

## BUSINESS LUNCHES

These lunches are designed with the limitations of an office setting in mind and lend themselves well to in-house meetings, conferences and networking sessions. Here are some client favourites...

## HOT MENU SUGGESTIONS

~ 1 ~

Mild curried chicken with mango & papaya
Medley of long grain brown & wild rice
Julienne of vegetable with piquant rice vinegar dressing
Organic arugula salad with pear & pine nut
Flatbreads & dips
Fresh fruit, squares & cookies

\$16.50

*- 2 -*

Dijon & apricot glazed pork tenderloin
Sweet potato & Yukon gold mash
Grilled vegetables with olive oil & sea salt
Tossed baby organic greens with mustard vinaigrette
Fresh baguette & creamery butter
Fresh fruit, squares & cookies

\$17.50

We are happy to customize a menu to suit your tastes.

Prices are per person unless noted and are exclusive of taxes. Prices subject to changed. Minimum orders may apply.



## HOT MENU SUGGESTIONS

*-3-*

Grilled vegetable lasagna
with a blue cheese béchamel or
Meat lasagna with a white wine béchamel
& tomato basil sauce
Over-the-top Caesar with homemade croutons & bacon bits
Tomato bruschetta
Fresh fruit, squares & cookies

\$14.95

- 4 -

Supreme of teriyaki salmon

Warm Asian noodles with sesame ginger dressing

Snow pea & shiitake salad

Vegetable spring rolls with sweet & sour dip

Fresh fruit, squares & cookies

\$17.50

~ 5 ~

Chicken stir fry served on a bed of chow mien noodles
Funky Asian slaw with red cabbage
Organic baby greens with a rice vinegar dressing
Fresh baguette & butter
Fresh fruit, squares & cookies

\$15.50

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## HOT MENU SUGGESTIONS

~ 6 ~

Three cheese cannelloni made with fresh spinach pasta
served with tomato & fresh basil sauce
Grilled peppers, fennel, eggplant & zucchini with sea salt & balsamic
Romaine & Boston lettuces served with croutons & balsamic vinaigrette
Focaccia with garlic butter
Fresh fruit, squares & cookies

\$14.50

~ 7 ~

Beef tenderloin braised with mushrooms in a red wine green peppercorn sauce
Buttered egg noodles with Italian parsley
Green beans with sautéed red onion
Radicchio & arugula salad
French stick & creamery butter
Fresh fruit, squares & cookies

\$20.00

~ 8 ~

Penne with smoked chicken & peppers
with choice of Alfredo or fresh tomato basil sauce
Marinated artichoke salad with scallion & zucchini
Spinach salad with crouton, sliced mushroom & slivered red onion
Calabrese & butter
Fresh fruit, squares & cookies

\$16.50

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