CATERING MENU
LUNCHES

Minimum 6 people. All pricing is per person.

**SOUPS**
*All soups served with crackers*

<table>
<thead>
<tr>
<th>Soup</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Creamy Cauliflower &amp; Cheddar</td>
<td>$4</td>
</tr>
<tr>
<td>Vegan Minestrone Soup</td>
<td>$4</td>
</tr>
<tr>
<td>Chicken Noodle Soup</td>
<td>$4</td>
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</tbody>
</table>

**SALADS**
*All salads are served family style with a side salad having 1 cup per person, and a full having 2 cups per person. Individual packaged salads are available for an extra $1 per person.*

<table>
<thead>
<tr>
<th>Salad</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Rainbow Thai Noodle</td>
<td>$4 side</td>
</tr>
<tr>
<td>Marinated Pasta Salad</td>
<td>$4 side</td>
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<tr>
<td>Classic Greek Salad</td>
<td>$4 side</td>
</tr>
<tr>
<td>Penne Pasta Salad</td>
<td>$4 side</td>
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<tr>
<td>Chunky Fresh Fruit Salad</td>
<td>$4 side</td>
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<tr>
<td>Baked Red Potato Salad</td>
<td>$4 side</td>
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<tr>
<td>Orzo and Tomato Salad</td>
<td>$5 side</td>
</tr>
<tr>
<td>Roasted Vegetable Salad</td>
<td>$5 side</td>
</tr>
<tr>
<td>Southwestern Quinoa &amp; Black Bean Salad</td>
<td>$5 side</td>
</tr>
<tr>
<td>Red Lentil Salad with Balsamic Vinaigrette</td>
<td>$5 side</td>
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<tr>
<td>Classic Caesar Salad</td>
<td>$5 side</td>
</tr>
<tr>
<td>Spinach Salad</td>
<td>$5 side</td>
</tr>
<tr>
<td>Garden Salad</td>
<td>$5 side</td>
</tr>
</tbody>
</table>

Choice of dressing: Herb, Balsamic, Raspberry, Italian Vinaigrette, Creamy Ranch or Chunky Blue Cheese
SANDWICHES AND WRAPS

Hearty Sandwiches Trays
All sandwiches made on whole grain breads, or croissants. 2 halves per person.
$7
Roast Turkey & Swiss Cheese with Mango Chutney, and Mayo
Chicken and Avocado, Red Onion, Roasted Red Pepper, and Mayo
Vegetables with Cheese and Horseradish Aioli
Egg Salad with Celery and Green Onion
Roast Beef with Vegetable, and Horseradish Aioli
Black Forest Ham and Cheddar and Mustard
Tuna Salad with Cheddar, Red Onion, Scallions, and Lettuce
Pastrami with Sauerkraut and Horseradish Aioli

Open Face Sandwich Trays
All of the above sandwiches can be ordered as open-face
$6.5

Tea Sandwiches
All above sandwiches can be ordered as tea sandwiches, crust removed and cut into quarters.
$7.5

Wraps
2 halves per person
$7
Thai Chicken
Shredded Roast Chicken, Spicy Peanut Sauce, Bean Sprout and Carrot
Turkey Club
Roast Turkey, Ham, Lettuce and Tomato
Chicken Caesar
Shredded Roast Chicken, Romaine Lettuce, Swiss and Garlic Caesar Dressing
Chicken Jerk
Shredded Roast Chicken, Red Cabbage, Carrot, Brown Rice and Spicy Jerk Sauce
Beef and Mushroom
Roast Beef, Mushroom, Sauté Onion, Cheddar, Lettuce in BBQ Sauce
Tuna Salad
Fresh Tuna Salad with Tomato, Cucumber, Lettuce and Cheddar with Mayo
Southwestern Veggie
Black Bean, Corn, Bell Pepper, Guacamole, Tomato, Salsa and Cheddar
Thai Vegetable
Julienne Vegetables, Bean Sprouts, Brown Rice and Spicy Peanut Sauce
Fresh Vegetable
Julienne Carrot, Bell Pepper, Tomato, and Cucumber with Hummus & Tzatziki
Egg Salad
Farm Fresh Eggs, Celery, Green Onion, Lettuce with Mayo

LUNCH ON THE GO
$12.95
Individually packaged boxed lunches for any number of people.
Choose any one salad, hearty sandwich or wrap from above.
Includes a fresh baked cookie, a whole fruit and a Minute Maid juice can.
SALAD BOWLS

Southwestern Beef Salad Bowl $9.5
Roast Beef Strips, Mixed Greens, Red Pepper, Tomato, Red Onion, Carrot and Corn with a Lime Chipotle Dressing

Asian Chicken Salad $9.5
Teriyaki Chicken Breast, Mixed Greens, Rice Noodles, Shredded Carrot, julienred Red Pepper, Shredded Red Cabbage, Green Onion Slices, with a Thai Peanut Dressing

Rainbow Salad Bowl $9.5
Mixed Green with Mandarin Oranges, Sliced Strawberries, Chopped Kiwi, and Red Grapes, Sprinkled with Feta Cheese, Toasted Almonds and Dried Cranberries with Raspberry Vinaigrette

Build Your Own Salad Bowl $9.5
Chose any salad from our salad list, and add chicken, beef, or tofu.

LUNCH BUFFETS

The Office Lunch $11
Choice of: creamy cauliflower cheddar soup, minestrone soup, or garden salad with a roasted onion Dijon vinaigrette
Assorted sandwiches on whole grain breads, and a variety of deli meats & fillings (turkey breast, black forest ham, roast beef, pastrami, tuna salad, and egg salad)
Includes 1 sandwich per person. Add $6 for extra sandwich per person.

Taco Bar $17
Choice of vegetarian, shredded chicken, or beef filling (minimum of 12 servings per filling)
Includes 2 hard crispy shells per person.
Toppings include fresh salsa, sour cream, jalapeno peppers, guacamole, and shredded cheese
Served with a quinoa black bean salad.

Captain Nemo $12
Seafood Chowder served with assorted open-faced sandwiches (2 halves per person) and a fresh fruit salad.

Thai Delight $13
Yellow curry with your choice of chicken or vegetables.
Served with basmati rice with diced vegetables, garlic naan bread and, Rainbow Thai salad with a cilantro soy dressing.

Lighter Side $14
Your choice of quiche: chicken with sundried tomatoes & fresh basil, seafood with fresh dill, spinach with feta cheese, or black forest ham with cheddar & broccoli.
Served with house salad with a roasted onion Dijon vinaigrette or classic Greek salad.

Taste of the East $14
Your choice of stir-fry: chicken, beef, shrimp or tofu.
Served with basmati rice with diced vegetables.
Includes your choice of a garden salad with a mandarin vinaigrette or crisp snow pea & rice noodle salad.

Heritage Lunch $12
Perogies smothered in buttery onions, garlic sausages, and sweet cabbage rolls in a tomato sauce. Served with sour cream.
Include cole-slaw with a vinaigrette dressing
### Country Classic Chili
Your Choice of hearty beef, chicken or vegetable. Served with home baked Cheddar Scone and your choice of marinated pasta salad in a vinaigrette, or house salad with a roasted onion Dijon vinaigrette.

**$12**

### Southern BBQ
Roast BBQ Chicken served with twice baked potato, and your choice of a roasted vegetable salad, or house salad with a roasted onion Dijon vinaigrette. Includes corn & cheddar biscuits and butter.

**$14**

### Beef Stroganoff
Sautéed tender beef strips and mushroom served in a creamy sauce over noodles with a Garden Salad with a roasted onion Dijon vinaigrette. Includes house baked rolls and butter.

**$14**

### Taste of India
Your choice of chicken or paneer tikka masala. Served with basmati rice with diced vegetables and red lentil salad with garlic and cilantro. Includes naan bread and mint yogurt raita dip.

**$14**

### PASTA BUFFET

#### Meat Lasagna
Layers of pasta, Bolognese, cottage cheese, spinach and mozzarella cheese. Served with garlic bread and your choice of a Caesar salad, or an orzo tomato salad.

**$14**

#### Seven Vegetable Lasagna
Rich tomato sauce with onion, zucchini, red and green bell peppers, carrot, and celery. Served with garlic bread and your choice of a Caesar salad, or a bruschetta salad.

**$14**

#### Four Cheese Tortellini
Four cheese tortellini in a fire roasted tomato sauce. Served with your choice of a Caesar salad or a classic Greek salad. Includes fresh baked rolls and butter.

**$15**

#### Pasta Bar
Your choice of noodles: penne, rotini, fusilli, spaghetti, fettuccine. Choose two sauces to top with: Bolognese, Marinara, or Alfredo. Comes with garlic bread and a house or Caesar salad.

**$13**

### BUDDHA BOWLS

#### Coconut Rice with Tofu
Spicy marinated tofu with vegetable slaw over Jasmine Coconut Rice with a peanut butter vinaigrette dressing and cashew garnish.

**$16**

#### Teriyaki Salmon Bowl
Teriyaki salmon over brown rice with wilted spinach bed garnished with avocado.

**$19**

#### Salmon Poke Bowl
Rich salmon sashimi in a sriracha sesame sauce with sweet onion, crunchy tobiko, creamy avocado and cilantro served over steamed rice

**$19**

#### Quinoa & Sweet Potato Bowl
Quinoa, sweet potato and avocado with a tangy dressing topped off with a sunny side up egg.

**$16**
GOURMET PIZZA
All pizzas are made with our own spicy tomato sauce and 26% mozzarella cheese

18” Crust Cut into 10 or 12 slices $26
12” Crust Cut into 6 or 8 slices $17

Four Cheese
Blend of Parmesan, Swiss, Cheddar and Mozzarella
Barbeque Chicken
BBQ Sauce, Shredded Chicken, Red & Green Pepper, Mushroom, Onion
Ham & Pineapple
Smoked Ham and Chunks of Pineapple
Pepperoni
Pepperoni with cheese
Pepperoni Deluxe
Pepperoni, Mushroom and Green Pepper
Italian Sausage
Italian Sausage, Red & Green Pepper, Mushroom, Black Olives
Vegetarian
Zucchini, Red & Green Pepper, Mushroom, Red Onion, Broccoli

Gluten Free
10” crust with your choice of toppings from above $18

18” Vegan Crust Cut into 10 or 12 slices $32
12” Vegan Crust Cut into 6 or 8 slices $21
Zucchini, Red & Green Peppers, Mushroom, Red Onion, Broccoli with Soy Based Cheese

LUNCH ADD ONS

Drink Bar
Coffee, tea, and assorted juices $2.5

Coffee
Colombian (medium roast), Rocket Fuel (dark roast), Guatemalan (light roast),
or Cascadia Decaf (medium dark roast) $1.5

Assorted Soft Drinks
Coca-Cola brands $1.75 cans
$2.5 bottles

Updated: July 17, 2019
## PLATED, THREE COURSE LUNCHES

### Braised Chicken Legs

**1st Course**
- Fresh Seasonal Greens

**2nd Course**
- Tomato braised chicken legs finished with hunters’ sauce, sweet potato pavé seasonal roasted vegetable and cheese “cracker”.

**3rd Course**
- Chocolate Mousse - Duo of dark and white chocolate mousse, chocolate pearls, seasonal berries and Chantilly cream

Price: **$20**

### Star Anise Salmon

**1st Course**

**2nd Course**
- Salmon marinated in soy, star anise and lemongrass, ponzu glazed bok choy, yam puree and fried sushi roll. Fresh Baked Rolls with Butter.

**3rd Course**
- Key Lime Pie

Price: **$22**

### Roasted Pork Loin

**1st Course**
- Spinach Salad with Butter Milk Dressing

**2nd Course**
- Pan roasted pork loin with green grapes. Served with Fresh Artisan Breads, roasted baby red & white potatoes, and buttered carrots.

**3rd Course**
- Rich Dark Chocolate Cake

Price: **$23**