

CATERING MENU

LUNCHES



Minimum 6 people. All pricing is per person.

SOUPS

All soups served with crackers

Creamy Cauliflower & Cheddar	\$4
Vegan Minestrone Soup	\$4
Chicken Noodle Soup	\$4

SALADS

All salads are served family style with a side salad having 1 cup per person, and a full having 2 cups per person. Individual packaged salads are available for an extra \$1 per person.

Rainbow Thai Noodle Julienne vegetables tossed in a peanut dressing	\$4 side	\$6.5 full
Marinated Pasta Salad in a Herb Dressing	\$4 side	\$6.5 full
Classic Greek Salad	\$4 side	\$6.5 full
Penne Pasta Salad with Roasted Vegetables in Balsamic Vinaigrette	\$4 side	\$6.5 full
Chunky Fresh Fruit Salad	\$4 side	\$6.5 full
Baked Red Potato Salad with Red Peppers, Green Onion and Fresh Tomato	\$4 side	\$6.5 full
Orzo and Tomato Salad with Fresh Basil and Feta Cheese	\$5 side	\$7.5 full
Roasted Vegetable Salad with Couscous	\$5 side	\$7.5 full
Southwestern Quinoa & Black Bean Salad with Corn, Artichokes, and Fresh Cilantro	\$5 side	\$7.5 full
Red Lentil Salad with Balsamic Vinaigrette Cooked red lentil with veggies and herbs	\$5 side	\$7.5 full
Classic Caesar Salad with Black Pepper Dressing	\$5 side	\$7.5 full
Spinach Salad with Strawberries and Mushroom and Raspberry Vinaigrette	\$5 side	\$7.5 full
Garden Salad Choice of dressing: Herb, Balsamic, Raspberry, Italian Vinaigrette, Creamy Ranch or Chunky Blue Cheese	\$5 side	\$7.5 full

SANDWICHES AND WRAPS

Hearty Sandwiches Trays

\$7

All sandwiches made on whole grain breads, or croissants. 2 halves per person.

Roast Turkey & Swiss Cheese with Mango Chutney, and Mayo

Chicken and Avocado, Red Onion, Roasted Red Pepper, and Mayo

Vegetables with Cheese and Horseradish Aioli

Egg Salad with Celery and Green Onion

Roast Beef with Vegetable, and Horseradish Aioli

Black Forest Ham and Cheddar and Mustard

Tuna Salad with Cheddar, Red Onion, Scallions, and Lettuce

Pastrami with Sauerkraut and Horseradish Aioli

Open Face Sandwich Trays

\$6.5

All of the above sandwiches can be ordered as open-face

Tea Sandwiches

\$7.5

All above sandwiches can be ordered as tea sandwiches, crust removed and cut into quarters.

Wraps

\$7

2 halves per person

Thai Chicken

Shredded Roast Chicken, Spicy Peanut Sauce, Bean Sprout and Carrot

Turkey Club

Roast Turkey, Ham, Lettuce and Tomato

Chicken Caesar

Shredded Roast Chicken, Romaine Lettuce, Swiss and Garlic Caesar Dressing

Chicken Jerk

Shredded Roast Chicken, Red Cabbage, Carrot, Brown Rice and Spicy Jerk Sauce

Beef and Mushroom

Roast Beef, Mushroom, Sauté Onion, Cheddar, Lettuce in BBQ Sauce

Tuna Salad

Fresh Tuna Salad with Tomato, Cucumber, Lettuce and Cheddar with Mayo

Southwestern Veggie

Black Bean, Corn, Bell Pepper, Guacamole, Tomato, Salsa and Cheddar

Thai Vegetable

Julienne Vegetables, Bean Sprouts, Brown Rice and Spicy Peanut Sauce

Fresh Vegetable

Julienne Carrot, Bell Pepper, Tomato, and Cucumber with Hummus & Tzatziki

Egg Salad

Farm Fresh Eggs, Celery, Green Onion, Lettuce with Mayo

LUNCH ON THE GO

\$12.95

Individually packaged boxed lunches for any number of people.

Choose any one salad, hearty sandwich or wrap from above.

Includes a fresh baked cookie, a whole fruit and a Minute Maid juice can.

SALAD BOWLS

Southwestern Beef Salad Bowl	\$9.5
Roast Beef Strips, Mixed Greens, Red Pepper, Tomato, Red Onion, Carrot and Corn with a Lime Chipotle Dressing	
Asian Chicken Salad	\$9.5
Teriyaki Chicken Breast, Mixed Greens, Rice Noodles, Shredded Carrot, julienned Red Pepper, Shredded Red Cabbage, Green Onion Slices, with a Thai Peanut Dressing	
Rainbow Salad Bowl	\$9.5
Mixed Green with Mandarin Oranges, Sliced Strawberries, Chopped Kiwi, and Red Grapes, Sprinkled with Feta Cheese, Toasted Almonds and Dried Cranberries with Raspberry Vinaigrette	
Build Your Own Salad Bowl	\$9.5
Chose any salad from our salad list, and add chicken, beef, or tofu.	

LUNCH BUFFETS

The Office Lunch	\$11
Choice of: creamy cauliflower cheddar soup, minestrone soup, or garden salad with a roasted onion Dijon vinaigrette Assorted sandwiches on whole grain breads, and a variety of deli meats & fillings (turkey breast, black forest ham, roast beef, pastrami, tuna salad, and egg salad) <i>Includes 1 sandwich per person. Add \$6 for extra sandwich per person.</i>	
Taco Bar	\$17
Choice of vegetarian, shredded chicken, or beef filling (<i>minimum of 12 servings per filling</i>) Includes 2 hard crispy shells per person. Toppings include fresh salsa, sour cream, jalapeno peppers, guacamole, and shredded cheese Served with a quinoa black bean salad.	
Captain Nemo	\$12
Seafood Chowder served with assorted open-faced sandwiches (2 halves per person) and a fresh fruit salad.	
Thai Delight	\$13
Yellow curry with your choice of chicken or vegetables. Served with basmati rice with diced vegetables, garlic naan bread and, Rainbow Thai salad with a cilantro soy dressing.	
Lighter Side	\$14
Your choice of quiche: chicken with sundried tomatoes & fresh basil, seafood with fresh dill, spinach with feta cheese, or black forest ham with cheddar & broccoli. Served with house salad with a roasted onion Dijon vinaigrette or classic Greek salad.	
Taste of the East	\$14
Your choice of stir-fry: chicken, beef, shrimp or tofu. Served with basmati rice with diced vegetables. Includes your choice of a garden salad with a mandarin vinaigrette or crisp snow pea & rice noodle salad.	
Heritage Lunch	\$12
Perogies smothered in buttery onions, garlic sausages, and sweet cabbage rolls in a tomato sauce. Served with sour cream. Include cole-slaw with a vinaigrette dressing	

Country Classic Chili **\$12**

Your Choice of hearty beef, chicken or vegetable.
Served with home baked Cheddar Scone and your choice of marinated pasta salad in a vinaigrette, or house salad with a roasted onion Dijon vinaigrette.

Southern BBQ **\$14**

Roast BBQ Chicken served with twice baked potato, and your choice of a roasted vegetable salad, or house salad with a roasted onion Dijon vinaigrette. Includes corn & cheddar biscuits and butter.

Beef Stroganoff **\$14**

Sautéed tender beef strips and mushroom served in a creamy sauce over noodles with a Garden Salad with a roasted onion Dijon vinaigrette. Includes house baked rolls and butter.

Taste of India **\$14**

Your choice of chicken or paneer tikka masala.
Served with basmati rice with diced vegetables and red lentil salad with garlic and cilantro. Includes naan bread and mint yogurt raita dip.

PASTA BUFFET

Meat Lasagna **\$14**

Layers of pasta, Bolognese, cottage cheese, spinach and mozzarella cheese. Served with garlic bread and your choice of a Caesar salad, or an orzo tomato salad.

Seven Vegetable Lasagna **\$14**

Rich tomato sauce with onion, zucchini, red and green bell peppers, carrot, and celery. Served with garlic bread and your choice of a Caesar salad, or a bruschetta salad.

Four Cheese Tortellini **\$15**

Four cheese tortellini in a fire roasted tomato sauce. Served with your choice of a Caesar salad or a classic Greek salad. Includes fresh baked rolls and butter.

Pasta Bar **\$13**

Your choice of noodles: penne, rotini, fusilli, spaghetti, fettuccine.
Choose two sauces to top with: Bolognese, Marinara, or Alfredo.
Comes with garlic bread and a house or Caesar salad.

BUDDHA BOWLS

Coconut Rice with Tofu **\$16**

Spicy marinated tofu with vegetable slaw over Jasmine Coconut Rice with a peanut butter vinaigrette dressing and cashew garnish.

Teriyaki Salmon Bowl **\$19**

Teriyaki salmon over brown rice with wilted spinach bed garnished with avocado.

Salmon Poke Bowl **\$19**

Rich salmon sashimi in a sriracha sesame sauce with sweet onion, crunchy tobiko, creamy avocado and cilantro served over steamed rice

Quinoa & Sweet Potato Bowl **\$16**

Quinoa, sweet potato and avocado with a tangy dressing topped off with a sunny side up egg.

GOURMET PIZZA

All pizzas are made with our own spicy tomato sauce and 26% mozzarella cheese

18" Crust *Cut into 10 or 12 slices* **\$26**

12" Crust *Cut into 6 or 8 slices* **\$17**

Four Cheese

Blend of Parmesan, Swiss, Cheddar and Mozzarella

Barbeque Chicken

BBQ Sauce, Shredded Chicken, Red & Green Pepper, Mushroom, Onion

Ham & Pineapple

Smoked Ham and Chunks of Pineapple

Pepperoni

Pepperoni with cheese

Pepperoni Deluxe

Pepperoni, Mushroom and Green Pepper

Italian Sausage

Italian Sausage, Red & Green Pepper, Mushroom, Black Olives

Vegetarian

Zucchini, Red & Green Pepper, Mushroom, Red Onion, Broccoli

Gluten Free **\$18**

10" crust with your choice of toppings from above

18" Vegan Crust *Cut into 10 or 12 slices* **\$32**

12" Vegan Crust *Cut into 6 or 8 slices* **\$21**

Zucchini, Red & Green Peppers, Mushroom, Red Onion, Broccoli with Soy Based Cheese

LUNCH ADD ONS

Drink Bar **\$2.5**

Coffee, tea, and assorted juices

Coffee **\$1.5**

Colombian (medium roast), Rocket Fuel (dark roast), Guatemalan (light roast),
or Cascadia Decaf (medium dark roast)

Assorted Soft Drinks **\$1.75 cans** **\$2.5 bottles**

Coca-Cola brands

PLATED, THREE COURSE LUNCHES

Braised Chicken Legs

\$20

1st Course

Fresh Seasonal Greens

2nd Course

Tomato braised chicken legs finished with hunters' sauce, sweet potato pavé seasonal roasted vegetable and cheese "cracker".

3rd Course

Chocolate Mousse - Duo of dark and white chocolate mousse, chocolate pearls, seasonal berries and Chantilly cream

Star Anise Salmon

\$22

1st Course

Asian Noodle Salad. Julienned Asian vegetables with crispy rice noodles, togarashi spiced almonds, tossed in a cilantro soy vinaigrette.

2nd Course

Salmon marinated in soy, star anise and lemongrass, ponzu glazed bok choy, yam puree and fried sushi roll. Fresh Baked Rolls with Butter.

3rd Course

Key Lime Pie

Roasted Pork Loin

\$23

1st Course

Spinach Salad with Butter Milk Dressing

2nd Course

Pan Roasted Pork Loin with Green Grapes. Served with Fresh Artisan Breads, Roasted Baby Red & White Potatoes, and Buttered Carrots.

3rd Course

Rich Dark Chocolate Cake