

## BUILD YOUR OWN LUNCH – Hot

### Pick a Salad:

- **Perfect Garden – Vegan & Gluten Free**
  - Mixed greens, carrots, tomato, cucumber and pepperoncini with sweet onion vinaigrette.
- **Classic Greek – Vegetarian & Gluten Free**
  - Tomatoes, cucumber, red onion, romaine & vinaigrette topped with Kalamata olives and feta.
- **Traditional Caesar**
  - Romaine lettuce, bacon bits, seasoned croutons tossed with Caesar Dressing with Parmesan
- **Taste Spinach – Vegetarian & Gluten Free**
  - Baby spinach topped with blue cheese, apple bits and slivered almond with pear vinaigrette.
- **Gourmet Greens – Vegetarian & Gluten Free**
  - Organic greens, sunflower seeds, blueberry and goat cheese with balsamic honey dressing.
- **Thai Noodle – Vegan & Gluten Free**
  - Zucchini noodles, micro greens, red pepper, cucumber and a soy dressing.
- **Quinoa – Vegan & Gluten Free**
  - Ancient grain quinoa, chick peas, green onion, parsley and lime olive oil dressing.
- **Kale Salad – Vegan & Gluten Free**
  - Kale, radicchio, green & purple cabbage, broccoli, roasted pumpkin seeds and dried cranberries with sweet onion vinaigrette.

### Pick an Entree:

- **Comfort Foods - \$ 14.95 per Person**
  - **Beef Chili with Rice – Gluten Free**
  - **Beef Bourguignon with Mashed Potato – Gluten Free**
  - **Turkey Ala King with Rice – Gluten Free**
  - **Lasagna – Meat, Chicken or Seafood with Garlic Toast -**
- **Gourmet Selections - \$ 16.95 per Person**
  - **Stuffed Chicken Supreme – Gluten Free**
    - Boneless chicken breast stuffed with Spinach and Feta Cheese served with Sweet Potato Mash and Mixed Vegetable
  - **Maple Glazed Salmon – Gluten Free**
    - Salmon Fillet glazed with maple butter and served with Rice and Mixed Vegetable.
  - **Pork Chops – Gluten Free**
    - 2 Center Cut Pork Loin Chops, Topped with Caramelized Onion and Apple. Served with Roast Potato and Mixed Vegetable
  - **Chicken Parmesan**
    - Breaded chicken breast topped with Marinara Sauce and Mozzarella Cheese. Served with Fettuccine Marinara and Mixed Vegetable
- **Vegetarian Options - \$16.95 per Person**
  - **Vegetarian Pasta – Lasagna, Tortellini or Penne**
  - **Moroccan Vegetable Stew – Vegan & Gluten Free**
  - **Canadian Maple Chili – Vegan & Gluten Free**
  - **Curried Cauliflower and Chick Peas – Vegan & Gluten Free**

### Want Dessert – Add \$2.95 per person

- **Fresh Fruit Tray – Vegan & Gluten Free**
- **Assorted Dessert Squares – Gluten Free Available for \$1.00 extra per person**
- **Assorted Cookies – Gluten Free – Available for \$1.00 extra per person**
- **Apple Crisp**
- **Assorted Tarts**

### Extras

- **Rolls & Butter – Add \$1.00 per person**
- **Assorted Soft drinks, Juice & water – Add \$1.50 per person**
- **Coffee & Tea – Add \$1.95 per person**

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Above prices based on 10 or more guests and do not include taxes, delivery or admin fee.

**Personal menu design always available, everything is possible!**