



menu



At the Winthrop Rockefeller  
Institute, we strive to provide  
the ultimate guest experience.

And we know that great food is a big part of that experience. Our expert team has developed a variety of menus that will make selecting your meals a simple, exciting task. Don't see what you're looking for? We're always happy to accommodate special requests for those who need it. Our talented staff prepares and serves meals that are sure to impress and satisfy your group.

We look forward to serving you.



breakfast





## BREAKFAST PACKAGES

ALL BREAKFAST PACKAGES BEGIN WITH THE BASIC CONTINENTAL BREAKFAST

### NEXT-LEVEL BREAKFAST

- Waffle bar: including berries, whipped cream and syrup
- Scrambled eggs
- Fried breakfast potatoes
- Biscuits and gravy
- Bacon and sausage

### BASIC BREAKFAST

- Scrambled eggs
- Fried breakfast potatoes
- Biscuits and gravy
- Bacon and sausage

### CONTINENTAL PLUS

- Sausage biscuits (individually wrapped)
- Bacon biscuits (individually wrapped)

### BASIC CONTINENTAL

- Breakfast pastry
- Seasonal fruit display
- Cold cereal
- Oatmeal
- Yogurt
- Milk
- Juice
- Coffee



## BREAKFAST À LA CARTE OPTIONS

DIDN'T SEE A PACKAGE THAT MET YOUR NEEDS?  
TALK TO YOUR CONFERENCE PLANNER ABOUT  
CUSTOMIZING YOUR OWN MENU.

### ITEMS AVAILABLE BY REQUEST

Pancakes

Eggs-to-order\*

Grits

Waffle bar: including berries, whipped cream and syrup

Scrambled eggs

Fried breakfast potatoes

Biscuits and gravy

Bacon and sausage

Sausage biscuits (individually wrapped)

Bacon biscuits (individually wrapped)

Cinnamon rolls, scones, danishes and/or muffins

Seasonal fruit display

Cold cereal

Oatmeal

Yogurt

Milk, juice and/or coffee

*\*Groups of 15 or fewer*

morning break  




## MORNING BREAK PACKAGES

A LITTLE PICK-ME-UP BETWEEN BREAKFAST AND LUNCH CAN BE JUST THE THING TO KEEP YOU ALERT AND FOCUSED

### CINNAMON BREAK

- Cinnamon rolls
- Hand fruit
- Granola and multigrain bars

### SCONE BREAK

- Scones
- Fruit display with cream cheese dip
- Granola and multigrain bars

### DANISH BREAK

- Danishes
- Mixed berry bowl
- Granola and multigrain bars

## BREAK À LA CARTE OPTIONS

DIDN'T SEE A PACKAGE THAT MET YOUR NEEDS?  
TALK TO YOUR CONFERENCE PLANNER ABOUT  
CUSTOMIZING YOUR OWN MENU.

### ITEMS AVAILABLE BY REQUEST

Assorted danishes, muffins, cinnamon rolls and/or scones

Chocolate brownies, assorted fresh-baked cookies,  
dessert bars and/or mini candy bars

Hand fruit basket

Fruit display with cream cheese dip

Mixed seasonal berries

Granola/nutrigrain bars

Vegetable crudité with buttermilk ranch dressing

Assorted cheese platter with crackers

Cheese ball with crackers

Tortilla pinwheels

Fried mushrooms

Cheese sticks, onion rings and/or jalapeño peppers

Housemade salsa, hummus, refried bean dip, French  
onion dip, buttermilk ranch dip, spinach and artichoke  
dip, guacamole and/or seven-layer dip, served with  
corresponding chips

lunch  




## LUNCH PACKAGES

LUNCHES INCLUDE CHEF'S CHOICE SOUP AND SALAD, ENTRÉE, STARCH, VEGETABLE, DESSERT, BREAD, ICED TEA AND WATER

### FAJITA BAR

- Beef, chicken or vegetable fajitas
- Refried beans
- Spanish rice
- Chips
- Cheese dip
- Guacamole
- Salsa
- Sour cream

### BBQ BAR

- Pulled pork and choice of smoked brisket **or** smoked chicken
- Baked beans
- Cole slaw
- Potato salad

### PASTA BAR

- Blackened chicken pasta with Cajun cream sauce and green onion
- Lasagna
- Seasonal vegetable

### PETITE SANDWICH BAR

- Petite ham, turkey and chicken salad sandwiches
- Veggie wraps
- Fries
- Seasonal vegetable





## LUNCH À LA CARTE OPTIONS

DIDN'T SEE A PACKAGE THAT MET YOUR NEEDS?  
TALK TO YOUR CONFERENCE PLANNER ABOUT  
CUSTOMIZING YOUR OWN MENU.

### ITEMS AVAILABLE BY REQUEST

#### SANDWICHES

Burger bar  
"The Club"  
Chicken salad  
Tuna salad  
Italian chicken  
Petite sandwiches

#### WRAPS

Veggie wrap  
BLT wrap  
Caprese wrap

#### HOT LUNCH

Asiago-crust chicken  
Baked potato bar  
BBQ bar  
Blackened chicken breast  
Catfish  
Chicken pot pie  
Enchiladas  
Fajita bar  
Flank steak  
Grilled salmon  
Lasagna  
Pasta primavera  
Pecan-crust chicken  
Pot roast  
Roasted pork loin with apple  
and shallot chutney  
Roasted pork loin with  
rosemary pomegranate glaze

afternoon break





## AFTERNOON BREAK PACKAGES

A LITTLE PICK-ME-UP BETWEEN LUNCH AND DINNER CAN BE JUST THE THING TO KEEP YOU ALERT AND FOCUSED

### MEDITERRANEAN

- Hummus with pita chips
- Vegetable crudité
- Fruit display with cream cheese dip
- Granola bars

### SOUTH OF THE BORDER

- Chips and salsa
- Tortilla pinwheels
- Jalapeño poppers

### PARTY PLATTER

- Spinach dip with tortilla chips
- Cheeseball and crackers
- Fried mushrooms with ranch

### SWEET AND SAVORY

- Spinach dip with tortilla chips
- Fruit display with cream cheese dip
- Assorted cookies

## BREAK À LA CARTE OPTIONS

DIDN'T SEE A PACKAGE THAT MET YOUR NEEDS?  
TALK TO YOUR CONFERENCE PLANNER ABOUT  
CUSTOMIZING YOUR OWN MENU.

### ITEMS AVAILABLE BY REQUEST

Assorted danishes, muffins, cinnamon rolls and/or scones

Chocolate brownies, assorted fresh-baked cookies,  
dessert bars and/or mini candy bars

Hand fruit basket

Fruit display with cream cheese dip

Mixed seasonal berries

Granola/nutrigrain bars

Vegetable crudité with buttermilk ranch dressing

Assorted cheese platter with crackers

Cheese ball with crackers

Tortilla pinwheels

Fried mushrooms

Cheese sticks, onion rings and/or jalapeño peppers

Housemade salsa, hummus, refried bean dip, French  
onion dip, buttermilk ranch dip, spinach and artichoke  
dip, guacamole and/or seven-layer dip, served with  
corresponding chips

dinner  




## **SINGLE-ENTRÉE DINNER PACKAGES**

EACH PACKAGE INCLUDES CHEF'S CHOICE SOUP AND SALAD,  
DESSERT, BREAD, ICED TEA AND WATER

### **GOVERNOR'S CHOICE**

- Petite filet, 6 oz
- Baked potatoes with sour cream, butter, chives, bacon and shredded cheese
- Seasonal vegetable

### **TASTE OF THE NORTHWEST**

- Grilled salmon
- Wild rice and cranberries
- Seasonal vegetable

### **SOUTHERN CLASSIC**

- Pecan-encrusted chicken with raspberry bordelaise
- Rosemary and garlic roasted red potatoes
- Seasonal vegetable



## TWO-ENTRÉE DINNER PACKAGES

EACH PACKAGE INCLUDES CHEF'S CHOICE SOUP AND SALAD,  
DESSERT, BREAD, ICED TEA AND WATER

### PORK & CHICKEN

- Roasted pork loin
- Chicken cordon bleu
- Twice-baked potatoes
- Seasonal vegetable

### STEAK & CHICKEN

- Herb-marinated flank steak
- Pecan-encrusted chicken
- Wild rice and cranberries
- Seasonal vegetable

### FISH & STEAK

- Grilled salmon
- Chicken-fried steak
- Smashed potatoes and gravy
- Seasonal vegetable



## DINNER À LA CARTE OPTIONS

DIDN'T SEE A PACKAGE THAT MET YOUR NEEDS?  
TALK TO YOUR CONFERENCE PLANNER ABOUT  
CUSTOMIZING YOUR OWN MENU.

### ITEMS AVAILABLE BY REQUEST

#### ENTRÉES

Catfish  
Chicken cordon bleu  
Chicken fried steak  
Chicken marsala  
Fried chicken  
Herb-marinated flank steak  
Pecan-encrusted chicken  
Petit filet, 6 oz.  
Petit filet, 8 oz.  
Pot roast  
Ribeye, 14 oz.  
Roasted pork loin  
Salmon (grilled or baked)  
Smoked chicken with  
mustard barbecue sauce

#### STARCH

Angel hair pasta  
Baked potatoes  
French fries  
Mashed potatoes  
Polenta  
Risotto  
Rosemary and garlic roasted  
red potatoes  
Spaghetti  
Twice-baked potatoes  
Wild rice with cranberries

receptions  




## RECEPTION PACKAGES

RECEPTION PACKAGES COME WITH A VARIETY OF BEVERAGE OPTIONS. ASK YOUR CONFERENCE PLANNER FOR DETAILS.

### SIMPLE RECEPTION

- International cheese display
- Fruit display with cream cheese dip

### HEAVY HORS D'OEUVRES

- Spinach and artichoke dip
- Tortilla pinwheels
- Fruit display with cream cheese dip
- Vegetable crudité

### FULL RECEPTION

- Stuffed mushrooms
- Chicken sate with peanut dipping sauce
- Baked brie
- International cheese display
- Fruit display with cream cheese dip



*\* Add shrimp cocktail to any of these choices for an additional fee. Ask your conference planner for details.*

## RECEPTION À LA CARTE OPTIONS

DIDN'T SEE A PACKAGE THAT MET YOUR NEEDS?  
TALK TO YOUR CONFERENCE PLANNER ABOUT  
CUSTOMIZING YOUR OWN MENU.

### ITEMS AVAILABLE BY REQUEST

Chocolate brownies, assorted fresh-baked cookies,  
dessert bars and/or mini candy bars

Baked brie

Hand fruit basket

Fruit display with cream cheese dip

Mixed seasonal berries

Vegetable crudité with buttermilk ranch dressing

International cheese display

Cheese ball with crackers

Tortilla pinwheels

Fried mushrooms

Shrimp cocktails

Stuffed mushrooms

Chicken sate with peanut dipping sauce

Cheese sticks, onion rings and/or jalapeño peppers

Housemade salsa, hummus, refried bean dip, French  
onion dip, buttermilk ranch dip, spinach and artichoke  
dip, guacamole and/or seven-layer dip, served with  
corresponding chips





WINTHROP ROCKEFELLER INSTITUTE  

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UNIVERSITY OF ARKANSAS SYSTEM