



Lunch/ Dinner Menu 2022

Hot Appetizers

Meats

- Grilled Satays: Beef, Chicken, or Lamb (GF, DF)
Choice of Sweet Thai Chilli, Souvlaki, Teriyaki, or Tandoori
- Yorkshire Pudding with Sliced Beef (DF)
- Prime Rib Sliders or Pulled Pork Sliders (DF)
- Meatballs with Marinara Sauce (DF)
- Chicken Tenders with Sweet & Sour Sauce
- Chicken Tacos, Crisp Slaw, & Chipotle Dressing (DF)
- Petite Barbeque Pork Spareribs (GF, DF)
- Mini Hot Dog with Tomato Chutney (DF)

Seafood

- Bacon Wrapped Scallops (GF, DF)
- Crispy Coconut Shrimp with Chili Lime Dip (DF)
- Dungeness Crab Cakes with Citrus Aioli (DF)

Vegetarian

- Vegetarian Spring Rolls with Sweet Lime Chili Sauce (V, DF)
- Potato Samosas (V, DF)
- Assorted Mini Quiche, Cheese, Spinach, Cherry Tomato
- Phyllo Spanakopita with Spinach and Ricotta or Cranberry and Goat Cheese
- Grilled Cheese with Tomato Chutney
- Mini Cheese Quesadillas with Salsa & Sour Cream

Salads

- Organic Garden Greens with Arugula, Radicchio, Tomato, Cucumber, & Carrots (V, GF)
- Traditional Caesar Salad with Garlic Croutons & Parmesan
- Napa Cabbage & Kale Slaw with Julienne Carrots, Cucumbers, & Bell Peppers (V, GF)
- Oriental Napa & Purple Cabbage Slaw with Edamame & Sesame Soy Dressing (V)

Cold Appetizers

- Antipasto Platter with a selection of Artisan Cured Meats, Marinated Olives, Pickles, Pepperoncini, Pickled and Grilled Vegetables (GF, DF)
- Assorted Cheese Cheddar, Havarti, & Bocconcini, with Grapes & Crackers
- Tomato and Bocconcini Cheese Skewers with Basil Balsamic Vinaigrette (GF)
- Assorted Canapés and Crostinis: Meat, Seafood, & Vegetarian
- Bruschetta with Tomato, Basil, & Garlic (V)
- Vegetable Crudité with Hummus and Ranch Dip (V, GF)
- Prosciutto Wrapped Asparagus and Cantaloupe (GF, DF)
- Smoked Salmon Canapés with Dill, Cream Cheese on Pumpernickel
- Cocktail Shrimp with Seafood Sauce (GF, DF)
- Cognac Pâté, Devilled Eggs, and Gherkin Pickles (DF)

GF= Gluten Free, DF= Dairy Free, V= Vegan

www.capitolcatering.ca

capitol

Greek Quinoa with Tomato, Cucumber, Feta, & Kalamata Olives (GF)

Chickpea, Mixed Bean, & Diced Veggies (V, GF)

Broccoli, Napa, Quinoa Cranberry, with Garlic Aioli (GF, DF)

Green Bean Niçoise with, Sun Dried Tomatoes, & Kalamata Olives (V, GF)

Pickled Spicy Dill Beets with Romaine Greens (V, GF)

Tomato, Cucumber, Bocconcini with Creamy Dill Vinaigrette (GF)

Rotini Pasta Salad with Red Onion, Bell Peppers, Black Olives, & Sun-Dried Tomatoes

Potato Salad with Dill, Grainy Mustard, Red Wine Vinaigrette (GF, DF)

Soups

Butternut Squash, Broccoli, Mushroom, Minestrone (V, GF) or Chicken Noodle (DF)

Bowls served warm

Mexican Whole Grain Rice, Black Bean, Corn, Pico de Gallo, Guacamole, Crispy Tortillas, with a Chipotle Lime Crema

Teriyaki Stir Fry with Lo-Mein Noodles, Sautéed Carrots, Bell Peppers, Onions, Snap Peas, Edamame Beans, Red Cabbage, Sesame Seeds (V)

Butternut Squash Thai Coconut Curry with Steamed Rice, Roasted Butternut Squash, Onions, Bell Peppers, Quinoa, Scallions (GF, V)

Protein add on: Grilled Chicken, Atlantic Salmon, Grilled Striploin Steak, Sautéed Shrimps, Tofu, or Tempeh

Chicken

Chicken Parmesan or Grilled Chicken Breast, Rigatoni Pasta with Tomato Basil

BBQ Quarter Chicken with Mushroom Rice Pilaf, & Fresh Market Vegetables (GF, DF)

Chicken Breast Stuffed with Ricotta, Spinach, & Roasted Red Peppers with Brandy Sauce (GF)

Chicken Teriyaki with Bean Sprouts, Snap Peas, Bok Choy, Bell Peppers, Onions, & Steamed Rice (DF)

Tandoori Spiced Butter Chicken with Basmati Rice (GF)

Caribbean Spiced Jerk Chicken with Rice & Beans (GF, DF)

Red Thai Curry Chicken, Jasmine Rice, & Bok Choy (GF, DF)

Chicken Fajitas with Onions, Bell Peppers, Salsa, Sour Cream, Guacamole, & Cheese

Beef

Grilled Striploin Steak with Mushroom Demi, & Roast Potatoes wedges (GF, DF)

Beef Tenderloin & Vegetable Kebabs with Sweet Potatoes, Tzatziki and Pita

Tender Roast Beef, Baked Potato French Fries, Fresh Market Veggies (GF, DF)

Beef & Mushroom with Red Wine Demi, & Mini Roast Potatoes (GF, DF)

Hearty Beef and Vegetable Stew with Green Beans, Carrots, Turnips, & Potatoes (GF, DF)

Traditional Shepherds Pie with Green Peas, Carrots, & Corn (GF, DF)

GF= Gluten Free, DF= Dairy Free, V= Vegan

www.capitolcatering.ca



Pork

Pan Sear Pork Cutlet with Tomato Spanish Sauce

BBQ Spareribs with Rice Pilaf or Roast Potatoes (GF, DF)

Fish

Atlantic Salmon Fillet with Mustard Maple Marinade (GF, DF) or Teriyaki Glaze with Grilled Asparagus (DF)

Ontario Rainbow Trout with Toasted Almonds or Cherry Tomatoes, Roasted Fennel (GF, DF)

Pan Seared Cod Fillet, Steamed Rice, Broccoli, Carrots, & Green Beans (GF, DF)

Roast Haddock Loins, Lemon Caper Dill Sauce, Mini Red Potatoes (GF, DF)

Breaded Sole Fillet with Baked French Fries, Lemon, & Tartare (DF)

Cajun Black Tiger Shrimp Stir Fry with Onions, Bell Peppers, & Steamed Rice (GF, DF)

Vegetarian

Butternut Squash Thai Coconut Curry with Steamed Rice (V, GF)

Chili with Kidney Beans, Black Beans, Veggie Ground, & Quinoa (V, GF)

Eggplant Parmesan with Tomato & Daiya Cheese (V, GF)

Lima Beans Braised with Tomato, Caramelized Onions, & Kale (V, GF)

Zucchini Noodles with Tofu, Onions, Carrots, Bell Peppers, Basil Pesto (V, GF, nut free)

Tomato Ratatouille with Zucchini, Eggplant, Quinoa, & Lentils (V, GF)

Braised Red Lentils, Roast Cauliflower, Home Fry Potatoes (V, GF)

Chickpea Masala with Roasted Eggplant & Zucchini (V, GF)

Pasta

Penne Bolognese with Chicken or Beef or Tomato Basil Rosé

Fettuccine Alfredo with Sun-Dried Tomatoes

Cheese Tortellini with Tomato Basil

Ravioli Stuffed with Cheese & Spinach

Meat Lasagna with Mozzarella, Parmesan, & Beef Bolognese Sauce

Spaghetti with Tomato Marinara, Meat Balls, & Garlic Bread

Veggie Lasagna with Eggplant, Zucchini, Bell Peppers, Spinach, Parmesan, & Mozzarella

Penne, Linguini, Fettuccini, Ravioli, Agnolotti, Gnocchi, Tortellini, Asian Lo-Mein Noodles

Gluten Free Pasta Available: Penne, Vermicelli, Brown Rice

Sauces

Tomato Rosé, Alfredo, Bolognese, Pesto, Primavera, Tomato Basil, Mushroom Cream, and Puttanesca

Sandwiches & Wraps served warm

Southern Fried Chicken Sandwich with Chili Mayo, Napa Slaw, & Pickles

Chicken Parmesan with on Kaiser Bun with Tomato & Mozzarella

Sweet Chili Chicken Burrito with Sautéed Onions, Peppers, & Rice

GF= Gluten Free, DF= Dairy Free, V= Vegan

www.capitolcatering.ca



Jerk Chicken Wrap with Rice & Beans

Grilled Striploin Steak with Caramelized Onions & Mushrooms on Ciabatta Bun

Beef Hamburger with Lettuce, Tomato, & Pickle

Breaded Sole Fillet Taco with Lemon Dill Slaw and Tartare

BBQ Pulled Pork with Napa Cabbage Slaw

Veggie Burgers Black Bean or Beyond Meat (V)

Sweet Potato, Rice and Black Bean Wrap (V)

Eggplant Parmesan on Kaiser Bun with Tomato & Mozzarella (Vegetarian)

Roast Balsamic Eggplant, Zucchini, Bell Peppers, & Onion Wrap with Hummus (V)

Sandwiches served cold

Roast Beef with Horseradish,

Turkey with Cranberry Mayo & Lettuce

Ham with Dijon and Cheddar Cheese

Smoked Salmon with Cream Cheese on Pumpernickel

Egg Salad, Tuna Salad, and Chicken Salad

Italian Cold Cut Combo

Grilled Veggie and Hummus Wraps

Made on an Assortment of Breads, Rolls, Kaisers, and Wraps

Sandwich with sides

Steamed Basmati Rice or Spanish Rice Pilaf (V, GF)

Baked French Fries (V, GF)

Garden Salad with Tomato, Cucumber, Carrot, Italian Vinaigrette (V, GF)

Traditional Caesar with Croutons & Parmesan Cheese

Soups: Butternut Squash, Broccoli, Mushroom, Minestrone (V, GF) or Chicken Noodle (DF)

Dessert

Fresh Fruit Salad Cantaloupe, Honey Dew, Pineapple, Grapes, Strawberries (V, GF)

Assorted Dessert Squares Nanaimo, Date Squares, Rocky Road Bars

& Fruit Tarts

Blueberry Cheesecake, Strawberry Cheesecake, NY Cheesecake

Chocolate Truffle, Carrot Cake, Lemon & Coconut Cakes

Vegan Chocolate Chip Cookies, Double Chocolate Cookies (V, GF)

Vegan Chocolate or Vanilla Mini Cupcakes (V, GF)

Vegan Coconut Cake Squares, Marble Cake Squares, Blueberry Cake Squares (V, GF)

Vegan Chocolate Fudge Brownies (V, GF)

GF= Gluten Free, DF= Dairy Free, V= Vegan

www.capitolcatering.ca