



Celebrating Excellence since 1981!

Lunch Menu (page 1)

Based on 10 persons minimum; prices are at per person cost

Between the Bread

Assorted Sandwiches, Made on Freshly Baked Breads & Wraps, Includes Freshly Baked Squares and Cookies

Smoked turkey sandwich, cranberry aioli and brie cheese

Rare roast beef, caramelized onions, horseradish cream

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

Roasted vegetable and Hummus

Egg salad, green onions, Dijon mustard, mayonnaise

White albacore tuna salad with lemon and leaf greens lettuce

***Choose one salad from the following**

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

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



Lunch in bag

Your choice of: one Salad, one sandwich or wraps, freshly baked cookie one whole fresh fruit

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



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Lunch Menu (page 2)

Based on 10 persons minimum; prices are at per person cost

À La Carte Sandwiches & Wraps

***Ordered by multiples of 3/per type**

Turkey breast Smoked turkey breast, cranberry aioli and baby greens

Lemon rosemary chicken lemon rosemary chicken breast, goat cheese spread, roasted red peppers and baby spinach

Black Forest Ham black forest ham, Swiss cheese, Dijon mustard and mix lettuce

Prosciutto, provolone and arugula oven-dried tomatoes

Roast beef medium-rare roast beef, caramelized onions, horseradish aioli and mixed greens

Smoked salmon spinach, caper cream cheese, pickled red onion and fennel

Grilled vegetable Hummus and leaf greens lettuce wrap

Tuna salad white albacore tuna salad, lemon, mayo and greens

Egg salad mixed greens, Dijon mustard and mayonnaise

Cucumber tomato and bocconcini, lettuce leaves with lemon aioli

Grilled portobello Grilled portobello goat cheese and arugula





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Lunch menu (page 3)

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

Classic Sandwich Platter

***Each platter contains an assortment of 10 sandwiches**

Smoked turkey sandwich, cranberry aioli and brie cheese

Rare roast beef, caramelized onions, horseradish cream

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

Roasted vegetable and Hummus

Egg salad, green onions, Dijon mustard, mayonnaise

White albacore tuna salad with lemon and leaf greens lettuce

Premium Sandwich Platter

***Each platter contains an assortment of 10 sandwiches**

Turkey breast Smoked turkey breast, cranberry aioli and baby greens

Roast beef medium-rare roast beef, caramelized onions, horseradish aioli and mixed greens

Prosciutto, provolone and arugula oven-dried tomatoes

Grilled portobello Grilled portobello goat cheese and arugula

Smoked salmon spinach, caper cream cheese, pickled red onion and fennel

Lemon rosemary chicken lemon rosemary chicken breast, goat cheese spread, roasted red peppers and baby spinach



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Lunch Menu (page 4)

Based on 10 person minimum

Salads as Meal Individually Packaged

***Minimum order 3 of each type**

Grilled Chicken breast or Grilled Salmon Caesar

Romain lettuce house made croutons, parmesan cheese and Caesar dressing

Roast Sirloin steak

baby kale, pickled red onion, tomato, gorgonzola and red wine dressing

Greek Grilled chicken breast

Pasta, tomato, cucumber, peppers, feta, kalamata olives, Bermuda onion with oregano dressing

Asian Salad

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

Tuna Niçoise Salad

Baby green, French green beans, new potatoes, red onions, eggs, olives, sweet peppers with a lemon vinaigrette





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Lunch menu (page 5)

Based on 10 person minimum

Meat and Fish Items at Room Temperature

***Items are priced individually**

Chicken

Boneless and skinless Basil chicken breast topped with À La Carte sweet pepper relish

Roasted half chicken with lemon rosemary

Thai marinated grilled Boneless chicken breast with mango salsa

Grilled Cajun lime chicken with A la carte fruits chutney

Beef

Marinated roast New York striploin of beef with caramelized onions

Cider Marinated Top Sirloin Roast with chimichurri sauce

Herb & garlic marinated flank steak with chimichurri sauce

Salmon

Herb roasted salmon with eggplant caponata

Mediterranean salmon with Tomato Provencal salsa

Tandoori baked salmon coriander and cucumber Labneh



Vegetarian

Sweet bell peppers, stuffed with Black Bean & Quinoa with corn, topped with Pico de Gallo, fresh cilantro

Tandoor grilled portabella, shiitake and oyster mushrooms with pickled onions grilled vegetable in a curry leaf dressing



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Lunch menu (page 6)

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

Caesar salad with Grana Padano parmesan and homemade herb croutons

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

Greek salad, Romaine, sweet peppers, cucumber, tomatoes, black olives, feta cheese, lemon and olive oil dressing

Shredded Carrots and Napa cabbage slaw with oranges, cucumbers, radishes and Thai honey dressing

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

Caprese salad sliced vine ripe tomatoes, Bocconcini, fresh basil, sea salt, olive & basil oils

Hearty Salads

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

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

Three Bean salad in a tangy red wine dressing with coarse chopped herbs, red peppers, celery & red onions

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

Roasted portobello mushrooms with baby arugula salad and aged balsamic dressing

Quinoa and Green bean salad with black bean Ancho chili and bell peppers Confit

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



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Lunch menu (page 7)

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

Selection of Hot meat and fish Items

***Items are priced individually**

Chicken

Chicken Souvlaki brochettes with Tzatziki sauce (2 skewers)

Tuscan chicken, rich creamy sauce, sun-dried tomatoes, herbs, fresh spinach

Creamy Butter Chicken with mix vegetable rice Pulao

Salmon

Ginger Soy Glazed Salmon medallion (5oz)

Grilled filet of salmon in a lemon, caper, with Fresh Herb sauce (5oz)

Moroccan Spiced Salmon with spiced tomato Harissa sauce (5oz)



Beef

Marinated roast New York striploin with roasted onions and wild mushroom sauce

Kofta kebab with ground beef with roasted tomato and onion dusted with sumac chickpea puree

Pasta

Lasagna Bolognese topped with melted mozzarella and sprinkled with fresh Parmigiano cheese

Vegetarian lasagna layers of vegetables topped with melted mozzarella in a Basil tomato Sauce

Manicotti with spinach, and ricotta cheese with plum tomato and Parmigiano cheese (2pieces)

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

Vegetarian

Aubergines and Chickpea Stew with Pomegranate (Lebanese Moussaka) basmati rice

Curried cauliflower and vegetables in a coconut curry Stew rice Pulao



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Lunch menu (page 8)

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Hot Side Dishes

***Priced as 100 grams/per person unless otherwise noted**

Sweet potato mash

Rosemary Potato and onion cake

Caramelized garlic mashed potato

Yukon gold potato wedges roasted with sea salt and rosemary

Gratin dauphinoise thinly sliced & baked with grated Swiss cheese

Roasted heirloom beets

Maple-glazed baby carrots

Green beans with toasted almonds

Steamed Broccoli sea salt and olive oil

Brussels sprouts with toasted pine nuts and citrus zest

Tied bundles of Market Vegetables with Ribbon of Leek

Rapini sautéed with garlic and tossed in olive oil and lemon zest

Sautéed Mélange of Broccoli, cauliflower, carrot and snow pea olive oil and sea salt

Seasonal steamed Asparagus with caramelized onion with garlic-infused olive oil and lemon zest

Roasted root vegetables potatoes, sweet potatoes, carrot, turnip, parsnip, sweet onion and roasted garlic

Stack of grilled vegetables, with eggplant sweet red and yellow peppers, carrot, sweet potato and zucchini

Wild and brown rice pilaf

Saffron Rice with Nuts & Sweet Dried Fruits

Scented Basmati Rice & Coconut Milk Pilaf

Moroccan Moussaka Couscous with a Brunoise of Vegetables & Tomato Thyme Purée



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Lunch menu (page 9)

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

Classic Sandwich Platter

***Each platter contains an assortment of 12 sandwiches**

Smoked turkey sandwich, cranberry aioli and brie cheese

Rare roast beef, caramelized onions, horseradish cream

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

Roasted vegetable and Hummus

Egg salad, green onions, Dijon mustard, mayonnaise

White albacore tuna salad with lemon and leaf greens lettuce

Premium Sandwich Platter

***Each platter contains an assortment of 12 sandwiches**

Turkey breast Smoked turkey breast, cranberry aioli and baby greens

Roast beef medium-rare roast beef, caramelized onions, horseradish aioli and mixed greens

Prosciutto, provolone and arugula oven-dried tomatoes

Grilled portobello Grilled portobello goat cheese and arugula

Smoked salmon spinach, caper cream cheese, pickled red onion and fennel

Lemon rosemary chicken lemon rosemary chicken breast, goat cheese spread, roasted red peppers and baby spinach

Cold Soups

300mL

Tomato gazpacho

Potato and leek vichyssoise

Sweet pea and mint

Hot Soups

300mL

Minestrone

Slow roasted plum tomato

Roasted butternut squash

Traditional chicken soup with carrot and celery



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Lunch menu (page 10)

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

Tart

***Each Tart Yields 8 to 10 servings**

Chocolate Pecan Tart with a drizzle of Chocolate

Pecan tart in sweet Butter Crust with Apricot Glaze

Baked Apple Normandy in sweet Butter Crust with Apricot Glaze

Simple and elegant fresh Fruit and Custard Tart decorated with the best seasonal Fruit

Double Chocolate tart with Chocolate Ganache Icing and fresh raspberry

A traditional French-style lemon tart with creamy, dreamy lemon curd filling

Individual Desserts

Tantalizing Tiramisu with Chocolate Shards

Crème Brûlée with fresh Raspberries

Old Fashioned Cheesecake with fresh fruits

Chocolate Truffle Cake with Chocolate Sauce

Individual Pavlova Meringue, mix of fresh Fruit & whipped Cream

Mille-feuille layers filled with sweet Custard with purée of Strawberries

Devil's Chocolate Mousse tart with poached Pear & Raspberry Sauce

Mango Mousse Cake à la Crème topped fresh Mango & Raspberry Coulis

Strawberry & Raspberry Shortcake dusted with Sugar & a Blueberry Sauce

A traditional French-style lemon tart with creamy, dreamy lemon curd filling

Chocolate Pecan Tart with a drizzle of Chocolate

Pecan tart in sweet Butter Crust with Apricot Glaze

Baked Apple Normandy in sweet Butter Crust with Apricot Glaze



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Lunch menu (page 11)

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

Individual Desserts

Simple and elegant fresh Fruit and Custard Tart decorated with the best seasonal Fruit

Double Chocolate tart with Chocolate Ganache Icing and fresh raspberry

A traditional French-style lemon tart with creamy, dreamy lemon curd filling

Miniature Pastries

***Minimum of 12**

Fresh Fruit Tartlets

Profiteroles with Caramel Glaze

Opera Squares of Swiss Dacquoise

Pecan Japonaise

Lemon Roulade

Chocolate Roulade

Simon's Truffles

Chocolate dipped Strawberries

Vanilla Chocolate Cheesecake

Cookies

***Minimum of 12**

Oatmeal raisin

Chocolate chunk

Dark Chocolate with white chocolate chunks

Oatmeal and Cranberry

White chocolate and cranberry

Squares

***Minimum of 12**

Brownies,

Nanaimo

Date Bars

Lemon Squares

Linzertorte
