



95 Upper College Road

Kingston, RI 02881

Phone: 401-874-2911

Lunch Menu

Our lunch buffet options include a formal lunch buffet for groups of twenty or more where the occasion calls for an elegant setting, fun theme buffets for groups of twenty or more, and our efficient classic buffets for groups of ten and up.

Classic Lunch Buffets

Available for 10 or more held Monday through Friday from 11:00AM -2:00PM. Tables will have linen table cloths. The Buffet table will provide paper cups, napkins & silverware for your guests.

Express Lunch Buffet

The express lunch buffet provides for a quick ready-made sandwich and salad for a delicious and efficient lunch. A selection of fresh made deli style sandwiches and wraps which includes a vegetarian option, turkey, roast beef, ham, tuna and chicken salad. You may choose one side of garden salad, pasta salad, potato salad, Caesar salad or potato chips. House-baked cookies and fudgy brownies will provide a sweet ending. The buffet is accompanied by a station of freshly brewed regular & decaffeinated coffee, a selection of teas, & a variety of sodas.

Priced per person \$9.25

Classic “Build Your Own Sandwich” Lunch Buffet

This buffet gives guests many options for sandwich combinations and includes two side dishes for a customized lunch. A selection of freshly sliced deli meats including ham, turkey, roast beef and tuna salad is accompanied by assorted cheeses, lettuce, tomatoes, onions, pickles and condiments with a variety of bread and wraps. You select two sides from garden salad, pasta salad, potato salad, Caesar salad or potato chips which will accompany the deli selections. Freshly baked cookies and fudgy brownies provide a sweet ending. The buffet is accompanied by a station of freshly brewed regular & decaffeinated coffee, along with a selection of teas, including herbal teas and a variety of sodas.

Priced per person \$12.30

Hearty Lunch Buffet

The Hearty Lunch buffet offers a hot side dish choice of either Mediterranean Vegetable Couscous or Pasta Primavera, and includes garden salad with a variety of dressings, fresh fruit salad, assorted fresh made deli style sandwiches and wraps including a vegetarian option, turkey, roast beef, ham, & tuna salad complete the meal. Freshly baked cookies and fudgy brownies provide a sweet ending. The buffet is accompanied by a station of freshly brewed regular & decaffeinated coffee, with a selection of teas, including herbal teas and a variety of sodas.

Priced per person \$13.35

Pasta Lunch Buffet

This lunch is “pure” pasta with a mouthwatering selection of house-made sauces. You may select one type of pasta and two different sauces for your guests to enjoy. Pasta choices include Penne, Bowtie or Rotilli. Sauce choices include Pink Vodka Cream, Pesto Cream aromatic with basil, garlic and parmesan, Tangy and Tomato rich Marinara Sauce, or Ala Puttanesca Sauce rich with tomatoes, black olives, anchovies, oregano, garlic and olive oil. The buffet is accompanied by rolls with creamy whipped butter and a station of freshly brewed regular & decaffeinated coffee, with a selection of teas, including herbal teas and a variety of sodas.

Priced per person \$10.00

Deluxe Pasta Lunch Buffet

This lunch is a delight to satisfy any pasta lover’s taste and includes a garden salad along with a mouthwatering selection of House-made sauces and house-baked cookies and fudgy brownies to provide a sweet ending. You may select one type of pasta and two different sauces for your guests to choose from. Pasta choices include Penne, Bowtie or Rotilli. Sauce choices include Pink Vodka Cream, Pesto Cream aromatic with basil, garlic and Parmesan, tangy and tomato rich Marinara Sauce, or Ala Puttanesca Sauce rich with tomatoes, black olives, anchovies, oregano, garlic and olive oil. The buffet is accompanied by bread with creamy whipped butter and a station of freshly brewed regular & decaffeinated coffee, with a selection of teas, including herbal teas and a variety of sodas.

Priced per person \$12.90

Theme Lunch Buffets

Available for events of 20 or more held Monday through Friday from 11:00AM -2:00PM
Tables will be set with linen table cloths. The Buffet table will provide cups, napkins & silverware for your guests.

Taco Bar Lunch Buffet

This buffet adds southern spice to your lunch options. With the Taco Bar Buffet, your guests build their own hard or soft shell taco from selections of spicy ground beef or chicken, Spanish rice, chopped lettuce and tomatoes, cheeses, re-fried beans and sour cream to top it all off! House-baked cookies and fudgy brownies provide a sweet ending. The buffet includes a station with a variety of sodas, coffee, & tea.

Priced per person \$10.25

Old Fashioned Cookout Lunch Buffet

Hankering for a good old fashioned cookout? Our selection of grilled hamburgers and hotdogs on fresh bakery buns are ready to be dressed with the guest's choice of lettuce, tomatoes, cheese and condiments to spice it up or keep it as simple as you please. Our chef's special sweet potato salad, coleslaw, and secret recipe BBQ Baked Beans are the perfect accompaniments. House-baked cookies and fudgy brownies provide a sweet ending. The buffet is accompanied by a station of House-made lemonade.

Priced per person \$10.95

Priced per person \$12.45 with a station of freshly brewed regular & decaffeinated coffee, along with a selection of teas, including herbal teas.

Hawaiian Luau Lunch Buffet

Go "far away" for lunch with our Hawaiian Luau style lunch buffet. Enjoy the sweet flavors of pineapple & coconut which are classic to the Aloha state's cuisine. The Luau includes carrot & raisin salad, ginger pineapple BBQ Chicken, Sweet & Sour Roast Pork, Coconut Rice, Stir Fried vegetables and rolls with whipped creamy butter. Pineapple upside-down cake with sweet caramelized cane sugar provides to sweet ending to the Luau. A station of freshly brewed regular & decaffeinated coffee, along with a selection of teas, including herbal teas, accompanies this buffet.

Priced per person \$12.95

Priced per person \$13.95 to add a station of a variety of sodas

Federal Hill Lunch Buffet

Enjoy classic Rhode Island Italian cuisine. An antipasto salad of julienne Italian cold meats, cheeses, pepperoncini hot peppers & roasted bell peppers begin the buffet. Meatballs, peppers & spicy Italian sausage simmered in Marinara sauce, baked ziti & garlic bread with whipped butter are followed tray of biscotti. A station of freshly brewed regular & decaffeinated coffee, along with a selection of teas, including herbal teas accompanies this buffet.

Priced per person \$10.95

Priced per person \$11.95 to add a station of a variety of sodas

Southwest Lunch Buffet

Think hot! Tomato & Onion Salad begin the buffet. BBQ Pulled Pork, Chicken Rojas, Southwest Vegetarian Bean Chili, and Corn Bread are followed by a light egg custard for dessert. A station of freshly brewed regular & decaffeinated coffee, along with a selection of teas, including herbal teas accompanies this buffet.

Priced per person \$11.95

Priced per person \$12.95 to add a station of a variety of sodas

Oriental Express Lunch Buffet

Take an express train ride or stroll over to lunch! Egg Drop Soup, Vegetable Fried Rice, Shanghai Chicken, Vegetable Egg Roll, and Dumplings are followed by Coconut Tapioca for this buffet inspired by tastes of the Orient. A station of freshly brewed regular & decaffeinated coffee, along with green tea, accompanies this buffet.

Priced per person \$10.95

Priced per person \$11.95 to add a station of a variety of sodas

Homeland Lunch Buffet

Comfort food can mean different things to each of us but we have put together some favorites which have been inspired old time American simple cooking. A Garden salad starts this buffet followed by American Chop Suey, Chicken Fricassee, buttermilk mashed potatoes, corn & green pea medley, rolls with whipped butter, House-made crispy Apple Cobbler makes a sweet ending of. A station of freshly brewed regular & decaffeinated coffee, along with a selection of teas, including herbal teas accompanies this buffet.

Priced per person \$11.95

Priced per person \$12.95 to add a station of a variety of sodas

Soup & Salad Bar Lunch Buffet

Rich with vegetables, warm with soup, this salad bar has long been a part of the U-Club lunch offering. We are now making the Soup & Salad bar available as a private buffet. The salad bar includes Mesclun salad greens and seasonal offerings of fresh cut vegetables and proteins. The Soup of the Day will accompany the salad bar along with fresh House-baked bread. A station of a variety of sodas, freshly brewed regular & decaffeinated coffee, along with a selection of teas, including herbal teas accompanies this buffet.

Priced per person \$9.95

Priced per person \$10.50 to add cookies & brownies for dessert



Formal Lunch Buffet

Available for events of 20 or more held Monday through Friday from 11:00AM -2:00PM.
Tables will be set with linen table cloths and napkins, glassware, and silverware.

Design Your Own U-Club Lunch Buffet

This buffet allows you to choose two entrées from our many selections and pair them as you choose. The buffet includes a choice of soup **or** salad, rolls with whipped creamy butter, vegetable du jour, chef's choice of dessert and a station of freshly brewed regular & decaffeinated coffee, along with a selection of teas, including herbal teas.

Soup or salad choices: (Choose one) Garden salad, Mesclun salad or soup du jour

Entrée Choices: (Choose two)

Seafood:

Scrod filet baked with an herb & cracker crumb stuffing served with sherry wine sauce.

Raspberry Glazed Salmon grilled and topped with a sweet raspberry glaze.

Athenian Sole filet stuffed with spinach & Feta cheese, drizzled with sherry wine sauce.

Chicken:

Chicken Creole is simmered in a Louisiana style tomato, onions & bell pepper sauce.

Chicken Cacciatore is sautéed with a delicious variety of vegetables.

Chicken Piccata sautéed and served with a light lemon caper sauce.

Beef:

Meatloaf baked and served with gravy

Beef Stew

Meatballs Marinara

Vegetarian:

Penne with pink vodka cream sauce or marinara sauce

Broccoli & Cheese Soufflé

Pasta or Couscous Primavera

Vegetarian Chili

Priced per person \$17.45

Priced per person \$18.45 with soda station



Plated Lunch Menu

Choices from this menu are served in an elegant style and are available for events of 20 or more people held Monday through Friday from 11:00AM -2:00PM and weekends with minimum spending required. A maximum number of three different choices will apply based on the number of guests being served. Plated lunches include tables set with cloth napkins, silverware and glassware and include bread and whipped butter, your choice of either a house salad or cup of soup du jour and your choice of a dessert. Dessert choices include Chocolate Cake with creamy white frosting, Vanilla Ice Cream with Chocolate Sauce or Rainbow Sherbet.

Entrée Selections

Creole Chicken

Slow simmered chicken in a savory Louisiana style sauce with tomato, onion, & bell peppers served over yellow rice.

Priced per person \$13.50

Home-style Stuffed Chicken Breast

Tender boneless chicken breast with a savory wild rice stuffing served with pan gravy & creamy mashed potatoes.

Priced per person \$13.50

Parmesan Crusted Chicken

Tender boneless chicken breast cloaked in our house blended herb and parmesan seasoned breading, layered with aged Provolone and crowned with our House-made spicy marinara sauce and served with penne and julienned zucchini.

Priced per person \$13.50

Chicken Piccata

Tender boneless sautéed chicken breast served with a light lemon caper sauce served over pasta.

Priced per person \$13.50

Athenian Sole

Fresh filet of sole stuffed with spinach & Feta cheese and served over orzito and drizzled with a sherry wine sauce.

Priced per person \$14.90

Blackened Salmon

Grilled Atlantic Salmon topped with a cucumber yogurt relish served with Basmati Rice and Vegetable du jour.

Priced per person \$14.95

Raspberry Glazed Salmon Filet

Grilled Atlantic Salmon topped with a sweet House-made raspberry glaze and served with Basmati Rice and Vegetable du jour.

Priced per person \$14.95

Vegetable Lasagna

Layers of rich ricotta cheese alternated with roasted vegetables and tender pasta baked in House-made marinara sauce.

Priced per person \$12.25

Stuffed Manicotti

House stuffed herb & ricotta manicotti baked with our chef's secret Marinara Sauce.

Priced per person \$11.25

Roast Beef

Thin sliced roast beef with mushroom au jus and served with mashed potatoes and vegetable du jour.

Priced per person \$13.50

Coffee and Tea Service

Freshly brewed regular & decaffeinated coffee, along with a selection of teas, including herbal teas will be served if ordered in advance for your guests.

Priced per person \$1.75

