



Two Course Plated Lunch

All selections include: **One** Entrée, **One** Dessert & Freshly Brewed Coffee or Tea

Minimum of twenty (20) guests

Surcharge of \$1.95 per person will apply to groups under 20 guests

Available from 11:00am-1:30pm

Entrées Please select **one** of the following for the group

Spicy Chicken Caesar Tostada

Crisp romaine lettuce tossed with garlic croutons, parmesan cheese & our homemade dressing

Served in a tostada shell, topped with a tender charbroiled chicken breast

19.95

***Crunchy Chicken Salad (* no tostada shell)**

A tasty seasoned chicken breast sliced & served in a crunchy tostada shell,

Brimming with fresh lettuce & vegetables, served with our own peppercorn ranch dressing

19.95

Lasagna & Caesar Salad (Vegetarian option available)

Layers of ricotta cheese topped with melted mozzarella, parmesan & cheddar cheese,

Accompanied by a crisp Caesar salad & garlic bread (provided in place of rolls & butter)

Please select **one** option: rich meaty tomato, vegetarian tomato **or** chicken in béchamel

19.95

Baked Quiche (Vegetarian option available or Gluten Free option: Pasta Primavera)

Served with a garden salad

Please select **one** option; ham & Swiss, mushroom & chèvre **or** broccoli & smoked cheddar

19.95

***Oriental Stir-Fry (Vegetarian option available)**

An oriental stir-fry with sautéed vegetables tossed in a ginger garlic sauce, served over seven-grain rice

complemented with crisp wontons. Please select **one**: pork, chicken **or** tofu

18.95

Chicken Wrap (Vegetarian option available)

Chicken & rice simmered in an adobo tomato chili salsa encased in a soft flour tortilla accompanied by a fresh salad

Please select **one**: mixed greens garden **or** Caesar salad

19.95

***Fish & Chips (*no batter)**

Two fillets of Atlantic haddock lightly battered, served with French fries, creamy coleslaw & homemade tartar sauce

19.95

Desserts Please select **one** of the following for the group

- **Apple Crisp** served with whipped cream
- **Strawberry Mousse**
- **Double Fudge Brownie** with raspberry coulis

Freshly Brewed Coffee or Tea

**Other Beverages (such as Soft Drinks) available for an additional fee*

**Gluten Free Available at an additional cost*



Buffet Lunch Selections

Minimum of thirty (30) guests

Surcharge of \$1.95 per person will apply to groups under 30 guests

Available from 11:00am-1:30pm

Pizza & Salads *This selection includes; Caesar Salad & Pasta Salad*

Please select any **two** of the following pizzas for 18.95 per person

Please select any **three** of the following pizzas for 19.95 per person

- Meat Lovers
- Barbeque Chicken
- Vegetarian
- Greek
- The Works
- Three Cheese

*Chicken Breast with one Salad selection & Basmati Rice

- Pico de gallo (fresh tomato & cilantro)
 - Roast bell pepper cream sauce
 - Fresh herb garlic cream
 - Tomato basil
 - Curry & chili coconut
 - Cucumber mint yogurt
 - Orange & jalapeño honey
- 19.95

Salad Selection *please select one:*

- Caesar
- Mixed Greens Garden
- Vegetable & Pasta
- Spinach & Orange

*Chili & Salads (Vegetarian option available)

Our chili features a mixture of ground beef, tomatoes & beans enhanced with cumin & garlic

18.95

Salad Selection *please select two:*

- Caesar
- Mixed Greens Garden
- Vegetable & Pasta
- Spinach & Orange

*Deli Meat Sandwiches with Soup (or select Mixed Greens Garden Salad for your group)

Assorted breads with shaved deli meats, including peppercorn roast beef, smoked chicken, pastrami, smoked meat and vegetable wraps

22.95

*Classic Sandwiches with Soup (or select Mixed Greens Garden Salad for your group)

Our classic sandwich assortment of egg salad, ham & cheese, tuna & vegetarian wraps

19.95

Soup Selections *please select one: *gluten free option selected for group*

- *Corn Chowder
- Cream of Broccoli
- *Minestrone
- Mushroom Bisque
- *Valley Vegetable
- *Chicken Vegetable
- Fish Chowder (add 2.95 per person)

Add an additional soup or salad **2.95** per person per additional item

Desserts *Please select one of the following for the group*

- Apple Crisp served with whipped cream
- Strawberry Mousse
- Sweet Tray
- Double Fudge Brownie with raspberry coulis

Freshly Brewed Coffee or Tea

*Other Beverages (such as Soft Drinks) available for an additional fee

*Gluten Free Available at an additional cost



Design Your Own Lunch Buffet

All selections include: Two Salads, One Entrée, One Dessert & Freshly Brewed Coffee or Tea

Minimum of thirty (30) guests *Surcharge of \$1.95 per person will apply to groups under 30 guests*

Available from 11:00am-1:30pm

Entrées *Please select **one** of the following for the group*

Seafood Mélange

A Nova Scotia medley of seafood simmered in a brandy cream sauce served over rice

21.95

Italian Style Lasagna (Vegetarian option available)

Layers of ricotta cheese, topped with melted mozzarella, Parmesan

served with cheddar cheese garlic bread (provided in place of rolls & butter)

Please select **one**: rich meaty tomato, vegetarian tomato or chicken in béchamel

19.95

***Oriental Stir-Fry (Vegetarian option available)**

An oriental stir-fry with sautéed vegetables tossed in a ginger garlic sauce with seven-grain rice & crisp wontons. Please select **one**: pork, chicken or tofu

19.95

***Pasta Primavera (Vegetarian)**

Fusilli noodles tossed with choice of sauce

Please select **one**: rich tomato & chunky vegetable sauce or garlic cream & vegetable sauce

18.95

Salads *Please select **two** of the following*

- Caesar
- *Mixed Greens Garden
- Vegetable & Pasta
- *Spinach & Orange
- *Coleslaw

Dessert *Please select **one** of the following*

- Apple Crisp
- Sweet Tray
- Strawberry Mousse
- *Chocolate Mousse

Freshly Brewed Coffee or Tea

**Other Beverages (such as Soft Drinks) available for an additional*

**Gluten Free Available at an additional cost*