

PASTA BAR LUNCHEs

Minimum Order of 8 is Required

DIETARY MEALS ARE PACKAGED INDIVIDUALLY AND CLEARLY LABELLED
\$3.50 per person is added for all dietary requirements.

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, 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.

Blackened Chicken Pasta Alfredo

Blackened Chicken with Grape Tomatoes, Sautéed Mushrooms, tossed with Pasta Alfredo

Linguine Chicken Primavera

Linguine pasta with seared vegetables, 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

\$18.75 per person excluding taxes and delivery (\$30)

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

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

\$19.25 per person plus taxes and delivery (\$30)

In-house baked cookie \$2.00 | Additional Side, Dessert tray or Butter tart \$3.50

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

HOT COMBINATION ENTRÉE LUNCHESES

Minimum Order of 8 is Required

All of 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 our sauteed vegetable mix. Served with our creamy red skin mashed potatoes and vegetable side.

(E#3) Mexican Braised Chicken Enchiladas

Flavours of Mexico in our braised chicken enchilada served with our famous Mexican baked rice, mixed bean cilantro salad and tortilla chips, salsa and sour cream.

(E#4) BBQ Pulled Pork or Pulled Chicken Sandwich

Slow roasted BBQ pulled pork on a gourmet pretzel bun served with our famous Mac and Cheese and creamy coleslaw.

(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) Grilled Chicken Souvlaki Skewer

Skewers of marinated grilled chicken served with Lemon scented rice, tzatziki sauce, Greek salad and garlic pita

(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.

(E#9) Jerk Chicken (NEW)

Jerk marinated Chicken Breasts served with our Toasted Coconut Rice mixed with Beans, a Jamaican Beef Patty, and our Mango Salsa.

(E#10) Breaded Chicken Schnitzel with Lemon (NEW)

Chicken Scallopini Breaded and Fried, served with Caramelized Onion Scalloped Potatoes and Garlicky Green Beans.

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In-house baked cookie \$2.00 | Additional Side, Dessert tray or Butter tart \$3.50