



The Black-eyed Susan is the official flower of Appalachian State University. University Communications

Appalachian Energy Summit

APPALACHIAN STATE UNIVERSITY

Opening Reception

Monday, July 30

BRUSCHETTA BAR

Sliced french baguette with housemade spreads featuring local ingredients

SPIT ROASTED WILD CAUGHT ALASKAN SOCKEYE SALMON

Seasoned salmon cooked perfectly over an open flame
(GF) (DF)

BLACKBURN-VANNOY FARM PORK CUBANS

Locally sourced pork* with pickles, cheese, and yellow mustard on housemade bread
(L)

TEMPEH CUBANS

Locally sourced tempeh* seasoned with Cuban spices, served on housemade bread with pickles and yellow mustard
(V+) (L)

WOOD GRILLED BEEF TRI-TIP

Locally sourced tri-tip* with housemade tomato jam
(GF) (DF) (L)

ASPARAGUS WITH TRUFFLE AIOLI

Roasted asparagus topped with a decadent aioli
(V) (GF)

LINE CAUGHT ATLANTIC TUNA TARTARE

Fresh tuna served in a sesame cone
(DF)

TOMATO TARTARE

Thinly sliced heirloom tomatoes* served in a sesame cone
(V+) (L)

GRILLED MELON SALAD

Grilled melon with arugula*, feta cheese, and basil*
(V) (GF) (L)

DESSERTS

from App Bakery

COCONUT CREAM CAKE

A fluffy vegan vanilla cake topped with housemade vegan frosting and coconut shavings
(V+)

MIXED SUMMER BERRY CROSTATA

A rustic, free-form pie filled with fresh berries and served with a choice of crème anglaise or ganache
(V) (GF)

LOCAL INGREDIENTS

*Item contains locally sourced ingredients

Pork and Basil from the Blackburn-Vannoy Teaching Farm in Ashe County, NC

Honey from Berry Patch Ashe County, NC

Blue Cheese from Ashe County Cheese Ashe County, NC

Beef from Brasstown Beef Franklin, NC

Arugula from Creekstone Farms Ashe County, NC

Tempeh from Smiling Hara Organic Asheville, NC

Tomato from Bucky Boy Farms South Carolina

(V+) Vegan | (V) Vegetarian | (GF) Gluten Friendly | (DF) Dairy Free | (N) Contains Nuts | (L) Local

Catered by App Catering

Appalachian Energy Summit

APPALACHIAN STATE UNIVERSITY

Breakfast

Tuesday, July 31

EGGS COOKED TO ORDER

(V) (GF)

TOFU SCRAMBLE

Semi-firm tofu* scrambled in a pan with onions, peppers and seasonings

(V+) (GF) (L)

LIGHT LIFE SAUSAGE

Meatless sausage made with soy protein and wheat

(V+)

VEGETABLE FRITTATA

Made with potatoes, peppers, onions and herbs

(V)

BUCKWHEAT PANCAKE

A gluten friendly pancake covered in maple syrup

(V+) (GF)

CHIA SEED PUDDING

Made with coconut milk, maple syrup, and chia seeds

(V+) (GF)

FRESH FRUIT (V+) (GF)

BLUEBERRY SCONES WITH COCONUT CLOTTED CREAM

Housemade scones filled with fresh blueberries and served with coconut clotted cream made fresh in App Bakery

(V+)

CINNAMON ROLL MUFFINS

Your favorite breakfast bun nestled in a muffin form and drizzled with housemade sugar icing made fresh

in App Bakery

(V) (GF)

YOGURT BAR

Vanilla, strawberry or greek yogurt

Blueberries (V+) (GF)

Strawberries (V+) (GF)

Raspberries (V+) (GF)

Granola (V+) (GF)

Almond (V+) (GF)

Walnut (V+) (GF)

Banana (V+) (GF)

Raisins (V+) (GF)

Craisins (V+) (GF)

BREAD BAR

Assorted Bagels (V)

Annie's Bread - Sourdough* (V+) (L)

Annie's Bread - Whole Wheat* (V) (L)

Imlardis Farm Apple Butter* (V+) (GF) (N) (L)

Imlardis Farm Jams* (V+) (GF) (L)

LOCAL INGREDIENTS

**Item contains locally sourced ingredients*

Tofu from Sunny Creek

Tryon, NC

Apple Butter and Jams from Imlardis Farms

Spring Mountain, NC

Bread from Annie's Bread

Asheville, NC

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Appalachian Energy Summit

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Lunch

Tuesday, July 31

CURRIED CHICKPEAS

Chickpeas in housemade curry sauce
(V+) (GF)

TIKKA MASALA VEGETABLE PROTEIN

Vegetable protein* prepared with creamy spiced
tomato sauce
(V+) (GF) (L)

KOBI

Braised cabbage cooked with vegetables
(V+) (GF)

METHI BHAJI BATAKA

Fresh fenugreek and potatoes with housemade curry sauce
(V+) (GF)

FANSI

Long bean served with tomato and carom
(V+) (GF)

CARMELIZED OYSTER MUSHROOMS

Tender mushrooms cooked to perfection
(V+) (GF)

BASMATI RICE

A fluffy long grain rice
(V+) (GF)

NAAN

(V)

CAULIFLOWER FLATBREAD

(V) (GF)

ASSORTED HOUSEMADE CHUTNEYS

Shimla Mirch

Red pepper and carrot relish
(V+) (GF)

Lasan Chutney

Garlic and red chili
(V+) (GF)

Onion Chutney

Onion, garlic, cumin, tomato, sugar, chille flakes
(V+) (GF)

DESSERTS

from App Bakery

ROASTED PEACH AND BUTTERMILK TART

Fresh, roasted peaches in a crisp tart with a buttermilk custard
(V) (GF)

GOLDEN SYRUP CAKE

A moist crumb cake soaked with a delicious Golden Syrup
(V+)

LOCAL INGREDIENTS

**Item contains locally sourced ingredients*

*Vegetable Protein from Improved Nature
Gardner, NC*

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Appalachian Energy Summit

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Banquet
Tuesday, July 31

STIR FRY STATION

LOCAL TOFU*
(V+) (GF) (L)

ASSORTED VEGETABLES
(V+) (GF)

GINGER SCENTED JASMINE RICE
(V+) (GF)

SLIDERS

MUSHROOM SLIDERS
Portobello stuffed with onion and garlic
(V+)

HOUSEMADE POTATO CHIPS
Ranch, BBQ, Old Bay
(V+) (GF)

PIZZA

GRILLED VEGAN PIZZA
Roasted vegetables and housemade hummus on housemade rosemary flatbread
(V+)

MARGHERITA PIZZA
Housemade buffalo mozzarella, heirloom tomatoes,* and basil* on housemade rosemary flatbread topped with a balsamic reduction
(V) (L)

CAPRESE
Heirloom tomatoes* with housemade buffalo mozzarella and fresh basil*
(V) (GF) (L)

DESSERTS

from App Bakery

FLOURLESS CHOCOLATE TORTE
A rich, dense chocolate torte served with raspberry coulis and whipped coconut cream
(V+) (GF)

CARROTE CAKE
App Bakery's famous carrot cake topped with housemade cream cheese icing
(V) (GF)

LOCAL INGREDIENTS

**Item contains locally sourced ingredients*

*Tofu from Sunny Creek
Tryon, NC*

*Basil from the Blackburn-Vannoy Teaching Farm
Ashe County, NC*

*Heirloom Tomatoes from Bucky Boy Farms
South Carolina*

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Breakfast

Wednesday, August 1

BUILD YOUR OWN BREAKFAST BOWL

Tofu Scramble* (V+) (GF) (L)
Eggs Cooked to Order (V) (GF)
Housemade Home Fries (V) (GF)
Goodnight Brother's Bacon* (L)
Sausage* (L)
Housemade Buttermilk Biscuit (V)
Gravy

BREAD BAR

Assorted Bagels (V)
Annie's Bread - Sourdough* (V+) (L)
Annie's Bread - Whole Wheat* (V) (L)
Imlardis Farm Apple Butter* (V+) (GF) (N) (L)
Imlardis Farm Jams* (V+) (GF) (L)

SMOOTHIES

Made with coconut milk

Mixed Berries Smoothie (V+) (GF)
Banana and Peanut Butter Smoothie (V+) (GF) (N)

BANANA BREAD

A moist, sweet cake-like quick bread filled with fresh bananas and toasted walnuts made fresh in App Bakery (V+) (N)

ASSORTED DANISHES

Cream Cheese, Strawberry, Apple (V) (GF)

LOCAL INGREDIENTS

*Item contains locally sourced ingredients

*Tofu from Sunny Creek
Tryon, NC*

*Bacon from Goodnight Brother's Country Ham
Boone, NC*

*Apple Butter and Jams from Imlardis Farms
Spring Mountain, NC*

*Bread from Annie's Bread
Asheville, NC*

*Sausage from Northfork Farms
Zionville, NC*

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Lunch

Wednesday, August 1

SPANAKOPITA

Feta, spinach, arugula* and herbs wrapped in filo dough
(V) (L)

VEGAN SPANAKOPITA

Spinach, arugula* and herbs wrapped in filo dough
(V+) (L)

LENTIL PIE

Lentils, onion and feta wrapped in filo dough
(V)

BEEF AND CHEESE PIE

Brasstown beef* with onion, feta and an assortment of fresh herbs

LENTIL-PASTA SALAD

Gluten free pasta with onion, cucumber, dill, garlic, tomatoes, vinegar and extra virgin olive oil
(V+) (GF)

BUILD YOUR OWN SALAD

Fresh Greens (V+) (GF)

Pepperoncini (V+) (GF)

Feta (V) (GF)

Red Onions (V+) (GF)

Mediterranean Olives (V+) (GF)

Herbed Croutons (V+)

Housemade Greek Dressing (V+) (GF)

Housemade Ranch Dressing (V) (GF)

DESSERTS

from App Bakery

BAKLAVA

A rich, sweet dessert pastry made with layers of filo dough filled with chopped nuts and sweetened with maple syrup
(V+) (N)

GREEK SESAME SPICE CAKE

A light spice cake topped with sesame and served with mixed berries and coconut cream
(V) (GF)

LOCAL INGREDIENTS

*Item contains locally sourced ingredients

Arugula from Creekstone Farms
Ashe County, NC

Beef from Brasstown Beef
Franklin, NC

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