

eat right

if you are what you eat and you don't know what you're eating, do you know who you are?

claudio fischler

EVENTS



EMBASSY SUITES®

Charlotte - Concord/Golf Resort & Spa
embassysuitesconcord.com

the recipes included in this section have been specially created by embassy suites in conjunction with johnson & wales university and embody the concept of balance, variety and moderation.

forward >

the right breakfast

presented with fresh squeezed orange juice, choice of starter and coffee during ever service, plates are garnished with broiled tomato topped with herbs & olive oil



Embassy Suites Hotels
Eat Right[®]

starter selections

market fruit salad bowl |
honey ginger dressing
fat .5g saturated fat 0g cholesterol
0mg carbs 43g protein 2g calories 170
{gluten free, vegan friendly}

mango oatmeal | a heart-
healthy and flavorful irish
oatmeal made with mango
and spices, topped with
mango and berries
fat 8g saturated fat 1.5g cholesterol
5mg carbs 50g protein 2g calories 270
{vegan friendly}

Embassy Suites Hotels Eat Right offers delicious meal choices that embody a nutritional concept of balance, variety, and moderation. Each Embassy Suites Hotels Eat Right item featured in our menu has specific nutritional information available for your review. Please ask your event manager if you wish to see more detailed nutritional information relating to any of these menu items.



entrees

pecan smoked salmon frittata | \$19

traditional frittata created with egg substitute, spinach, onion and flakes of pecan wood-smoked salmon topped with emmentaler swiss cheese
fat 7g saturated fat 7g cholesterol 60mg carbs 6g protein 28g calories 320
{gluten free}

mixed vegetable frittata | \$18

traditional frittata with red onions, mushrooms, dill, asparagus, spinach, roma tomatoes with a low-fat egg substitute
fat 2.5g saturated fat 0g cholesterol
0mg carbs 24g protein 23g calories 210
{gluten free, semi-vegan friendly}

breakfast casserole | \$17

whipped egg casserole combined with bacon, turkey sausage, spinach and cheddar cheese
fat 16g saturated fat 8g cholesterol
80mg carbs 2g protein 32g calories 290
{gluten free}



Embassy Suites Hotels Eat Right nutritional values are determined through database analysis with the Food Processor SQL from ESHA Research, Inc., Salem, OR 97302 and available ingredient product data. This data is based on average serving size and standard portion guidelines. However, slight variations in nutritional values may occur due to seasonality, use of alternate suppliers, and menu item preparation. Cholesterol is indicated in milligrams.

prices are per person, unless noted.
a 22% taxable service charge and sales tax will be added to all prices.
all menus and prices are subject to change. not all ingredients listed.
please inform us of any food allergies. actual presentation of menu items and ingredients may vary from photos and descriptions.

the right lunch and dinner starters and desserts

starter selections

watermelon gazpacho |
watermelon and cranberry
juice blended with peppers,
onion and celery, served
chilled with cucumber and
mint

fat 0g saturated fat 0g cholesterol
0mg carbs 16g protein 1g calories 60
{gluten free, vegan friendly}

mixed mushroom soup |
porcini and crimini mushroom
and cream soup flavored with
tarragon, thyme and bay leaf,
topped with a chive crème
fraîche

fat 7g saturated fat 4g cholesterol
25mg carbs 20g protein 10g calories
220
{gluten free}

dessert selections

market fruit salad bowl |
honey ginger dressing

fat .5g saturated fat 0g cholesterol
0mg carbs 43g protein 2g calories 170
{gluten free, vegan friendly}

mango sorbet | Häagen-Dazs
fat free mango sorbet topped
with mango

fat 0g saturated fat 0g cholesterol
0mg carbs 37g protein 0g calories 130
{gluten free, vegan friendly}



Embassy Suites Hotels Eat Right offers delicious meal choices that embody a nutritional concept of balance, variety, and moderation. Each Embassy Suites Hotels Eat Right item featured in our menu has specific nutritional information available for your review. Please ask your event manager if you wish to see more detailed nutritional information relating to any of these menu items.



Embassy Suites Hotels Eat Right nutritional values are determined through database analysis with the Food Processor SQL from ESHA Research, Inc., Salem, OR 97302 and available ingredient product data. This data is based on average serving size and standard portion guidelines. However, slight variations in nutritional values may occur due to seasonality, use of alternate suppliers, and menu item preparation. Cholesterol is indicated in milligrams.

prices are per person, unless noted.
a 22% taxable service charge and
sales tax will be added to all prices.
all menus and prices are subject to
change. not all ingredients listed.
please inform us of any food
allergies. actual presentation of
menu items and ingredients may
vary from photos and descriptions.

the right lunch

presented with your choice of starter & dessert and coffee & iced tea during event service, plates are garnished with broiled tomato topped with herbs & olive oil

smoked chicken linguine | \$22

smoked chicken breast, whole-wheat linguine tossed with pesto vegetable broth and grilled artichokes

fat 6g saturated fat 2g cholesterol 105mg carbs 24g protein 49g calories 340

{semi-vegan friendly}

grilled chicken salad | \$23

grilled chicken atop mixed green salad, served with homemade tomato, corn and black bean salsa

fat 19g saturated fat 3g cholesterol 80mg carbs 14g protein 32g calories 350

{gluten free, semi-vegan friendly}

beef tenderloin salad | \$26

fresh baby greens, tomatoes, cucumbers and bleu cheese topped with grilled lean beef tenderloin and caramelized onions

fat 18g saturated fat 8g cholesterol 100mg carbs 14g protein 36g calories 360

{gluten free}

poached trout filet | \$24

poached trout filet served atop a bed of sautéed fingerling potatoes and chanterelle mushrooms, then topped with a lemon-butter wine sauce

fat 20g saturated fat 5g cholesterol 30mg carbs 22g protein 13g calories 340

{gluten free, semi-vegan friendly}

spicy gulf shrimp and tomato wrap | \$24

sautéed cajun spiced shrimp, roasted peppers, chopped onion, tomato, cilantro and garlic wrapped in a low-carb tortilla

fat 8g saturated fat 1g cholesterol 330mg carbs 44g protein 49g calories 420

{semi-vegan friendly}

balsamic marinated pork tenderloin | \$23

served with roasted portobello mushrooms, sliced roasted tomatoes and a five-spice sauce

fat 12g saturated fat 3.5g cholesterol 115mg carbs 18g protein 42g calories 340



Embassy Suites Hotels
Eat Right®

Embassy Suites Hotels Eat Right offers delicious meal choices that embody a nutritional concept of balance, variety, and moderation. Each Embassy Suites Hotels Eat Right item featured in our menu has specific nutritional information available for your review. Please ask your event manager if you wish to see more detailed nutritional information relating to any of these menu items.



Embassy Suites Hotels Eat Right nutritional values are determined through database analysis with the Food Processor SQL from ESHA Research, Inc., Salem, OR 97302 and available ingredient product data. This data is based on average serving size and standard portion guidelines. However, slight variations in nutritional values may occur due to seasonality, use of alternate suppliers, and menu item preparation. Cholesterol is indicated in milligrams.

prices are per person, unless noted. a 22% taxable service charge and sales tax will be added to all prices. all menus and prices are subject to change. not all ingredients listed.

please inform us of any food allergies. actual presentation of menu items and ingredients may vary from photos and descriptions.

the right dinner

presented with your choice of starter & dessert and coffee & iced tea during event service, plates are garnished with broiled tomato topped with herbs & olive oil

kentucky onion rib eye | \$33

steamed asparagus stacked with a sweet potato purée, then topped with a 5 oz rib eye steak, served with onions sautéed in a bourbon and chili sauce

fat 12g saturated fat 4.5g cholesterol 110mg carbs 40g protein 49g calories 460

{gluten free}

salmon medallions | \$33

grilled salmon medallions served with baby spinach and warm peppercorn vinaigrette

fat 39g saturated fat 8g cholesterol 145mg carbs 15g protein 45g calories 590

{semi-vegan friendly}

prosciutto-wrapped chicken | \$30

pan-seared, boneless and skinless chicken breast wrapped in prosciutto and served with cannellini bean salad and balsamic reduction

fat 12g saturated fat 3g cholesterol 140mg carbs 40g protein 66g calories 540

{gluten free}

pepper-crusted flatiron steak | \$24

black pepper-crusted flatiron steak served with balsamic glazed cipollini onions, roasted garlic cloves and grilled red bell peppers

fat 42g saturated fat 9g cholesterol 105mg carbs 35g protein 40g calories 690

{gluten free}

chargrilled filet | \$38

chargrilled filet of beef, straw-fried sweet potatoes and cabernet sauvignon/veal reduction

fat 12g saturated fat 3g cholesterol 90mg carbs 30g protein 37g calories 380

{gluten free}

pan-seared ahi tuna | \$26

soy and ginger, pan-seared ahi tuna atop braised spinach and edamame stew drizzled with glazed soy

fat 12g saturated fat 1.5g cholesterol 45mg carbs 61g protein 45g calories 520

{gluten free, semi-vegan friendly}



Embassy Suites Hotels Eat Right offers delicious meal choices that embody a nutritional concept of balance, variety, and moderation. Each Embassy Suites Hotels Eat Right item featured in our menu has specific nutritional information available for your review. Please ask your event manager if you wish to see more detailed nutritional information relating to any of these menu items.



Embassy Suites Hotels Eat Right nutritional values are determined through database analysis with the Food Processor SQL from ESHA Research, Inc., Salem, OR 97302 and available ingredient product data. This data is based on average serving size and standard portion guidelines. However, slight variations in nutritional values may occur due to seasonality, use of alternate suppliers, and menu item preparation. Cholesterol is indicated in milligrams.

prices are per person, unless noted. a 22% taxable service charge and sales tax will be added to all prices. all menus and prices are subject to change. not all ingredients listed.

please inform us of any food allergies. actual presentation of menu items and ingredients may vary from photos and descriptions.