



# Tibbles and Paul Evans

## Gourmet Sandwiches & Wraps 2010

### **Sandwiches & Wraps - Baguettes, Brioche, Egg twist rolls, Onion pockets, Mini croissants, Wraps**

**Fresh mozzarella, soppressata, sun dried tomato and basil pesto**  
**Portobello mushroom, pecorino Romano and arugala**  
**Seared tuna, oven roast tomato, arugala and black olive pesto**  
**Grilled chicken, oven roasted tomato, asiago, arugala and lemon**  
**Artichoke hearts, braised fennel, spinach and fontina**  
**Mortadella and robiola with arugala and basil**  
**Grilled eggplant, oven roast tomato, goat cheese and pine nuts**  
**Asparagus and egg frita with cremini mushrooms and parmigiana reggiano**  
**Prosciutto, balsamic figs, fontina and arugala**  
**Spicy black pepper coated chicken with roasted fennel and gorgonzola**  
**Grilled eggplant with walnut oil, ricotta salata and mesclun greens**

**Bacon and egg frita, gorgonzola and frisee**  
**Marinated eggplant, chick pea puree, roasted peppers and watercress**  
**Meatloaf, cheddar, bacon and tomato relish**  
**Spicy Cuban meatloaf, grilled red onion, jack cheese and spicy ketchup**  
**Santa Maria rubbed filet mignon with garlic aioli and pico de gallo**  
**Grilled lamb loin - Greek style with tzatziki sauce**  
**Oregano grilled chicken with feta, peppers, onions and tomato**  
**Seared chicken breast with sweet red pepper and fennel**  
**Prosciutto, granny smith apples and fontina cheese**  
**Grilled chicken, cortland apples, havarti and bibb lettuce**  
**Sesame encrusted salmon, red pepper and basil - wasabi mayo**

**Thai style salmon with fresh parsley and nuoc cham sauce**  
**Ginger-yakatori chicken breast with sesame sauteed spinach**  
**Mongolian barbecued lamb loin with cilantro, butter lettuce and toasted sesame seeds**  
**Miso glazed filet mignon with watercress and daikon**  
**Grilled garlic and ginger filet mignon with yellow tomato-lemongrass salsa**  
**Grilled chili rubbed chicken with avocado and asiago**  
**Chicken "satay" sandwich with butter lettuce and grilled pineapple**  
**Salt and pepper encrusted sirloin with sauteed spinach and lemon zest**  
**Hoisin chicken with green onions, cucumber and peanut sauce**

**Lemon-sage marinated turkey breast with cranberry mojo**  
**Mole rubbed chicken breast with cranberry mojo**  
**Grilled flank steak with horseradish-parsley mojo and red onion**  
**Seared salmon with grilled zucchini and dill chimichurri**  
**Grilled mahi mahi with grilled red onion and lime-chipotle mayo**

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**Roast pork loin with braised greens**, caramelized onion and yam puree  
**Red pepper crusted flank steak** with cool mango salsa and frisee  
**Chipotle pork loin with green apple-apricot relish** and frisee  
**Roast turkey with poached pear**, ripe brie and fresh dill  
**Avocado, ripe brie, roasted peppers**, sun dried tomato and fresh dill  
**Goat cheese, cucumber, sun dried tomato**, red onion, fresh dill and balsamic vinegar  
**Grilled chicken, black forest ham**, provolone and honey mustard  
**Grilled lamb with wild mushrooms**, roasted garlic and watercress

**Chicken salad with snow pea pods** and toasted cashews  
**Chicken salad with roasted pepper**, diced zucchini and fresh dill  
**Tuna salad** with diced garden vegetables  
**Italian tuna with olives** and caramelized onion

**Lemon peppercorn chicken** with grilled portobello mushrooms and sauteed spinach  
**Grilled honey dijon breast of chicken** with grilled red onion  
**Grilled rosemary breast of chicken** with grilled zucchini and roasted pepper  
**Mexican grilled breast of chicken** with tomato salsa rosa  
**Garlic and herb grilled breast of chicken** with montrachet and roasted eggplant  
**Pan seared balsamic chicken** with sauteed arugala and shitake mushrooms  
**Fresh roast turkey breast** with grilled yellow beefsteak tomato  
**Fresh roast breast of turkey** with avocado and radish sprouts  
**Smoked turkey breast with brie** and honey cup mustard  
**Smoked turkey breast with cheddar** and bacon

**Roast filet mignon with roasted tri color peppers** and horseradish  
**Roasted filet mignon with roasted garlic** and grilled pepperoncini peppers  
**Roasted filet mignon** with eggplant-onion chutney  
**Grilled flank steak with shitake mushrooms** and roasted garlic  
**Red chili flank steak** with spicy fire roasted tomatoes  
**Black forest ham with brie** and honey cup mustard  
**Black forest ham with jarlsberg** and grilled tomato  
**Prosciutto with smoked mozzarella**, grilled eggplant, arugala and roasted peppers  
**Prosciutto with gruyere**, marinated artichokes and shitake mushrooms

**Fresh mozzarella with marinated sun dried tomato** and fresh basil  
**French goat cheese with roasted peppers**, watercress, cucumbers and olive  
**Havarti with grilled garden vegetables**, browned garlic and lemon vinaigrette  
**Smoked mozzarella with grilled yellow tomato**, sauteed spinach and roast peppers  
**Beefsteak tomato with olive tapenade**, fresh basil and ricotta  
**Grilled zucchini with marinated artichokes**, roasted carrots, sprouts and hummus  
**Grilled shitake mushrooms and eggplant** with tomato and white bean salsa

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- Grilled Italian swordfish with capers** and roasted tomato
- Grilled citrus marinated swordfish** with papaya-cilantro salsa
- Blackened catfish** with Louisiana remoulade
- Classic shrimp salad with dijon** and diced garden vegetables
- Grilled shrimp salad with garlic**, fresh lemon and Italian parsley
- Pan seared fresh Ahi tuna** with marinated French green beans and olives
- Grilled salmon with roasted carrots**, leeks and wild mushrooms
- Poached salmon with watercress**, cucumber, capers and fresh dill

### *WRAP SPECIFIC*

- Turkey with avocado** and radish sprout wrap
- Smoked turkey with caramelized apple** wrap
- Grilled flank steak with roasted corn** and bean wrap
- Artichoke, asparagus, sprouts** and hummus wrap
- Grilled garden vegetables** with sprouts wrap
- Grilled shitake mushroom** and sun dried tomato wrap
- Grilled chicken Caesar** salad wrap
- Grilled shrimp Caesar** salad wrap
- Brown chili salmon** - julienne vegetables wrap
- Smoked salmon with cucumber** and watercress wrap
- Seared tuna nicoise** with French beans wrap
- Tuna salad with broccoli** and carrots wrap

### *SAUCES, SPREADS AND CONDIMENTS*

- |                       |                          |                         |
|-----------------------|--------------------------|-------------------------|
| honey mustard         | bleu cheese              | horseradish             |
| lemon mustard         | lime-cilantro mayo       | grey poupon             |
| pommery mustard       | pesto sauce              | pesto mayo              |
| Cajun mayo            | eggplant chutney         | roast pepper humus      |
| roast garlic humus    | white bean garlic spread | Russian                 |
| Szechuan peanut       | ginger-soy               | wasabi mayo             |
| roasted garlic mayo   | balsamic reduction       | port wine reduction     |
| chimichurra           | montrachet               | gorgonzola              |
| mango chutney         | grilled red onion        | Caesar dressing         |
| balsamic vinaigrette  | honey vinaigrette        | bbq sauce               |
| chipotle ketchup      | red pepper mayo          | olive tapenade          |
| roast pepper tapenade | artichoke tapenade       | caponata                |
| shaved peccorino      | basil oil                | nuoc nam                |
| mango chutney         | spicy sweet & sour       | dijon peppercorn        |
| remoulade             | tomato relish            | black olive vinaigrette |
| sweet roasted peppers | avocado mayo             | hot peppers             |
| jalapenos             | cranberry sauce          | Carolina vinegar sauce  |

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