

# SIMPLICITY... LUNCH TIME BUFFETS

Freshly baked cookies, coffee & tea are included

Assorted platter of sandwiches & wraps (minimum 5 people) \$18 /person

Garden salad with ranch or balsamic vinaigrette dressing  
Selection of turkey, ham, vegetarian, roast beef & tuna sandwiches

Paninis (minimum 5 people) \$19/person

Garden salad with with ranch or balsamic vinaigrette dressing

Roasted Turkey Breast  
Braised Lamb, Maple Roasted Garlic  
Braised Wild Sockeye Salmon  
Roasted Portobello & Camembert (Vegetarian)  
Gruyere, Cheddar & Gouda

Salad Bar (minimum 10 people) \$15 /person without protein

Choice of chicken, tuna or boiled eggs (if with protein) \$18 / person with protein  
Fresh tomatoes, cucumber, carrots, peppers, onions  
Pine nuts, dried fruits and cheese

*\*To add garlic toast - option \$2/person\**

“Asian Bento Box (minimum 5 people) \$19 /person

All bento boxes include a juice box or soft drink, paper napkins, salt & pepper and a cutlery pack

## Chicken teriyaki bento

Chicken teriyaki on rice, salad, California roll, and 2pcs of gyoza (deep-fried dumpling)

## Beef teriyaki bento

Beef teriyaki on rice, salad, California roll, and 2pcs of gyoza (deep-fried dumpling)

## Vegetarian bento

Fried tofu on rice, spring mix salad, avocado & kappa (cucumber) roll  
2pcs of veggie gyoza (deep-fried dumpling)

## Special bento (the diabetic choice)

Salmon teriyaki on brown rice, mix salad, avocado & kappa (cucumber) roll  
Spinach gomaе (spinach salad with Asian style sesame dressing)

**“Make your own burger” platter (minimum 10 people)**

\$20 /person

Sliced red onion, marble cheddar cheese  
Sliced fresh field tomatoes, pickles, crisp lettuce  
Assorted Burger Buns  
Grilled beef/chicken burger & veggie patties  
Assorted condiments (Mustard, mayo, ketchup & relish)  
Bags of chips (low calorie bags are available upon request)

**Market Fresh, Warm Lunches (minimum 10 people)**

\$22/person

**Choose one of the following options:**

Honey Glazed Ham, Sirloin Roast Beef, Assorted European Sausages,  
Jerk Chicken, Barbeque Pepperoni Meatloaf, Salisbury steak, Sweet Chilli Chicken

**Served with a choice of two of the following options:**

Mash Potatoes, Steamed Vegetables, Perogies, Baked Beans or Green Salad

*\*To add one more “meat/Entrée” option \$6/person\**

*Hot soups (Cream of Mushroom or Chicken Noodle Soup) are available at \$4/person*

*\* Dinner service is available at additional \$4/person\**

All prices are subject to GST and gratuity

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