

Lunch Menus 2020

Full Soup & Sandwich Lunch (A La Carte - Prices Vary)

- Daily Vegetarian/Vegan soup (A La Carte - \$4 per person) You can replace Soup for Salad chosen from below
- Pre-made assorted gourmet sandwiches with vegetarian and meat options. Please keep your choices to a minimum of 4 per type of gourmet sandwich per order. We can offer gluten free bread at an additional charge of \$1 per sandwich. (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)
 - 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 (\$3 extra per sandwich)
 - Roasted Vegetables with Humus (Vegan)
 - Brie and Roasted Sweet Peppers (Vegetarian)
- 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 - Main Course (A La Carte - Prices Vary)

Vegan options, (A La Carte - \$7.50 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 - \$8.50 per person):

- Vegetarian Quiche - a lunch favorite filled with lots of assorted vegetables.
- 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 - \$10 per person):

- Meat & Vegetable Quiche - a lunch favorite filled with lots of assorted vegetables and ham or bacon.
- 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 (Vegan & no gluten added)
- Roasted Potatoes with Rosemary and Garlic (Vegan & no gluten added)
- Roasted Garlic Mash Potatoes (Vegetarian & no gluten added)
- Steamed Vegetables with Butter (Vegetarian & no gluten added)
- Oven Roasted Vegetables tossed with Olive Oil, Kosher Salt and Pepper (Vegan & no gluten added)

Salads (A La Carte - \$4 Per Person)

- Cilantro Slaw (Vegetarian & no gluten added)
- Quinoa, Cucumber, Red Pepper with Lemon, Mint and Cilantro Dressing Salad (Vegan & no gluten added)
- Baby Green Salad with Lemon Goddess Dressing and/or Tomato Balsamic Vinaigrette (Vegan & no gluten added)
- Thai Chick Pea Salad (Vegan & no gluten added)
- Potato Salad with Seedy Mustard Dressing (No gluten added)
- Pasta Salad with mixed vegetables including Red Peppers and Black Olives (Vegan)
- French Lentil Salad with mixed vegetables including dried carrots, celery and red onion (Vegan)

Desserts (A La Carte - \$4 Per Person)

- Chocolate Mud Cake served with Mixed Berry Sauce
- Lemon Tarts, 4 inch
- Fruit Tray, 4 inch