



Lunch & Buffet Menus

Buffet Menus

- ~ includes artisan bread basket and sweet butter
- ~ minimum order 20 guests

Panko Lime Crusted Salmon Fillet with ginger braised bok choy & tamarind glazed yams

- ~ garlic pepper stir fried vegetables with tofu and crisp fried noodles
- ~ watercress, crisp wontons and shredded Daikon with orange and soy ginger vinaigrette
- ~ Thai noodle salad with Orange Glazed Duck on Green Mango Slaw, Toasted Sweet Rice Dressing
- ~ coconut mousse cake with glazed mango and ginger snap

Port Wine Braised Beef Short Rib

- ~ Tamarind orange braised Ontario root vegetables
- ~ casserole of potato and Garbanzo bean with salt cod and cream
- ~ fattoush grilled vegetable salad
- ~ signature salad with organic micro greens, pear, peppers and candied almonds
- ~ Giza - chocolate and raspberry mousse pyramid

Chicken Supreme with Sun-dried Tomato, Olive and Truffle Filling with grilled onions and artichokes, spaghetti squash with roasted tomato sauce

- ~ beet and Daikon salad with tangerine vinaigrette
- ~ salad of organic baby greens, smoked tomato and sugar cured cucumber, grilled onion and balsamic vinaigrette
- ~ chocolate brioche bread and butter pudding with orange and burnt sugar sauce and fresh berries

Grilled Red Snapper caper berries, olive and fire roasted tomato relish

Eggplant and Zucchini Lasagne

- roma tomatoes and Provolone cheese
- ~ Grilled Asparagus with roasted red onion and lemon fennel marmalade
- ~ Roasted New Potato caramelized cipolini and Cookstown smoked tomato
- ~ hearts of romaine and radicchio with crumbled stilton cheese, toasted walnuts and grappa spiked vinaigrette
- ~ Mandarin salad with organic greens toasted almonds and lemon blossom tea vinaigrette
- ~ seasonal sliced fruit platter
- ~ assorted fruit tarts and squares

Desserts

At Work Dessert Platter assorted mini tarts, squares, cakes and cookies are the perfect finish to a wonderful meal
~ 2 pieces per person

Lunch

Signature Lunch in a Bowl

a generous, ready-to-serve meal presented in an attractive bowl
~ minimum 5 of each item per order ~ except Vegetarian

Panko and pumpkin seed crusted chicken lunch in a bowl served on a bed of organic micro greens with roasted anjou pear and roasted banana asparagus vinaigrette~ minimum of 5

Thyme and honey glazed Lake Erie pickerel lunch in a bowl on organic micro greens, seasonal vegetables with fragrant herb vinaigrette and peppered goat cheese
~ **Gluten Free** ~ minimum of 5

Roasted tarragon lemon chicken lunch in a bowl brushed with white balsamic and roasted garlic over chilled green beans and red potato salad, topped with peppered goat cheese and mixed organic greens
~ **Gluten Free** ~ minimum of 5

Rosemary grilled flank steak lunch in a bowl over grilled vegetables, antipasto and organic greens with balsamic and roasted garlic vinaigrette
~ **Gluten Free** ~ minimum of 5

Miso tahini glazed salmon lunch in a bowl served on a bed of organic micro greens with roasted anjou pear and roasted banana asparagus vinaigrette ~ minimum of 5
over locally grown shoestring vegetables and soba noodles with sweet sesame vinaigrette and mixed organic greens ~ minimum of 5

Tofu antipasto lunch in a bowl grilled tofu, Ontario woodland mushrooms and peppers on organic micro greens with green tea and black currant vinaigrette
~ **Gluten Free** ~ **low fat**

Bento Box

~ minimum 10 of each item per order ~ except Vegetarian

Bento box one grilled Nova Scotia salmon with jade green herb dressing, soba noodle salad with soy maple dressing and toasted sesame seeds, assorted Maki sushi, fresh berries and green tea cake
~ minimum of 10

Bento box two your choice of herb roasted sliced chicken breast or tender flatiron steak fingerling potato and Ontario woodland mushroom salad, five bean salad with toasted corn

and roasted
garlic vinaigrette, fresh berries, lemon cake with strawberry coulis
~ please specify your protein choice when ordering
~ minimum 10 of each type per order

Bento box three Portobello mushrooms stuffed with vegetable tagine. Gazpacho salad with tomato, cucumber, pepper and red onion, seven grain quinoa salad, fresh berries and chocolate truffle cake

Salads

all of our salads are made fresh daily with local and organic ingredients where ever possible
~ consistent sizes - small, medium and large for your convenience

Green Salads

~ dressings and any nuts are served on the side

Chefs choice salad

~ small serves 8 - 10 guests ~ medium serves 12 - 18 guests ~ large serves 20 - 25 guests

Hearts of romaine with crostini and Reggiano

classic creamy garlic dressing and Ontario applewood bacon crumble

~ small serves 8 - 10 guests ~ medium serves 12 - 18 guests ~ large serves 20 - 25 guests

Organic young greens and sprouts with cucumber and cherry tomato

mixed locally grown baby greens, tender radish and pea sprouts with fragrant herb vinaigrette

~ small serves 8 - 10 guests ~ medium serves 12 - 18 guests ~ large serves 20 - 25 guests

Vine ripened tomato and Bocconcini salad

arugula, Bermuda onions and lemon blossom vinaigrette

~ small serves 8 - 10 guests ~ medium serves 12 - 18 guests ~ large serves 20 - 25 guests

Organic baby spinach and strawberry salad

grilled strawberries, Quebec blue cheese and toasted walnuts with a Vidalia onion and wild honey

vinaigrette

~ small serves 8 - 10 guests ~ medium serves 12 - 18 guests ~ large serves 20 - 25 guests

Signature salad

organic micro greens and locally grown lettuce with pears, peppers and candied almonds, with

a creamy herb Miso dressing

~ small serves 8 - 10 guests ~ medium serves 12 - 18 guests ~ large serves 20 - 25 guests

Fattoush grilled vegetable salad

crisp pita, ripe plum tomatoes and a grilled antipasto of vegetables with lemon garlic herb dressing

~ small serves 8 - 10 guests ~ medium serves 12 - 18 guests ~ large serves 20 - 25 guests

Hearty Salads

made with the freshest ingredients, whole grains and locally grown products where ever possible.

Greek Village Salad

vine ripe tomato, cucumber, peppers and red onion with feta cheese, calamata olives, extra virgin olive oil lemon and oregano
~ small serves 8 - 10 guests ~ medium serves 12 - 18 guests ~ large serves 20 - 25 guests

Organic Quinoa micro greens and multi bean salad

fresh cut green beans, preserved black and pinto beans,wild black currant vinaigrette ~
Gluten Free
~ small serves 8 - 10 guests ~ medium serves 12 - 18 guests ~ large serves 20 - 25 guests

Wasabi orzo and smoked tomato salad

organic spinach, Cookstown smoked tomatoes, grilled onion and chilies, light wasabi vinaigrette
~ small serves 8 - 10 guests ~ medium serves 12 - 18 guests ~ large serves 20 - 25 guests

Ontario shoestring and root vegetable salad

soba noodles with wheat berries and scallions, sweet sesame vinaigrette
~ small serves 8 - 10 guests ~ medium serves 12 - 18 guests ~ large serves 20 - 25 guests

Baby shell pasta salad

calamata olives, roasted fennel and grilled vidallia onion tossed in sun dried tomato and pesto dressing
~ small serves 8 - 10 guests ~ medium serves 12 - 18 guests ~ large serves 20 - 25 guests

Ginger pepper Thai rice noodles

julienne of peppers, ginger threads, scallions and cilantro, tossed with rice noodles and chili dressing
~ **Gluten Free**
~ small serves 8 - 10 guests ~ medium serves 12 - 18 ~ large serves 20 - 25 guests

Chilled green bean and red potato salad

confetti peppers and onions with light honey and sweet mustard mayonnaise
~ **Gluten Free**
~ small serves 8 - 10 guests ~ medium serves 12 - 18 guests ~ large serves 20 - 25 guests

Fingerling potato and Ontario woodland mushrooms

grilled fingerling potato, organic sprouts, white balsamic and roasted garlic vinaigrette
~ small serves 8 - 10 guests ~ medium serves 12 - 18 guests ~ large serves 20 - 25 guests

Sandwiches

Assorted Deluxe Sandwiches

served on assorted multigrain breads ~ sandwich fillings may include the following:
tuna salad, roasted chicken salad, smoked turkey, egg salad, smoked ham, Genoa salami,
Montreal smoked meat and fresh vegetable medley with hummus ~ meat options with aged
cheddar or swiss cheese
~ subject to availability ~ price per piece / 1pp
~ minimum order 8-10

Assorted Signature Sandwiches served on assorted artisan breads and buns

~ subject to availability ~ price per piece / 1PP
~ minimum order 8-10

sandwich fillings may include the following:

~ rotisserie chicken with pimento

cheddar, vine ripe tomato and arugula

~ smoked salmon with light cream cheese

cucumber, caper relish and young greens

~ black forest ham with Quebec brie

roasted pear, dijon mustard and baby spinach

~ Albacore tuna with cured cucumber

light lemon mayo, grilled green onion and fennel relish

~ jerk chicken and mango

tzatziki sauce, romaine hearts and paper thin vidallia onion

~ grilled portobello and asiago

roasted red pepper, hummus, onion sprouts

~ maple roasted salmon on ciabatta

green olives, capers, cucumber and spinach