



EST 1981 · RE-EST 2017

## LUNCH BUFFET

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PRICES ARE PER PERSON | MINIMUM OF 10 GUESTS (UNLESS STATED OTHERWISE)

### COLD BUFFET

#### 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  
(\$27.50)

#### 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  
(\$38.50)

## CHEF'S SOUP AND SANDWICHES

### SOUP OF THE DAY

FRESH BAKED ARTISAN BREADS (INCLUDING NAAN) & BUTTER

OR

ARTISAN GARDEN GREENS WITH SUNFLOWER SEEDS, ROASTED PUMPKIN SEED, DRIED CRANBERRIES FRESH VEGETABLES & BALSAMIC VINAIGRETTE  
CIABATTA BUNS, QUINOA GRAIN, BAGUETTE, MULTIGRAIN BREAD, SUNDRIED TOMATO 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, MACARON BARS, FLORENTINE, FRESH BAKED COOKIES

(\$21.95)

### WRAP ATTACK

ARTISAN GARDEN GREENS WITH SUNFLOWER SEEDS, ROASTED PUMPKIN SEED, DRIED CRANBERRIES FRESH VEGETABLES & BALSAMIC VINAIGRETTE WITH CHEF'S CHOICE OF WARPS 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)  
(\$21.95)

#### BOXED LUNCH (EXPRESS LUNCH)

HEARTY SANDWICH (2 HALVES) JUMBO COOKIE (2PER BOX) KETTLE CHIPS  
\$17.50  
PIECE OF WHOLE SEASONAL FRUIT  
(\$2.25)  
ADD ON JUICE OR WATER  
(\$3.50)

### LUNCH BOWL BOXES

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 CRUMBLD 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

TANDOORI CHICKEN BREAST/PANEER (FIRMED COTTAGE CHEESE) /CHICKPEA  
/VEGETABLES /GRILLED NAAN BREAD/RICE/ SPICED CREAMY CASHEW AND  
TOMATO SAUCE.

(\$29.50)

### THE PANANG BOWL

COCONUT SPICED CHICKEN BREAST/ASPARAGUS/CABBAGE/SWEET POTATO/BROWN RICE/PEANUTS /SPICY COCONUT, CILANTRO RED CURRY SAUCES  
(\$29.50)

### THE LEGUME BOWL

CHICKEN BREAST/MUNG BEAN/BLACK BEAN/BARLEY/ORZO PASTA/CORN/ROASTED CUMIN, MAPLE, CHILI, YOGURT & CORIANDER DRESSING  
(\$29.50)

### THE KALE BOWL

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  
(\$28.50) (GF, V, VEG)

### SOUTHWEST RICE BOWL

CORIANDER RICE/ CORN & BEANS/ ROASTED PEPPERS/ ONIONS/ SWEET POTATO/ GUACAMOLE/ PICO DE GALLO/ SPICY TEMPEH/ CILANTRO/ CAJUN VINAIGRETTE  
(\$28.50) (GF, V, DF)

### DESSERT

PLEASE SELECT ONE OF YOUR FAVOURITE 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

## **HOT BUFFET**

### **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

(\$28.00)

### **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  
(\$28.00)

PICK YOUR KEBAB  
(MINIMUM 15 GUESTS)

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.

(\$28.95)

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 (\$3.50)

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

(\$28.75)

MEMOIRES OF MUMBAI

TANDOORI SPICED CHICKEN WITH MAKHINI SAUCE  
CHOLE (CHICK PEAS IN CURRY GRAVY)  
BIRYANI RICE (FRIED ONION, CILANTRO, CHOPPED TOMATO, BAY LEAF,  
CARDAMOM, CINNAMON)  
GARLIC NAAN BREAD  
MANGO CHUTNEY  
ROASTED CUMIN RAITA  
CRISPY POPPADUMS  
MANGO AND PISTACHIO MOUSSE FLAVOURED WITH ROSE WATER AND  
SCENTED WITH CARDAMOM  
(29.75)

MEAT & POTATOES LUNCH

HOUSE BAKED BREAD AND BUTTER  
COLESLAW  
PASTA SALAD  
GRILLED STRIPLON STEAKS WITH BOURBON BACON BBQ SAUCE (5 OZ EACH)  
FRIED MUSHROOMS  
ROASTED BELL PEPPERS, ONION & ZUCCHINI  
HERBED POTATO WEDGES  
STRAWBERRY SHORT CAKE  
(\$33.75)

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 STIRFRY  
BASMATI RICE  
TORCHED LEMON TARTS AND FRUIT SALAD  
(\$27.50)

ALL PRICES ARE SUBJECT TO 18% ADMIN FEE AND 15% HST