



Lunch Menu

Recommended for 8 guests

Corporate Lunches

- Grilled Chicken Breast with Tomato Salsa, fanned over Grilled Vegetables served with Mixed Greens & Sliced Tomato♥
- Seared Filet of Salmon, layered over Stir-Fried Asian Vegetables served with Mixed Greens & Sliced Tomato with a Herb Vinaigrette♥
- Slow Cooked Duck Confit with Pear & Apple Chutney served with Marinated Vegetable Salad with Lemon Vinaigrette & Mixed Greens with Sliced Tomato with a Herb Vinaigrette♥
- Roasted Beef Sirloin with Caramelized Onions and Seasonal Roasted Root Vegetables in Herb Extra Virgin Olive Oil served with and Mixed Greens with Sliced Tomato♥



Corporate Sandwich Lunch

All sandwiches are served on freshly baked Baguettes & a variety of Breads with Carrot & Celery Sticks

THE MEETING LUNCH

- Chicken Salad, Egg & Chive Salad, Herbed Baked Ham, Mustard Thyme Roast Beef, Tuna Salad & Avocado
- Garden Lettuce Salad with Pear Vinaigrette
- Cookies & fresh Fruit

THE BRAINSTORMING LUNCH

- Grilled Chicken, Ham & Cheese, Grilled Vegetables with Tapenade, Cambozola & Arugula, Tuna Salad
- Caesar Salad with Herb Croutons & Parmesan Cheese
- Chocolate Brownie & fresh Fruit

THE BUSINESS LUNCH

- Classic Tuna Salad Pocket, Roast Beef with Tarragon Mustard, Grilled Chicken Breast, Arugula, Grilled Peppers & Sun-Dried Tomato Mayonnaise
- Pasta Salad with Mushrooms, Broccoli & Herb Vinaigrette
- Fresh Fruit Salad

PISSALADIÈRE

- Goat Cheese with Tapenade of Black Olives, fresh Tomatoes & fine Herbs
- Mesclun Green Salad Olive Oil Vinaigrette

THE DUAL PLATTER

- Poached or Grilled Salmon Filet with Cucumber Dill Sauce & Grilled Chicken Breast with Tomato Salsa
- Mixed Greens Salad with House Vinaigrette and Sliced Potato & Apple Salad in a light Creamy Dressing

VEGETARIAN

- Tomato and Zucchini with sautéed Sweet Onion and Egg Tart in a flaky crust
- Mesclun Green Salad with Olive Oil Vinaigrette

LASAGNA

- Hearty Meat or Vegetarian Lasagna with Crusty Bread and Butter
- Caesar Salad or Mesclun Green Salad

CHICKEN PASTA

- Chicken and Penne Pasta with Sundried Tomato and sautéed Beans and Carrots in a creamy Alfredo sauce with grated Parmesan Cheese
- Caesar Salad or Mesclun Greens

ACCOMPANIMENTS

- Assorted Breads, Rolls & Butter
- Assorted fruit Juices & Water
- A selection of Brownies, Linzertorte, Naniamo & Date Bars
- Assorted Cookies

♥Denotes Low-Carb