



Celebrating Excellence since 1981!

B u f f e t L u n c h M e n u (p a g e 1)

based on 10 person minimum; prices are at per person cost

Between the Bread \$19.45

Assorted sandwiches, made on freshly baked breads & wraps, to include:

Smoked turkey sandwich, cranberry aioli and brie cheese

Rare roast beef, caramelized onions, horseradish cream

Black forest ham, Swiss cheese, Dijon, leaf greens lettuce

Roasted vegetable and Hummus

Egg salad, green onions, Dijon mustard, mayonnaise

White albacore tuna salad with lemon and leaf greens lettuce

Choose two side salads from the following salads:

Muscling salad greens with sliced cucumber and cherry tomato lemon vinaigrette

Caesar salad with Grana Padano parmesan and homemade herb croutons

PEI country potato salad with fresh dill

Baby spinach salad with dried cranberries, hearts of palm and lemon dressing

Pasta salad marinated olives, oven baked cherry tomatoes and herbed dressing

Orzo Salad with tomatoes, peppers, feta, cucumber, olives, red onion, lemon and oregano dressing

Dessert

Freshly baked assorted squares and cookies

Buffet Lunch Menu (page 2)

Based on 10 person minimum;

Entrée Salads (Room temperature)

Individually packed; Minimum order of 3 per type

Classic Caesar with grilled chicken breast \$18.95

Caesar salad with Grana Padano parmesan and homemade herb croutons and classic Caesar dressing, with a choice of:

Grilled Shrimp	\$21.95 per person
Grilled Salmon	\$18.95 per person
Grilled Flank Stead	\$21.50 per person

Greek salad with roasted loin of lamb \$21.50

Greek pasta salad with tomato, cucumber, peppers, feta, kalamata olives, red bermuda onion with a lemon dressing

Asian Slaw with pan seared salmon medallion \$18.95

Napa cabbage, carrots, Slaw sliced fresh mango, chopped pickled ginger, and soy sesame dressing

Tuna Niçoise Salad \$17.50

Baby French green beans, new potatoes, red onions, hard-boiled eggs, Niçoise olives, red and yellow peppers with a French vinaigrette

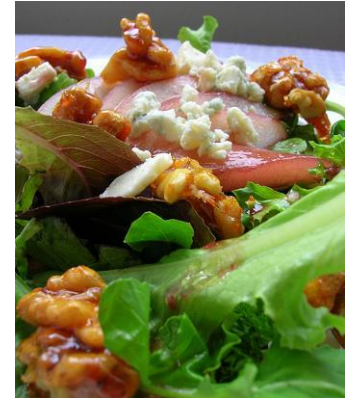
Chef combo Salad \$17.50

French Lentil & Baby arugula organic marinated tofu, roasted mushrooms, artichoke hearts, cherry tomatoes, and broccoli with red onion and aged balsamic dressing

**Lunch in bag \$22.45
(Per person)**

Your choice of any one (1) of our salads listed in our "Between the Bread" menu, chef's selection of our gourmet sandwiches, freshly baked cookie, one whole fresh fruit and granola bar.

All individually packaged in 100% Recycled Paper Bags which includes utensils, napkins and hand wipes.



Chicken Mains with wheat berry salad or Green salad

Basil Boneless chicken breast with oven sautéed leek cherry tomato and pepper relish \$18.95

Roasted butter chicken with coriander lime and cucumber yogurt \$18.95

Thai marinated grilled chicken with mango salsa \$18.95

Grilled Cajun lime chicken with A la carte peach chutney \$18.95

Beef Mains with wheat berry salad or Green salad

Marinated grilled sirloin of beef with caramelized onions \$18.95

Pan seared skirt steak with chimichurri sauce \$18.95

Herb & garlic marinated flank steak with chimichurri sauce \$18.95

Salmon Mains wheat berry salad or Green salad

Mediterranean salmon with Tomato Provencal salsa \$18.95

Tandoori baked salmon coriander and cucumber Labneh \$18.95

Herb roasted salmon with eggplant caponata \$18.95

Vegetarian Mains green salad

Southwestern quinoa stuffed peppers with corn, beans, tomatoes, onion, jalapeño, salsa, and cilantro \$15.95

Grilled vegetable stack with Crispy tofu and drizzled of balsamic and extra virgin olive oil \$15.95

Tandoori Khumb -Tandoor grilled portabella, shiitake and oyster mushrooms with pickled onions in a curry leaf dressing \$15.95



Buffet Lunch hot menu (page 5)

based on 10 person minimum; prices are at per person cost

Chicken Mains with Rice or quinoa pilaf

Two Chicken Souvlaki brochettes Tzatziki sauce \$18.95

Portuguese style Piri Piri Chicken 17.95

Creamy Butter Chicken Pulao 17.95

Beef Mains with Roast or mush potato

Marinated grilled sirloin of beef with caramelized onions and mushroom sauce \$21.00

Grilled beef kofta brochette with roasted garlic chickpea puree \$19.95

Braised BBQ Boneless Short Ribs \$19.95

Salmon Mains with basmati Rice

Ginger Soy Glazed Salmon medallion \$18.95

Grilled filet of salmon in a lemon, caper, with Fresh Herb sauce \$18.95

Moroccan Spiced Salmon with spiced tomato Harissa sauce \$18.95



Pasta Mains with house green or caesar salad

Lasagna Bolognese topped with melted mozzarella and sprinkled with fresh Parmigiano cheese \$18.95

Vegetarian lasagna layers of grilled assorted vegetables topped with melted mozzarella in a Basilico tomato Sauce \$16.95

Cannelloni stuffed with veal spinach, and ricotta cheese and served with fresh plum tomato and Parmigiano cheese \$18.95

Ravioli stuffed with forest mushrooms and Parmigiano in a light cream sauce \$17.95

Vegetarian Mains with Rice or quinoa pilaf

Aubergine and Chickpea Stew with Pomegranate (Lebanese Moussaka) \$15.95

Crispy pan-fried tofu Stir-fry vegetable in a sweet chili-lime sauce with fresh basil 15.95

Curried cauliflower and zucchini Vegetable greens in a creamy curry-flavored coconut sauce.Stew 15.95

L u n c h m e n u (p a g e 6)

based on 10 person minimum; prices are at per person cost

Individually sandwiches Price Minimum order of 3 per type

Roasted vegetables, Hummus and leaf greens lettuce wrap \$8.50

Egg salad, green onions, Dijon mustard, mayonnaise on pita bread \$8.50

White albacore tuna salad with lemon and leaf greens lettuce in a soft tortilla wrap \$8.50

Smoked turkey sandwich, cranberry aioli and brie cheese on ciabatta bread \$8.95

Rare roast beef, caramelized onions, horseradish cream on whole-wheat bread \$9.50

Black Forest ham, Swiss cheese, Dijon and leaf greens lettuce on multigrain bread \$9.50

Corned beef Reuben with Swiss cheese, marinated cabbage and red pepper Whole grain mustard on rye bread \$8.95

Tomato and bocconcini lettuce leaves with lemon aioli wrap \$9.50

Grilled portobello Bocconcini and arugula on ciabatta bread \$9.95

Smoked salmon, caper cream cheese, pickled fennel and onion on rye bread \$10.25

Prosciutto, baby arugula, shaved parmesan, fig jam and mustard and cracked black pepper on ciabatta bread \$10.00





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L u n c h S a l a d s m e n u (p a g e 7)

based on 10 person minimum; prices are at per person cost

LEAFY GREEN SALADS

Muscling salad greens with sliced cucumber and cherry tomato lemon vinaigrette \$6.95

Caesar salad with Grana Padano parmesan and homemade herb croutons \$6.95

Baby spinach salad with dried cranberries, hearts of palm and lemon dressing \$6.95

Romaine lettuce salad with peppers, cucumber, tomatoes and pitted black olives in lemon and olive oil dressing \$6.95

Shredded Carrots and Napa cabbage slaw with oranges, cucumber, radish Thai honey dressing \$6.95

Baby kale Caesar salad, house-made croutons and Grana Padano parmesan \$8.25

Caprese salad sliced vine ripe tomatoes, Fior di latte mozzarella, fresh basil, sea salt, olive & basil oils \$10.75

HEARTY SALADS

PEI country Creamy potato salad with pickles, chopped egg, celery, scallions & fresh dill \$6.95

Pasta salad with marinated olives, oven baked cherry tomatoes and herbed dressing \$6.95

Orzo Salad with tomatoes, peppers, feta, cucumber, olives, red onion, lemon and oregano dressing \$6.95

Roasted portobello mushroom with baby arugula salad and aged balsamic dressing \$9.95

Quinoa salad with black bean Ancho chilli and bell peppers Confit \$9.25

Orzo Salad with tomatoes, peppers, feta, cucumber, olives, red onion, lemon and oregano dressing \$6.95

Traditional five bean salad in a tangy red wine dressing with coarse chopped herbs, red peppers, celery & pearl onions \$6.95

Green bean salad with toasted almonds and oven dried tomatoes \$9.25

Ancient grains salad with celery, leek, peppers, dried apricots & cranberries \$6.95

Pad Thai noodle salad in sweet & sour marinade with red and green peppers, cabbage, carrot & pea sprouts \$6.95

Individual Desserts



Mango Mousse Cake à la Crème served with Rosebery Coulis...\$8.50

Strawberry & Raspberry Shortcake dusted with Sugar & a Blueberry Sauce...\$9.95

Devil's Chocolate Mousse tart with poached Pear & Raspberry Sauce...\$9.50

Mille Feuille layers filled with sweet Custard & a purée of Strawberries...\$9.95

Tantalizing Tiramisu with Chocolate Shards...\$9.95

Crème Brûlée with fresh Raspberries...\$9.95

Old Fashioned Cheese Cake with fresh Fruit...\$9.95

Chocolate Truffle Cake with Chocolate Sauce...\$9.95

Mini pickup Dessert

Simon's Truffles \$2.95

Lemon Tart \$2.95

Lemon Roulade

Chocolate Roulade

Freshly baked assorted squares ((Brownie, Date, lemon) \$2.95

Assorted cookies (Oatmeal, chocolate chunk, Biscotti) \$1.50

Butter & Pecan Tart, Chocolate pecan tart \$2.95

Assorted Raspberry and custard tart \$2.95

Apple almandine \$2.95

