



Lunch Cold Buffet:

(Prices are per person | Minimum of 10 guests | unless otherwise stated)

East Coast Classic

Nova Scotia seafood chowder

Garden Greens with Fresh vegetables & Balsamic Vinaigrette

German Style Creamy Potato Salad

Assorted Breads (to include but not limited to):

White, Whole Wheat, Rye, Whole Grain, Kaiser & Wraps

Variety of Deli Meats & Fillings (to include but not limited to):

Shaved Turkey Breast, Black Forest Ham, Roast Beef, Pastrami, Tuna Salad & Egg

Salad with Green Onion Cheeses, crisp Lettuce, Tomato & Garlic Dill Pickles

Mayonnaise & Mustard

Assorted Sweets & Tarts

\$32.95

Chef's Soup and Sandwiches

Fresh baked breads (including Naan) & butter

Soup of the Day

OR

Artisan garden greens with sunflower seeds, roasted pumpkin seed, dried cranberries fresh vegetables & balsamic vinaigrette

Focaccia, quinoa grain, multigrain, white bread, and tortilla wrap

Sandwich board - (2.25 halves per person)

Traditional Egg salad – grain mustard/red onion/chopped chives/paprika/ lentil vermicelli /julienne lettuce on multigrain bread

Tuna & Avocado Salad – celery/green onion/pickle /relish/avocado guacamole/green leaf lettuce

Roast chicken- tandoori chickpea puree/ feta cheese/ spinach / roasted onion on wrap

Turkey club- tomato/green leaf/cheddar/onion aioli/bacon on ciabatta buns



Roasted vegetables- red pepper/ carrot/ red onion/ zucchini/eggplant/ Jarlsberg cheese/ spinach & artichoke spread on quinoa bread

Assorted decadent pastries: Brownies, macaroon bars, Florentine, fresh baked cookies

\$26.25

Wrap Attack

Artisan garden greens with sunflower seeds, roasted pumpkin seed, dried cranberries fresh vegetables & balsamic vinaigrette

With Chef's choice of wraps and assorted fillings, which may include: (1.25 wrap per person)

Traditional Egg salad – grain mustard/red onion/chopped chives/paprika/ lentil vermicelli /julienne lettuce

Tuna & Avocado Salad – celery/green onion/pickle /relish/avocado guacamole/green leaf lettuce

Roast chicken- tandoori chickpea puree/ feta cheese/ spinach / roasted onion

Turkey bacon- tomato/green leaf/cheddar/onion aioli

Roasted vegetables- red pepper/ carrot/ red onion/ zucchini/eggplant/ goat cheese/ spinach & artichoke spread

Italian Cold Cuts/ Roasted Red Pepper/ Jarlsberg Cheese

Assorted Cookies and Squares and Florentine (1.5 per person)

\$27.25

Boxed Lunch (*express lunch*)

Hearty sandwich (2 halves)

Jumbo cookie (2per box)

Kettle chips

\$19.50

Piece of Whole seasonal fruit - \$ 2.25

Add on Juice or water - \$3.50

Bounty of The Sea

From Just Off our Rugged Maritime Shores

Nova Scotia seafood chowder

Tossed leafy greens with market fresh vegetables and balsamic vinaigrette
Chef crafted Maritime inspired:
Smoked salmon with dill mayo on fresh quinoa grain bread
Traditional Nova Scotia lobster salad on soft white roll
Tuna salad on multi grain brown bread
Fish Cakes with tartar sauce (hot item)
Fresh baked tea biscuits, butter and preserves
Nova Scotia blueberry crisp, fresh whipped cream
\$39.95

Compose Your Own, Unique lunch bowl boxes (minimum 10)

Appetizer Course:

Please select one of our delicious salads:

- **Tuscan Caesar Salad** -Baby romaine, crisp local pancetta, shaved asiago cheese, potato bread crouton & creamy garlic Caesar dressing
- **Artisan Leafy Green Salad** -With field berries, bell peppers, cherry tomatoes, Tandoori spiced pecans crumbled Danish blue cheese & aged balsamic vinaigrette
- **Baby Spinach Salad** -Crisp double smoked bacon, balsamic roasted Portobello mushrooms, pickled red onions, & shaved local Asiago

Main Course:

The Chingari Bowl - \$29.50

Tandoori chicken breast/Paneer (firmed cottage cheese) /chickpea /vegetables /grilled naan bread/Rice/ spiced creamy cashew and tomato sauce.

The Panang bowl - \$29.50

Coconut spiced chicken breast/asparagus/cabbage/sweet potato/brown rice/peanuts /spicy coconut, cilantro red curry sauces

The legume Bowl - \$29.50

Chicken breast/Mung bean/black bean/barley/orzo pasta/corn/roasted cumin, maple, chili, yogurt & coriander dressing

The Kale Bowl (GF, V, VEG) - \$28.50

Sweet potato/roasted cumin scented grain medley / honey roasted sweet potato / kale / artisan greens/heirloom tomato / cilantro / toasted almonds / chickpea / feta cheese / pickled red onion / balsamic, chili olive oil vinaigrette.

Fresh baked artisan breads (including Naan) & butter

Southwest Rice Bowl (gf) (df) (v)-28.50

Coriander rice/ corn & beans/ roasted peppers/ onions/ sweet potato/ guacamole/ pico de gallo/ spicy tempeh/ cilantro/ Cajun vinaigrette

Dessert Course

Please select one of your favorite desserts:

- **Milk and Dark Chocolate mousse**
Silky, rich & creamy chocolate mousses with praline, hazelnut crunch & raspberry coulis
- **Chocolate Truffle cake:**
Rich chocolate sponge topped with silky chocolate ganache, chocolate Chantilly, shaved dark chocolate and chocolate sauce.
- **Country Style Carrot Cake**
Raisin and spices covered with pineapple buttercream icing topped with crunchy walnuts
- **Tuscan style Tiramisu Cake**
Coffee cheesecake layered with coffee drenched cake topped with tiramisu cream
- **Fresh berries trifle**

Lunch Hot Buffets

(Prices are per person | Minimum of 15 guests | unless otherwise stated)

Little Italy

Baked Crostini with garlic butter

Caesar salad

Crisp romaine lettuce, double smoked bacon, grated Parmesan cheese, Herb Croutons, Garlic Caesar Dressing

Lasagne: please pick one

Meat with four cheese & herbed tomato sauce,

Or

Roasted vegetable with four cheese & herbed tomato sauce

Tiramisu

Chocolate dipped biscotti (one per person)

Dressed Fruit Salad

\$29.95

Mac n cheese

Garlic bread

Artisan garden greens with sunflower seeds, roasted pumpkin seed, dried cranberries fresh vegetables & balsamic vinaigrette

Three cheese Macaroni, assorted toppings bacon bits, green onions, roasted mushrooms, pulled pork

Country style carrot cake; raisin and spices covered with pineapple buttercream icing topped with crunchy walnuts

\$29.95

Pick your kebab

Minted Naan Bread (served warm in chaffer)

Garden Greens with Market Vegetables & Raspberry vinaigrette

Curried Chickpeas salad with market vegetables & herbs

Please select your one from pork and chicken kebab

(one kind, (5 oz protein) per person):

Pork skewers: Olive oil, garlic & fresh thyme marinated pork chunks glazed with bbq sauce

Tandoori marinated chicken skewer: Spiced tomato butter cream sauce drizzle

Kebab come with :

Mediterranean marinated grilled vegetable skewer: Zucchini, mushroom, bell pepper, red onion & eggplant, accompanied by cucumber & garlic tzatziki dipping sauce

Basmati rice with Fried & Green onion

New York style cheesecake with berries.

\$31.00

Between the Buns BBQ

Crisp, hand torn lettuce, sliced vine ripened tomato, aged cheddar & Monterey Jack cheese, sliced dill pickles

Crunchy cabbage coleslaw

Garden Greens with Market Vegetables & Raspberry vinaigrette

Fire grilled, juicy ground beef burgers (1 piece 4 oz)

Smoky, mild Italian sausages (1 piece - 4oz)

Sesame seed burger buns

Toasted cornmeal sausage buns

Ketchup, mustard, relish

Herb roasted potato wedges

Sticky Toffee Pudding

\$26.50

**Chicken breast for additional price - \$4.50

Roast Chicken

House Baked bread and Butter

Garden Greens with Market vegetables & Herb Vinaigrette

Nova Scotia Roasted Quarter Chicken

BBQ Dipping Sauce

Mixed grilled vegetables

Herb Roasted Baby Potatoes

Country Style Carrot Cake

\$29.95

Memoires of Mumbai

Tandoori spiced chicken with Makhani sauce



Chole (chickpeas in curry gravy)
Biryani rice (fried onion, cilantro, chopped tomato, bay leaf, cardamom, cinnamon)
Garlic naan bread
Mango chutney
Roasted cumin raita
Crispy poppadum's
Mango and pistachio mousse flavored with rose water and scented with cardamom
\$33.50

Meat & Potatoes Lunch

House Baked bread and Butter
Coleslaw
Pasta salad
Meatloaf with bourbon bacon BBQ sauce (7 oz each)
Fried mushrooms
Roasted bell peppers, onion & zucchini
Herbed potato wedges
Strawberry Short Cake
\$29.95

Taste of the Orient

House Baked Rolls & Butter
Fresh Garden Salad with Mango Vinaigrette
Crisp Snow Pea & Rice Noodle Salad
Your Choice of; Chicken, Beef Stir fry.
OR
Tofu & vegetable stir fry.
Basmati Rice
Torched Lemon Tarts and fruit Salad
\$29.95

Lunch Plated

Compose Your Own, Unique Plated lunch (minimum 25)

*All plated dinners include Baskets of Bakery fresh, Chef crafted breads & butter
Fresh brewed dark roast coffee & tea*

Appetizer Course:

Please select one of our delicious appetizers:

Soup

Roasted Tomato Soup: fire roasted Roma tomatoes pureed with garlic & sweet basil leaves, garnished with Grana Padano parmesan shavings & sourdough crouton

Roasted Butternut Squash Soup: with toasted pumpkin seeds, chopped chives & nutmeg Chantilly

Atlantic Seafood Chowder: rich and creamy chowder loaded with Maritime seafood including salmon, scallops, haddock & Coldwater shrimp (*add \$4.50 per person in addition to the menu price*)

Salad

Artisan Leafy Green Salad: with field berries, bell peppers, cherry tomatoes, Tandoori spiced pecans crumbled Danish blue cheese & aged balsamic vinaigrette

Tuscan Caesar Salad: baby romaine, crisp local pancetta, shaved asiago cheese, potato bread crouton & creamy garlic Caesar dressing

Baby Spinach Salad: With tart pomegranate seeds, soft sun-dried tomato, tandoori spiced pecans, sliced bocconcini cheese & Champagne poppy seed

Main Course: Please select one of your favorite entrées:

Chicken

Herb Marinated Breast of Chicken - \$38.00: Plump chicken breast marinated with fresh chopped garden herbs, garlic & apple cider vinegar. Plated with fire roasted Roma tomato, basil cream sauce

Stuffed Breast of Chicken –\$43.00: Plump chicken breast filled with feta cheese, baby spinach, fresh chopped rosemary & fire roasted tomato Olive sauce.

Beef



Grilled Striploin 6 oz – **\$44.00:** garlic & garden herb rubbed top sirloin steak with double smoked, bacon bourbon BBQ sauce & frizzled onions

Fish

Slash 'N Burn Filet of Atlantic Salmon \$ 38.00 sweet meets heat with Scanway's secret blend of spices; plated with sweet basil beurre blanc

Vegetable Timbale - included in Entrée price curried lentils, creamy sautéed garlic & spinach, panfried tofu, forest mushroom ragout & grilled eggplant wrapped in roasted green zucchini. Plated with creamy spiced tomato & coconut curried sauce

Please Select a Favorite Starch to Accompany your Entrée Selection:

Butter & garlic creamy **mashed potatoes**

Roasted baby potato with garlic, fresh thyme & a squeeze of fresh lemon

Basmati rice pilaf scented with bay leaves, cardamom pods, cinnamon sticks & garam masala

Steamed, new potatoes with chopped fresh thyme, coarse sea salt & lots of butter (*subject to availability*)

Please Select Your Favorite Vegetable:

Rosemary, thyme, oregano, basil & garlic roasted local beets, carrots, butternut squash, red onion & rutabaga

Leek wrapped seasonal vegetables with olive oil and thyme.

Ratatouille stuffed baked zucchini with tomato salsa and roasted peppers

Olive oil and herbed seasonal vegetables (2) with turmeric cauliflower & fire roasted pepper.

Baked stuffed tomato with creamy spinach, cheese, charbroiled asparagus & turmeric cauliflower.

Dessert Course



Please select one of your favorite entrées:

Triple Chocolate mousse: Silky, rich & creamy chocolate mousses with praline, hazelnut crunch & raspberry coulis

Chocolate Truffle cake: Rich chocolate sponge topped with silky chocolate ganache, chocolate Chantilly, shaved dark chocolate and chocolate sauce.

Mason Jar Strawberry Shortcake: moist genoise cake & fresh local (when available) strawberries with Chantilly whipped cream & fresh mint (available as a gluten free option)

Country Style Carrot Cake: raisin and spices covered with pineapple buttercream icing topped with crunchy walnuts

Tuscan style Tiramisu Cake: coffee cheesecake layered with coffee drenched cake topped with tiramisu cream mousse.

Vanilla bean Cream New York Cheesecake: *an original New York style cheesecake and a buttery vanilla crust.*

Strawberry Shortcake: *three scrumptious layers of the best shortcake you've ever tasted, decorated with our own thick, dairy-fresh whipped cream and strawberry preserve, garnished with fresh strawberries.*