


# CORPORATE LUNCH BUFFET

2023 MENU OPTIONS





# buffet lunch menu

## **BOXED LUNCHES**

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PLEASE SEE OUR BOXED LUNCH AND BOWLS MENU FOR CUSTOMIZED OPTIONS

## **SANDWICH PLATTERS**

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PLEASE SEE OUR SANDWICH LUNCH MENUS FOR CUSTOMIZED OPTIONS

## **SALADS**

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PLEASE SEE OUR SALAD MENUS FOR CUSTOMIZED OPTIONS

## **A LA CARTE PROTIENS**

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### **CHICKEN**

CHICKEN SUPREME WITH HERB RUB, CHICKEN JUS

MOROCCAN SPICED CHICKEN  
WITH NUTMEG AND MAPLE SCENTED BUTTERNUT SQUASH PUREE

CAJUN CHICKEN SUPREME, PAN JUS

CHICKEN SUPREME FILLED WITH GOAT CHEESE, HERBS AND ROASTED MUSHROOMS

CHICKEN SUPREME FILLED WITH DATE, GORGONZOLA AND PECAN

WHISKEY BBQ CHICKEN

CHICKEN SUPREME WITH ROASTED MUSHROOMS AND MARSALA SAUCE

CHICKEN CURRY, THAI COCONUT CREAM

### **SALMON**

SESAME CRUSTED SALMON WITH GINGER, SOY REDUCTION AND SCALLIONS

SALMON WITH CAPER BUTTER, LEMON DILL AIOLI MARINADE

TERIYAKI STYLE SALMON

### **BEEF**

BEEF SHORT RIB WITH PORTER REDUCTION SAUCE

BEEF TENDERLOIN, HERB RUBBED WITH AUS JUS

BEEF TENDERLOIN, CHIMICHURRI SAUCE

### **PORK**

FIVE SPICE AND SCHEWAZN PORK BELLY WITH RHUBARB CHUTNEY

PORK TENDERLOIN WRAPPED WITH PROSCIUTTO AND HERBS

PORK TENDERLOIN WITH APPLE CHUTNEY

### **OTHER**

DUCK BREAST WITH POMEGRANATE PORT REDUCTION

HERB RUBBED TURKEY, TURKEY AND SAGE GRAVY AND ORANGE ZEST CRANBERRY SAUCE

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## A LA CARTE VEGAN AND VEGETARIAN

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MUSHROOM WELLINGTON WITH HERBS, BREAD AND MIREPOIX STUFFING WITH MUSHROOM JUS

THAI GREEN CURRY WITH CHICKPEAS, BAMBOO SHOOTS, VEGETABLES (VEGAN)

EGGPLANT PARMESAN, MARINARA AND PANKO CRUST

GNOCCHI WITH RATATOUILLE OF VEGETABLES, MARINARA (VEGAN)

CAULIFLOWER STEAKS WITH SCALLION, CILANTRO AND LIME SAUCE (VEGAN)

THREE BEAN VEGAN CHILI (VEGAN)

## STARCH SIDES

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GARLIC WHIPPED MASHED POTATOES

ROASTED HERBED MINI POTATOES

FRIED RICE, EGG, SCALLION, GINGER SOY

HERBED AND LEMON BASMATI RICE

CAULIFLOWER BUTTER MASHED

MASHED PARSHIPS WITH CRISY PANCETTA AND SHALLOT

ISRAELI COUSCOUS WITH APRICOTS AND CURRANTS

## VEGETABLE SIDES

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MIXED GRILLED BALSAMIC SUMMER VEGETABLES

ROASTED BRUSSEL SPROUTS WITH PINE NUTS, BACON

ROASTED CARROTS WITH HONEY, ORANGE AND ROSEMARY

ROASTED CARROTS, HONEY AND GARAM MASALA

GREEN BEANS, LEMON ZEST AND CRUSHED GARLIC

SPRING ASPARAGUS WITH LEMON, OIL AND CRUSHED GARLIC

SPRING ASPARAGUS WITH OLIVE OIL AND PARMESAN CRUST

PARMESAN AND GRUYERE ROASTED CAULIFLOWER

POTATO SALAD WITH DILL, RED ONION AND DIJON AIOLI DRESSING

SEASONAL VARIETIES - PLEASE INQUIRE

# buffet lunch menu



## PASTA - MAINS OR SIDES

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SQUASH RAVIOLI WITH BROWN BUTTER AND SAGE SAUCE

GEMELLI PASTA, LEMON THYME CREAM SAUCE, PARMESAN, SUNDRIED TOMATOES AND SPRING PEAS

GNOCCHI WITH RATATOUILLE OF VEGETABLES, MARINARA (VEGAN)

PASTA AL POMODORO WITH BASIL CHIFFONADE (VEGAN) WITH PARMESAN (VEGETARIAN)

PASTA STROGONOFF WITH MUSHROOMS, HERBS AND SUNDRIED TOMATOES, CASHEW CREAM (VEGAN)

ROASTED CHICKEN, SUNDRIED TOMATO AND RED ONION SERVED OVER FETTUCCINE TOPPED WITH A SUNDRIED TOMATO PESTO CREAM SAUCE

BALSAMIC MARINATED GRILLED VEGETABLES, BLACK OLIVES AND PENNE TOPPED WITH A BASIL PESTO BUTTER SAUCE AND FETA CHEESE

PASTA BOLEGENESE WITH PENNE NOODLES AND SHARED PARMESAN

PASTA SALADS - PLEASE SEE SALAD MENU

## SOUPS - SEASONAL

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LEEK AND POTATO SOUP WITH HERB POISTU

CELERIAC AND PEAR SOUP WITH STILTON AND WALNUTS

COCONUT CURRIED SOUP, CARROT SLAW WITH RAISIN GARNISH

BUTTERNUT SQUASH SOUP, PEPITAS AND CREME FRAICHE

CREAM OF MUSHROOM SOUP, CARAMELIZED ONIONS

CURRIED CARROT AND APPLE SOUP

GINGER CARROT SOUP, FRIED CARROT CHIP

POTATO SOUP PUREE WITH SOUR CREAM, CHIVE, BACON CRUMBLE



# *lunch package sample menus*

## **TACO BAR**

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Corn Masa Tortilla (2 pp)

Spiced shredded beef / Smoked BBQ pulled chicken

Accompanied with lime zest guacamole, tomato salsa, sour cream, hot sauce

Toppings include diced tomatoes, scallion green onions, cheddar cheese, shredded lettuce and jalapeno slices

Seasoned Mexican Rice

Corn and bell pepper chopped salad with lime dressing

Dessert of mixed cookies

Selection of Perrier and Soda

## **GREEK INSPIRED**

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Greek Salad - romaine greens, onion, black olives, tomatoes, feta and cucumber in a Mediterranean dressing

Chicken Souvlaki Skewers with oregano

Grilled Greek pita bread with sea salt and butter

Lemon scented white jasmine rice

Tzatziki sauce of cucumber and yogurt based sauce

Assorted Dessert Tray

Selection of Perrier and Soda

## **THAI INSPIRED**

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Mixed Greens Salad - Crumbled Goat Cheese, Red Onion, Pepita Seeds, Sunflower Seeds, Dried Cranberries with a Garlic Balsamic

Thai Chicken Red Curry with Bell Peppers, Snap Peas, Green Beans and Cauliflower Florets with chicken

OR

Thai Vegan Green Curry with Bell Peppers, Snap Peas, Green Beans and Cauliflower Florets

Lemon Scented Jasmine Rice

Toasted Buttered Naan Bread Triangles

Mixed Desserts Platter

Selection of Perrier and Soda



# *lunch package sample menus*

## **ITALIAN INSPIRED**

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Fresh garlic bread

Hearts of Romaine Salad - Garlic dressing, focaccia croutons, crisp lardons, shaved parmesan, cracked pepper

Chicken Parmesan - Herbed tomato sauce, parmesan mozzarella blend, baked in oven

OR

Eggplant parmesan with panko crust and marinara

Gemelli pasta with a thyme lemon cream sauce, snow peas and cremini mushrooms

Cannoli and Tiramisu Tray

Selection of Perrier and Soda

## **CONTINENTAL FARE**

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Fresh Bread Rolls with Butter

Mixed Greens salad with apple, walnuts, blue cheese with apple vinaigrette

Stuffed Chicken Supreme with blue cheese, dates and walnuts

Pork Tenderloin wrapped in prosciutto with apple chutney

Roasted herbed mini potatoes

Roasted carrots with honey, orange and rosemary

Green Beans with crushed garlic and lemon zest

Assorted Dessert Tray

Selection of Perrier and Soda



# *desserts & beverages*

## **DESSERTS**

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Chocolate Chip Cookies  
Double Chocolate Cookies  
Oatmeal Chocolate Chip Cookies  
Shortbread Cookies  
Mixed Cookie Platter  
Cannolis  
Cream Horns  
Mini Cheesecakes  
Mini Chocolate Mousse  
Lemon Meringue Tarts  
Tiramisu Squares  
Butter Tarts - Raisin and Plain  
Nanaimo Bars  
Date Squares  
Brownies  
Mixed Pastry Platter  
Mixed Cookie Platter  
Mixed Square Platter  
Mix of Everything Platter

## **BEVERAGES**

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Selection of Sodas  
Perrier  
Water  
Juices - Apple, Orange, Cranberry, Pineapple  
Green Juices  
Smoothies  
Milk/Chocolate Milk  
Coffee  
Teas and Hot Water  
Cream, Milk, Sugar, Honey  
Bar Services Available

# *policies*



## **POLICIES**

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Please contact us for your customized menus.

Minimum orders will apply.

We don't price online due to copy artists and market fluctuations with food costs. Please see your quote for pricing or contact us to discuss your budget and needs. We apologize in advance.

Please allow 48 hours or more for small orders. Medium and large orders will require more time. Please email us with date availability and details to ensure we exceed your expectations. Staffed and large scale events may require 30 days + notice.

Menu items can be adjusted for room temperature where applicable.

Please note, delivery, set up and provincial taxes to be quoted.

Disposable plates, cutlery, napkins can also be provided at your request.

Dietary Restrictions/Allergies: we are happy to work with you to customize your menu or adapt to your needs and groups allergies or restrictions. Speak with us and we will make it happen!

Delivery times: please allow for 1/2 hour buffer of delivery to our drivers (especially in the winter months). When ordering please provide your meal time and your set up time. Delivery fees are based on location from our kitchen in Oshawa, staff time and gas.

Rentals: if required, will gladly be arranged for your ease of service. Otherwise, all items are delivered in disposable bowls, platters, and hot items in foil pans.

Staffing: minimum 4 hours per person per event. Gratuity of 15% will be added where staffing is required. For larger events please note a team lead, chef, kitchen hands and servers will be quoted. We offer bar staffing as well.

Payments are net 30 days for all corporate accounts.

We offer event planning management if you require this service.