



Light Lunch

Starter

- Mixed green salad** with house dressing
- Quinoa salad** with quinoa, beets, vegetables and spinach with berry dressing
- Caesar salad** with bacon, parmesan, croutons (GF)
- Soup of the Day**

Sandwich / Wrap

All sandwiches are made with fresh bread or tortilla wraps with lettuce & tomato

- Black Forrest Ham** with Swiss cheese & honey dijon Aioli
- Tuna** with cucumber, onion, soy sauce, mayonnaise
- Roast Beef** with dijonaise, lettuce, tomato, pickled onions, provolone cheese
- Grilled Vegetable** with Roma tomato, arugula, feta & hummus wrap
- Turkey & Bacon** with spicy mayo, avocado & cheddar cheese wrap
- Crispy Chicken** caesar wrap

Dessert

Chefs Choice of Desserts
Served with freshly brewed organic coffee & tea

Plated Lunch

\$39.50 per person

Group choice of 1 starter / Group choice of 3 sandwiches (minimum 15 guests) OR 2 sandwiches (8-14 guests) / Chefs choice of 1 dessert.
Individual choices due 14 days prior.

Buffet Lunch

\$35.50 per person

Group choice of 2 starters / Group choice of 3 sandwiches / Assorted desserts
Minimum 15 guests with Group choices due 14 days prior.

Please add 18% gratuity and 5% GST to above prices.



Tunnel Lunch Buffet

Group choice of 1 soup & 2 salads with bread rolls / Group choice of 2 entrees / Assorted desserts

Soup

Smoked tomato & basil – VG,GF
Broccoli & cheddar – VG,GF
Forest mushroom bisque – VG,GF
Italian Minestrone – VG
Soup of the day

Salad

Artisan Leaf Lettuce with Rocky Mountain dressings – VG,GF
Caesar Salad with romaine, parmesan, croutons, bacon bits & croutons (GF)
Cherry Tomato Salad with pepper, red onion, cucumber and feta cheese – GF,VG
Pasta salad with olives, cherry tomato, onion, pepper, herb pesto – VG
Rustic Potato Salad with bacon, mustard, chopped egg – GF
Quinoa Salad with spinach, feta cheese, avocado, wild berries vinaigrette – VG,GF

Entrée Selections

Served with a panache of seasonal vegetables and chefs' choice of herb roasted potatoes or rice

Maple Dijon Porkloin with caramelised apple & calvados jus –GF
Roasted chicken breast with wild mushroom jus – GF
Crispy Ginger Beef with julienne vegetables & sweet chili and ginger jus- DF
Beef stroganoff with mushroom, beef in creamy rich sauce – GF
Butter chicken with creamy authentic spiced tomato gravy and chicken – GF
Rainbow Cheese Tortellini in roasted pepper marinara sauce – VG
Salmon Wellington with spinach & mushrooms

Dessert

Sliced Fresh Fruit
Selection of mousse cakes (mango, raspberry, mocha)
Assorted Squares, Cookies & Brownies
Served with freshly brewed organic coffee & tea

\$43.50 per person

Please add 18% gratuity and 5% GST to above prices.



Minimum 20 guests with menu choices due 14 days prior

Build Your Own Lunch Buffet

Starter

Soup of the Day

Caesar Salad with romaine, parmesan, croutons, bacon bits & croutons (GF)

Quinoa & Spinach Salad with honey mustard dressing & feta cheese – GF

Lunch Selections

Assortment of Artisan Deli Meats and homemade chicken cranberry salad – GF,DF

Assortment of Cheeses, sliced cheddar & Swiss cheese – GF

Accompaniments Dijon mustard, pickled onions, lettuce, tomato, mayonnaise, pickles, BBQ

Sauce – GF,DF,V

Grilled Vegetables with hummus – GF,DF,V

Sandwich Bread, Buns, & Butter

Dessert

Assorted Bite Sized Pastries

Served with freshly brewed Organic Coffee & Tea

\$39.50 per person

Please add 18% gratuity and 5% GST to above prices.

Minimum 12 guests

Lunch To Go

Fruit Juice or Bottle of Water, Whole Fresh Fruit, Oatmeal Raisin Cookie, Potato Chips,
Hummus & Crackers,

Group choice of Two Sandwiches

Sandwich Selection

Black Forrest Ham with Swiss cheese & honey Dijon aioli

Crispy Chicken caesar wrap

Roast Beef with dijonaise, lettuce, tomato, pickled onion, provolone cheese

Turkey & Bacon with spicy mayo, avocado and cheddar cheese wrap

Grilled Vegetable with Roma tomato, arugula, feta & hummus wrap

\$28.50 per person



Please add 18% gratuity and 5% GST to above prices.
Individual sandwich choices due 14 days prior