



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

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:

Mesclun 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

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

- Grilled Shrimp**
- Grilled Salmon**
- Grilled Flank Stead**

Greek salad with roasted loin of lamb

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

Asian Slaw with pan seared salmon medallion

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

Tuna Niçoise Salad

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

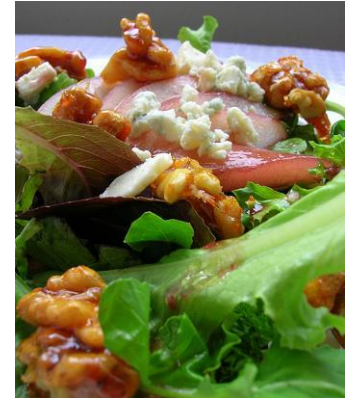
Chef combo Salad

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

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.



Buffet Lunch room temperature menu (page 3)

based on 10 person minimum

Chicken Mains with wheat berry salad or Green salad

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

Roasted butter chicken with coriander lime and cucumber yogurt

Thai marinated grilled chicken with mango salsa

Grilled Cajun lime chicken with A la carte peach chutney

Beef Mains with wheat berry salad or Green salad

Marinated grilled sirloin of beef with caramelized onions

Pan seared skirt steak with chimichurri sauce

Herb & garlic marinated flank steak with chimichurri sauce

Salmon Mains wheat berry salad or Green salad

Mediterranean salmon with Tomato Provencal salsa

Tandoori baked salmon coriander and cucumber Labneh

Herb roasted salmon with eggplant caponata

Vegetarian Mains green salad

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

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

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



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 Portuguese style Piri Piri Chicken

Creamy Butter Chicken Pulao

Beef Mains with Roast or mush potato

Marinated grilled sirloin of beef with caramelized onions and mushroom sauce

Grilled beef kofta brochette with roasted garlic chickpea puree

Braised BBQ Boneless Short Ribs

Salmon Mains with basmati Rice

Ginger Soy Glazed Salmon medallion

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

Moroccan Spiced Salmon with spiced tomato Harissa sauce

Pasta Mains with house green or caesar salad

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

Vegetarian lasagna layers of grilled assorted vegetables topped with melted mozzarella in a Basilico

tomato Sauce Cannelloni stuffed with veal spinach, and ricotta cheese and served with fresh plum

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

Vegetarian Mains with Rice or quinoa pilaf

Aubergine and Chickpea Stew with Pomegranate (Lebanese Moussaka)

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

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



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

Egg salad, green onions, Dijon mustard, mayonnaise on pita bread

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

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

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

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

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

Tomato and bocconcini lettuce leaves with lemon aioli wrap

Grilled portobello Bocconcini and arugula on ciabatta bread

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

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





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Lunch Salads menu (page 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

Caesar salad with Grana Padano parmesan and homemade herb croutons

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

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

Carrots and Napa cabbage slaw with oranges, cucumber, radish Thai honey dressing

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

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

HEARTY SALADS

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

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

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

Roasted portobello mushroom with baby arugula salad and aged balsamic dressing

Quinoa salad with black bean Ancho chilli and bell peppers Confit

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

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

Green bean salad with toasted almonds and oven dried tomatoes

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

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

Individual Desserts



Mango Mousse Cake à la Crème served with Rosebery Coulis...

Strawberry & Raspberry Shortcake dusted with Sugar & a Blueberry Sauce Devil's

Chocolate Mousse tart with poached Pear & Raspberry Sauce

Mille Feuille layers filled with sweet Custard & a purée of Strawberries Tantalizing

Tiramisu with Chocolate Shards

Crème Brûlée with fresh Raspberries

Old Fashioned Cheese Cake with fresh Fruit

Chocolate Truffle Cake with Chocolate Sauce

Mini pickup Dessert

Simon's Truffles

Lemon Tart

Lemon Roulade

Chocolate Roulade

Freshly baked assorted squares ((Brownie, Date, lemon)

Assorted cookies (Oatmeal, chocolate chunk, Biscotti) Butter

& Pecan Tart, Chocolate pecan tart

Assorted Raspberry and custard tart

Apple almandine

