**LUNCH**

*Minimum 6 people. All pricing is per person.*

**Salad**

*All salads are served family style. A side salad is approximately 1 cup per person, while a full is 2 cups per person. Individually packaged salads are available for an extra $1.00 per person.*

<table>
<thead>
<tr>
<th>Salad</th>
<th>Side Price</th>
<th>Full Price</th>
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</thead>
<tbody>
<tr>
<td><strong>House</strong></td>
<td>$5.00</td>
<td>$7.75</td>
</tr>
<tr>
<td>With a roasted onion &amp; dijon vinaigrette.</td>
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<tr>
<td><strong>Classic Caesar</strong></td>
<td>$5.00</td>
<td>$7.75</td>
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<tr>
<td>With a house-made roasted garlic &amp; black pepper dressing.</td>
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<tr>
<td><strong>Orzo &amp; Tomato Salad</strong></td>
<td>$5.00</td>
<td>$7.75</td>
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<tr>
<td>With fresh basil &amp; feta cheese.</td>
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<tr>
<td><strong>Rainbow Thai Noodle</strong></td>
<td>$4.00</td>
<td>$6.75</td>
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<tr>
<td>Julienned vegetables tossed in a cilantro-soy dressing.</td>
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<tr>
<td><strong>Classic Greek</strong></td>
<td>$4.00</td>
<td>$6.75</td>
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<tr>
<td>With tomatoes, cucumber, &amp; feta.</td>
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<td></td>
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<tr>
<td><strong>Spinach Salad</strong></td>
<td>$5.00</td>
<td>$7.75</td>
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<tr>
<td>With strawberries &amp; mushrooms, in a raspberry vinaigrette.</td>
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<tr>
<td><strong>Penne Pasta</strong></td>
<td>$4.00</td>
<td>$6.75</td>
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<tr>
<td>With roasted vegetables in balsamic vinaigrette.</td>
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<tr>
<td><strong>Classic Potato</strong></td>
<td>$4.00</td>
<td>$6.75</td>
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<tr>
<td>Baked red potatoes with chives.</td>
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<tr>
<td><strong>Roasted Vegetable</strong></td>
<td>$5.00</td>
<td>$7.75</td>
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<tr>
<td>With couscous.</td>
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<tr>
<td><strong>Quinoa &amp; Black Bean Salad</strong></td>
<td>$5.00</td>
<td>$7.75</td>
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<tr>
<td>With corn, artichokes, &amp; fresh cilantro.</td>
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</tbody>
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Sandwiches & Wraps

Hearty Sandwiches
Our sandwiches are made on whole grain bread or croissants. Two halves per person. Priced per person.

Roasted Turkey & Swiss
With mayo & a mango chutney.

Chicken & Avocado
With red onion, roasted red peppers, and mayo.

Tuna Salad
With cheddar, red onion, scallions, & lettuce.

Egg Salad
With celery & green onion.

Black Forest Ham
With cheddar & mustard.

Veggie & Cheese
With cucumber, peppers, & tomato.

Roast Beef
With cheddar.

Chef’s Choice
A selection made to fit your group’s dietary requirements.

Wraps
Two halves per person. Priced per person.

Chicken Caesar
Shredded chicken, romaine lettuce, & swiss with our house-made roasted garlic caesar dressing.

Thai Chicken
Shredded chicken, bean sprouts, & carrots with a peanut sauce.

Beef & Mushroom
Roast beef with mushrooms, sautéed onions, cheddar, & lettuce with BBQ sauce.

Southwest Veggie
Black beans, corn, bell peppers, guacamole, tomatoes, salsa, & cheddar.

Chef’s Choice
A selection made to fit your group’s dietary requirements.

Turkey Club
Roasted turkey & ham with lettuce, tomato, and mayo.

Jerk Chicken
Shredded chicken, red cabbage, carrots, & brown rice with a spicy jerk sauce.

Tuna Salad
Fresh tuna salad with cucumber, tomato, lettuce, cheddar, and mayo.

Fresh Veggie
Julienned carrots, bell peppers, tomato, and cucumber with hummus & tzatziki.

Lunch on the Go
Individually packed lunches for your whole group! Your choice of any one salad, plus a sandwich or wraps from the lists above. Includes a freshly baked cookie, a piece of fruit, and a can of Minute Maid juice. Napkins & cutlery included in the box. $14.50
Salad Bowls
*Crisp vegetables paired with a flavorful protein - makes for a delicious lunch offering.*

**Southwestern Beef**
Mixed greens, red pepper, tomato, red onion, carrots, & corn with a chipotle-lime dressing. **$9.75**

**Teriyaki Chicken**
Teriyaki chicken breast, mixed greens, rice noodles, julienned carrots & red peppers, shredded cabbage, & green onion with a teriyaki dressing. **$9.75**

**Rainbow Thai Chicken**
Roasted chicken & julienned vegetables tossed in a cilantro-soy dressing. **$9.75**

Soup
*All soups are served family style. A serving is approximately 1 cup per person. All soups are served with crackers.*

**Roasted Carrot & Brie**
With crème fraîche, herb oil and carrot chips. **$4.00**

**Minestrone Soup**
A hearty vegan soup. **$4.00**

**Chef’s Choice**
A selection made to fit your group’s dietary requirements. **$3.00**

Buffet Lunches

**The Office Lunch**
Our most popular! Your choice of roasted carrot & brie soup, minestrone soup, or our house salad with a roasted onion dijon vinaigrette. Includes assorted sandwiches on whole grain bread, including turkey, ham, roast beef, veggie, and tuna salad. Served with a fruit tray, dessert tray, and canned soft drinks. 
*Includes 1 sandwich per person. Add an extra sandwich per person for $6.00.*

**The Taco Bar**
Your choice of vegetarian, shredded chicken, or beef (*minimum of 12 servings per filling*). Includes two taco shells per person, your choice of hard shells or soft. Toppings include pico de gallo, sour cream, jalapeno peppers, guacamole, & shredded cheese. Served with a quinoa black bean salad. **$17.50**

**Thai Curry**
Your choice of chicken or vegetarian yellow Thai curry, served with basmati rice, garlic naan bread, & rainbow thai salad with a cilantro-soy dressing. **$13.50**

**Perogies & More**
Classic cheese perogies served with buttery onions, sweet cabbage rolls in tomato sauce, & garlic sausage with sour cream on the side. Includes our house salad with a roasted onion dijon vinaigrette. **$12.50**

**Classic Chili**
Your choice of beef, chicken, or vegetarian chili served with fresh baked cheddar scones & your choice of our house salad with a roasted onion dijon vinaigrette or a classic caesar salad. **$12.50**
Barbecued Chicken
Roasted barbecue chicken served with a twice baked potato, corn & cheddar biscuits, and your choice of roasted vegetable salad or our house salad with a roasted onion dijon vinaigrette.

Tikka Masala
Your choice of chicken or paneer tikka masala served with basmati rice, garlic naan bread, a mint & cucumber yogurt raita dip, and our house salad with a roasted onion dijon vinaigrette.

Lasagna
Your choice of classic meat or vegetarian, served with garlic bread and your choice of orzo tomato salad or caesar salad.

Four Cheese Tortellini
Four cheese tortellini in a fire-roasted tomato sauce, served buns & your choice of caesar salad or classic greek salad.

The Pasta Bar
Choose one noodle (penne, fusilli, spaghetti, or fettuccine) and two sauces (bolognese, marinara, or alfredo). Served with garlic bread and your choice of orzo tomato salad or caesar salad.

Pizza
All pizzas are made with our house-made tomato sauce and mozzarella cheese.

18" Thick Crust  10 or 12 slices  $26.50
12" Thick Crust  6 or 8 slices  $17.50
10" Gluten Free Crust  $18.50
18" Vegan  10 or 12 slices  $32.50

Our vegetarian pizza, made on a vegan crust with soy based cheese.

Four Cheese
A perfect blend of parmesan, swiss, cheddar, & mozza.

Pepperoni
The classic - just pepperoni & cheese.

Italian Sausage
Red & green peppers, mushrooms, & black olives.

Ham & Pineapple
Smoked ham with chunks of pineapple.

Lunch Add-Ons
Priced per person.

Drink Bar
Coffee, tea, and assorted juices.

Coffee & Tea
Colombian (medium roast), Rocket Fuel (dark roast), Guatemalan (light roast), or Cascadia Decaf (medium roast)
**Assorted soft drinks**
Coca-Cola brands. 355mL cans or 500mL bottles.  
$2.00 can  
$2.50 bottle

**Assorted fruit juice**
Minute Maid brands. 355mL cans or 500mL bottles.  
$2.00 can  
$2.50 bottle

**Bottled water**
Dasani. 355mL or 500mL bottles.  
$2.00 small  
$2.50 large
Plated Lunches
Lunch portions of our most popular plated dinners. Minimum 12 people for plated lunches.

Campfire Lunch $32.00
Caesar Salad
Charred heart of romaine, bacon lardons, parmesiano reggiano, crispy fried capers, and roasted garlic black pepper dressing.

Grilled Beef Tenderloin
Fire roasted poblano and mushroom ragoût, fondant potato, roasted carrots, and a sherry scented demi-glace.

S’mores
With house-made marshmallows, dark chocolate plaque, graham cracker soil, and a milk chocolate mousse.

Breast of Chicken $25.00
Roasted Carrot & Brie Soup
With creme fraiche, herb oil and carrot chips.

Stuffed Chicken Breast
With a chicken & bacon farce, roasted potatoes with red onion jam, wilted spring greens and marinated asparagus.

White Chocolate Crème Brûlée
A raspberry studded custard with a raw sugar crust, fresh berries, and lemon macarons.

Icelandic Cod $30.00
Delicate Green Pea Soup
Scented with mint, chili, and orange & accompanied with a butter-poached langoustine & cheddar cracker.

Icelandic Pan-Seared Cod
In a celery root nage, sauté of fennel, leek and apple, with blue crab cakes.

Lemon Tart
Fresh lemon curd, almond shortbread, Italian meringue and white chocolate ganache.

Field-Grown Lunch $24.00
Arugula Salad
Spiced candied pecans, parmesan, & fresh fruit with a white balsamic vinaigrette.

Roasted Beet Tartare
Served on an aubergine & squash pavé with a tahini cauliflower purée.

Chocolate & Roasted Yam Mousse
With mint-lime sponge toffee.