

Lunch Menus



At Fresh Dish we offer an assortment of lunch options for your meeting, party or any gathering you are planning. You can either order the full menu; Soup & Sandwich (and more) Lunch, the Hot Lunch, or you can order [A La Carte](#). The full Soup & Sandwich (and more) Lunch is \$16 per person and the Hot Lunch start at \$17 per person. If you are working with a tight budget or only need something simple, you can find the A La Carte prices next to each item. Minimum group size is 12 people for both the full menu and A La Carte.

Soup & Sandwich (and more) Lunch

- Vegetarian/Vegan soup (A La Carte - \$4 per person)
- Pre-made assorted gourmet sandwiches with vegetarian and meat options. Gluten free bread is available on request. Please keep your choices to a minimum of 4 per type of gourmet sandwich per order. Feel free to contact us if you need additional options. (A La Carte - \$7 per sandwich)
 - In-House Oven Roasted Beef with Horseradish Aioli
 - Deli Chicken with Basil and Garlic Aioli
 - Deli Ham with In-House Smoked Cheddar
 - Prosciutto with Roasted Sweet Peppers
 - Salami, Cheese and Pesto
 - Italian Deli with assorted Meats, Pickled Artichokes and Olives (\$1 extra per sandwich/person)
 - In-House Oven Roasted Chicken with Spicy Curry Aioli and chopped Grapes
 - In-House Roasted Pulled Pork with Horseradish Coleslaw on In-House made Brioche Buns (\$1 extra per sandwich/person)
 - Grilled Zucchini and In-House Smoked Cheddar
 - Brie and Roasted Sweet Peppers
- Vegetable tray (A La Carte - \$3 per person)
- Fruit tray (A La Carte - \$3 per person)
- Dessert bars (A La Carte - \$3 per person)

Hot Lunch

I suggest that you pick one meat, vegan or vegetarian main for groups under 25, one meat and one vegan/vegetarian dish for group 25 and up . This includes your choice of one or two side dish(s), salad(s), and dessert(s), depending on the size of your group.



Main Course

Vegan options, (A La Carte - \$7 per person):

- Pumpkin and Apple Curry – a light and aromatically spiced main dish for the vegans in the crowd. No gluten added.
- White Beans with Sage – a hardy dish with an Italian background. No gluten added.
- Curried Chickpeas – spicy flavour of India with not too much heat but lots of flavour. No gluten added.

Vegetarian options, (A La Carte - \$7 per person) :

- Spinach and Ricotta Cannelloni - An Italian classic. Fresh pasta wrapped around creamy ricotta cheese mixed with spinach and parmesan cheese. Smothered in a crushed tomato, oregano and basil sauce and topped with freshly grated parmesan cheese.
- Spinach and Feta Frittata – a light and tall “omelette like” dish with lots of spinach and feta cheese wrapped in phyllo pastry.

Meat options, (A La Carte - \$9 per person):

- Salmon & Dill Savoury Cheesecake – a decadent, rich and surprising main dish wrapped in a light and flaky pastry. It has the creaminess of cheese cake and is nearly impossible to put down. No gluten added.
- Chicken with Artichokes and Olives – a surprising combination that will delight anyone. No gluten added.
- Cuban Chicken – a fruity and dynamic, but not spicy, chicken dish with red peppers, lime and raisins. No gluten added.
- Citrus and Fresh Herb Chicken – oven roasted chicken marinated in orange and lemon juice, a touch of garlic and lots of fresh herbs. No gluten added.

Side Dishes (A La Carte - \$4 per person)

- Wild & Brown Rice with Sun-dried Tomatoes
- Roasted Potatoes with Rosemary and Garlic
- Roasted Garlic Mash Potatoes
- Steamed Vegetables with Butter
- Oven Roasted Vegetables tossed with Olive Oil, Kosher Salt and Pepper



Salads (A La Carte - \$4 per person)

- Baby Green Salad with Lemon Goddess Dressing AND/OR Balsamic Tomato Vinaigrette
- Thai Chick Pea Salad
- Potato salad with seedy mustard dressing
- Pasta salad with mixed vegetables including red peppers and black olives

Desserts (A La Carte - \$4 per person)

- Chocolate Mud Cake served with Mixed Berry Sauce
- Lemon Tarts
- Fruit Tray

All prices include all set-up supplies for the buffet such as chafing dishes and serving supplies. All the disposables are also included. If you would prefer non-disposable we are happy to make the arrangements but you would be responsible for the additional rental costs.

Coffee, from [Maduro Coffee Company](#) a premium Saskatoon coffee roaster, and assorted tea's - \$2 per person, bottled water - \$1 each bottle, assorted juices for \$1.50 per can, pop - \$1 each can.

If you need a additional vegan and/or no gluten add options, we have a variety of options. There may be an extra charge per person. Please feel free to contact us by email or (306)262-5586 to discuss all your catering needs.