



Lunch Menu

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A la Carte

Sandwiches 7.95

Prices quoted per person | Minimum 6 sandwiches per order

Pesto Roasted Veg, Provolone, Focaccia

Grilled Portobello, Cheese, Ciabatta

Mango Chicken, Goat Cheese, Ciabatta

Chicken, Sundried Tomato, Pesto Cream Cheese, Bun

Vietnamese Chicken, Fresh Veg, Soft Bun

Barbecue Chicken, Coleslaw, Filone

Turkey Cobb, Avocado, Cheese, Filone

Black Forest Ham, Cheddar, Mustard, Mayo, Ciabatta

Prosciutto, Tomato, Mozzarella, Balsamic, Ciabatta

Barbecue Pork, Coleslaw, Filone

Roast Beef, Swiss, Herb Cream Cheese, Filone

Asian Style Philly Beef, Soft Bun

Italian Style Tuna, Olive Tapenade, Ciabatta

Wraps 7.95

Prices quoted per person | Minimum 6 wraps per order

Hummus and Spinach

Spicy Tofu

Chicken Caesar

Pesto Chicken, Vegetable

Chicken Shawarma, Pickles

Buffalo Chicken

Turkey, Bacon, Tomato Relish

Mexican Style Chicken, Pico Di Gallo

Barbecue Pulled Pork

Tangy Asian Style Beef

Zesty Prawns, Slaw

Spicy Tuna, Potato

Creamy Crab

Soups 4.95

Prices quoted per person | Minimum 6 soups per order

Italian Minestrone

Tomato and Basil

Cream of Mushroom

Potato and Bacon

Asian Style Chicken and Egg

Seafood Chowder

Thai Chicken and Coconut

Roasted Garlic, Butternut Squash

Potato and Leek

Sweet Corn and Chicken



Salad 8.95

Prices quoted per person | Minimum 6 salads per order

Tomato & Baby Mozzarella

Cherry tomatoes, bocconcini cheese, asparagus, basil, balsamic reduction, basil pesto

Asian Shrimp Salad

Egg noodles, shrimp cucumber, tomato, onion, iceberg lettuce, coriander, spicy soy dressing

Greek Salad

Bell peppers, onions, cherry tomatoes, oregano, feta cheese, Greek dressing

Penne Chicken Salad

Poached chicken, penne pasta, bell peppers, spring onions, goat cheese dressing

Tofu and Sesame Salad

Fried tofu, snow peas, carrots, onions, tomatoes, coriander, cucumber, Asian sesame dressing

Arabian Chicken and Lentil Salad

Curried chicken, lentils, zucchini, bell peppers, lemon zest, pomegranate dressing

Quinoa and Chicken Salad

Grilled chicken, quinoa, peppers, grilled asparagus, sundried tomatoes, oregano dressing

Chicken Caesar

Grilled chicken, romaine lettuce, croutons, bacon bits, parmesan, Caesar dressing

Platters

Bite Sized Platters

Recommended for 10 people

Chef's Selection of Local and International Cheeses 69.95

Includes fruit chutney, artisanal crackers, grapes, nuts, dried fruits

Chef's Selection Charcuterie 69.95

Includes olives, pickled vegetables, roasted peppers, baguette crostini

Meat and Cheese Platter 75.00

Includes pepperoni, ham, roast beef, prosciutto, cheddar, Havarti, swiss, marinated olives, crackers

Fresh Vegetable Crudités 30.95

Include fresh vegetables with ranch dip

Mediterranean Dips 59.95

Include artichoke, asiago, hummus, tzatziki, spinach dip, naan bread, melba toast

Bruschetta Platter 39.95

Bruschetta, feta, crostini's

Cocktail Shrimp Platter 69.95

Cocktail shrimp, cocktail sauce

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Smoked Salmon Platter 89.95

Smoked sockeye salmon, smoked Atlantic salmon, condiments

Fresh Fruit platter 44.95

Watermelon, pineapple, honeydew, cantaloupe, strawberry

Italian Mortadella Platter 49.95

Mild and hot mortadella, condiments

Cold Poached Salmon Platter (serves 14) 160.00

Whole filet of Atlantic salmon, fresh lemon, horseradish, dill yoghurt sauce

Sturgeon Caviar Tray | 30g 295.00 | 50g 495.00 |

Blini pancakes, melba toast, snowed egg yolk, snowed egg white, sour cream, shallots, chives, quail eggs

Sandwiches Trays

Cocktail Tea Sandwiches (32 pcs) 59.95

Bite sized sandwiches: roast beef and horseradish, turkey swiss, cucumber with herb garlic, ham and cheddar

Mini Croissants Sandwich Platter (20 pcs) 55.95

Ham and cheddar, egg salad, roast beef and swiss, roast chicken

Lunch Croissants Sandwich Platter (12 pcs) 69.95

Turkey ham, roast chicken, roast beef, roasted vegetables

Ciabatta Sandwich Platter (16 halves) 59.95

Includes tomato mozzarella, turkey cobb, mango chicken, Italian tuna with tapenade

Sourdough Sandwich Platter (16 halves) 59.95

Chipotle chicken, black forest ham, pulled beef and mushroom goat cheese

Baguette Sandwich Platter (25 pcs) 59.95

Creamy Cajun chicken, three cheese with pesto, Cuban style pork, smoked salmon

Assorted Tortilla Wrap tray (16 halves) 59.95

Creamy crab, Asian beef, bacon and egg, tandoori chicken

Vegetarian Sandwich and Wrap Platter (16 halves) 55.95

9 grain Portobello goat cheese, pesto roast vegetables, Greek salad wrap, southwest veg

Vegan Sandwich & Wrap Platter (16 halves) 59.95

Asian tofu, hummus and spinach, mushroom and sundried tomato, spicy beans and vegan meat

Gluten Free Sandwich Platter (16 halves) 65.95

Creamy cheese cucumber, roasted chicken avocado, pulled pork, roast beef horseradish

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Sweet Trays

Cookies Tray (12 pcs) 20.95

Deep Dutch Brownies (16 pcs) 20.95

Nanaimo Bars (16 pcs) 20.95

Mini Cheesecake (20 pcs) 20.95

Sliced Seasonal Fruit 44.95

Seasonal Fruit Salad 44.95

Chefs Assorted Selection (20 pcs) 20.95

Boxed Lunch 14.95

Comes with side salad and a dessert square | Minimum 8 boxes per order

Shepard's Pie

Beef Lasagne

Pesto Chicken with pumpkin risotto

Chicken Teriyaki with rice and veggies

Roast Beef with Mash and Veggies

Herbed Cod fillet with Vegetable Couscous

Seafood Pasta with Creamy Sundried Sauce

Butter Chicken with Rice Pilaf

Cheese Tortellini with Herb Alfredo Sauce

Penne pasta with Primavera sauce

Pesto Seven Grain Pilaf with spinach and veggies.

Fried Chicken tenders with Potato wedges and coleslaw

Grilled Herb chicken with mash & veggies

BBQ Chicken with saffron pilaf and roast veggies



Lunch buffet

Minimum 20 per order

Silver | 21.95

- 1 salad choice
- 1 entrée choice
- 1 starch choice
- 1 vegetable choice
- 1 dessert choice

Gold | 24.95

- 1 salad choice
- 2 entrée choices
- 1 starch choice
- 1 vegetable choice
- 1 dessert choice

Salad

Artisan Spring Mix Greens

Spring greens with a choice of: ranch, balsamic, lemon vinaigrette, Caesar, maple yoghurt dressing, Thousand Island

Classic Greek Salad

Bell peppers, onions, cherry tomatoes, oregano, feta cheese, Greek dressing

Classic Caesar Salad

Romaine lettuce, bacon, parmesan cheese, and herbed croutons, Caesar dressing

Seafood Pasta Salad Penne

Poached seafood, penne, celery, cucumbers, chives, tomatoes, cocktail dressing

Tomato & Baby Mozzarella Salad

Cherry tomatoes, bocconcini cheese, asparagus, fresh basil, balsamic reduction in basil pesto

Entrée

Sherry Glazed Chicken Thighs

Grilled chicken thigh, brine marinade, sherry and mushroom sauce

Butter Chicken Curry Tandoori

Simmered chicken cubes, creamy tomato sauce

Oregano Chicken (Gf)

Oregano seasoned chicken, avocado, tomato, sweet onion relish

Herb Roasted Pork Chops

Pork chops marinated with thyme and rosemary and slow roasted to perfection. Served with port and mushroom sauce

Slow Roasted Angus Beef (Gf)

Slow roasted angus beef, mirepoix marinade, classic herb demiglace

Italian Beef Lasagne

Oven baked beef bolognaises, layered pasta, béchamel sauce

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Pork Loin Roast (Gf)

Slow roasted pork loin, mirepoix marinade, served with jus lie

Tangy Basa Fillet (Gf)

Pan seared Basa fillet, tomato and lime sauce

Pasta (Vegetarian)

Choice of: penne, fettuccini, four cheese ravioli, cheese tortellini pasta 2. choice of mushroom alfredo, rose sauce, vegetable primavera, pesto alfredo, red pepper sauce

Quinoa and Chickpea Pilaf (GF) (Vegetarian)

quinoa sautéed, chickpeas, eggplant, zucchini, onions, vegetable stock

Vegetable Lasagne (Vegetarian)

oven baked ratatouille vegetables, tomatoes, sheets of pasta

Vegetables

Marinated Roasted Vegetables (Gf)

Herb marinated roasted seasonal vegetables

Herb Butter Broccoli (Gf)

Steamed broccoli florets glazed, herb butter

Maple Glazed Carrots (Gf)

Boiled baby carrots glazed, maple butter

Braised California Veggies (Gf)

Carrots, butter brazed broccoli and cauliflower, classic seasoning

Roasted Root Vegetables (Gf)

Roasted sweet potatoes, purple yams, carrots, parsnips, onions, butter, herbs

Starch

Saffron Vegetable Paella (Gf)

White rice, saffron, seasonal vegetables, chicken stock

Indian Rice Pilaf (Gf)

White rice, cardamom, cinnamon, star anise, cloves

Herb Garlic Potato Mash (Gf)

Mashed potatoes, cream, butter, garlic, classic herbs



Dessert

Deep Dutch Brownies

Homemade Cookies

Sticky Toffee

Assorted European Bites

Fruit Salad (Gf)