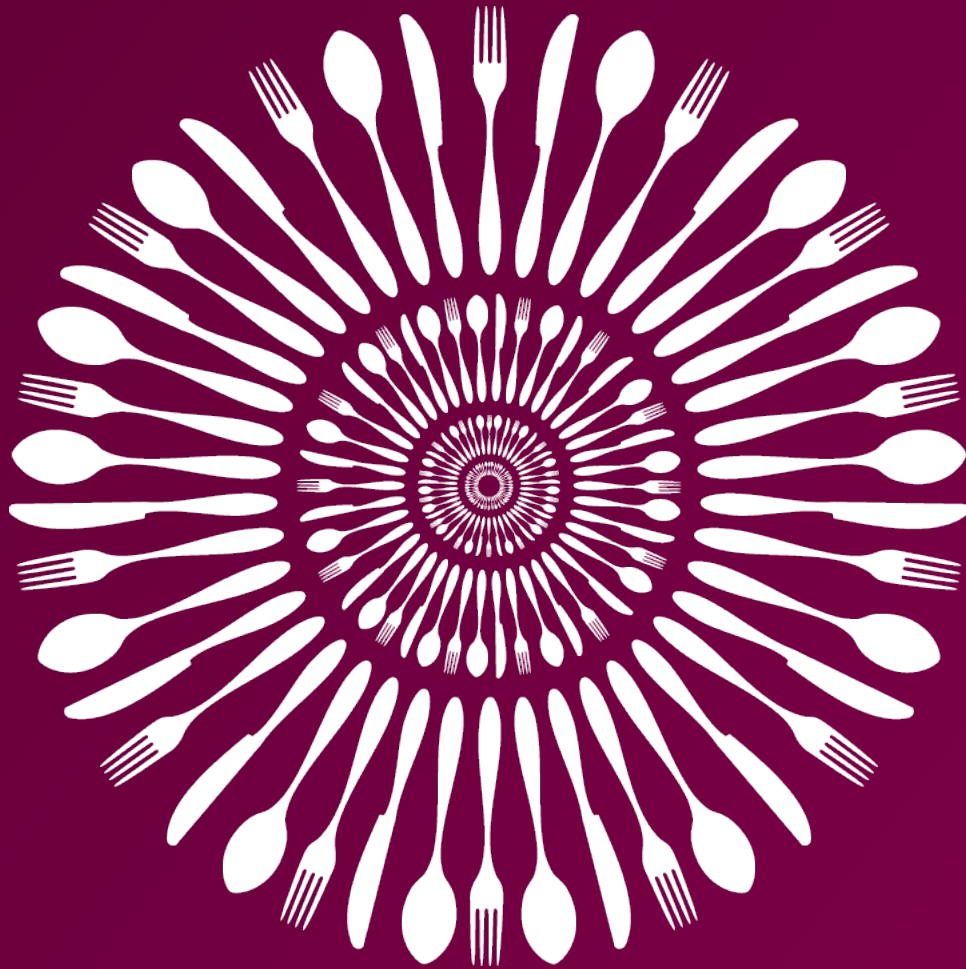


CHEF DOUG CATERING MENU



JACKSON
RESEARCH, SIMPLIFIED

... a cut above the rest.

Chef Doug



Intimately familiar with marketing research from his years as a corporate researcher, Doug Jones understands the importance of all aspects of the research experience. After dabbling for years with cuisine, testing and perfecting his recipes, Doug finally made the leap to “feed” his passion by choosing a professional career as a chef.

Family-style gourmet is hard to find, but Chef Doug does so with style. From his award winning Hazelnut chicken to his family-style Italian, every dish is freshly prepared onsite, delectable and full of flavor.

Pleasing to both eye and palette, Chef ensures our clients can focus on their research while they enjoy his savory creations. Check out his Chef selections, or build your own menu.

About Doug's Selections

- ❖ Doug's recipes are prepared with the finest and freshest ingredients
- ❖ Locally-grown produce is used whenever possible
- ❖ Look for the “green symbol”



Selections that are preceded by this symbol are vegetarian dishes



Bon Appétit!

Rise and Dine Breakfast

Served with a variety of “morning” beverages: juices, milk, teas, coffee.

Breakfast Casserole

\$20

A decidedly different approach to a breakfast casserole. While it has the usual suspects, sausage, eggs, milk, bread and cheese, we also add fresh mushrooms, tomatoes and green onion.

The Great American Breakfast

\$25

The lumberjack version. This one has scrambled eggs, sausage, bacon, breakfast potatoes, grits, and fresh buttermilk biscuits



Crème Brûlée French Toast

\$22

French toast like you've never imagined. We start with fresh brioche bread, and then soak it in a milk and egg mixture, but then we add a touch of brown sugar and some Grand Marnier. The result is a thin crust on the French toast, similar to what you would find on a crème brûlée.

Served with a side of sausage. This takes breakfast to a whole new level.



Appetizers and Soups

Loaded Baked Potato Soup

\$8

Made with fresh whole milk and garnished with bacon bits (optional), shredded sharp cheddar cheese and a dollop of sour cream with fresh chives. A perfect presentation and comfort food when the weather turns cold.



French Onion Soup

\$8

Right from the oven harboring a homemade crouton covered with bubbling melted gruyere. The sinfully rich broth makes you wish it wouldn't end!

Crab Bisque

\$8

With just the right amount of cream and sherry. Perfect for the more elegant setting.



Creamy Herbed Tomato Soup

\$8

With fondue cheese bread. Think back to tomato soup and grilled cheese when you were a kid and fast forward to an adult indulgence.

Crab Crostini

\$15

Fresh lump crabmeat mixed with chives and crème fraiche, on top of baguette slices and lightly broiled.

Stuffed Mushroom Caps

\$15

First, the large mushroom caps are sautéed, and then flambéed with dry sherry, and then filled with fresh lump crabmeat stuffing, topped with Gruyere cheese and baked.



Farmer's Market Vegetarian Quesadillas

\$15

A combination of red bell pepper, zucchini, yellow squash, combined with some red onion and mushrooms, topped with fresh cheddar cheese nestled between two hot whole wheat tortillas.

Bacon Sour Cream Pinwheels

\$12

Bacon, green bell peppers and sour cream rolled up in pastry make a yummy combination.



Pasta Bar

\$20

Served with fresh garlic bread.



Caesar Salad

The traditional salad, without the offending anchovies. Crisp romaine lettuce in classic Caesar dressing with shaved parmesan and crunchy croutons.

Entrée

First, select any **two** of the following pasta selections:

- Fettuccine
- Bow Tie
- Vermicelli
- Rotini
- Spaghetti
- Linguine
- Angel Hair

Next, select **two** of the following sauces:



- Alfredo
- Pesto
- Marinara – meatless
- Marinara with ground beef or meatballs
- Marinara with Mild Sausage
- Marinara with Spicy Sausage

Room for dessert?

Visit our **Dessert Selections** section to add a dessert to the meal.



Chicken Dinner

\$18

Served with delicious yeast rolls.


Entrée

Select one:

- Pan seared chicken breasts with shallots
- Cranberry chicken
- Garlic and rosemary chicken


Sides

Select one:

-  • Hash browned potatoes with onion
- Long grain and wild rice
- Fettuccine

Vegetable

Select one:

-  • Fresh green beans with caramelized onions
- Broccoli with almond butter
- Sautéed corn with red peppers and onions

Room for dessert?

Visit our **Dessert Selections** section to add a dessert to the meal.



Dinner Salads

Served with whole wheat rolls. Includes dessert.

Grilled Tenderloin Salad

\$30

Fresh mixed field greens, tomatoes. Gorgonzola cheese, mushrooms, candied pecans and grilled tenderloin with a balsamic glaze. All is mixed together with a creamy horseradish dressing.

Grilled Salmon Salad

\$25

Fresh cut Roma tomatoes, asparagus tips, crumbled feta, shoestring potato sticks and grilled salmon over a bed of greens with a balsamic vinaigrette dressing.

Tuscan Harvest Salad

\$25

Grilled chicken, mushrooms, bacon, almonds, gorgonzola cheese, apples, and dried cranberries served on fresh mixed greens with a Tuscan Italian dressing.

Dessert

Pikes Peak Apple Crisp

You caught us! Amaretto is the secret ingredient.



Served with delicious yeast rolls. Includes dessert.

Hot Bacon Salad

Spring mix field greens, cucumbers, and fresh tomatoes. Chef's hot bacon dressing on the side.

Award-Winning Hazelnut Chicken

Our Chef's signature dish. A thin skinless boneless chicken breast swimming in a sauce of cream, hazelnut liqueur, white wine, and flavored with garlic and chopped hazelnuts.

This was rated as one of the top three dishes out of over 1500 entrees in the poultry division, as determined by a panel of celebrated chefs in Atlanta at the US Chef's Open. It has also been featured in the Atlanta Journal-Constitution newspaper.

Grilled Pork Tenderloin Medallions with Garlic Mustard Sauce

Our most popular pork dish. We start with juicy pork tenderloin and marinate it in a brown sugar and bourbon sauce overnight. Then hickory smoked as it is grilled on an open fire. Sliced thin and put together with a sauce like you've never had before. We mix garlic, dry mustard and white wine vinegar and let it get comfortable for two days. It is then heated up and sweetened a bit, and makes an excellent accompaniment with the pork.



Vermicelli with Mushrooms and Pine Nuts

Mushrooms sautéed in olive oil and garlic and a sauce made with green onions and peas, all served over fresh vermicelli.



Broccoli with Garlic and Asiago

Broccoli cooked with olive oil and garlic, and then topped with curls of Asiago cheese.

Dessert

Lemon Cheesecake Squares

Tangy, tart and fabulous after one of our heavier entrees.



Served with fresh dinner rolls. Includes dessert.



Strawberry Spinach Salad

Our most popular salad, and the prettiest too. Fresh spinach leaves topped with sliced fresh strawberries and lightly coated in our proprietary sesame and poppy seed balsamic vinaigrette, topped with crumbled bleu or feta cheese and toasted almonds.

Chicken Marsala

Not your typical restaurant find. This is a thin chicken breast lightly breaded and sautéed in a savory sauce of Marasla wine, cream, chopped parsley and lots of mushrooms. When this dish is cooking the whole place smells terrific.

London Broil with Honey Ginger Marinade

A family favorite. Marinated for hours then grilled to your liking, thinly sliced. Tender and flavorful.



Baked Ravioli and Fresh Vegetables

A combination of cheese ravioli and broccoli, cauliflower and carrots. Blended with a parmesan cheese sauce dusted with fine breadcrumbs and baked twice.



Dilled Haricot Verts

French green beans like you've never had them before. They are gently sautéed with onion, garlic, parsley and fresh dill. An awesome combination. One of Chef Doug's personal favorites.

Dessert

Carrot Cake

The traditional version, but with a twist of added pineapple, all covered with a cream cheese frosting.



Beach Picnic

\$38

Served with fresh dinner rolls. Includes dessert.



Colorado Pine Nut Salad

Romaine lettuce leaves topped with roasted pine nuts and fresh parmesan cheese, topped with a dressing made with garlic, Dijon, and white wine vinegar.

Brown Sugar Pork Medallions

Mesquite grilled pork tenderloin, with a slightly sweet sauce of brown sugar and apple juice.

Zesty Lemon Chicken

Boneless breast of chicken marinated overnight in fresh lemon juice then baked with a brown sugar/lemon coating and served with a wafer thin slice of lemon on top. A focus group audience favorite from the past.



Pesto Stuffed Pasta Shells

This looks almost too good to eat! Jumbo pasta shells stuffed with fresh ricotta cheese mixed with spinach, and our own pesto sauce. These shells are then topped with our own herbed tomato sauce including fresh basil and fresh oregano. Finally, the shells are liberally dusted with fresh grated parmesan cheese.



Sautéed Corn

Fresh corn stripped off of the cob, then sautéed lightly in butter with onions and red peppers. A delightful combination.

Dessert

Homemade Double Fudge Brownies

Just like Grandma used to make. Add ice cream to complete the treat!



Authentic Southern Barbecue \$50

Served with fresh garlic bread. Includes dessert.



Broccoli Salad

The classic combination of fresh broccoli, bacon, red onion and raisins in a light mayonnaise coating with some vinegar and sunflower seeds. Makes broccoli so tasty, even George H.W. Bush would love it.



Traditional Southern Cole Slaw

Freshly grated cabbage with carrots and onions in a slightly sweet creamy sauce which complements the tangy barbecue sauce perfectly.

North Carolina Pulled Pork

Done the right way, low and slow. Pork is grilled with a heavy dose of hickory smoke for the better part of 24 hours. Then it is fork pulled and served up with a tangy ketchup based barbecue sauce.

Grilled Chicken Breasts

Also cooked slower than most. Grilled using the indirect method, keeps them incredibly moist and juicy while being painted with the same tangy sauce. They sit on this hickory smoked grill for a full hour.



Three Cheese Macaroni and Cheese

No truly Southern meal is complete without macaroni and cheese. Three types of cheese and a squirt of mustard make this dish sing.



Southern Grilled Veggie Sandwich

Grilled zucchini, red peppers, red onions and yellow squash placed on a slice of focaccia bread with melted feta cheese, served open faced.

Dessert

Pikes Peak Apple Crisp

You caught us! Amaretto is the secret ingredient.



Served with crusty French rolls. Includes dessert.



Parisian Tomato Cucumber Mint Salad

Fresh cucumbers and tomatoes thinly sliced tossed with a fresh mint yogurt dressing.

Petite Filet Mignon with Cabernet Reduction Sauce

A pan seared 6 ounce filet cooked to perfection and topped with a Cabernet sauce with rosemary and garlic, and served with a side of sautéed mushrooms.

Crabmeat Chicken

Sautéed chicken breasts packed full with crab, cream cheese and herbs. Topped with a drizzle of our home made hollandaise sauce.



Lentil and Mushroom Stroganoff

Lentils, sautéed mushrooms, onion and garlic in a sour cream based mixture and placed on top of steaming fettuccine with a touch of parsley.



Haricot Verts with Caramelized Onion and Almonds

Tender French beans flash cooked and then combined with caramelized onions and toasted almonds. These beans also have a hint of thyme in them as well.



Herbes de Provence Red Potato Oven Fries

Healthy and tasty red potato wedges steeped in Herbs de Provence and other special seasoning.

Dessert

Tiramisu

Classic Italian dessert made with ladyfingers and mascarpone cheese.



Shish Kabobs

\$50

Served with delicious yeast rolls. Includes dessert.



Tossed Green Salad

Everything you would expect; assorted fresh greens, cucumbers, tomatoes, and bell peppers. And things you wouldn't expect; potato sticks, fresh mint, and fresh dill.

You have your choice of dressings as well. We offer a light sweet Vidalia onion, a light Thousand Island, and a raspberry walnut vinaigrette.

Beef

We marinate tender punkles of beef overnight then skewer it and grill it to perfection.

Chicken

We marinate and chunk our tender chicken breasts and grill them as well.

Sausage

We grill the Brazilian-style Linguica, slightly spicy but very tasty.



Vegetables

Also on our skewers are red and yellow bell peppers, onions, zucchini, and yellow squash.

White Rice

You can take as much or as little of the above ingredients and put them on top of rice for a full and satisfying meal.

Dessert

Chef Doug's Famous Bread Pudding with Bourbon Cream Sauce

Louisiana never had it so good!



Grandma's Comfort Food \$43

Served with fresh dinner rolls. Includes dessert.



Caesar Salad

The traditional salad, without the offending anchovies. Crisp romaine lettuce in a classic Caesar dressing, with shaved parmesan and crunchy croutons.

Chicken Pot Pie

Just like mom used to make. A flaky crust hiding tons of big chunks of all white-meat chicken, and a mix of carrots, peas, and beans in a satisfying creamy sauce. Welcome home!

Beef Stroganoff

Tender pieces of beef, mushrooms and onion in a sour cream-based sauce on top of old fashioned noodles.



Crepes Filled with Mushrooms and Spinach

Assorted fresh mushrooms sautéed in olive oil, garlic and balsamic vinegar. We mix that together with fresh mozzarella cheese and spinach. Roll up this filling in freshly made crepes, and you have a sensation of taste.



Nutty Carrots

Carrot slices cooked with walnut pieces in a maple syrup based sauce.

Dessert

Carrot Cake

The traditional version, but with a twist of added pineapple all covered with a cream cheese frosting.



Served with flour tortillas and tortilla chips. Includes dessert.



****Mexican Chopped Salad with Honey-Lime Dressing**

Romaine lettuce provides the base, and added to that are Mexican staples of tomatoes, black beans, corn kernels and sliced avocado. All is tossed in a zesty honey lime dressing.

Chicken Fajitas

All white-meat chicken grilled with a medley of bell peppers and onions, ready to be wrapped in a flour tortilla.

Beef Fajitas

Tender slices of beef also grilled with peppers and onions.



****Vegetable Fajitas**

A blend of grilled peppers, onions, yellow squash, and zucchini.

Fixins

Everything you need to make your fajita complete. We provide sour cream, guacamole, homemade salsa, lettuce, tomatoes and shredded cheddar cheese.

Spanish Rice

The combination of picante sauce and chicken broth make this dish very tasty.



****Mexican Spoon Bread**

A cross between corn bread and corn pudding with mild green chiles added.

Dessert

Homemade Double Fudge Brownies

Just like Grandma used to make. Add ice cream to complete the treat!



Served with fresh garlic bread. Includes dessert.



Strawberry Spinach Salad

Our most popular salad, and the prettiest too. Fresh spinach leaves topped with sliced fresh strawberries and lightly coated in our proprietary sesame and poppy seed balsamic vinaigrette, topped with crumbled bleu or feta cheese and toasted almonds.

Chicken Parmigiana

A tender skinless boneless chicken breast, lightly breaded and covered with fresh mozzarella, and a healthy portion of our own marinara sauce, then baked to perfection.

Veal Marsala

Not your typical restaurant find. The veal is marinated in milk, lightly breaded, and then sautéed in a savory sauce of Marsala wine, cream, chopped parsley and lots of mushrooms. When this dish is cooking the whole place smells terrific.



Pesto Stuffed Pasta Shells:

This looks almost too good to eat! Jumbo pasta shells stuffed with fresh ricotta cheese mixed with spinach, and our own pesto sauce. These shells are then topped with our own herbed tomato sauce including fresh basil and fresh oregano. Finally, the shells are liberally dusted with fresh grated parmesan cheese.



Oven Roasted Italian Vegetables

Baby carrots, mushrooms, onions, red bell pepper, and zucchini, all oven-roasted with our own Italian dressing.

Dessert

Tiramisu

Classic Italian dessert made with ladyfingers and mascarpone cheese.



Includes dessert.



Oriental Salad

Fresh greens with cashews, water chestnuts, peas and chow mein noodles all gently tossed with our home made oriental dressing.

Stir Fry Beef

We start with beef round steak cut into thin strips, then add broccoli florets, carrots, pea pods, chopped onion and water chestnuts. We then stir fry it all in our own sauce.

Stir Fry Chicken

We use the same ingredients as in our beef stir fry, except we use tender strips of all white meat chicken instead of beef.

Sesame Salmon and Hunan Noodles

A salmon filet marinated in a soy sauce base then grilled. It is placed on top of oriental style noodles that are tossed with green onions, peas, carrots, mushrooms, and thinly sliced red bell pepper strips. A bed of mixed salad greens provides the final base.



Vegetable Fried Rice

We start with long grain rice and stir fry it with celery, onion, mushrooms, peas and egg.



Vegetable Spring Rolls

The traditional spring rolls packed with a variety of vegetables and served with a plum dipping sauce.

Dessert

Lemon Cheesecake Squares

Tangy, tart and fabulous after one of our heavier entrees.



Served with French Quarter bread. Includes dessert.



Avocado and Grapefruit Salad

Fresh avocado slices paired with grapefruit sections on a bed of fresh lettuce greens with our own tasty dressing.

Shrimp Creole

Straight from the French Quarter, we use the recipe from the famous Brennan's restaurant as our base. You'll find the famous New Orleans trinity of green peppers, celery, and onion, along with fresh tomatoes and spices.

Chicken Marchand de Vin

Thin boneless skinless chicken breast with a heaping of Marchand de Vin sauce. This sauce features chopped mushrooms, minced ham, along with onions, spices and some red wine.



Red Beans and Rice

This is the vegetarian version. It has the usual red beans, celery, onions, green peppers, and spices, but instead of sausage, we use zucchini and yellow squash, and all is served over fluffy white rice.



Boursin Creamed Spinach

First you have to forget everything you know about creamed spinach. This one is decidedly different. The addition of creamy Boursin cheese breathes new life into the dish.

Dessert

Chef Doug's Famous Bread Pudding with Bourbon Cream Sauce

Louisiana never had it so good!



Dinner at the Spa – Light & Low Cal \$38

Served with whole wheat rolls. Includes dessert.



Tomato and Mozzarella Salad

Keeping it simple, this salad features freshly cut tomatoes paired with fresh mozzarella with a light balsamic vinaigrette drizzle.

Citrus Ginger Chicken

A skinless boneless chicken breast bursting with flavor with only 200 or so calories. A combination of orange and lime juice, mixed with fresh ginger provides the basis of the sauce.

Bahamian Baked Grouper

First marinated in a light lime based mixture overnight, and then baked with tomato slices, onions, and green pepper. A real treat at about 150 calories.



Vegetarian Quiche

Best quiche you will ever put in your mouth. We start with Julia Child's recipe, and then lighten it up quite a bit. Loaded with sautéed fresh seasonal vegetables, special herbs and low-fat cheeses.



Broccoli with Roasted Red Peppers

We've teamed up garden fresh broccoli with roasted red peppers and garlic in this colorful combination. It tastes so good, it's hard to believe it only has about 50 calories.

Dessert

Assorted Sorbets with Homemade Sugar Cookies

We feature raspberry and lemon, but flavors change seasonally. Accompanied by fresh sugar cookies right out of our oven.



Includes dessert.

Here you have many choices, just like walking into the establishment in NYC. If you want a specific sandwich, then you select the items you want. Or, if you prefer, we will create a tray with a variety of sandwiches.

Meats and Main Fare

Roast turkey, ham, roast beef, hard salami, corned beef, chicken salad, portabella mushroom, avocado, egg salad.

Hot Sandwiches

Grilled chicken breast or grilled steak.

Cheeses

Swiss, American, cheddar, pepper jack, muenster, provolone.

Breads

Bagel, croissant, rye, wheat, white, hoagie roll, bun, 5 grain roll, pumpernickel

Fixins

Red onions, green peppers, black olives, pickles, lettuce, sprouts, sliced tomatoes

Slatherins

Mayonnaise, ketchup, deli mustard, yellow mustard, horseradish sauce, Russian dressing, barbeque sauce.

Sides

Coleslaw, macaroni salad, potato salad, chips.

Dessert



Pikes Peak Apple Crisp

You caught us! Amaretto is the secret ingredient.

Served with mini croissants. Includes dessert.

Here we provide you with two prepared salads, as well as a salad bar extravaganza for you to build your own.



Strawberry Spinach Salad

Our most popular salad, and the prettiest too. Fresh spinach leaves topped with sliced fresh strawberries and lightly coated in our proprietary sesame and poppy seed balsamic vinaigrette, topped with crumbled bleu or feta cheese and toasted almonds.



Caesar Salad

The traditional salad, without the offending anchovies. Crisp romaine lettuce in classic Caesar dressing with shaved parmesan and crunchy croutons.

Salad Bar Items

Mixed greens, avocado slices, crumbled bacon, broccoli florets, mix of shredded Jack and cheddar cheeses, cucumbers, warm grilled chicken, warm grilled salmon, chopped eggs, diced ham, sliced mushrooms, sliced red onion, sliced black olives, pine nuts, almonds, bell peppers, raisins, grape tomatoes.

Dressings

All of our dressings are of the lite variety. Flavors include sweet Vidalia onion, country French, honey mustard, Thousand Island, ranch, bleu cheese, sun-dried tomato vinaigrette and raspberry walnut vinaigrette.

Dessert

Assorted Sorbets with Homemade Sugar Cookies

We feature raspberry and lemon, but flavors change seasonally. Accompanied by fresh sugar cookies right out of our oven.



Dessert Selections

Fresh Fruit Platter

\$5

An array of fresh seasonal fruit.

Lemon Cheesecake Squares

\$8

Tangy, tart and fabulous after one of our heavier entrees.

Pikes Peak Apple Crisp

\$8

You caught us! Amaretto is the secret ingredient.

Homemade Double Fudge Brownies

\$8

Just like Grandma used to make. Add ice cream to complete the treat!

Chef Doug's Famous Bread Pudding with Bourbon Cream Sauce

\$10

Louisiana never had it so good!

Tiramisu

\$8

Classic Italian dessert made with ladyfingers and mascarpone cheese.

Assorted Sorbets with Homemade Sugar Cookies

\$8

We feature raspberry and lemon, but flavors change seasonally. Accompanied by fresh sugar cookies right out of our oven.

Carrot Cake

\$8

The traditional version, but with a twist of added pineapple all covered with a cream cheese frosting.

