



Corporate Delivery Menus

Lunch - Informal

Sandwich selection

Our sandwich fillings are prepared fresh daily using premium ingredients and served on a variety of breads and buns. Choose your favourites or ask for a combination platter. Luncheon platters are attractively displayed and garnished. We can accommodate special requests.

Consist of a combination of the following sandwiches and wraps:

- Black Forest ham and smoked provolone
- Bocconcini, tomato and basil on baguette
- Chicken breast and fresh basil salad
- Egg salad with celery and mustard
- Grilled chicken with basil mayonnaise
- Medium rare roast beef and tomato
- Multigrain vegetarian with hummus, pomegranate chutney, cilantro, carrots, cucumber and sprouts served on Terra multigrain bread (vegan)
- Prosciutto and fontina with pine nut and basil pesto on baguette
- Roast turkey with cranberry chutney
- Shrimp, cucumber and cream cheese
- Smoked salmon, cucumber and cream cheese
- Tuna with artichokes, capers, olives and roasted peppers
- Vegetarian delicatessen with feta cheese, olives, roasted peppers, artichokes, basil, cucumbers and lettuce on ciabatta

Wraps

- Grilled chicken Caesar with fresh Parmesan cheese
- Mango Madras curry chicken
- Mexican tortilla with black beans, roasted corn, tomato and cheddar
- Nori vegan roll with marinated vegetables and sushi rice (gluten free)
- Thai peanut wrap with crisp vegetables, sweet chili sauce, cilantro and Thai basil (vegan)
- Turkey Club with roast turkey, crisp bacon, avocado and tomato \$8.25

Salads

- Classic Caesar with house-made dressing and garlic croutons with fresh Parmesan
- *Couscous with almonds, garbanzo beans, dried apricot and fresh herbs
- Fresh seasonal fruit
- Greek with cucumbers, red peppers, red onions, feta and kalamata olives
- *Grilled and roasted vegetables with chèvre and basil
- *New potato with crisp bacon and fresh chives
- Romaine with tomatoes, feta, cucumber and lemon parsley vinaigrette
- Rotini pasta with sun-dried tomatoes, artichokes and Asiago
- Spinach with almonds, dates, and oranges drizzled with apple fennel seed dressing
- Wild greens and julienned vegetables side salad \$5.45 as an entrée \$10.90
- with fig balsamic dressing add chicken \$6.50 add shrimp \$6.50
- add salmon (24 hrs notice) \$13.00
- add tofu (peanut ginger) \$5.50
- add tofu (teriyaki) \$5.50

* minimum order of six portions




Corporate Delivery Menus

Lunch - Informal (continued)

Soups

- *Corn and leek chowder seasoned with fresh thyme and cracked black pepper (with or without bacon)
 - *Roasted butternut squash
Tomato with fresh basil
 - *Turkey vegetable with wild rice
 - *Tuscan chicken with radiatore pasta
 - Wild mushroom soup with Marsala cream ten ounce bowl \$6.55
- * minimum order of six portions

Beverages

- Chilled fruit juices, soft drinks, mineral and spring water, 2% milk \$2.30
- Fresh squeezed orange or pink grapefruit juice (48 hrs notice) per litre \$21.00
- Starbucks® Coffee, regular or decaffeinated ten cups per pot \$19.75
- Premium  teas ten cups per pot \$19.75

Alcoholic beverages can be arranged upon request with advance notice.

Desserts

Tarts and squares

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|--------------------------------|---------------------------------------|
| Butter rum raisin tarts | Lemon coconut bars |
| Caramel nut chocolate tarts | Nanaimo bars |
| Cheesecake fruit tarts | Passion fruit meringue tarts |
| Chewy chocolate pecan bars | Peach apple pecan squares - low fat |
| Chocolate fudge brownies | Peanut butter milk chocolate blondies |
| Cranberry cream cheese squares | Pecan caramel squares |
| Date squares | Raspberry cream cheese brownies |
| Lemon tarts | Triple berry streusel squares |
| | Triple chocolate pecan brownies |

Cookies

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| Chocolate chunk | Oatmeal coconut |
| Double chocolate | Peanut butter |
| Ginger snaps | White chocolate macadamia nut per piece \$2.00 |

Fresh Fruit and Dessert Platter \$5.25