

*MORNING SELECTIONS

The Daybreak

Chilled Fruit Juice
Freshly Baked Muffins and Assorted Gourmet Pastries
Served with Whipped Butter
Freshly Brewed Gourmet Coffee and Orange Pekoe Tea
\$6.30

...Add a Market Fresh Fruit Platter
\$ 4.00

The Countryside

Chilled Fruit Juice
Thick Texan Style French Toast
Served with Fresh Fruit Kabob
And
Your choice of Side Bacon or Pork Sausage
Freshly Brewed Gourmet Coffee and Orange Pekoe Tea
\$9.35

The Farmers Market

Chilled Fruit Juice
Scrambled Eggs
Home Fried Potatoes
Your choice of Side Bacon or Pork Sausage
Fresh Fruit Platter or Fresh Fruit Cup
A basket of Freshly Baked Cheddar Tea Biscuits and Assorted Bagels
Served with Whipped Butter, Preserves and Cream Cheese
Freshly Brewed Gourmet Coffee and Orange Pekoe Tea
\$13.75

...Add Buttermilk Pancakes or Thick Texan Style French Toast
\$3.50

The Bagel Bar

Chilled Fruit Juice
An array of Freshly Baked Bagels
Served with Whipped Cream Cheese and a variety of Flavoured Cream Cheese
Freshly Brewed Gourmet Coffee and Orange Pekoe Tea
\$6.30

MORNING SELECTIONS

The Baker's Minis

Tempting variety of fresh baked Mini Pastries

A selection from...

Gourmet Muffins (lower fat available)

Fruit Danish, Braided Fruit Strudel

Fruit Filled Scones, Tea Biscuits

And Cinnamon Buns

Just the right size to taste but fewer calories!

\$2.50

Hot and Cold Beverages

Freshly Brewed Gourmet Coffee \$1.85

Fresh Brewed Decaffeinated Coffee \$1.85

Starbucks Coffee \$2.75

Orange Pekoe Tea \$1.85

Assortment of Specialty Teas \$1.85

Assorted Fruit Juices \$2.50

Cold Soft Drinks \$1.65

Bottled Spring Water \$2.50

Juice by the Pitcher \$12.25

Iced Tea or Lemonade by the Pitcher \$11.50

Cold Milk \$1.80

Hot Chocolate \$1.85

Ice Water (by the jug) – no charge with food order

WORKING LUNCHEONS

The Traditional Style

A selection of Albacore Tuna, Red Cohoe Salmon, Egg Salad, Black Forest Ham, Roast Beef, and Canadian Cheddar on Fresh Whole Wheat, White and Dark Rye Bread.

Served with Garden Crisp Vegetables and Dip
A Tempting Assortment of Dessert Squares
Gourmet Coffee, Tea and Assorted Cold Beverages
\$12.00

The Deli Classic

A tempting selection of Kaisers, Panini Rolls, Bagels, Rye and Multi Grain Bread stacked with Black Forest Ham, Montreal Smoked Meat, Roast Beef, Turkey and Albacore Tuna, and Red Cohoe Salmon plus Canadian Cheddar or Swiss Cheese, and finished with Lettuce and Tomatoes, All accompanied by Kosher Dills, Regular and Dijon Mustard.

Served with European Potato Salad or Variety Coleslaw
Market Fresh Fruit Platter
Gourmet Coffee, Tea and Assorted Cold Beverages
\$13.00

WORKING LUNCHEONS

The International Deli

A selection of International Sandwiches made on a variety of gourmet breads including Sourdough, Foccacia, Flour Tortillas and Baguettes

Served with our Pesto Pasta Salad or Fresh California Greens with Sun-Dried Tomato Vinaigrette
Market Fresh Fruit Platter, Biscotti
Gourmet Coffee, Tea and Assorted Cold Beverages

Selections include:

The Smoked Salmon Bagel

Smoked Salmon, Cream Cheese, Red Onion and Capers on a Fresh Bagel

The Californian

California Tuna Salad with Pecans, Apples and Crisp Lettuce on a Multi Grain Panini Roll

The Chicken Florentine

Marinated Grilled Chicken, Roasted Red Peppers, Spinach and Pesto on a Sourdough Bun

The Mediterranean

Smoked Chicken with Asiago Cheese and Mango Chutney on Multi Grain Bread

The Acapulco

Roast Beef, Guacamole, Salsa and Cilantro Wrapped in a Flour Tortilla

The Vegetarian

Grilled Vegetables, Mozzarella and Pesto on a Sourdough Bun

The European Baguette

Shaved Roast Beef, Emmental Cheese and Creamy Horseradish on a Fresh Baguette

The Foccacia

Black Forest Ham, Provolone Cheese, Sun-dried Tomatoes, Caramelized Onions and Radicchio on Foccacia

The Athenian

Greek Salad wrapped in a Pita
\$18.00

WORKING LUNCHEONS

Vegetarian Specialties

A Selection of Exciting Vegetarian Fillings Prepared on Fresh Specialty Breads, Herbed Focaccia, Crusty Baguettes and Tortilla Wraps.

The Italian - Pesto, Portobello Mushrooms and Shredded Veggies

The Armenian - Baba Ghanouj and Grilled Vegetables

The Mid Eastern - Hummus and Fresh Vegetables

The Parisienne - Brie Cheese, Roasted Red Peppers and Mango Chutney

The Provencal - Tapenade, Provolone Cheese and Tomatoes

The West Coast - Veggie Cream Cheese, Fresh Peppers and Sunflower Seeds

Served with Exotic Fresh Fruit and Dip
Gourmet Cookie Basket
Gourmet Coffee, Tea and Assorted Cold Beverages
\$13.00

Create-Your-Own

Design your own Sandwich from a Selection of Black Forest Ham, Roast Beef, Smoked Chicken, Salami, Pastrami, Cheddar, Swiss, and Monterey Jack Cheese. Finished with all the essentials: Lettuce, Tomatoes, Spanish Onions, Mayonnaise, Mustards, Mango Chutney and Kosher Dills.

Freshly Baked Bagels, Kaisers, Panini Rolls
Served with our Pesto Pasta Salad or Variety Coleslaw
A Tempting assortment of Dessert Squares
Gourmet Coffee, Tea and Assorted Cold Beverages
\$13.50

WORKING LUNCHEONS

Personal Lunch

A Variation of the "Box Lunch", these Sandwich and Salad Combos are Prepared Fresh and Packaged individually According to your Selection:

Suggestions Include:

Black Forest Ham *or* Roast Beef and Cheddar Baguette / Garden Salad Deluxe
Classic Turkey, Tuna *or* Egg Salad Wrap / Veggies and Dip
Italian Deli Focaccia *or* Italian Club Panini / Pasta Vegetable Salad Deluxe

Served with a Cold Beverage and Gourmet Cookie.

\$12.50

Add Seasonal Fresh Fruit for a Nutritious Choice!

\$13.50

WORKING LUNCHEONS



Classic Favourites and Exciting Gourmet 17" Pizzas are Baked Fresh on Site and Delivered Hot to your Meeting or Event.

Pepperoni \$23.95

Tomato Sauce, Pepperoni, and Diced Mozzarella

Deluxe \$23.95

Tomato Sauce, Pepperoni, Bacon, Fresh Green Peppers, Mushrooms and Mozzarella

Tropical \$23.95

Tomato Sauce, Pineapple Tidbits, Diced Ham, Green Peppers and Mozzarella

Vegetarian \$23.95

Tomato Sauce, Fresh Onions, Mushrooms, Green Peppers, Tomatoes and Mozzarella

Chicken Pesto with Mushroom \$29.50

Pesto Sauce, Julienne Chicken, Fresh Mushrooms, Red Onion, Mozzarella

Italian Sausage and Sun-Dried Tomato \$29.50

Maple Vidalia Sauce, Hot Italian Sausage, Fresh Zucchini, Caramelized Onions, Mozzarella

Philly Cheesesteak \$29.50

Steak Sauce, Thin Julienne Steak, Fresh Tomato, Spanish Onion, Shredded Cheddar and Mozzarella.

Ratatouille \$29.50

Tomato Sauce, Fresh Zucchini, Eggplant, Green Peppers and Diced Onions, Mozzarella

Add Caesar Salad for \$3.50 more per person

WORKING LUNCHEONS

FRESH SUBS \$7.50

Fresh baked sub buns are filled to the brim with your choice of premium fillings and toppings and delivered to your function wrapped and ready to go.

Assorted Super Sub

Variety of Deli Meats, Cheese, Fresh Tomatoes, Pickles, Green Peppers and Lettuce

Roast Beef Sub

Roast Beef, Cheese, Fresh Lettuce, Green Peppers, Pickles, Tomatoes

Classic Vegetarian and Cheese Sub

Fresh Lettuce, Green Peppers, Pickles, Tomatoes and Cheese

Chicken Breast or Turkey Sub

Chicken or Turkey Breast, Fresh Lettuce, Green Peppers, Pickles, Tomatoes

Ham and Cheese Sub

Ham, Cheese, Fresh Lettuce, Green Peppers, Pickles and Tomatoes

Tuna Salad Sub

Tuna Salad, Cheese, Fresh Lettuce, Green Peppers, Pickles and Tomatoes

All Subs are Prepared with Light Salad Dressing and our Secret Sauce
Unless Requested Otherwise.

Hot Peppers and Spanish Onions will be provided to add to your Selection.

SALAD SELECTIONS

Fresh Garden \$3.25

Crisp Iceberg and Romaine Lettuce, Fresh Tomatoes, Carrots, Cucumbers and Red Onion with your choice of Dressings on the side (low fat dressing upon request)

Mikonos Greek \$4.50

Crisp Iceberg and Romaine Lettuce mixed with Cucumbers, Tomatoes, Black Olives and Feta Cheese tossed in a zesty Greek Dressing

Pasta and Fresh Vegetable \$3.50

Tri-coloured Fusilli tossed with Cauliflower, Broccoli, Green Onions, Red Peppers and Carrots with a Sun Dried Tomato Dressing

Pesto Pasta \$3.95

Tri-coloured Fusilli tossed with Red Peppers, Sun-dried Tomatoes, Broccoli Flowerettes, Toasted Almonds and Pesto Dressing

European Potato \$3.50

A zesty mixture of Potatoes, Dill Pickles and Onions in a Spicy Mayonnaise

Simply Caesar \$3.95

Crisp Romaine Lettuce, Croutons, Bacon Bits and Parmesan Cheese tossed with a Creamy Caesar Dressing

Spinach and Mandarin \$4.50

Fresh Spinach topped with Mandarin Oranges, Red Onion, Mushrooms and Slivered Almonds and served with a Poppy Seed Dressing

Zesty Salsa Pasta \$3.85

Rotini tossed with Chopped Tomatoes, Diced Onions, Jalapeno Peppers, Green and Red Peppers and Sliced Black Olives with an Italian Dressing

Fresh California Greens \$3.50

A toss of several types of Organic Lettuce served with a Sun-dried Tomato Vinaigrette

Variety Coleslaw \$3.50

Red and Green Cabbage, Carrots, Sweet Peppers and Green Onions served with a Caraway Coleslaw Dressing

RECEPTIONS

The Cheese Sampler

A tempting array of Canadian cheese including Cheddar, Swiss, Marble and Gouda.

Served with a basket of Specialty Crackers

\$4.15

The International Cheese Platter

A memorable display of fine cheese from around the world including Roquefort, Camembert, Herbed Goat, Gouda, Swiss and Cheddar, garnished with Pecans and Roasted Red Peppers.

Served with a basket of Specialty Crackers and Baguette Wedges

\$4.95

Market Fresh Fruit Platter

A selection of fresh Seasonal Fruit including Seedless Grapes, Honeydew, Watermelon, Cantaloupe, Oranges and Pears

\$4.00

Fresh Fruit and Cheese Platter

Gourmet Cheese Combined with Seasonally Selected Fresh Fruit

Delightfully arranged and served with Specialty Crackers

\$4.75

Exotic Fresh Fruit and Dip Platter

Seasonally selected Orchard and Tropical Fruits including Seedless Grapes, Melons, Pineapple, Oranges, Seasonal Berries and Kiwi.

Served with an Orange-Honey Yogurt Dip.

\$4.75

RECEPTIONS

Fresh Fruit Kebab

A Light and Refreshing Melange of Fresh Fruits including Strawberries, Golden Pineapple, Red and Green Seedless Grapes, Cantaloupe and Honeydew, and Served with a Light Yogurt Dip
\$3.75

The Vegetable Dip Platter

A Healthy Selection of Crisp Garden Vegetables served with our own Herbed Dressing
\$3.25

INTERNATIONAL FEATURES

Sushi Platter

The Ever Popular Sushi Platter with a Selection of Maki including California and Vegetable Rolls, a variety of Fresh Fish presented with Wasabi, Pickled Ginger and Soya Sauce.
Market Price

Fiesta Grande

Mucho Grande layers of Herbed Cream Cheese and Sour Cream, Spicy Ground Beef and Chunky Salsa topped with Shredded Lettuce, Cheddar and Diced Tomatoes and
Served with fresh Yellow and Blue Corn Tortilla Chips
\$5.25

RECEPTIONS

MINI SANDWICH COLLECTION

The Open-Faced

Delicious Open Faced Mini Sandwiches Created from a Selection of Premium Deli Meats, Pâté, Egg and Seafood salad, Smoked Salmon and Imported Cheese Creatively Garnished on a Variety of Baguette Wedges

\$8.00

The Sandwich Minis

An Attractive Assortment of Bite Size Sandwiches including Curried Egg Salad and California Tuna Salad in Mini Pitas, Black Forest Ham, Cheddar and Dijon Mayo in a Mini Wrap, Smoked Salmon, Cream Cheese and Red Onion in a Spinach Wrap and Open Faced Baguette Wedges created with Brie and Chutney or with Grilled Shrimp, Veggie Cream Cheese and Dill.

\$7.50

Mini Wraps

A Variety of Flavoured Tortillas Wrapped around a Selection of Tempting Fillings including Smoked Salmon and Cream Cheese, Classic Turkey, Egg Salad and Vegetable Cream Cheese.

\$7.00

RECEPTIONS

Hot Hors D'oeuvres

Chicken or Beef Satay Skewers
Phyllo Triangles with Spinach and Feta
Smoked Salmon Puffs
Cranberry and Brie in Phyllo Pastry
Seafood Bundles in Phyllo
Mini Spring Rolls and Spicy Dipping Sauce
Ratatouille Tartlets
Miniature Quiche with Assorted Fillings
Feta and Sun-Dried Tomato in Phyllo
Mini Sausage Rolls

Cold Hors D'oeuvres

Smoked Oysters on Hors D'oeuvres Crackers
Herbed Cream Cheese Bouchées
Assorted Pin Wheels and Canapés
Creamy Pesto and Harvarti Cheese Canapés
Shrimp with Tangy Cocktail Sauce
Cornucopia Mango Chevre
Sushi Platter
Assorted Mini Wraps

\$17.50- \$26.95 per dozen

Only a Sampling of Possibilities!
Our Catering Team will help you choose the Right Selection for Your Event

DESSERTS AND PASTRIES

Assorted Dessert Squares

A Scrumptious Assortment of your favorite Dessert Squares including Decadent Chocolate Brownies, Traditional and Specialty Nanaimo Bars, Brandied Butter Tart Bars and Rocky Road Bars.

\$2.75

Gourmet Cookie Basket

A basket of our freshly baked Large Gourmet Cookies including Chewy Chocolate Fudge, White Chocolate Macadamia, Milk Chocolate Chunk and Oatmeal Raisin

\$1.80

Cheesecake Corner

Traditional Cheesecakes with your choice of Cherry, Blueberry, StrawberryToppings

\$4.50

ALL PRICES SUBJECT TO CHANGE