

LUNCH AND DINNER MENU 2025

— SINCE 1937 —

capitol

CATERING



LUNCH AND DINNER MENU 2025

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

Waldorf Salad **VG / GF**

Grapes, Celery, Purple Cabbage, Apples, Cranberry

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

Beef & Barley **DF**

Carrot, Onions, Celery, Beef Broth

V - Vegetarian

VG - Vegan

GF - Gluten Free

DF - Dairy Free

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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

Veggie Wrap VG

Sweet Potato, Rice, Black Bean

Veggie Wrap with 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 Cordon 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

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 Sear 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

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 with V

Basil Pesto Alfredo

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, & 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, Chickpea, Sweet Potatoes, Tomato Sauce

Butternut Squash Thai Coconut Curry VG / DF

Steamed Rice, Roasted Eggplant, Onions, Bell Peppers, Quinoa, & 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

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

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

Puttanesca VG / GF

Mushroom Cream V / GF

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RICE

Steamed Basmati **VG / GF**

Wild Rice **VG / GF**

Tomato Lentil Pilaf **VG / GF**

Quinoa Rice **VG / GF**

Rice & Beans **VG / GF**

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

Turmeric Spiced **VG / GF**

Spanish Rice Pilaf **VG / GF**

POTATOES

Yukon Gold Wedges **VG / GF**

Baked French Fries **VG / GF**

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

Mini New Red or White Potatoes **VG / GF**

Fingerling Potatoes **VG / GF**

Scalloped Potatoes **V / GF**

VEGETABLES

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

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

Balsamic Grilled Zucchini, Eggplant,
Bell Peppers, Red Onions **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 Cheesecake **V**

Strawberry Cheesecake **V**

NY Cheesecake **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 Goopy Centre

Gelato **V / GF**



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