

# BREAKFAST BUFFET

Breakfast items may be adapted to special dietary needs including gluten free, dairy free, vegetarian and/or vegan  
Breakfast packages may be adapted to individual grab & go  
Minimums of 8 may apply

**CONTINENTAL BREAKFAST** Assorted pastries, fresh seasonal fruit tray, assorted juice & coffee  
**9.00**

**BUSINESS BREAKFAST** Scrambled eggs with cheese & herbs, hash browns & choice of bacon, pork sausages, beef sausages or ham, assorted pastries, fresh seasonal fruit tray & coffee  
**14.50**

**SUPREME OMELET BREAKFAST** Choice of ham & swiss or vegetarian with bell peppers, mushrooms, onions & cheese. Hash browns, assorted pastries, fresh seasonal fruit tray & coffee  
**16.00**

**DISTINCTIVE EYE OPENER** English muffin with egg, ham or turkey patty & cheddar cheese. Hash browns, yogurt cup, fresh seasonal fruit tray & coffee  
**15.50**

**MEXICAN BREAKFAST WRAP** Flour tortilla with Mexican inspired spiced eggs, monterey jack, cheese & black beans. Served with hash browns, fresh seasonal fruit tray, salsa & sour cream & coffee  
**15.00**

**CANADIAN BREAKFAST WRAP** Flour tortilla with egg, ham & cheese. Served with hash browns, fresh seasonal fruit tray & coffee  
**15.00**

**VEGETARIAN BREAKFAST WRAP** Flour tortilla with egg, grilled peppers, mushrooms & cheese. Served with hash browns, fresh seasonal fruit tray & coffee  
**14.00**

## BUFFET ADDITIONS AND ACCOMPANIMENTS

(gf) gluten-free (gf-req) gluten-free by request, (df) dairy free, (veg) vegetarian, (v) vegan

### HOT BREAKFAST

<b>BREAKFAST SANDWICH</b> English muffin with eggs, cheese and choice of either ham or turkey patty (gf-req)	6.25
<b>BREAKFAST WRAP</b> Flour tortilla with eggs, cheese and choice of bacon, ham or roasted vegetables (gf-req)	7.00
<b>BREAKFAST QUICHE</b> Individual tarts baked with eggs, cheese and choice of bacon or spinach	6.50
<b>OMELETTE</b> Choice of ham & swiss or vegetarian with bell peppers, mushrooms, onions & cheese	6.50
<b>SCRAMBLED EGGS</b> Served with cheese and herbs	6.50
<b>BACON 2.50 (3PIECES) 2.00 (2PIECES)</b>	
<b>PORK SAUSAGE 2.50 (3PIECES)</b>	
<b>BEEF SAUSAGE 2.50 (2PIECES)</b>	
<b>HASH BROWNS 2.25</b>	

### BAKERY

<b>ASSORTED PASTRIES</b> Muffins (gf-req), Danish, croissants, turnovers & scones	2.50
<b>ASSORTED SWEET BREADS</b> May include banana, lemon (gf-req)	2.50
<b>BAGELS</b> Served with cream cheese	4.00

### ADDITIONAL ITEMS

<b>YOGURT CUPS 2.50</b>	
<b>YOGURT PARFAIT</b> Topped with fruit & granola 5.00	
<b>SEASONAL FRUIT BOARD</b>	
<b>LG (30PPL) 100.00 MD (20PPL) 80.00 SM (10PPL) 40.00</b>	
<b>FRUIT SALAD 4.00 (INDIVIDUAL OR GROUP)</b>	
<b>CHIA PUDDING</b> Topped with fruit (v) 5.50	

### BEVERAGES

<b>JUICE 2.00 (355ML)</b>	
<b>GOURMET COFFEE</b>	
<b>12 CUP 24.00 50 CUP 90.00 75 CUP 135.00 100 CUP 175.00</b>	
<b>ASSORTED TEAS</b>	
<b>10 CUP 20.00 25 CUP 40.00</b>	

# SOUPS & SALADS

(gf) gluten-free (gf-req) gluten-free on request (df) dairy-free (veg) vegetarian (v) vegan

## BUFFET SOUP

Minimum of 10 per selection

Please inquire about individual soup containers

**BROCCOLI CHEDDAR** (veg) 5.00

**COUNTRY VEGETABLE** (gf, df, v) 5.00

**BUTTERNUT SQUASH** (gf, df, v) 5.00

**FIRE-ROASTED TOMATO** (gf, df, v) 5.00

**CHICKEN & RICE** (gf, df) 5.00

**BEEF BARLEY** (df) 5.00

## INDIVIDUAL LUNCH SALAD BOWLS

**CLASSIC CHICKEN CAESAR SALAD** 14.50

Romaine lettuce mixed with croutons, parmesan cheese & a creamy Caesar dressing, topped with a grilled chicken breast

**TOSSED GREENS** 14.00

Choice of grilled beef or chicken on top of mixed greens, red cabbage & fresh vegetables. Italian vinaigrette on the side

**MEXICAN CHIPOTLE SALAD** 14.50

Fajita spiced grilled beef or chicken with mixed greens, corn, black beans, crispy tortilla chips & shredded cheese. Served with a chipotle ranch dressing on the side.

**CHEF'S SALAD** 12.00

Mixed greens, fresh vegetables, egg, ham, shredded cheese, bacon & turkey. Served with a creamy ranch dressing on the side

**CHICKEN SPINACH MANDARIN NUT SALAD** 14.50

Grilled chicken breast on top of baby spinach & romaine lettuce with grapes, honey-roasted almonds & mandarin oranges. Served with a raspberry vinaigrette on the side



**DISTINCTIVE  
CATERING**

## BUFFET SALADS

### **TOSSED GREENS 4.00**

Mixed greens, red cabbage & fresh vegetables with an assortment of dressings served on the side

### **CLASSIC CAESAR SALAD 4.50**

Mixed with croutons, parmesan cheese & a creamy Caesar dressing

### **GARDEN GREEK SALAD 4.75**

Peppers, cucumber, romaine lettuce, tomatoes & onion with feta cheese, Kalamata olives tossed together with a red wine & oregano vinaigrette

### **SPINACH MANDARIN NUT SALAD 4.50**

Baby spinach & romaine lettuce with grapes, honey-roasted almonds & mandarin oranges. Served with a raspberry vinaigrette on the side

### **MEXICAN CHIPOTLE 4.50**

Mixed greens with corn, black beans, crispy tortilla chips & shredded cheese. Served with a chipotle ranch dressing on the side.

### **TRADITIONAL POTATO SALAD 5.00**

Baby potatoes with egg, green onion, celery and radish tossed with a mayo & mustard dressing

### **CLASSIC COLESLAW 4.00**

Fresh cabbage, carrots, apple & raisins tossed with a creamy dressing

### **MARINATED VEGETABLE MEDLEY 4.50**

Mixed seasonal vegetables marinated in a sun-dried tomato vinaigrette

### **ROTINI PASTA SALAD 4.50**

Vegetable infused pasta, broccoli & cheddar tossed with a creamy cucumber dressing

### **CLASSIC SPINACH SALAD 5.00**

Baby spinach with sliced mushrooms, eggs, red onion & bacon bits. Served with an Italian vinaigrette on the side.

### **COLD QUINOA SALAD 4.50**

Quinoa, green onion, carrot, celery, cherry tomatoes & peppers mixed with a herb & orange vinaigrette

# SANDWICHES, WRAPS & SUBS

Lunch items may be adapted to special dietary needs including gluten free, dairy free, vegetarian and/or vegan  
Minimums of 8 may apply

## DISTINCTIVE DELI

**DELI SANDWICHES** Variety of thick cut breads including rye, flaxseed, sour dough & whole wheat  
8.25

**DELI CROISSANTS**  
8.50

**DELI WRAPS**  
8.00

**DISTINCTIVE GARDEN** Lettuce, tomatoes, peppers, cucumbers, alfalfa sprouts & swiss cheese, with mustard & mayo

**SLOW ROASTED BEEF** Lettuce, tomatoes, cheddar cheese, thin sliced pickle & grain mustard mayo

**SMOKED TURKEY** Lettuce, tomatoes, provolone cheese & sundried tomato aioli

**MONTREAL SMOKED MEAT** Lettuce, tomatoes, thin sliced pickle, swiss cheese & roast garlic herb mayo

**CLASSIC EGG OR TUNA SALAD** Lettuce, tomatoes

## GOURMET WRAPS & SUBS

**GOURMET WRAPS**  
9.00

**GOURMET SUBS**  
9.50

**RED THAI CHICKEN** Lettuce, tomatoes, alfalfa, swiss cheese & sundried tomato aioli

**MONTREAL SMOKED MEAT** Lettuce, tomatoes, provolone cheese, pickle, roasted red peppers, grain mustard mayo

**SMOKED TURKEY** Bacon, lettuce, tomatoes, swiss cheese & roast garlic herb mayo

**CALIFORNIAN** Herb roasted chicken breast, smashed avocado, roasted red peppers, cheddar & sundried tomato mayo

**ALBERTAN** Roast beef, cheddar cheese, lettuce, tomatoes, pickle, red onion & grain mustard mayo

**GARDEN VEGETABLES** Herb roasted vegetables, lettuce, tomatoes, alfalfa, avocado, provolone & roast garlic mayo

## SPECIALTY BAGELS (SERVED OPEN FACE)

10.00

**TOMATO PESTO CHICKEN SALAD** Herb cream cheese, chicken breast bound with sundried tomato aioli

**SMOKED SALMON** Herb & caper cream cheese, Canadian smoked salmon & red onion

**MONTREAL SMOKED MEAT** Herb cream cheese, smoked meat & grain mustard mayo

**SMOKED TURKEY** Herb cream cheese, smoked turkey, roasted red peppers & garlic herb drizzle

# INDIVIDUAL BOXED LUNCHES

All lunches can be adapted to special dietary needs including gluten free, dairy free, vegetarian and/or vegan

## CLASSIC DELI LUNCH

Assorted deli sandwiches, fresh whole fruit or vegetable crudité, cookie & bottle water

15.50

## SALAD & DELI LUNCH

Assorted deli sandwiches & wraps, choice of tossed greens/Caesar/Greek salad, dessert square & bottle water

18.00

## SOUP & DELI LUNCH

Assorted deli sandwiches & wraps, choice of soup (minimum 8 per choice), dessert square & bottle waters

19.00

## GOURMET LUNCH

Choice of soup (minimum 8 per choice) or salad (tossed greens/Caesar/Greek), gourmet wraps or subs, dessert square & bottle water

19.50

### SOUP CHOICES

Broccoli cheddar, Country vegetable, Butternut squash, Fire roasted tomato, Chicken & rice, Beef barley

### DELI SANDWICHES & WRAPS

Variety of breads & wraps with lettuce, sliced tomatoes, cheese & condiments filled with roast beef, smoked turkey, Montreal smoked meat, egg and tuna

### GOURMET SUBS & WRAPS

Prepared with lettuce, slice tomatoes, cheese & condiments. Red Thai chicken, Montreal smoked meat, Turkey BLT, Herb roasted chicken, Roast beef & Roasted garden vegetables

(gf) gluten-free (gf-req) gluten-free on request (df) dairy-free (veg) vegetarian (v) vegan

# INDIVIDUAL HOT LUNCHES

Minimums of 8 may apply  
(gf) gluten-free (gf-req) gluten-free on request (df) dairy-free (veg) vegetarian (v) vegan

**GINGER BEEF** Crispy & tender beef strips with peppers & onions served with steamed rice and a vegetable medley.  
14.00

**HEARTY BEEF STEW** Home-style stew with celery, carrots, onion, turnips, peas & potatoes served with tossed salad & rosemary biscuits.  
16.00

**BLACK BEAN BEEF CHILI** Served with jalapeno cornbread & tossed garden salad.  
14.25

**BUTTER CHICKEN** With basmati rice & naan bread, served with spinach salad. Vegetarian option available with tofu.  
17.00

**GRILLED CHICKEN BREAST** Served with oven-roasted potatoes & tossed garden salad. Choice of herb-rub (gf/df), sweet-chili glaze (gf/df), teriyaki (df) or bbq (gf/df)  
15.50

**RED THAI CURRY** Beef tenderloin, chicken or tofu simmered in a rich sauce of red curry paste, kaffir lime leaves & coconut milk with a mix of bell peppers & onion. Served with coconut rice and steamed vegetables. (gf/df)  
16.00

**SEARED PORK LOIN WITH ADOBE SAUCE** Seared pork loin chop, served with a rich adobo sauce served with creamy potato au gratin and honey glazed fresh carrots. (gf)  
15.50

**SPINACH MANICOTTI** Baked in Alfredo sauce and topped with parmesan cheese. Served with garlic baguettes & Caesar salad. (veg)  
14.00

**GARDEN CHIPOTLE CHILI** Served with jalapeno cornbread & tossed garden salad. (veg)  
14.25

**STUFFED PEPPER** Sautéed vegetables, tomatoes, rice & herbs served with tossed greens (v)  
13.00

## SIDE SOUP & SALAD

BROCCOLI CHEDDAR 5.50

CHICKEN & RICE 5.50

COUNTRY VEGETABLE 5.50

BEEF BARLEY 5.50

BUTTERNUT SQUASH 5.50

FIRE ROASTED TOMATO 5.50

TOSSED GREENS 4.00

CLASSIC CAESAR 4.50

TRADITIONAL SPINACH 5.00

GARDEN GREEK 4.75

# BUFFET HOT LUNCHES

Minimums of 8 may apply

(gf) gluten-free (gf-req) gluten-free on request (df) dairy-free (veg) vegetarian (v) vegan

**PHILLY BEEF ON SUB BUN** Thin sliced roast beef combined with sautéed onion, peppers & rich beef gravy, topped with provolone cheese. Served with spinach salad.

16.00

**BEEF DIP** Au jus on the side, served with an Italian bistro roll & a tossed garden salad.

14.00

**BEEF LASAGNA** Serves 10 – 12 per pan. Caesar salad & garlic baguette add on 4.00.

100.00

**GINGER BEEF** Crispy & tender beef strips with peppers & onions served with steamed rice and a vegetable medley.

14.00

**HEARTY BEEF STEW** Home-style stew with celery, carrots, onion, turnips, peas & potatoes served with tossed salad & rosemary biscuits.

16.00

**BLACK BEAN BEEF CHILI** Served with jalapeno cornbread & tossed garden salad.

14.25

## CABBAGE ROLLS & PEROGIES

**OPTION #1** Beef cabbage roll, cheese perogies & garlic sausage. Served with fried onions, sour cream & tossed garden salad.

**OPTION #2** Vegetarian cabbage roll, cheese perogies & garlic sausage. Served with fried onions, sour cream & tossed garden salad.

16.00

**BUTTER CHICKEN** With basmati rice & naan bread, served with spinach salad. Vegetarian option available with tofu.

17.00

**TARRAGON CHICKEN BREAST** Creamy mushroom tarragon, served with garlic mashed potatoes & a vegetable medley.

(gf)

16.50

**GRILLED CHICKEN BREAST** Served with oven-roasted potatoes & tossed garden salad. Choice of herb-rub (gf/df), sweet-chili glaze (gf/df), teriyaki (df) or bbq (gf/df)

15.50

**HARISSA CHICKEN** Tunisian flavored chicken breast, marinated in a combination of smoked paprika, chipotle, cumin, caraway & fresh herbs giving a slightly spicy & smoky flavored chicken & served with a fresh salad. Mediterranean potatoes 3.00 & pita & yogurt dip 2.75 add on. (gf-req)

11.25

**CRISPY CHICKEN PARMESAN ON KAISER** Crispy breaded chicken breast, topped with marinara sauce & mozzarella & parmesan cheese. Served with spinach salad.

15.25



**ROASTED CHICKEN** Roasted white & dark chicken (2 pieces/person), served with herb-roasted red potatoes & tossed garden salad. Choice of herb-rub (gf/df), sweet-chili glaze (gf/df), teriyaki (df) or bbq (gf/df)

15.50

**SOUVLAKI SKEWERS** Beef, chicken, or vegetarian, served with lemon potatoes, garden Greek salad, pita bread & tzatziki. (gf-req)

15.50

EXTRA CHICKEN, BEEF OR VEGETARIAN SKEWERS 6.95 each

**BAKED ENCHILADAS** Beef, chicken or vegetarian with a mix of peppers, onions & beans sautéed with Mexican inspired spices wrapped in a fresh flour tortilla with shredded cheese and topped with zesty tomato sauce. Served with Mexican chipotle salad.

15.50

**RED THAI CURRY** Beef tenderloin, chicken or tofu simmered in a rich sauce of red curry paste, kaffir lime leaves & coconut milk with a mix of bell peppers & onion. Served with coconut rice and steamed vegetables. (gf/df)

16.00

**BUILD YOUR OWN TACOS** Pulled chicken, pulled pork or fish. Comes with shredded lettuce, diced tomato, chopped onion, salsa, sour cream & chipotle aioli (chicken & pork) or Lime aioli (fish). Served with tossed salad.

15.50

EXTRA CHICKEN, PORK OR FISH TACOS 5.50 each

**SEARED PORK LOIN WITH ADOBE SAUCE** Seared pork loin chop, served with a rich adobo sauce served with creamy potato au gratin and honey glazed fresh carrots. (gf)

15.50

**SALMON FILLET** With a rose cream sauce made with tomato pesto & fresh chervil. Served with steamed rice and spinach salad. (gf)

17.75

**SPINACH MANICOTTI** Baked in Alfredo sauce and topped with parmesan cheese. Served with garlic baguettes & Caesar salad. (veg)

14.00

**VEGETARIAN LASAGNA** Serves 10 – 12 per pan. Caesar Salad & garlic baguette add on 4.00. (veg)

100.00

**GARDEN CHIPOTLE CHILI** Served with jalapeno cornbread & tossed garden salad. (veg)

14.25

**STUFFED PEPPER** Sautéed vegetables, tomatoes, rice & herbs served with tossed greens (v)

13.00

# MIDDAY SNACK MENU

## INDIVIDUAL SNACKS

YOGURT & FRUIT PARFAITS TOPPED WITH GRANOLA	4.75
CHIA PUDDING TOPPED WITH FRUIT	5.50
MEAT, CHEESE & PICKLES BOX	7.50
CHIPS, SALSA & GUACAMOLE	2.75
VEGETABLE CRUDITÉS WITH A CREAMY HERB DIP	5.00
HUMUS, VEGETABLES & CRACKERS	5.00
CHOCOLATE BARS & POTATO CHIPS	2.50
MIXED NUTS	3.50
GRANOLA BARS	2.50

## DELUXE TRAYS

INTERNATIONAL & DOMESTIC CHEESE BOARD & CRACKERS	5.00/PERSON
VEGETABLE CRUDITÉS	
LG (30PPL) 75.00      MD (20PPL) 55.00      SM (10PPL) 30.00	
SEASONAL FRUIT BOARD	
LG (30PPL) 100.00      MD (20PPL) 80.00      SM (10PPL) 40.00	
ASSORTED MEAT & SAUSAGE TRAY	
LG (30PPL) 90.00      MD (20PPL) 80.00      SM (10PPL) 45.00	
LAYERED TACO DIP WITH CHIPS	
LG (30PPL) 75.00      MD (20PPL) 60.00      SM (10PPL) 35.00	
ASSORTED PICKLES & OLIVES (25PPL)	50.00
SPINACH DIP (25PPL) Served in a bread loaf	60.00
ITALIAN TOMATO BRUSCHETTA (25PPL) Served with toasted baguettes	70.00
BAKED IN-HOUSE SWEET TRAY	
LG (60 PIECES) 110.00      MD (40 PIECES) 75.00      SM (20 PIECES) 40.00	
CHOCOLATE DIPPED STRAWBERRIES	2.50 EA.
CALLEBAUT CHOCOLATE CUPS	3.25 EA.