



CORPORATE BOXED LUNCH & BOWLS

2023

BOXED LUNCH - SANDWICH

Minimum order 10 boxes

Box, napkin, fork and labelled with name or choice of sandwich

Choice of Full Sandwich

Please choose from our full sandwich listing and poll your group

We recommend two proteins/1 vegetarian for selections; minimum orders apply

+

Choice of Salad:

One choice for the group

Spring Mix Salad with red onion, sunflower seeds, pepita seeds, dried cranberries and crumbled goat cheese (side garlic balsamic dressing)

OR

Caesar Salad with creamy garlic dressing, focaccia croutons, crumbled bacon and shaved parmesan cheese

+

Choice of Side:

One choice for the group

Small Fruit Cup

OR

Yogurt Parfait with Berries and Side Granola

+

Dessert

One choice for the group

Dessert Cookie

OR

Potato Chips

OR

Carnival Popcorn

+

Beverage variety or pre-choice

Require a gluten free meal? Replace sandwich bread with gluten free bread for an extra fee; or make it a larger salad with side protein for the regular price





POWER BOWLS

*COLD BOWLS AND SALADS THAT PACK A POWERFUL PUNCH!
LABELED WITH NAME OR ALLERGY OR PROTEIN
NAPKIN AND FORK AND KNIFE INCLUDED*

MINIMUM 6 BOWLS PER SELECTION

MOROCCAN CHICKEN SALAD BOWL

Israeli cous cous with roasted butternut squash, sliced Moroccan spiced chicken, crumbled feta cheese, sweet onion balsamic, toasted chick peas, cilantro, honey roasted carrots, sliced apricots

VEGAN POWER BOWL

Kale, quinoa, avocado, roasted sweet potatoes, roasted chickpeas, toasted almond, salt and pepper broccoli, falafel, citrus vinaigrette

GINGER, SOY, SESAME CRUSTED SALMON BOWL

Ginger, soy and sesame roasted salmon filet, spinach and lemon basmati rice, crunchy baby bok choy, crunchy water chestnuts

COBB SALAD

Crisp lettuce tossed in honey mustard dressing topped with grilled chicken, bacon bits, cherry tomato, cucumber slices, hard-boiled egg and blue cheese

HOT SLAW BOWL

Chicken OR flank OR tofu, napa cabbage julienned carrot, celery, red onion, red and green pepper sautéed in sesame oil, tossed with rice wine vinegar topped with sesame seeds on rice

GRILLED CHICKEN BOWL

Seasoned and herbed grilled chicken, grated beets and carrot over basmati rice with soy sauce and a maple cashew ginger sauce

SALMON BOWL

Blackened Atlantic salmon over basmati rice with a tomato corn salsa, roasted red pepper, cilantro, and avocado slices

TUNA POKE BOWL

sashimi grade tuna, edamame, mixed peppers, radish, red onion, basmati rice, with a maple ginger and soy vinaigrette