

# Sample Menu

## Lunch



### House Made Gourmet Soups

Soups are made fresh daily to order with the freshest ingredients for minimum 15 guests. Please allow 24 hours notice.

- Chicken Noodle
- Tomato Pesto
- Beef & Barley
- Hearty Greens w Bowtie Pasta & Tomato
- Mushroom Rosemary Bisque  
(4.50 per person based on minimum 15 guests)
- Carrot Basil
- Kashmir Chicken Curry
- Broccoli & Cheddar
- Cuban Black Bean & Chorizo
- Smoked Corn Chowder

### Hearty Sandwiches & Wraps

Sandwiches are made with a variety of breads ~ Ciabatta Buns, Rosemary Potato Bread, Herbed Focaccia, French Baguettes, Croissants, Multigrain & Marble Rye.

Wraps are available on Spinach, Sun Dried Tomato, Whole Wheat or White Tortillas.

- Roasted Chicken Breast
- Rosemary Garlic Roast Beef
- Egg Salad
- Italian Cured Meats
- Roasted Mediterranean Vegetables w Hummus  
(6.50 per sandwich / 7.00 per wrap)
- Tuna Salad
- Swiss, Avocado, Tomato &/ Sprouts
- Honey Ham & Dijon
- Turkey & Cranberry

### Sensational Salads

- Thai Noodle Salad w/ Red Peppers, Carrots, Green Onions & Peanuts
- Watermelon, Feta & Fresh Dill Salad w/ Crisp Romaine Lettuce
- Santa Fe Salad w/ Roasted Corn, Figs, Tomatoes & Feta
- Potato w/ Fresh Herbs Lemon Yogurt Dressing
- Wild Greens w/ Berries and Mixed Seeds & Berry Vinaigrette
- Baby Spinach w/ Spicy Candied Pecans, Strawberries & Shaved Parmesan
- Curried Pasta w/ Vegetables
- Roasted Corn & Yam w/Honey Apple Cider Vinaigrette
- Taco Salad w/ Black Beans, Tomatoes, Tortilla Chips & Cilantro Lime Dressing  
(4.50 per person based on minimum of 15 guests)

Sandwich & Salad or Soup Combinations	11.00
Add Market Fresh Vegetable Crudités	3.75
Add Seasonal Fruit Platter	3.75
Assorted Desserts, Cookies, Squares	4.00
Assorted Chilled Soft Drinks & Water	2.00
Assorted Chilled 100% Juices	3.00



Distinctively Inspired ..... Simply Delicious  
604-988-0053

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### Hot Lunches

Lunch Buffets are made daily to order based on a minimum of 15 guests. Please provide 24 hours notice.

### Beef & Pork

- **Rustic Beef Meatballs** w/ Tomato Marinara, Rotini, Aged Parmesan, Seasonal Vegetables, Garden Salad & Garlic Bread
- **Ukrainian Beef Cabbage Rolls** w/ Cheddar Potato Perogies, Coleslaw, Carrots & Green Beans w/ Lemon Herb Butter & Bread Basket
- **Maple & Apple Glazed Pork Chops** w/ Roasted Potatoes w/ Fresh Herbs, Carrot Apple Bistro Salad, Cauliflower au Gratin & Olive Filoni
- **Mexican Beef Burritos** w/ Rice & Black Beans, Taco Salad w/ Cilantro Lime Vinaigrette & Salsa, Sour Cream & Guacamole
- **Cider & Cinnamon Roast Pork** w/ Wild Rice Pilaf, Spinach Salad w/ Pears & Walnuts, Roasted Vegetables & Fresh Baguette

### Chicken & Fish

- **Teriyaki Grilled Chicken** w/ Peppers, Steamed Rice, Broccoli & Cauliflower, Asian Coleslaw w/ Black Sesame Seeds
- **Rosemary Roasted Chicken Pieces** w/ Gravy, Roasted Potatoes, Savoury Parmesan Corn Bread, Grilled Vegetables & Green Salad
- **Grilled Lemon Chicken** w/ Penne, Seasonal Vegetables & Light Alfredo Sauce w/ Caesar Salad & Bread Basket
- **Salmon & Bassa Fish Cakes** w/ Wasabi Mashed Potatoes, Garden Salad w/ Goat Cheese, Roasted Pecans & House Made Balsamic Vinaigrette
- **Mexican Fish Tacos** w/ Salsa, Sour Cream, Guacamole, Rice w/ Black Beans & Fresh Seasonal Vegetable Salad

### Vegetarian

- **Vegetarian Moussaka** w/ Rice Pilaf, Greek Salad w/ Olives, Carrots w/ Lemon Herb Butter & Pita w/ Tzatziki
- **Tuscan Eggplant & Tofu Parmesan** w/ Roasted Potatoes w/ Fresh Herbs, Garden Salad w/ Citrus Dressing & Cauliflower au Gratin
- **Gourmet Macaroni & Cheese** w/ Roasted Tomatoes, Mixed Greens Salad w/ Toasted Seeds & Balsamic Vinaigrette, Seasonal Vegetables & Garlic Bread
- **Black Bean Enchiladas** w/ Spanish Rice, Potato & Corn Salad w/ Lime Vinaigrette

Lunches are not limited to the samples listed. Call today to reserve your date and discuss menu options and pricing.



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