

# LUNCH

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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.

<b>House</b> With a roasted onion & dijon vinaigrette.	<b>\$5.00 side</b>	<b>\$7.75 full</b>
<b>Classic Caesar</b> With a house-made roasted garlic & black pepper dressing.	<b>\$5.00 side</b>	<b>\$7.75 full</b>
<b>Orzo &amp; Tomato Salad</b> With fresh basil & feta cheese.	<b>\$5.00 side</b>	<b>\$7.75 full</b>
<b>Rainbow Thai Noodle</b> Juliened vegetables tossed in a cilantro-soy dressing.	<b>\$4.00 side</b>	<b>\$6.75 full</b>
<b>Classic Greek</b> With tomatoes, cucumber, & feta.	<b>\$4.00 side</b>	<b>\$6.75 full</b>
<b>Spinach Salad</b> With strawberries & mushrooms, in a raspberry vinaigrette.	<b>\$5.00 side</b>	<b>\$7.75 full</b>
<b>Penne Pasta</b> With roasted vegetables in balsamic vinaigrette.	<b>\$4.00 side</b>	<b>\$6.75 full</b>
<b>Classic Potato</b> Baked red potatoes with chives.	<b>\$4.00 side</b>	<b>\$6.75 full</b>
<b>Roasted Vegetable</b> With couscous.	<b>\$5.00 side</b>	<b>\$7.75 full</b>
<b>Quinoa &amp; Black Bean Salad</b> With corn, artichokes, & fresh cilantro.	<b>\$5.00 side</b>	<b>\$7.75 full</b>

# Sandwiches & Wraps

## Hearty Sandwiches

**\$7.00**

*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

**\$7.00**

*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.*

<b>Southwestern Beef</b> Mixed greens, red pepper, tomato, red onion, carrots, & corn with a chipotle-lime dressing.	<b>\$9.75</b>
<b>Teriyaki Chicken</b> Teriyaki chicken breast, mixed greens, rice noodles, julienned carrots & red peppers, shredded cabbage, & green onion with a teriyaki dressing.	<b>\$9.75</b>
<b>Rainbow Thai Chicken</b> Roasted chicken & julienned vegetables tossed in a cilantro-soy dressing.	<b>\$9.75</b>

# Soup

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

<b>Roasted Carrot &amp; Brie</b> With crème fraîche, herb oil and carrot chips.	<b>\$4.00</b>
<b>Minestrone Soup</b> A hearty vegan soup.	<b>\$4.00</b>
<b>Chef's Choice</b> A selection made to fit your group's dietary requirements.	<b>\$3.00</b>

# Buffet Lunches

<b>The Office Lunch</b> 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. <i>Includes 1 sandwich per person. Add an extra sandwich per person for \$6.00.</i>	<b>\$11.50</b>
<b>The Taco Bar</b> Your choice of vegetarian, shredded chicken, or beef ( <i>minimum of 12 servings per filling</i> ). 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.	<b>\$17.50</b>
<b>Thai Curry</b> Your choice of chicken or vegetarian yellow Thai curry, served with basmati rice, garlic naan bread, & rainbow thai salad with a cilantro-soy dressing.	<b>\$13.50</b>
<b>Perogies &amp; More</b> 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.	<b>\$12.50</b>
<b>Classic Chili</b> 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.	<b>\$12.50</b>

**Barbecue Chicken** **\$14.50**

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** **\$14.50**

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** **\$14.50**

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

**Four Cheese Tortellini** **\$15.50**

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

**The Pasta Bar** **\$13.50**

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.

**Barbecue Chicken**

BBQ sauce, shredded chicken, red & green peppers, mushrooms, & onions.

**Deluxe**

Pepperoni, mushrooms, & green peppers.

**Vegetarian**

Zucchini, red & green peppers, mushrooms, red onion, & broccoli.

## Lunch Add-Ons

*Priced per person.*

**Drink Bar** **\$2.50**

Coffee, tea, and assorted juices.

**Coffee & Tea** **\$1.50**

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, parmigiano 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.