

## SALAD ENTREES

All of our individually packaged gourmet entrée salads are *served with* a combination of chilled bottled water/pop.

*For groups of 8 or more select a minimum of 4 of each type!*

ES#1...California Grilled Chicken...feta, orange Mandarins, sun-flower seeds & dried cranberries with a raspberry vinaigrette

ES#2...Sweet & Spicy Thai Grilled Chicken...with mixed greens, sweet pepper and shredded slaw

ES#3...Apple Chicken, Cheddar & Cashew

ES#4...Grilled Chicken Caesar Salad

ES#5...Greek Chicken...with tzatziki, feta and olives

\$14.95 per person excluding taxes and delivery

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## BOXED SANDWICH LUNCHES

*For your groups of 7 or less*

Presentation of our trays to your groups is important to us as is dietary restrictions & quality, so for your groups of 7 or less we offer our boxed sandwich lunch. So popular you may want us to prepare them for you regardless the size of your group.

**BSL#1...Boxed Premium Sandwiches & Wraps**

Individual clam shell container filled with a premium deli wrap or sandwich, vegetables with dip, seasonal fruit, dessert and beverage.

**BSL#2...Boxed Gluten Free Sandwich or Lunch** ❤️

Individual clam shell container comes with a gluten free sandwich, vegetables & dip, seasonal fruit and beverage.  
*Replace sandwich with scoops of chicken, tuna or egg salad*

**BSL#3...Vegetarian Boxed Wrap** ❤️ | **BSL#4...Vegan Boxed Lunch** ❤️

Individual clam shell container with a vegetarian or vegan wrap, vegetables with dip, seasonal fruit or dessert and beverage.

\$16.95 per person excluding taxes and delivery

## PRESET GOURMET SANDWICH LUNCHES

*\* For your groups of a minimum of 15 or more \**

*These menus are easy...just decide which one of these four gourmet lunches you want your group to enjoy today!*

### SLC#1...Office Picnic

*A variety of wraps, gourmet sandwiches include:*

*Cranberry Tuna Salad | Turkey Apple Cheddar | Grilled Chicken BLT | Assorted Deli Panini*

*Pasta salad with a variety of fresh vegetables tossed in our house made creamy dressing*

*Grapes | Assorted Rich Chocolate Brownies | Assorted beverages*

### SLC#2...Executive Picnic

*Roasted Turkey & Cranberry Cream Cheese Wrap | Deli Hero Panini*

*Montreal smoked meat with honey mustard slaw on a pretzel bun*

*Garlic Mayo Grilled Chicken Wrap | Roast Beef Panini w/ honey mustard mayo*

*California salad with baby greens, Mandarin oranges, dried cranberries and crumbled feta served with balsamic vinaigrette*

*Grapes | German Chocolate Cake & Lemon Squares | Assorted small beverages*

### SLC#3...Corporate Lunch

*Roasted Turkey Ranch Wrap / Italian Deli Hero Panini*

*Cold Reuben on marble rye with Swiss, sauerkraut & thousand island dressing*

*Chicken Cordon Bleu Wrap with ham & Swiss | Roast Beef Panini w/ honey mustard mayo*

*Southwest potato salad with a honey mustard dill mayo with sweet peas & corn*

*Grapes | In-house baked cookies & butter tarts | Assorted small beverages*

### SLC#4...Power Lunch

*Mexican Chicken Wrap | BBQ Cheddar Roast Beef Panini | Roasted Turkey BLT Wrap*

*Buffalo Grilled Chicken Wrap | Oven Roasted Ham Panini w/ honey mustard mayo*

*California Broccoli Slaw with nuts, dried cranberries tossed with a raspberry kiwi vinaigrette*

*Grapes | Macaroon & Berry & Apple Crumble Squares | Assorted small beverages*

**\$16.95 per person excluding taxes and delivery**

## QUICK AND EASY

Your time is valuable so let us help you make one decision for you today...  
Need to feed the group with a great simple lunch without chewing up your budget... Take a look at our quick and easy pre-set menu choices

Minimum order for your *groups of 8* or more:

### **(SLC#5) Workshop Lunch**

*A tasty combination of sandwiches presented on a variety of breads...includes smoked ham, turkey, roast beef, assorted deli meats, tuna and egg salad*

*Gourmet butter tart / Individual bag Chips / Chilled beverage*

### **(SLC#6) Lunch & Learn**

*A combination of premium deli cut wraps... roast beef, turkey, smoked ham, roasted chicken & Montreal smoked meats.... with crisp greens, cheese, tomatoes and julienne cucumber rolled in a variety of flavored tortilla wraps*

*In house baked cookie / Individual bag Chips / Chilled beverage*

### **(SLC#7) Grab & Go**

*Our homemade herb & garlic focaccia bread layered with smoked ham, oven roasted turkey and chicken, cheese, lettuce and tomatoes...drizzled with a balsamic mayo. Also prepared with a variety of Italian deli meats if requested*

*Chocolate Bar / Individual bag of Chips / Chilled beverage*

*Delivered with a 6" take-out container for easy packing*

**\$13.75 per person excluding taxes and delivery**

### **(SLC#8) Relax and Refuel**

*Our gourmet chicken wraps; Chicken Caesar, Sweet & Spicy Thai, South West Chicken Ranch, Greek Chicken as well as our California Honey mustard chicken wrap all filled with a variety of cheeses, fresh greens and romaine.*

*Vegetable tray with dip / In-house baked cookie / Chilled beverage*

**\$14.95 per person excluding taxes and delivery**

## SANDWICHES AND WRAPS

Our gourmet sandwiches & wraps are *served with* your choice of any Classic sides & chilled bottled water/pop.

### **(CS#1) Assorted Grilled Chicken & Oven Roasted Turkey Wraps**

The variety includes our popular Caesar, Sweet & Spicy Thai, South West Ranch, & Greek as well as our California Honey mustard wrap. These 12" tortillas wraps are filled with a variety of cheeses, fresh greens and romaine.

### **(CS#2) Focaccia Sandwich (House Specialty)**

Our homemade herb flat bread with smoked ham, oven roasted turkey and chicken with cheese, lettuce and tomatoes, drizzled with a balsamic mayo.

*Our focaccia sandwich can also be prepared with a variety of Italian deli meats.*

### **(CS#3) Assorted Deli Wraps, Kaisers and Panini**

This combination of wraps, kaisers and panini includes roast beef, turkey, smoked ham, roasted chicken & Montreal smoked meats.... with crisp greens, cheese, tomatoes and julienne cucumber in a variety of tortilla wraps kaisers, and panini.

### **(CS#4) Focaccia, Ciabatta and Pretzel Bun Trio**

This selection of sandwiches includes oven roasted chicken BLT; Italian deli hero with provolone cheese, Montreal smoked meat with Havarti & coleslaw as well as other assorted deli meats.

### **(CS#5) Assorted Deli Wraps**

These wraps are made with premium deli cuts... roast beef, turkey, smoked ham, roasted chicken & Montreal smoked meats with crisp greens, cheese, tomatoes, julienne cucumber and sweet pepper with a variety of spreads and tortilla wraps. ❤️

### **(CS#6) An assortment of cold sandwiches and wraps**

A tasty combination of sandwiches including smoked ham, turkey, roast beef, assorted deli meats, tuna and egg salad. Available for vegetarian diets as well

**\$13.75 per person excluding taxes and delivery**

## CLASSIC SIDE DISHES

### SALADS & TRAYS

Tomato Basil Cucumber Salad | Corn & Black Bean Salad | Tuscan Pasta Salad  
Honey Mustard Dill Mayo Potato Salad | Mediterranean Potato Salad | Creamy Potato Salad  
Garden Salad | Pasta Salad | Vegetable Tray with Dip

### SWEETS & SNACKS

Chips & Chocolate Bar | Dessert Tray  
Snack Pack...*granola bars, trail mix, nuts, chips & chocolates...2 each*

\$3.50 per person excluding taxes

## PREMIUM SIDE DISHES

### SALADS

Mediterranean Couscous Salad | Tuscan Rice Salad | Quinoa Kale Salad  
Tomato Cucumber & Feta | Caesar | Greek | California

### SOUPS

Chicken noodle | Minestrone | Cream of Mushroom or Broccoli | Tomato Vegetable  
Broccoli Cheddar | Tuscan Bean & Veg | Butternut Squash | Beef barley | Loaded Potato

### TRAYS

Vegetable & Cheese Tray | Grilled & Marinated Vegetables | Seasonal Fruit Tray  
Vegetable Tray with Red Pepper Hummus

\$4.50 per person excluding taxes

## BEVERAGES

### BOTTLED WATER

\$1.75 per order

### SOFT DRINK | JUICE | MILK

\$2.00 per order

### LARGE CHOCOLATE MILK | POP | JUICE | ICE TEA

\$2.75 per order

### SMART WATER | VITAMIN WATER

\$2.25 per order

*Substitute for a large Pop, Juice, Milk or Water to any combination order above for \$1.25*

## PASTA BAR LUNCHEs

### Minimum Order of 8 is Required

*Pasta entrees can be modified for dietary restrictions and pasta, or rice will be substituted for Gluten free requests*

*Groups of 8 or more select one pasta / Groups of 20 or more select two pastas*

*Groups of 30 or more select three pastas*

*Our gourmet pasta bar lunches are served with our crisp house garden salad, home-made focaccia or ciabatta bread, dessert, and a combination of chilled bottled water/pop.*

### (EPB#1) Entrée Pasta Bar Selections

#### **Baked Pasta Lasagna Style or Baked Pasta Florentine**

*Our popular baked pasta with either seasoned beef or ricotta cheese & spinach in our tomato basil sauce*

#### **Baked Tortellini Rosa & Chicken**

*Baked cheese tortellini with grilled chicken, peas & seared mushrooms in a tomato basil cream sauce*

#### **Rotini Rustica with Sausage**

*Oven roasted sausage, seared sweet peppers and onions with rotini pasta in our fresh tomato basil sauce*

#### **Linguine Shrimp or Chicken Primavera**

*Linguine pasta with seared vegetables, tiger shrimp or grilled chicken in an olive oil & garlic sauce*

#### **Sweet & Spicy Thai Chicken Noodles**

*Noodles tossed with seared Asian infused vegetables & grilled chicken in an olive oil & garlic glaze*

#### **Penne Arrabbiata**

*Penne pasta tossed in our authentic spicy tomato basil sauce with seared mushrooms & spinach*

#### **Potato & Cheddar Perogies**

*Potato & cheddar stuffed perogies tossed with sautéed caramelized onions & bacon...served with sour cream*

#### **Ravioli Bolognese**

*Ravioli tossed in a fresh "Bolognese" sauce...our fresh tomato basil sauce with seasoned beef*

#### **Rotini Pesto Alfredo Chicken**

*Rotini pasta with seared julienne vegetables & grilled chicken tossed in a roasted pepper pesto Alfredo sauce*

#### **Baked Rigatoni Rosa**

*Baked rigatoni pasta in a tomato cream sauce with three cheeses, spinach & homemade meatballs*

**\$16.45 per person excluding taxes and delivery**

*Substitute for our Caesar, Greek or California salad for an additional \$1.50 per person*

## HOT ENTRÉE LUNCHES

### Minimum Order of 8 is Required

All our gourmet entrée lunches are served with our crisp house garden salad, home-made focaccia or ciabatta bread and a combination of chilled bottled water/pop along with an additional side of your choice.

### SEARED CHICKEN ENTREES

Prepared with boneless & skinless seared Halal chicken breasts

**SC#1 Piccata**...artichokes in a lemon wine sauce | **SC#2 Tuscan**...with a roasted pepper & basil cream sauce

**SC#3 Primavera**...sautéed peppers, mushrooms zucchini, diced tomatoes in a light wine sauce

**SC#4 Lemon Herb**...lemon herb chardonnay sauce | **SC#5 Mediterranean**...sautéed mushroom wine sauce

### BREADED CHICKEN ENTREES

Prepared with boneless & skinless breaded Halal chicken breasts

**BC#1 Parmigiana**...breaded and topped with our fresh tomato basil sauce, parmigiano and mozzarella cheese

**BC#2 Florentine**...topped with a tomato basil sauce, seared spinach & mozzarella

**BC#3 Thai**...with caramelized onions, peppers & napped with a sweet & spicy Thai glaze! Tasty!

**BC#4 Rustic Chicken**...with sautéed mushrooms in a chardonnay cream sauce

### BEEF ENTREES

Prepared with in-house slow roasted beef, then thinly shaved

**BE#1 Rosemary Garlic**...braised in a rosemary garlic jus | **BE#2 Beef Au Jus**...classic w/ mushrooms

**BE#3 Teriyaki**...with mushrooms, peppers & onions | **BE#4 Asian Pepper**...with sweet peppers & onions

### SIDES

Select one of the following

Pasta with ricotta & spinach in olive oil & garlic | Pasta Rosa | Pasta Florentine w/ tomato sauce

Oven roasted potatoes | Red skin mashed potatoes | Mediterranean potatoes w/ olive oil & herbs

Risotto Pomodoro | Broccoli Mushroom Rice Casserole | Steamed or Stir-Fried rice & vegetables

Vegetable Samosa | Sweet Corn | Baby Carrots | Peas & mushrooms | Chef's seasonal choice

**\$15.95 per person plus taxes and delivery**

Additional Side \$3.25 | Butter tart \$2.75 | In-house baked cookie \$1.60 | Dessert tray \$3.25

Substitute the garden salad for our Kale, Greek, Caesar or California Salad for an additional \$1.50 per person

## HOT COMBINATION ENTRÉE LUNCHES

### **Minimum Order of 8 is Required**

*All our gourmet entrée lunches are served with home-made focaccia or ciabatta bread and a combination of chilled bottled water/pop*

#### **(E#1) Tandoori or Butter Chicken**

*Seared quarter chicken Tandoori style or in a butter chicken sauce. Served with East Indian flavored potato/vegetable/chickpea/rice medley, vegetable samosa and grilled pita points.*

#### **(E#2) Not Your Mom's Meatloaf**

*Our home-made meatloaf is filled with mozzarella, roasted pepper, spinach & ham. Served with our creamy red skin mashed potatoes and sweet corn.*

#### **(E#3) Mexican Braised Chicken Enchiladas**

*Flavour's of Mexico in our braised chicken enchilada served with our famous Mexican baked rice, mixed bean cilantro salad and pita points...delicioso!*

#### **(E#4) Italian Beef Braciolo**

*Seared beef cutlets filled with breadcrumbs, four cheeses, seasoned beef & spinach then rolled and braised in our tomato basil sauce. Served with Mediterranean potatoes and a garden salad.*

#### **(E#5) Authentic Homemade Italian Lasagna (available in trays for 9, 14 & 18)**

*Our delicious meat lasagna or vegetarian lasagna with seared vegetables, ricotta cheese and spinach... made with fresh pasta sheets and served with a Caesar salad and mozzarella garlic ciabatta bread.*

#### **(E#6) Artesian Pasta Rolls or Stuffed Shells**

*Two meat or spinach and ricotta rolled filled pasta sheets baked in a light tomato sauce served with a seasonal vegetable and Italian tossed salad. Substitute with stuffed pasta shells... available with the same fillings.*

#### **(E#7) Honey Garlic Chicken**

*Lightly battered strips of chicken, tossed with a home-made honey garlic ginger glaze. Served with a stir-fried vegetable rice, Asian slaw and vegetable eggrolls.*

#### **(E#8) Stuffed Beef Milanese**

*Breaded & folded beef cutlet stuffed with seared spinach, mozzarella & ricotta, topped and baked with our own tomato basil sauce. Served with Mediterranean potatoes, sweet peas & mushrooms.*

#### **(E#9) Stuffed Chicken**

*Focaccia bread & vegetable stuffing filled chicken breast braised in a light wine sauce. Served with red skin mashed potatoes, glazed carrots & corn.*

**\$15.95 per person plus taxes and delivery**

Additional Side \$3.25 | Butter tart \$2.75 | In-house baked cookie \$1.60 | Dessert tray \$3.25

## OUR SIDE DISHES IN DETAIL

**Tomato Basil Cucumber Salad**...tossed with olive oil, balsamic and sweet red onions

**Corn & Black Bean Salad**...with diced cucumbers, sweet peppers, red onions, tomatoes and fresh cilantro

**Tuscan Pasta Salad**...with seasonal vegetables and a roasted pepper and basil pesto glaze

**Mediterranean Potato Salad**...simple and elegant with olive oil, oregano and parsley

**Mediterranean Couscous Salad**...with fresh parsley, mixed beans and diced cumpers in a light vinaigrette

**Tuscan Rice Salad**...with seasonal vegetables, spinach & herbs and a citrus vinaigrette

**Quinoa Kale Salad**...with sunflower seeds, dried cranberries, quinoa & a garden herb poppyseed vinaigrette

**Tomato Cucumber & Feta**...tossed with crumbled feta, olive oil, balsamic and sweet red onions

**Caesar**...classic with our home-made focaccia bread croutons, parmigiano, mozzarella and creamy Caesar dressing

**Greek**...topped with red onions, feta, cucumber and tomatoes with our creamy Greek dressing

**Italian Salad**...lettuce and spinach with pepperoncini peppers, grape tomatoes, grated parmesan, croutons, and Italian dressing