

Lunch

A LA CARTE

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| Chef's soup of the day | <i>per person \$5.00</i> |
| Fresh vegetable crudités with herb dip | <i>per person \$3.75</i> |
| Deli cured meats with chutney and assorted mustards served with fresh bread rolls | <i>per person \$7.00</i> |
| French Canadian cheese platter with artisan crackers | <i>per person \$6.50</i> |
| Mediterranean antipasto pepper salami, roasted peppers, kalamata olives, herb feta cheese served with pita bread and tzatziki | <i>per person \$7.50</i> |
| Organic mixed greens with raspberry vinaigrette | <i>per person \$3.50</i> |
| Traditional caesar salad with herbed croutons | <i>per person \$3.75</i> |
| Mushroom ravioli with wild mushroom cream sauce | <i>per person \$7.50</i> |
| Chef's selection of deli wraps & sandwiches ¹ | <i>per person \$10.00</i> |
| Chef's selection of open face sandwiches ¹ | <i>per person \$11.00</i> |
| Freshly brewed organic & fair trade coffee and selection of teas | <i>per person \$2.50</i> |

¹We use a selection of artisan breads, including Portuguese buns, French baguettes, fresh multi-grain loaf and spinach wraps filled with fresh deli meats, Ocean Wise seafood and vegetarian items.

Minimum 15 guests or a surcharge of \$3.00 per person will apply

Please ask your event planner for our seasonal or additional vegetarian options



Ocean Wise™

All prices are subject to applicable taxes and gratuities.
Price may be changed without notice.
March 1, 2010



Lunch

SET BUFFET MENU

Menu oneper person \$15.75

Soup of the day **or** traditional caesar salad
Platter of Chef's selection of deli wraps & sandwiches
Platter of assorted dessert squares & cookies
Served with freshly brewed organic and fair trade coffee & selection of teas.

Menu twoper person \$19.75

Soup of the day
Traditional caesar salad
Platter of Chef's selection of deli wraps & sandwiches
Platter of assorted dessert squares & cookies
Served with freshly brewed organic and fair trade coffee & selection of teas.

Menu threeper person \$24.00

Artisan bread rolls and creamery butter
Traditional caesar salad
Penne with roasted red pepper marinara, feta cheese and fresh basil
Platter of assorted dessert squares & cookies
Served with freshly brewed organic and fair trade coffee & selection of teas.

Menu fourper person \$38.50

Artisan bread rolls and creamery butter
Mixed organic greens with raspberry vinaigrette
Lemon herb basmati rice pilaf
Roasted root vegetables
Tarragon chicken with wild mushroom cream sauce
Herb crusted Ocean Wise salmon **or** halibut with citrus beurre blanc (*Subject to seasonal pricing due to availability*)
Sliced seasonal fresh fruit
Platter of assorted dessert squares & cookies
Served with freshly brewed organic and fair trade coffee & selection of teas.

A La Carte menu items may be added to the set buffet menus
All luncheons served as a buffet, for plated menus add \$2.00 per person.
Minimum 15 guests or a surcharge of \$3.00 per person will apply
Please ask your event planner for our seasonal or additional vegetarian options

