

CORPORATE LUNCH 2026

SALADS

Tomato, Cucumber & Bocconcini

Salad **VG / GF**

Basil Pesto Vinaigrette

Kale, Napa, Carrot Slaw **VG / GF**

Chili, Scallion, Red Wine Vinaigrette

Asian Napa Slaw **VG / GF**

Edamame with Sesame Soy Dressing

Spicy Dill Pickled Beets **VG / GF**

Bell Peppers, Red Onion, Feta Cheese

Chickpea & Mixed Bean Salad **VG / GF**

Diced Peppers, Carrot, Red Onion, White Wine Vinaigrette

Kale and Quinoa Tabouleh **VG / GF**

Diced Tomato, Red Onion, Parsley

Broccoli, Napa, Quinoa Salad **VG / GF**

Sun Dried Cranberries, Garlic Aioli

Organic Garden Salad **VG / GF**

Tomato, Cucumber, Carrot, Balsamic Vinaigrette

Traditional Kale Caesar **V**

Lemon, Croutons, Parmesan

Greek Quinoa Salad **V / GF**

Tomato, Cucumber, Feta, Kalamata Olives, Oregano

Cajun Sweet Potato Salad **V / GF**

Black Beans, Red Onion, Celery, Creamy Dill Vinaigrette

Spiced Pear Harvest Salad **VG / GF**

Toasted Pumpkin Seeds, Sun Dried Cranberry, Cucumbers

Watermelon Salad with Feta **V / GF**

Cucumber, Red Onion, Fresh Mint



V - Vegetarian

VG - Vegan

GF - Gluten Free

DF - Dairy Free

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MAINS

all mains are served with fresh daily market vegetables

Pan Seared Chicken Parmesan GF

available

Tomato, Mozzarella, & Penne with Tomato Rosé

BBQ Quarter Chicken GF / DF

Spanish Rice Pilaf

Stuffed Chicken Breast GF

Bocconcini, Roasted Peppers, Spinach with Mushroom Sauce & Rosemary Potato Wedges

Southern Fried Chicken GF

Baked Cheddar Spiralini Mac & Cheese

Caribbean Spiced Jerk Chicken GF / DF

Rice & Beans

Chicken Teriyaki Stir Fry DF

Peppers, Onions, Bean Sprouts, Bok Choy, & Lo Mein Noodles

Chicken Fajitas GF available / DF

Tortillas, Onions, Bell Peppers, Salsa, Sour Cream, Guacamole, & Cheese

Tandoori Spiced Butter Chicken GF

Sweet Peas & Basmati Rice

Red Thai Coconut Curry Chicken GF / DF

Peppers, Onions, Bok Choy, & Steamed Rice

Grilled Striploin Steak GF / DF

Mushroom Demi & Roast Yukon Gold Wedge Potatoes

Tender Roast Beef GF / DF

Red Wine Demi, Horseradish, & Mash Potatoes

South Western BBQ Beef Tenderloin Tips DF

Sautéed with Corn, Peppers, Onions, served with Cajun Black Bean Rice

Hearty Beef & Vegetable Stew GF / DF

Carrots, Green Beans, Mini Potatoes, & Rutabagas

Traditional Shepherd's Pie GF / DF

Peas, Corn, Carrots, & Mash Potato Top

Spaghetti with Meatballs

Tomato Marinara, Parmesan, & Garlic Bread

Triple Cheese Beef Lasagna

Mozzarella, Parmesan, Cheddar

Montreal Glazed Brisket GF / DF

Pommery Mustard, Sauerkraut, Baked Potato Fries



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FISH | SEAFOOD

Atlantic Salmon **GF / DF**

Maple Mustard Marinade & Grilled Asparagus

Ontario Rainbow Trout **GF / DF**

Cherry Tomatoes, Capers, & Lemon Herb Cous Cous

BC Rock Fish **GF / DF**

Grilled Asparagus, Roasted Red Peppers, Kalamata Olives

Pan Seared Haddock Fillet **GF / DF**

White Wine Lemon Dill Sauce, Steamed Rice

Grilled Swordfish **GF / DF**

Pineapple, Cherry Tomato Salsa, Quinoa Rice

Pan Seared Sole Fillet **DF**

Lemon & Tartare Sauce, Baked Potato Fries

Black Tiger Shrimp Creole Stir Fry **GF / DF**

Onions, Peppers, & Whole Grain Rice



VEGAN | VEGETARIAN

Eggplant Parmesan **VG / GF**

Tomato Basil, Bell Peppers, Onions, & Cheese

Braised Lima Beans **VG / GF**

Tomato, Kale, Lentils

Zucchini Noodles **VG / GF**

Portobello Mushrooms & Quinoa

Ratatouille **VG / GF**

Eggplant, Zucchini, Peppers, Quinoa, Lentils

Butternut Squash Thai

Coconut Curry **VG / GF**

Black Beans, Eggplant, with Steamed Rice

Braised Red Lentils **VG / GF**

Roast Cauliflower, Spinach, Baked Potato Fries

Shepherd's Pie **VG**

Peas, Corn, Carrots, Veggie Ground, Sweet Potato Mash

Veggie Lasagna **V**

Zucchini, Eggplant, Peppers, Mozzarella, Tomato

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DESSERTS

Fresh Fruit **VG / GF**

Cantaloupe, Honey Dew, Pineapple, Grapes, & Strawberries

Cake Squares **V**

German Chocolate Cake, Vanilla Caramel Swirl, or Orange Glazed Citrus

Nanaimo Bars **V**

Coconut, Chocolate, Graham Cracker, Custard Filling

Cheesecake **V**

Blueberry, Strawberry, or NY Cheesecake

Chocolate Truffle **V**

Decadent, Rich, Velvety Truffle, Ganache Glaze

Carrot Cake **V**

Spiced Carrots, Walnuts, Cream Cheese Frosting

Chocolate Chip Cookies **VG / DF**

Chewy, Golden, Plant Based, Chocolate Chips

Double Chocolate Cookies **VG / DF**

Mini Cupcakes **VG / DF**

Chocolate or Vanilla

Double Chocolate Fudge Brownies **VG / DF**



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