

Lunch

Special menus can be designed upon request.
Price is subject to a 15% gratuity and 5% GST.

Working Lunches

(Buffet Style - Served 11:00 A.M. - 2:00 P.M.)

Business Express

\$27.00

(10 Persons Minimum)

- Homemade Soup of the Day and Mixed Green Salad with Assorted Dressings
- Assorted Sandwich Tray with European Cold Cuts, Black Forest Ham, Sliced Alberta Beef, Tuna Salad and Chicken Salad on Kaisers, French Baguette, Rye and Whole Wheat Breads, Pickles and Condiments
- French Pastries and Fruit Salad
- Coffee and Tea

Hot Express Lunch

\$29.00

(20 Persons Minimum)

- Homemade Soup of the Day and Mixed Green Salad with Assorted Dressings
- Beef Tender Tips with Onions, Garlic, Peppers and Mushrooms in a Brandy Cream Sauce with Rice **or** Alberta Roast Porkloin with Wild Mushrooms and Rice **or** Chicken Breast Provençale with Rice
- Fresh Vegetables
- Assorted Breads and Butter
- French Pastries and Fruit Salad
- Coffee and Tea

French Style

\$27.00

(10 Persons Minimum)

- Homemade Soup of the Day
- Caesar Salad, Pasta Provençale Salad, Tomato Basil Salad
- Assorted Croissant Platter Stuffed with Popular Fillings such as Smoked Salmon, Crab Salad, Shrimp Salad, Roast Beef, Black Forest Ham & Swiss Cheese or Vegetarian, Pickles and Condiments
- French Pastries and Fruit Salad
- Coffee and Tea

Luncheon Buffets

(40 Persons Minimum - Served 11:00 a.m. - 2:00 p.m.)

Price is subject to a 15% gratuity and 5% GST.

Italian Buffet

\$30.00

Soup

- Minestrone Genovese

Salads

- Mixed Baby Greens with Oregano Vinaigrette
- Sliced Tomatoes, Onion and Basil
- Pasta Salad with Roasted Peppers and Olives
- Cucumber and Dill

Hot Entrées

(Choice of Two)

- Chicken Breast with Pesto, Sundried Tomatoes and Pine Nuts
- Lumaconi Stuffed with Spinach and Cottage Cheese
- Pork Emincé with Black Pepper and Basil
- Fresh Pasta with Three Sauces: Alfredo, Tomato and Basil, Bolognaise
- Accompanied by Fresh Vegetables and Freshly Baked Rolls and Assorted Breads

Dessert

- Assorted Italian Pastries
- Fruit Salad
- Coffee and Tea

Curry Buffet

\$29.00

Salads

- Mixed Lettuce with Lemon Olive Oil Vinaigrette
- Mango Salad
- Cucumber with Yogurt
- Lentil Salad

Curry

(Choice of Two)

- Spicy Vegetarian Curry
- Lamb Rogan Josh
- Tandoori Chicken
- Coconut Seafood
- Vegetable Korma
- Accompanied by Saffron Basmati Rice, Garlic Naan Bread
- Condiments; Mango Chutney, Mint Chutney, Raisins, Hot Sauce

Add One More Curry

\$3.00pp **Dessert**

- Fruit Salad, Mango Ice Cream
- Coffee and Tea

Vegetarian Buffet

\$29.00

Soup

- Minestrone Genovese

Salads

- Greek
- Potato
- Rice and Pepper
- Cucumber and Dill
- Tomato, Onion and Basil
- Sliced Fresh Fruit
- Assorted Cheeses

Entrées

- Mediterranean Pasta & Vegetarian Curry
- Fried Rice and Vegetable Stir-Fry
- Fresh Bread Rolls and butter **or** Garlic Naan Bread & Mango Chutney(with Vegetarian Curry)

Dessert

- Pastries
- Fruit Salad
- Coffee and Tea

French Canadian Buffet

\$31.00

Soup

- French Canadian Pea Soup

Salads

- Mixed Green Salad with Assorted Dressing

Entrées

- Maple Glazed Roast Pork Loin **or** Natural Chicken Breast with Blueberry Coulis **or** Red Trout Filet with Lemons and Capers
- Montreal Smoked Brisket, sliced
- Served with Rye Bread, Hot Mustard, Sliced Swiss Cheese and Kosher Pickles

Dessert

- Maple Mousse
- Fruit Salad
- Blueberry Tart
- Coffee or Tea

Mediterranean Lunch Buffet

\$29.00

Salads

- Organic Baby Greens with Goat Cheese and Balsamic Vinaigrette
- Greek Salad
- Lebanese Tabouli
- Grape Tomatoes
- Assorted Olives

Flat Breads

- Assortment of Stuffed Pita and Wraps
- Fillings: Tuna Salad, Shrimp Curry, Seafood Salad, Vegetarian, Roast Beef, Spicy Chicken, and Mexican Pork

Dessert

- Fresh Fruit Salad
- Cookies
- Strawberry Flan
- Crème Caramel
- Coffee or Tea

Western Buffet

\$30.00

Salads

- Mixed Green Salad with Assorted Dressing
- Potato Salad
- Mixed Bean Salad

Entrées

- Assorted Smokies and Bratwurst Served with Sauerkraut

Carving Station

- Roast Striploin au jus
- Served with Horseradish, Prepared Mustard, Dijon Mustard
- Assorted Kaiser Buns and Butter

Dessert

- Fruit Salad
- Assorted Fruit Pies
- Coffee or Tea

Luncheon Plate Selections

(10 Persons Minimum - Served From 11:00 A.M. - 2:00 P.M.)
Price is subject to a 15% gratuity and 5% GST.

Luncheon menus include rolls and butter, a choice of soup or salad, entrée, a dessert, coffee and tea.

Soups

- Tomato Bisque with Basil
- Cream of Asparagus
- French Canadian Pea Soup
- Cream of Mushroom
- Potato and Leek

Salads

- Garden Mixed Salad with House Dressing
- Spinach Salad with Chopped Egg, Bacon and Raspberry Vinaigrette
- Caesar Salad
- Tomato and Cucumber Salad with Vinaigrette

Entrées

Roast Striploin	\$30.00
New York Steak Sandwich (maximum 60 people)	\$30.00
Quarter Roast Chicken	\$27.00
Natural Chicken Breast with Wood Mushroom Sauce	\$28.00
Maple Glazed Roast Pork Loin	\$28.00
British Columbia Salmon Filet	\$28.00
Mediterranean salad; (Maximum 50 Persons) Mixed Green and Organic Baby Lettuce, Peppers, Grape Tomatoes, Cucumbers, Kalamata Olives, Goat Cheese and Warm Chicken Breast or 5 Black Tiger Shrimp or 6oz. sliced New York Steak with Balsamic Vinaigrette	\$32.00
Manicotti Stuffed with Ricotta and Spinach in Tomato Basil Sauce covered in Cheese And Served with Garlic Toast (maximum 100 people)	\$29.00
Veal Cannelloni oven Baked with Tomato Basil Sauce covered in Cheese And Served with Garlic Toast (maximum 100 people)	\$30.00
California Fruit Plate	\$26.00
Quiche - Choice of Lorraine, Seafood or Vegetarian	\$26.00

Desserts

- French Pastries
- Chocolate Mousse
- Chocolate Truffle Cake
- Ice Cream and Cookie
- Fresh Fruit Tart
- Apple Strudel with Vanilla Sauce
- Black Forest Cake
- Fruit Salad with Cookies

Lunch to Go

Box Lunch #1 \$22.00

- Choice of One: Black Forest Ham, Roast Beef, Smoked Salmon or Turkey on Kaiser(White or Whole Wheat),or Rye Bread
- Cheese & Crackers
- Potato Chips
- Fresh Fruit
- Chocolate Bar
- Juice **or** Soft Drink

Box Lunch #2 \$24.00

- Choice of Two Sandwiches: Black Forest Ham, Roast Beef, Smoked Salmon or Turkey on Kaiser(White or Whole Wheat),or Rye Bread
- or**
- Choice of Two Wraps: Beef, Shrimp Curry, or Southwestern Chicken
- Cheese & Crackers
- Potato Chips
- Fresh Fruit
- Chocolate Bar
- Juice **or** Soft Drink