



AVALON SAMPLE LUNCH MENU

Today's Included Drinks at Table . . .

Soft Drinks	COCA COLA (regular, zero or light), SPRITE , ORANGE JUICE ;	
White wine	RIESLING RHEINHESSEN <i>Well balanced, refreshing dry white wine</i>	3.80 € per glass
Red wine	DORNFELDER <i>Dark red wine, develops distinct aromas</i>	3.80 € per glass
Beer	BECKS DRAUGHT BEER 0.30 l	2.90 €
	BECKS DRAUGHT BEER 0.40 l	3.50 €

Today's Regional Specialty: "BEEF RAGOUT"



Stews have been made since ancient times. Herodotus says that the Scythians (8th to 4th centuries BC) "put the flesh into an animal's paunch, mix water with it, and boil it like that over the bone fire. The bones burn very well, and the paunch easily contains all the meat once it has been stripped off. In this way an ox, or any other sacrificial beast, is ingeniously made to boil itself."

Amazonian tribes used the shells of turtles as vessels, boiling the entrails of the turtle and various other ingredients in them. Other cultures used the shells of large mollusks (clams etc.) to boil foods in.[citation needed] There is archaeological evidence of these practices going back 8,000 years or more.[citation needed]

There are recipes for lamb stews and fish stews in the Roman cookery book Apicius, believed to date from the 4th century AD. Le Viandier, one of the oldest cookbooks in French, written by the French chef known as Taillevent, has ragouts or stews of various types in it.[citation needed]

Hungarian Goulash dates back to the 9th century Magyar shepherds of the area, before the existence of Hungary. Paprika was added in the 18th century.[citation needed]

The first written reference to 'Irish stew' is in Byron's "The Devil's Drive" (1814): "The Devil ... dined on ... a rebel or so in an Irish stew."

BUFFET LUNCH



Welcome to our extensive Luncheon Features at the Buffet.

Starters / Salads	VARIETY OF FRESH GARDEN SALADS - with Different Choices of Dressings and Condiments
Soups	CREAM OF ROMANESCO - with Roasted Sunflower Seeds ----- or ----- COLD BANANA CHERRY YOGURT SOUP
Pasta Station	FUSILLI TRICOLORE WITH SMOKED SALMON in White Wine Sauce
Carving Station	PINK ROASTED BEEF LOIN - with Horse Radish

Main Course

TRADITIONAL BEEF RAGOUT in Red Wine Sauce

Served with Pasta and Bell Pepper



----- or -----

GRILLED PORK STEAK - with Mushroom and Cheese

Served with Sage Potato and Creamed Leek

Desserts

APPLE STRUDEL with Vanilla Sauce

----- or -----

ICE CREAM BUFFET - with Different Choice of Ice and Condiments

----- or -----

FRESHLY SLICED FRUITS

----- or -----

SELECTION OF CHEESE

Coffee / Tea

COFFEE - Regular or De-caffeinated

----- or -----

TEA

Always available for you . . .

Standing Orders

CEASAR'S SALAD

----- or -----

MINUTE STEAK - served with Vegetables, Herbed Butter and French Fries

----- or -----

SANDWICH OF THE DAY: "CAPRESE" - Warm Chiabatta Bread, Topped With Tomato, Mozzarella and Basil

Served On Ruccola Salad with Balsamic Dressing