw  
Chili-Lime Beurre Blanc  
\$21.50 per person

Stuffed Breast of Chicken  
Herb Stuffed Chicken with Cornbread-Currant Stuffing  
Cumberland Sauce  
\$20.00 per person

Lemongrass Chicken Breast  
With Tomato Mint Ginger Salsa  
Middle Eastern Couscous  
\$19.00 per person

*The consumption of raw or undercooked eggs, meat, seafood or shellfish may increase your risk of foodborne illness.*

An 18% service fee and applicable sales tax will be applied to all food and beverage orders.

1500 Broadway, Tacoma, WA 98402  
253-830-6601 Fax: 253-573-2363 [gtctc.org](http://gtctc.org)

## PLATED VEGETARIAN LUNCH

---

Substitute a vegetarian selection for any entrée at the same price.

Roasted Vegetable Beggar's Purse  
Roasted Vegetables, Black Beans  
Fresh Herbs in a Puff Pastry  
Served over Couscous  
Steamed Seasonal Vegetables

Wild Mushroom Risotto  
Fresh Northwest Wild Mushrooms with Arborio Rice  
Topped with Parmesan Cheese  
Market Vegetables

Stuffed Eggplant Roulade  
Served with Ratatouille Layered  
Over Couscous with Fresh Herbs and  
Basil Oil and Balsamic Syrup

An 18% service fee and applicable sales tax will be applied to all food and beverage orders.

1500 Broadway, Tacoma, WA 98402  
253-830-6601 Fax: 253-573-2363 [gtctc.org](http://gtctc.org)

## LUNCH SALADS

---

All lunch entrees include a choice of one of the following salads.

Northwest Caesar Salad with Hearts of Romaine  
Topped with Garlic Croutons  
Parmesan Cheese  
Traditional Caesar or Smoked Salmon Caesar Dressing

Assorted Market Greens  
Julienne Carrots  
Fresh Beets  
Sliced Cucumbers  
Cherry Tomatoes  
Raspberry-Walnut Vinaigrette

Fresh Market Salad  
Bibb Lettuce and Red Leaf Greens  
Julienne Jicama  
Roma Tomatoes  
Lemon Vinaigrette

## SALADS

---

The following salads are available at an additional charge

Dungeness Crab Louie with Baby Hearts of Romaine,  
Scallions, Cucumber and Garlic Chips,  
Avocado and Served with Classic Louie Dressing  
\$5.50 per person

Crispy Pancetta, Seasonal Greens, Reggiano Parmesan, Pickled Quail Egg, Toasted Pine Nuts  
Served with Saffron and Toasted Garlic Vinaigrette  
\$4.00 per person

Marinated Vegetables with Seasonal Greens, Artichokes, Roasted Peppers, Olives, and Green  
Beans with Buffalo Mozzarella and House Vinaigrette  
\$4.00 per person

Green Goddess Salad with Watercress, Aged Parmesan, Red Onion Marmalade Relish,  
Grilled Shiitake Mushrooms and Served with Anchovy Vinaigrette  
\$2.75 per person

*The consumption of raw or undercooked eggs, meat, seafood or shellfish may increase your risk of foodborne illness.*

An 18% service fee and applicable sales tax will be applied to all food and beverage orders.

1500 Broadway, Tacoma, WA 98402  
253-830-6601 Fax: 253-573-2363 gtctc.org

## LUNCH BUFFETS

---

Designed for 50 or more people.  
All lunch buffets include coffee (house blend and decaffeinated) and assorted teas.

### Italian Feast

Northwest Caesar Salad with Hearts of Romaine Leaves  
Parmesan Cheese, Garlic Croutons, Creamy Caesar Dressing  
Antipasto Display  
Meat Lasagna with Traditional Marinara Sauce  
Cheese Tortellini with Roasted Red Peppers and Garlic in Light Pesto Sauce  
Puff Pastry Cheese Straws  
Mascarpone-filled Cannoli  
Chocolate-dipped Biscotti  
\$25.00 per person

### Pacific Rim Buffet

Cucumber Salad with Ginger Soy Dressing  
Wontons and Pot Stickers  
Shrimp Fried Rice and Steamed Rice  
Beef with Scallions and Ginger  
Sweet and Sour Chicken  
Fortune Cookies  
\$18.00 per person

### The Deli Express

Roasted Beef, Honey-glazed Ham, Smoked Turkey, Genoa Salami  
Monterey Jack, Tillamook Cheddar and Jarlsberg Swiss Cheeses  
Assorted Breads, Herb Mayonnaise, Dijon Mustard  
Cranberry Relish and Kosher Dill Pickle Spears  
Parmesan Pesto Salad  
Seasonal Fresh Fruit Salad  
Double Fudge Brownies and Assorted Baked Cookies  
\$17.00 per person

### Fajita Fiesta

Spicy Beef or Seasoned Chicken  
Grated Monterey Jack and Tillamook Cheddar Cheeses  
Diced Tomatoes, Shredded Lettuce, Sliced Olives  
Sour Cream, Guacamole and Salsa  
Warm Corn and Flour Tortillas  
Spanish Rice and Refried Black Beans  
Chocolate Mousse Cake and Sopaipillas with Honey  
\$23.00 per person (Beef or Chicken)  
\$26.00 per person (Beef and Chicken)

*The consumption of raw or undercooked eggs, meat, seafood or shellfish may increase your risk of foodborne illness.*

An 18% service fee and applicable sales tax will be applied to all food and beverage orders.

1500 Broadway, Tacoma, WA 98402  
253-830-6601 Fax: 253-573-2363 [gtctc.org](http://gtctc.org)

## LUNCH BUFFETS

---

Designed for 50 or more people.  
All lunch buffets include coffee (house blend and decaffeinated) and assorted teas.

Soup and Salad Bar  
Assorted Market Greens  
Diced Chicken and Turkey  
Sliced Mushroom, Cherry Tomatoes  
Diced Eggs, Bleu Cheese Crumbles  
Garbanzos Beans, Alfalfa Sprouts  
Garlic Croutons, Shredded Cheese  
Sunflower Seeds  
Assorted Salad Dressings  
Choice of Two Soups  
Fresh Bread Basket and Whipped Butter  
Assorted Cookies and Brownies  
\$15.00 per person

## SOUPS

---

(Add soup to your buffet)

Chilled Gazpacho  
Creamy Potato and Leek  
Fresh Red and Yellow Tomatoes  
Minestrone  
New England or Smoked Salmon Chowder  
Roasted Corn Chowder  
Seafood Bisque  
Thai Coconut Chicken  
Add \$4.00 per person

*The consumption of raw or undercooked eggs, meat, seafood or shellfish may increase your risk of foodborne illness.*

An 18% service fee and applicable sales tax will be applied to all food and beverage orders.

1500 Broadway, Tacoma, WA 98402  
253-830-6601 Fax: 253-573-2363 gtctc.org

## BOX LUNCHES

---

Maximum three lunch varieties per meal function.

Vegetable Delight  
Roasted Vegetables Including:  
Eggplant, Yellow Squash, Zucchini and Roma Tomatoes  
Sun-dried Focaccia Bread Brushed with Olive Oil  
Cucumber Salad with Soy Rice Vinaigrette  
Tim's Cascade Chips  
Tillamook Cheddar Cheese Wedge and Fresh Baked Cookie  
\$15.00 per person

Club Wrap  
Smoked Turkey  
Lettuce, Tomatoes and Bacon  
Wrapped in an Herb Flour Tortilla  
Served with Whole Fruit  
Pasta Salad, Tim's Cascade Chips  
Tillamook Cheddar Cheese Wedge and Fresh Baked Cookie  
\$14.75 per person

Chicken Salad Sandwich  
Grilled Chicken Salad on a Croissant  
Served with Whole Fruit  
Couscous Salad with Mango and Currants  
Tim's Cascade Chips  
Tillamook Cheddar Cheese Wedge and Fresh Baked Cookie  
\$14.50 per person

Create Your Own Box Lunch  
Your choice of three selections listed below.  
Served on Assorted Deli Breads or Croissant  
Served with Whole Fruit  
Pasta Salad, Tim's Cascade Chips  
Tillamook Cheddar Cheese Wedge and Fresh Baked Cookie  
\$14.00 per person

Sandwich Choices:  
Albacore Tuna  
Chicken Salad  
Honey-glazed Ham and Jarlsberg Swiss  
Italian Hoagie (Genoa Salami, Smoked Turkey, Honey-glazed Ham and Provolone)  
Roast Beef and Provolone  
Smoked Turkey and Tillamook Cheddar  
Chicken Caesar Salad or Vegetarian

*The consumption of raw or undercooked eggs, meat, seafood or shellfish may increase your risk of foodborne illness.*

An 18% service fee and applicable sales tax will be applied to all food and beverage orders.

1500 Broadway, Tacoma, WA 98402  
253-830-6601 Fax: 253-573-2363 gtctc.org