

# SIMPLICITY... LUNCH TIME BUFFETS

Freshly baked cookies, coffee & tea are included

Quiche (minimum 5 people) \$15/person

Spinach & Artichoke and Cheddar & Brocoli quiches  
Garden salad with with ranch or balsamic vinaigrette dressing

Chicken Pot Pie (minimum 5 people) \$15/person

Garden salad with with ranch or balsamic vinaigrette dressing

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

“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)

“Build your own fajita” platter (minimum 10 people) \$20 /person

Sliced onion, Peppers and chicken sautéed Mix (vegetarian option available)  
Crisp lettuce, Grated cheese  
Tortilla (whole wheat / white)  
Sour cream & Salsa  
Tortilla Chips

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 (Ceram of Mushroom, Chicken Noodle & VegetablesSoup) are available at \$4/person*

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

*Add on Individual Mac n’ cheese portion to any option - \$5 / person*

(Gluten Free, Vegan & Nut free options available for an additional \$3.00 per person)

All prices are subject to GST(5%) and gratuity (18%)

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