

# capitol

CATERING



# LUNCH AND DINNER MENU 2026

## SALADS

### Organic Garden Greens **VG / GF**

Arugula, Radicchio, Tomato, Cucumber, Carrots

### Kale Caesar Salad **V / GF**

Crispy Chickpeas, Radicchio, Sun Dried Tomatoes, Parmesan

### Greek Quinoa **V / GF**

Tomato, Cucumber, Feta, Oregano, Kalamata Olives

### Napa Cabbage & Kale Slaw **V / GF**

Julienne Carrots, Chili Scallion Dressing

### Oriental Napa & Purple Cabbage Slaw **VG**

Edamame with Sesame Soy Dressing

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

Diced Carrots, Bell Peppers, Fresh Herbs

### Broccoli Salad **V / GF**

Napa, Quinoa, Cranberry, with Creamy Garlic Aioli

### Green Bean Niçoise **V / GF**

Sun Dried Tomatoes, Hard Boiled Eggs, Kalamata Olives

### Spiced Pear Harvest Salad **VG / GF**

Toasted Pumpkin Seeds, Sun Dried Cranberry, Cucumbers

### Pickled Spicy Dill Beets **VG / GF**

Romaine Greens, Red Onions, Bell Peppers

### Cajun Sweet Potato & Pickled Beets **VG / GF**

Black Beans, Pumpkin Seeds, Feta Cheese

### Tomato, Cucumber, Bocconcini **V / GF**

Basil Pesto Vinaigrette (nut free)

### Rotini Pasta Salad **V**

Red Onion, Bell Peppers, Black Olives, & Sun-Dried Tomatoes

### Potato Salad **V / GF**

Bell Peppers, Celery, Dill, Grainy Mustard, Red Wine Vinaigrette

## BOWLS

### Mexican **V**

Cajun Rice, Black Bean, Corn, Pico de Gallo, Guacamole, Crispy Tortillas, with Chipotle Crema

### Teriyaki Stir Fry **V**

Lo-Mein Noodles, Sautéed Carrots, Bell Peppers, Onions, Snap Peas, Bean Sprouts, Edamame Beans, Red Cabbage, Sesame Seeds

### Butternut Squash Thai Coconut Curry **VG / DF**

Steamed Rice, Roasted Eggplant, Onions, Bell Peppers, Black Beans, Quinoa, Scallions

### Protein add on **GF / DF**

Grilled Chicken, Atlantic Salmon, Grilled Striploin Steak, Sautéed Shrimps, or Tofu

## SOUPS

### Butternut Squash Root Vegetables **VG / GF**

Carrots, Parsnips, Onions, Potatoes

### Broccoli & Cheddar **V / GF**

Onions, Celery, Potatoes, Chicken Broth

### Creamy Mushroom **V / GF**

Onions, Potatoes, Thyme, Potatoes, Chicken Broth

### Leek & Potato **V / GF**

Garlic, Thyme, Chicken Broth

### Minestrone **VG**

Onions, Celery, Zucchini, Peppers, Kidney Beans, Spinach, Tomatoes

### Chicken Noodle **DF**

Carrot, Onions, Celery, Chicken Broth

### French Onion **DF**

Caramelized Onions, Garlic Croutons, Sharp White Cheddar

**V - Vegetarian**

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## SANDWICHES & WRAPS

*served on an assortment of breads, rolls, kaisers, and wraps*

### *Served Warm*

#### **Southern Fried Chicken GF / DF**

Chili, Radish, Scallion Slaw, Pickles

#### **Chicken Parmesan on Kaiser Bun**

Tomato & Mozzarella

#### **Sweet Chili Chicken Burrito DF**

Sautéed Onions, Peppers, Rice

#### **Grilled Striploin Steak on a Bun DF**

Red Wine Demi, Caramelized Onions, Sweet Peppers

#### **Banquet Burger**

Cheese, Bacon, Lettuce, Tomato, Pickles

#### **Crispy Sole Fillet Taco DF**

Lemon, Chili, Scallion Slaw

#### **BBQ Pulled Pork DF**

Napa Cabbage Slaw

#### **Grilled Oktoberfest Sausage on a bun DF**

Caramelized Onions & Sweet Peppers

#### **Black Bean Veggie Burgers V**

Lettuce, Tomato, Pickle

#### **Sweet Potato Burrito VG**

Cajun Rice & Black Bean

#### **Grilled Veggie Wrap VG**

Roast Balsamic Eggplant, Zucchini, Bell Peppers, Onion with Hummus

#### **Eggplant Parmesan on Kaiser Bun VG**

Tomato & Mozzarella

### *Served Cold*

#### **Roast Beef DF**

Creamy Horseradish

#### **Turkey DF**

Cranberry Mayo & Lettuce

#### **Ham and Cheese**

Dijonnaise

#### **Smoked Salmon**

Cream Cheese on Pumpernickel

#### **Salami & Prosciutto**

Mozzarella, Mustard

#### **Mortadella**

Havarti, Lettuce, Tomato

#### **Egg Salad DF**

Mayo, Celery, Parsley

#### **Tuna Salad DF**

Mayo, Celery, Parsley

#### **Chicken Salad DF**

Mayo, Celery, Parsley

#### **Grilled Veggie and Hummus Wraps VG**

Zucchini, Eggplant, Peppers

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## CHICKEN

**Pan Seared Chicken Parmesan** GF available  
Tomato, Mozzarella, and Parmesan

**Chicken Breast with Mushroom Brandy Sauce** GF / DF  
Tender Pan Seared Chicken with Herb Mushrooms

**BBQ Quarter Rotisserie Chicken** GF / DF  
Slow Roasted with Herbs & Spices

**BBQ Chicken Wings** GF / DF  
Tender, Roasted, and Tossed in BBQ Sauce

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

**Bacon Wrapped Chicken Breast** GF  
Stuffed with Ham and Cheese

**Chicken Teriyaki Stir Fry** DF  
Bean Sprouts, Snap Peas, Bok Choy, Bell Peppers, Onions, and Edamame

**Chicken Souvlaki Skewers** GF  
Lemon, Garlic, Oregano, Grilled with Tzatziki

**Tandoori Spiced Butter Chicken** GF  
Served with Basmati Rice

**Caribbean Spiced Jerk Chicken** GF / DF  
Grilled Boneless Chicken Breast with Rice & Beans

**Red Thai Curry Chicken** GF / DF  
Peppers, Onions, Eggplant, Black Beans, Bok Choy, with Jasmine Rice

**Chicken Fajitas** GF available / DF  
Tortillas, Onions, Bell Peppers, Salsa, Sour Cream, Guacamole, & Cheese

## BEEF

**Grilled Striploin Steak** GF, DF  
Mushroom Demi, Roast Potatoes wedges

**Tender Roast Beef** GF / DF  
Red Wine Demi, Horseradish

**AAA Canadian Prime Rib** GF / DF  
Yorkshire Pudding, Reduction Jus, Garlic Mash Potatoes

**Tender Braised Beef Short Ribs** GF / DF  
Caramelized Onions, Carrots, Demi Jus

**Grilled Beef Tenderloin Kebabs** GF / DF  
Onions, Peppers, Cherry Tomato

**Beef Tenderloin Tips** GF / DF  
Bacon, Mushroom, Onions, Peppers, Red Wine Demi

**Hearty Beef and Vegetable Stew** GF / DF  
Green Beans, Carrots, Turnips, Potatoes

**Traditional Shepherds Pie** GF  
Green Peas, Carrots, Corn, Mashed Potatoes

**Meatloaf Chop Steak** DF  
Onions, Celery, Caramelized Onion Demi

## PORK

**Pan Seared Pork Cutlet** DF  
Tomato Spanish Sauce

**BBQ Spareribs** GF / DF  
Rice Pilaf or Roast Potatoes

**Grilled BBQ Pork Chops** GF / DF  
Apple Compote

**Crispy Pork Belly with Crackling** GF / DF  
Herb Gremolata Marinade

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## SEAFOOD

### Atlantic Salmon Fillet **DF**

Maple Pommery Mustard Marinade (**GF**) or Teriyaki Glaze with Edamame

### Ontario Rainbow Trout **GF / DF**

Cherry Tomato, Lemon, Capers

### Artic Char **GF / DF**

Grilled Fennel, Dill, Lemon

### Pan Seared Cod Fillet **GF / DF**

Grilled Asparagus, Sweet Peppers

### Roast Haddock Loins **GF / DF**

Lemon Caper Dill Sauce

### Breaded Sole Fillet **DF**

Lemon & Tartare Sauce

### BC Rock Fish **GF / DF**

Grilled Asparagus, Roasted Red Peppers, Kalamata Olives

### Grilled Swordfish **GF / DF**

Chili Pineapple Chutney

### Pan Seared Branzino **GF / DF**

White Wine, Lemon, Capers

### BC Red Snapper **GF / DF**

Sautéed Red Onions & Sweet Peppers

### Cajun Black Tiger Shrimp **GF DF**

Stir Fried with Garlic, Onions, Bell Peppers, Pimentos

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## PASTA

*Gluten Free Pasta: Penne, Vermicelli*

### **Penne V**

Tomato Basil or Vodka Rosé

### **Fettucine Alfredo V**

Sun-Dried Tomatoes

### **Bowtie Pasta V**

Basil Pesto Alfredo

### **Spiralini Mac and Cheese V**

Baked with Creamy Cheddar Sauce

### **Cheese Tortellini V**

Tomato Basil with Parmesan

### **Stuffed Ravioli V**

Cheese & Spinach or Mushroom with Alfredo Sauce

### **Agnolotti V**

Butternut Squash with Tomato Basil

### **Gnocchi V**

Tomato Parmesan

### **Rigatoni Bolognese**

Chicken or Beef with Garlic Bread

### **Triple Cheese Meat Lasagna**

Mozzarella & Parmesan with Beef Bolognese Sauce

### **Spaghetti & Meatballs**

Tomato Marinara, Beef Meat Balls, Parmesan, Garlic Bread

### **Veggie Lasagna V**

Eggplant, Zucchini, Bell Peppers, Spinach, Parmesan, & Mozzarella

### **Lo-Mein Noodles V**

Sesame Soy, Peppers, Onions, Green Peas, Scallions

## VEGAN | VEGETARIAN

### **Stuffed Pepper VG / DF**

Rice, Quinoa, Chickpea, Sweet Potatoes, Tomato Sauce

### **Cabbage Rolls VG / DF**

Rice, Quinoa, Black Beans, Sweet Potatoes, Tomato Sauce

### **Butternut Squash Thai Coconut Curry VG / DF**

Steamed Rice, Roasted Eggplant, Onions, Bell Peppers, Quinoa, Black Beans, & Scallions

### **Triple Bean Chili VG**

Kidney Beans, Black Beans, Chickpeas, Celery, Peppers, Veggie Ground, Quinoa

### **Eggplant Parmesan VG / GF**

Zucchini, Bell Peppers, Tomato Sauce, Daiya Cheese

### **Stuffed Eggplant VG / GF**

Veggie Ground, Tomato, Onion, Veggie Cheese

### **Chickpea Masala VG / DF**

Roasted Eggplant & Zucchini

### **Braised Lima Beans VG / GF**

Tomato, Caramelized Onions, Kale

### **Zucchini Noodles VG / GF**

Tofu, Onions, Carrots, Bell Peppers, Basil Pesto (nut free)

### **Lentil Ratatouille VG / GF**

Zucchini, Eggplant, Tomatoes, Quinoa

### **Braised Red Lentils VG / GF**

Roast Curried Cauliflower, Tomato, Onions

### **Shepherds Pie VG / GF**

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

## SAUCES

Tomato Basil VG / GF

Bolognese GF / DF

Tomato Rosé V / GF

Basil Pesto VG / GF

Alfredo V / GF available

Puttanesca VG / GF

Mushroom Cream V / GF

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## RICE

Steamed Basmati **VG / GF**

Spanish Rice Pilaf **VG / GF**

Tomato Lentil Pilaf **VG / GF**

Mushroom Rice **VG / GF**

Wild Rice **VG / GF**

Quinoa Rice **VG / GF**

Rice & Beans **VG / GF**

Fried Rice with Bok Choy &  
Bean Sprouts **VG / GF**

## POTATOES

Yukon Gold Wedges **VG / GF**

Baked French Fries **VG / GF**

Baked Potatoes with Sour Cream,  
Bacon, Chives **GF**

Herb Roast Mini Red or White Potatoes  
**VG / GF**

Ripple Cut Chips **VG / GF**

Fingerling Potatoes **VG / GF**

Scalloped Potatoes **V / GF**

Parsley Boiled Potatoes **VG / GF**

## VEGETABLES

Broccoli, Green Beans,  
Heirloom Carrots **VG / GF**

Roast Zucchini Coins, Sun Dried Tomatoes,  
Roast Cauliflower, Broccoli **VG / GF**

Spiced Pepper Squash, Caramelized  
Rutabagas, Roast Cajun Cauliflower **VG / GF**

Balsamic Grilled Zucchini, Eggplant,  
Bell Peppers, Red Onions **VG / GF**

Grilled Asparagus **VG / GF**

Yellow or Purple Beets **VG / GF**



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## DESSERTS

### Assorted Cake Squares **V**

Vanilla Caramel, Triple Chocolate, Citrus Orange

### Assorted Pastries **V**

Cannoli, Fruit Tarts, Tiramisu, Cheesecake

### Blueberry or Strawberry Cheesecake **V**

### NY Cheesecake **V**

### Mini Chocolate & Vanilla Cupcakes **V**

### Sliced Cakes **V**

Chocolate Truffle, Carrot, Lemon & Coconut

### Crème Brûlée **V**

### Nanaimo Bars **V**

Coconut, Chocolate, Graham Cracker, Custard Filling

### Rice Krispy Squares **V**

Classic Chewy Marshmallow & Rice Cereal Squares

### Fresh Fruit Platter **VG / GF**

Cantaloupe, Honey Dew, Pineapple, Grapes, Strawberries

### Chocolate Chip Cookies **VG / GF**

Chewy, Golden, Plant Based, Chocolate Chips

### Double Chocolate Cookies **VG / GF**

Rice Fudgy Cookie Loaded with Chocolate Chunks

### Chocolate Fudge Brownies **VG / GF**

Rich, Dense, Chocolatey with Goey Centre

### Gelato **V / GF**



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