



EAT LOCAL,
EXPERIENCE
GLOBAL

LUNCH

COLD BUFFET

PRICES ARE PER PERSON
MINIMUM OF 10 PEOPLE
UNLESS STATED OTHERWISE

(V) -VEGAN, (VEG) -VEGETARIAN, (GF) -GLUTEN-FREE, (DF) -DAIRY FREE

CHEF'S SOUP AND SANDWICHES \$31.50

- ASSORTMENT OF DAILY SELECTION OF FRESHLY BAKED BREADS WITH WHIPPED BUTTER
- SOUP OF THE DAY

OR

- ARTISAN GARDEN GREENS WITH SUNFLOWER,
 ROASTED PUMPKIN SEED, DRIED CRANBERRIES FRESH
 VEGETABLES WITH BALSAMIC VINAIGRETTE
- SANDWICH BOARD (1.5 SANDWICH 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 IN A WRAP
 - TURKEY CLUB TOMATO, GREEN LEAF, CHEDDAR, ONION AIOLI, BACON ON A CIABATTA BUN
 - ITALIAN MEAT JARLSBERG CHEESE, MUSTARD MAYO, DILL PICKLES
 - ROASTED VEGETABLES RED PEPPER, CARROT, RED ONION, ZUCCHINI, EGGPLANT, JARLSBERG CHEESE, SPINACH & ARTICHOKE SPREAD ON QUINOA BREAD
- ASSORTED DECADENT PASTRIES
 - BROWNIES, MACAROON BARS, FLORENTINES (GF), FRESHLY BAKED COOKIES

BOXED LUNCH (EXPRESS LUNCH) \$23.50

- HEARTY SANDWICH (2 HALVES)
- COOKIE (2 PER BOX)
- KETTLE CHIPS
- PIECE OF WHOLE SEASONAL FRUIT
- ADD WATER, POP OR JUICE

+ \$4.25

WRAP ATTACK

\$31.50

- ARTISAN GARDEN GREENS WITH SUNFLOWER SEEDS, ROASTED PUMPKIN SEED, DRIED CRANBERRIES FRESH VEGETABLES & BALSAMIC VINAIGRETTE
- CHEF'S CHOICE OF WARPS AND ASSORTED FILLINGS (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 MEAT JARLSBERG CHEESE, MUSTARD MAYO, DILL PICKLES
- ASSORTED DECADENT PASTRIES
 - BROWNIES, MACAROON BARS, FLORENTINES (GF), FRESHLY BAKED COOKIES

• BOUNTY OF THE SEA

\$41.95

- NOVA SCOTIAN SEAFOOD CHOWDER
- TOSSED LEAFY GREENS WITH MARKET FRESH VEGETABLES AND BALSAMIC VINAIGRETTE
- CHEF CRAFTED MARITIME INSPIRED
 - TRADITIONAL NOVA SCOTIAN LOBSTER SALAD ON SOFT WHITE ROLL
 - TUNA SALAD ON MULTI GRAIN BROWN BREAD
- FISH CAKES WITH TARTAR SAUCE
- FRESH BAKED TEA BISCUITS, BUTTER AND PRESERVES
- NOVA SCOTIAN BLUEBERRY CRISP WITH FRESH WHIPPED CREAM

COMPOSE YOUR OWN UNIQUE LUNCH BOWL BOXES

MINIMUM OF 10

(V) -VEGAN. (VEG) -VEGETARIAN. (GF) -GLUTEN-FREE. (DF) -DAIRY FREE

APPETIZER COURSE

SELECT ONE OF OUR DELICIOUS SALADS

- TUSCAN CAFSAR 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

\$32.50

- TANDOORI CHICKEN BREAST/PANEER (FIRMED COTTAGE CHEESE), CHICKPEA, VEGETABLES, GRILLED NAAN BREAD, RICE, SPICED CREAMY CASHEW AND TOMATO SAUCE
- THE PANANG BOWL

\$30.50

 COCONUT SPICED CHICKEN BREAST, ASPARAGUS, CABBAGE, SWEET POTATO, BROWN RICE, PEANUTS, SPICY COCONUT, CILANTRO, RED CURRY SAUCES • THE LEGUME BOWL

\$30.50

 CHICKEN BREAST, MUNG BEANS, BLACK BEAN, BARLEY, ORZO PASTA, CORN, ROASTED CUMIN, MAPLE, CHILI, YOGHURT & CORIANDER DRESSING

• THE KALE BOWL (GF. V. VEG)

\$29.50

- 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)

\$29.50

 CORIANDER RICE, CORN & BEANS, ROASTED PEPPERS, ONIONS, SWEET POTATO, GUACAMOLE, PICO DE GALLO, SPICY TEMPEH, CILANTRO, CAJUN VINAIGRETTE

DESSERT COURSE

SELECT **ONE** OF YOUR FAVOURITE DESSERTS

- MILK AND DARK CHOCOLATE MOUSSE
 - SILKY, RICH & CREAMY CHOCOLATE MOUSSE 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 TRIFLES

 LAYERED DESSERT OF FRESH SUMMER BERRIES, RICH AND DELICIOUS POUND CAKE, AND FRESH WHIPPED CREAM

HOT BUFFET

PRICES ARE PER PERSON
MINIMUM OF 10 PEOPLE
UNLESS STATED OTHERWISE

(V) -VEGAN, (VEG) -VEGETARIAN, (GF) -GLUTEN-FREE, (DF) -DAIRY FREE

• TASTE OF ITALY

\$33.35

- GARLIC BREAD
- TUSCAN CAESAR SALAD
 - BABY ROMAINE, CRISP LOCAL PANCETTA, SHAVED ASIAGO CHEESE, POTATO BREAD CROUTON & CREAMY GARLIC CAESAR DRESSING
- THREE CHEESE MEAT LASAGNA WITH HERBED TOMATO SAUCE
- TUSCAN STYLE TIRAMISU CAKE
 - COFFEE CHEESECAKE LAYERED WITH COFFEE DRENCHED CAKE TOPPED WITH TIRAMISU CREAM MOUSSE
- CHOCOLATE DIPPED BISCOTTI

• PICK YOUR KEBAB

\$35.50

- MINTED NAAN BREAD (SERVED WARM IN CHAFFER)
- GARDEN GREENS WITH MARKET VEGETABLES WITH RASPBERRY VINAIGRETTE
- CHOICE OF KEBAB 5 OZ (PICK ONE)
 - PORK SKEWERS OLIVE OIL, GARLIC & FRESH
 THYME MARINATED PORK CHUNKS GLAZED WITH

 BBQ SAUCE

OR

- TANDOORI MARINATED CHICKEN SKEWERS WITH SPICED TOMATO BUTTER CREAM SAUCE DRIZZLE
- MEDITERRANEAN MARINATED GRILLED VEGETABLE SKEWERS
- BASMATI RICE WITH FRIED & GREEN ONION
- NEW YORK STYLE CHEESECAKE WITH BERRIES.

BETWEEN THE BUNS BBQ

\$30.50

- 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 4 OZ)
- SESAME SEED BURGER BUNS
- TOASTED CORNMEAL SAUSAGE BUNS
- KETCHUP, MUSTARD, RELISH
- HERB ROASTED POTATO WEDGES
- STICKY TOFFEE PUDDING
- ADD CHICKEN BREAST

+ \$4.50

ROAST CHICKEN

\$33.95

- HOUSE BAKED BREAD AND BUTTER
- GARDEN GREENS WITH MARKET VEGETABLES & HERB VINAIGRETTE
- NOVA SCOTIAN ROASTED QUARTER CHICKEN
- BBQ DIPPING SAUCE
- MIXED GRILLED VEGETABLES
- HERB ROASTED BABY POTATOES
- COUNTRY STYLE CARROT CAKE

MEMOIRES OF MUMBAI

\$36.50

- GARLIC NAAN BREAD
- MANGO CHUTNEY
- ROASTED CUMIN RAITA
- CRISPY POPPADUM'S
- TANDOORI SPICED CHICKEN WITH MAKHANI SAUCE
- CHOLE (CHICKPEAS IN CURRY GRAVY)
- BIRYANI RICE FRIED ONION, CILANTRO, CHOPPED TOMATO, BAY LEAF, CARDAMOM, CINNAMON
- MANGO AND PISTACHIO MOUSSE FLAVORED WITH ROSE WATER AND SCENTED WITH CARDAMOM

MEAT & POTATOES LUNCH

\$32.50

- HOUSE BAKED BREAD AND BUTTER
- PASTA SALAD WITH FETA AND CHICKPEA
- BARRON OF ROAST BEEF WITH PEPPER MAPLE DEMI
- FRIED MUSHROOMS
- ROASTED ZUCCHINI WITH BELL PEPPERS & ONION
- HERBED POTATO WEDGES
- STRAWBERRY SHORT CAKE

• TASTE OF THE ORIENT

\$32.50

- HOUSE BAKED ROLLS & BUTTER
- FRESH GARDEN SALAD WITH MANGO VINAIGRETTE
- CRISP SNOW PEA & RICE NOODLE SALAD
- CHOICE OF
 - CHICKEN AND BEEF STIR FRY

OR

- TOFU & VEGETABLE STIR FRY
- BASMATI RICE
- TORCHED LEMON TARTS AND FRUIT SALAD

COMPOSE YOUR OWN PLATED LUNCH

MINIMUM OF 25

(V) -VEGAN. (VEG) -VEGETARIAN. (GF) -GLUTEN-FREE. (DF) -DAIRY FREE

ALL PLATED LUNCHES INCLUDE BASKETS OF BAKERY FRESH, CHEF CRAFTED BREADS & BUTTER

APPETIZER COURSE

SELECT ONE SOUP AND ONE SALAD

SOUP

- ROASTED TOMATO SOUP
 - FIRE ROASTED ROMA TOMATOES PUREED WITH GARLIC & SWEET BASIL LEAVES, GARNISHED WITH GRANA PADANO PARMESAN SHAVINGS & SOURDOUGH CROUTONS
- ROASTED BUTTERNUT SQUASH SOUP
 - WITH TOASTED PUMPKIN SEEDS, CHOPPED CHIVES & NUTMEG CHANTILLY
- ATLANTIC SEAFOOD CHOWDER + \$4.50 PER PERSON
 - RICH AND CREAMY CHOWDER LOADED WITH MARITIME SEAFOOD INCLUDING SALMON, SCALLOPS, HADDOCK & COLDWATER SHRIMP

SALAD

- ARTISAN LEAFY GREEN SALAD
 - WITH FIELD BERRIES, BELL PEPPERS, CHERRY
 TOMATOES, TANDOORI SPICED PECANS CRUMBLED
 DANISH BLUE CHEESE & AGED BALSAMIC
 VINAIGRETTE

- TUSCAN CAFSAR 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

SELECT **ONE** OF YOUR FAVOURITE ENTRÉES

CHICKEN

HERB MARINATED BREAST OF CHICKEN

\$38.50

 PLUMP CHICKEN BREAST MARINATED WITH FRESH CHOPPED GARDEN HERBS, GARLIC & APPLE CIDER VINEGAR. PLATED WITH FIRE ROASTED ROMA TOMATO, BASIL CREAM SAUCE

BEEF

• GRILLED STRIPLOIN (6 OZ)

\$43.00

GARLIC & GARDEN HERB RUBBED TOP SIRLOIN STEAK
 WITH DOUBLE SMOKED BACON, BOURBON BBQ SAUCE
 & FRIZZLED ONIONS

FISH

• SLASH 'N BURN FILET OF ATLANTIC SALMON \$38.50

 SWEET MEETS HEAT WITH SCANWAY'S SECRET BLEND OF SPICES, PLATED WITH SWEET BASIL BEURRE BLANC

VEGETARIAN

• VEGETABLE TIMBALE

INCLUDED

 CURRIED LENTILS, SPINACH, TOFU, MUSHROOM RAGOUT, AND EGGPLANT WRAPPED IN ZUCCHINI WITH SPICED TOMATO-COCONUT CURRIED SAUCE

STARCH

SELECT ONE STARCH TO ACCOMPANY WITH YOUR ENTRÉE

- MASHED POTATOES
 - GARLIC CREAMY, BUTTERY MASHED POTATOES WITH A SMOOTH, VELVETY TEXTURE
- ROASTED BABY POTATOES
 - 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)

SIDE OF VEGETABLES

SELECT **ONE** SIDE OF VEGETABLES

- 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.

DESSERT COURSE

SELECT **ONE** OF YOUR FAVOURITE DESSERTS

- TRIPLE CHOCOLATE MOUSSE
 - SILKY, RICH & CREAMY CHOCOLATE MOUSSE 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 (GF OPTION AVAILABLE)
- COUNTRY STYLE CARROT CAKE
 - CHOCK-FULL OF FRESH CARROTS, RAISINS AND SPICES COVERED WITH A PINEAPPLE BUTTERCREAM ICING AND 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
 - ORIGINAL NEW YORK STYLE CHEESECAKE AND A BUTTERY VANILLA CRUST
- STRAWBERRY SHORTCAKE
 - THREE SCRUMPTIOUS LAYERS OF SHORTCAKE WITH THICK, FRESH WHIPPED CREAM AND STRAWBERRY PRESERVE, GARNISHED WITH FRESH STRAWBERRIES