capitol

menu

Boxed Lunches or Buffet

Salads | $6

Organic Garden Salad with Tomato, Cucumber, Carrot, & Balsamic Vinaigrette
Traditional Kale Caesar with Lemon, Croutons, & Parmesan
Greek Quinoa with Tomato, Cucumber, Feta, Kalamata Olives, & Oregano
Tomato, Cucumber, Bocconcini, with Basil Pesto Vinaigrette
Kale, Napa, Carrot Slaw with Chili, Scallion, Red Wine Vinaigrette
Asian Napa Slaw with Edamame & Sesame Soy Dressing
Chickpea, Mixed Beans, Diced Peppers, Carrot, Red Onion, White Wine Vinaigrette
Broccoli, Napa, Quinoa, Sun Dried Cranberry, with Garlic Aioli
Mini Red Potato Salad with Creamy Dill Vinaigrette
Fusilli Pasta Salad with Sweet Peppers, Red Onion, Sun Dried Tomatoes, & Olives

Mains | $20

Served with Fresh Daily Market Vegetables

Pan Seared Chicken Parmesan with Tomato, Mozzarella, & Penne with Tomato Rosé
BBQ Quarter Chicken with Spanish Rice Pilaf
Roast Chicken Breast with Mushroom Sauce & Rosemary Potato Wedges
Southern Fried Chicken with Baked Cheddar Spiralini Mac & Cheese
Caribbean Spiced Jerk Chicken with Rice & Beans
Chicken Teriyaki with Peppers, Onions, Bean Sprouts, Bok Choy, with Lo Mein Noodles
Tandoori Spiced Butter Chicken with Sweet Peas & Basmati Rice
Red Thai Coconut Curry Chicken with Peppers, Onions, Bok Choy, & Steamed Rice

Grilled Striploin Steak, Mushroom Demi, & Roast Yukon Gold Wedge Potatoes
Tender Roast Beef, Red Wine Demi, Horseradish, & Mash Potatoes
Beef Tenderloin Tips, Sautéed with Mushrooms, Peppers, Onions, with Mini Potatoes
Hearty Beef & Vegetable Stew with Carrots, Green Beans, & Rutabagas
Traditional Sheperds Pie with Peas, Corn, Carrots, & Mash Potato Top
Spaghetti with Meatballs & Garlic Bread
Triple Cheese Beef Lasagna

Atlantic Salmon with Maple Mustard Marinade & Grilled Asparagus
Ontario Rainbow Trout with Cherry Tomatoes, Capers, & Lemon Herb Cous Cous
Pan Seared Haddock Loins with White Wine Lemon Dill Sauce, Steamed Rice
Grilled Swordfish with Pineapple, Cherry Tomato Salsa, & Quinoa Rice
Pan Seared Sole Fillet with Lemon & Tartare Sauce, Baked Potato Fries
Black Tiger Shrimp Creole Stir Fry with Onions, Peppers, & Whole Grain Rice

Vegan Lima Beans, Tomato, Kale, & Lentils
Vegan Zucchini Noodles, Portobello Mushrooms, & Quinoa
Vegan Ratatouile with Eggplant, Zucchini, Peppers, Quinoa, & Lentils
Vegan Butternut Squash Thai Coconut Curry with Black Beans, Eggplant, & Steamed Rice
Vegan Braised Red Lentils, Roast Cauliflower, Spinach, & Baked Potato Fries
Vegan Shepherds Pie with Peas, Corn, Carrots, Veggie Ground, & Sweet Potato Mash
Veggie Lasagna with Zucchini, Eggplant, & Peppers

Dessert | $5

Fresh Fruit with Cantaloupe, Honey Dew, Pineapple, Grapes, & Strawberries
German Chocolate Cake, Vanilla Caramel Swirl, or Orange Glazed Citrus
Nanaimo Bars
Blueberry Cheesecake, Strawberry Cheesecake, or NY Cheeseake ($6)
Chocolate Truffle, Carrot Cake ($6)
Vegan Chocolate Chip Cookies or Double Chocolate Cookies (GF)
Vegan Chocolate or Vanilla Mini Cupcakes (GF)
Vegan Chocolate Fudge Brownies (GF)

Prices are based per person and subject to HST