

midday



INTERNATIONAL
CENTRE



13-01-09

salads

Caesar Salad | 7

Parmesan Shards, Herb Croutons, Crisp Pancetta, White Balsamic & Garlic Vinaigrette

Baby Spinach | 7

Grape Tomatoes, Goat Cheese, Candied Pecans and Balsamic Vinaigrette

Organic Greens | 7

Carrot, Cucumber, Grape Tomatoes, Apple Cider Vinaigrette

Arugula with Grilled Vegetables | 7

Toasted Pine Nuts and Pomegranate Vinaigrette

soups

Roasted Cauliflower Veloute | 6

Wild Mushroom Chowder | 6

Chicken Consommé | 6

With Julienne Vegetables, Chicken Quenelle

Thai Coconut Shrimp and Pumpkin | 6

Leek and Potato | 6

Indian Lentil | 6

All complete lunch selections include Chef's selection of Seasonal Vegetables, Freshly Baked Rolls with Butter, Fresh Brewed Regular & Decaffeinated Coffee and Variety of Specialty Teas with Lemon, Honey & Milk

*minimum plated lunch price of \$ 32.00 per guest, protein entrée only
minimum guarantee of 20 guests, minimum 3 courses, surcharges may apply*

entrées

Slow Roasted Striploin of Alberta Beef | 23
Lemon Thyme Jus, Horseradish Whipped Potato

Pan Seared Atlantic Salmon | 21
Butternut Squash Risotto, Lime Basil Sauce

Stuffed Breast of Chicken with Sundried Tomato & Goat Cheese | 20
Niagara Riesling Pan Jus, Herb Roasted New Potatoes

Tandoori Chicken Supreme | 19
Cumin Basmati Rice

Vegetarian Alternative | 15
Ricotta Cheese Cannelloni, Sautéed Spinach,
Warm Tomato and Black Olive Salsa

desserts

Caramel Pecan Tart | 7
Served with Crème Anglais

Lemon Curd Tart | 7
Served with Port Cranberry Compote

Grand Marnier Crème Brulee | 7
Served with Biscotti

New York Cheesecake | 7
Served with Wild Berry Compote

Chocolate Fudge Cake | 7
Fruit Coulis and Fresh Berries

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Freshly Baked Rolls with Butter, Fresh Brewed Regular & Decaffeinated Coffee
and Variety of Specialty Teas with Lemon, Honey & Milk*

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buffet style

Hearty Soup 'n' Sandwich | 25

Chef's Soup du jour
Organic Greens with Chef's Array of Dressings
Five Bean Salad with Herb Vinaigrette
Beet and Bermuda Onion with Mandarin Oranges
Country Ham and Swiss, Roast Beef, Turkey, Pastrami,
Grilled Vegetable and Provolone, Tuna Salad on Selection of
Freshly Baked Assorted Breads and Rolls
Crudités with Trio of Mediterranean Dips
Seasonal Sliced Fruit with Berries
Selection of Brownies, Squares and Cheesecakes, Fruit Tarts
Fresh Brewed Regular and Decaffeinated Coffee and Tea

It's a Wrap | 25

Chef's Soup du jour
Greek Pasta Salad
Grainy Mustard Potato Salad
Organic Greens with Chef's Array of Dressings
A Selection of pre-made Wraps including Tandoori Chicken, Tuna Salad, Ham and Swiss,
Smoked Turkey and Havarti, Grilled Vegetables and Goat Cheese
Seasonal Sliced Fruit with Berries
Selection of Brownies, Squares and Cheesecakes, Fruit Tarts
Fresh Brewed Regular and Decaffeinated Coffee and Tea

Urban Buffet | 34

Organic Greens with Chef's Array of Dressings
Grainy Mustard New Potato Salad
Tri Colored Fusilli Salad with Charred Vegetables
Grilled Free Range Chicken with Madeira Mushroom Sauce
Pan Seared Salmon with Dill Lemon Butter Sauce
Herb Roasted New Potatoes
Spinach and Cheese Cannelloni with Red Pepper Emulsion
Medley of Seasonal Vegetables
International Centre Dessert Display
Seasonal Sliced Fruit with Berries
Fresh Brewed Regular and Decaffeinated Coffee and Tea

Pizza Table | 25

Build your own Caesar Salad with Shredded Parmesan, Smoked Bacon, Croutons and Creamy Caesar Dressing
Organic Greens with Chef's Array of Dressings
Selection of Hot Table Pizzas to include Pepperoni, Vegetarian, Deluxe Assorted Squares and Brownies, Cheesecake
Fresh Fruit Salad
Fresh Brewed Regular and Decaffeinated Coffee and Tea

Viva Italia | 28

Hearty Minestrone Soup
Tri Colored Fusilli with Charred Vegetables and Feta Cheese
Build your own Caesar with Shredded Parmesan, Bacon, Croutons, and Caesar Dressing
Tomato Bocconcini Salad with Fresh Basil
Chicken Cacciatore
Cheese Tortellini with Marinara Sauce
Seasonal Vegetable Medley
Seasonal Sliced Fruit with Berries
Tiramisu, Assorted Biscotti
Fresh Brewed Regular and Decaffeinated Coffee and Tea

Southeast Asian Delight | 32

Potato Chat
Chick Pea Salad
Organic Green with Mint & Yoghurt Dressing
Butter Chicken
Basmati Rice
Dal Maharani
Vegetable Jalfrezi
Cucumber and Tomato Raita
Naan Bread
Gulab Jamun
Sewaiya Kheer
Seasonal Sliced Fruit with Berries
Fresh Brewed Regular and Decaffeinated Coffee and Tea

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Flavours of the Orient | 28

Thai Chicken Soup
Oriental Noodle Salad
Asian Coleslaw
Organic Micro Greens with Sesame Vinaigrette
Ginger Beef with Bamboo Shoots and Broccoli
Sesame Chicken Stir Fry
Scallion Jasmine Rice
Egg Noodles
Fortune Cookies
Rice Pudding with Cranberries
Mango Torte
Minted Lychee and Pineapple Salad
Fresh Brewed Regular and Decaffeinated Coffee and Green Tea

grab and go

All of our Lunches "To Go" are packaged in 100% natural, reusable bags

Lunch "To Go" | 19

Choice of Deli Sandwich:

Turkey and Havarti Cheese on Multigrain Bread with Cranberry Aioli
Montreal Smoked Meat with Swiss Cheese on Marble Rye Bread and Dijon
Grilled Vegetable with Provolone Cheese on a Panini Bun
Whole Fresh Fruit
Freshly Baked Chocolate Chip Cookies
Individual Potato Chips
Choice of Bottled Water or Soft Drink

Substitute Deli Sandwich with the following:

Chicken Caesar Salad | 4
Chef's Salad | 4

Bento Box | (please inquire for pricing)

An array of freshly prepared Japanese delicacies

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