

BUILD YOUR OWN LUNCH – Cold

Pick a Salad:

- **Perfect Garden – Vegetarian & 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 Gorgonzola, 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 – Vegetarian & Gluten Free**
 - Zucchini noodles, micro greens, red pepper, cucumber and a soy dressing.
- **Quinoa – Vegetarian & Gluten Free**
 - Ancient grain quinoa, chick peas, green onion, parsley and lime olive oil dressing.
- **Mango Salad – Vegetarian & Gluten Free**
 - Mango, Napa cabbage, radish, cucumber, cilantro and parsley

Pick a Sandwich Platter:

- **Simple Sandwiches - \$ 12.95 per Person**
 - A selection of sandwiches on Wraps, Whole Grain and Rye Breads
 - Ham & Swiss, Tuna Salad, Roast Beef, Chicken Salad, Vegetarian, Egg Salad – Vegetarian
- **Deli Sandwiches - \$ 13.95 per Person**
 - A selection of sandwiches on Wraps, Kaisers, Bagels, Croissants & Rye Bread
 - Pastrami with Dijon Mustard,
 - Smoked Salmon with Cream cheese, Capers and Red Onion,
 - Pulled Pork, Smokey BBQ and Country Coleslaw,
 - Grilled Portobello, Roasted Red pepper, Baby Greens and goat Cheese – Vegetarian
 - Canadian Beef, Caramelized Onion, Cheddar Cheese and Horseradish Mayonnaise,
 - Thai Chicken Grilled Chicken Breast, Sweet Chili, Carrot & Cabbage Slaw, Cilantro and Mayo
- **Artisan Sandwiches - \$ 14.95 per Person**
 - A selection of sandwiches on Ciabatta Buns, Focaccia Bread, Artisan Rolls and Wraps
 - Mediterranean – Grilled vegetables, Mozzarella with Sun-dried Tomato Mayo – Vegetarian
 - Italian – Prosciutto, Salami, Roasted red pepper, Asiago, Greens and Pesto Mayo
 - New Yorker – Roast Beef, Grilled Red Onion, Bacon, Cheddar Cheese and Blue Cheese Mayo
 - The Cobb – Turkey, Bacon, Egg, Avocado, Tomato, Lettuce and Marble Cheese
 - Grilled Salmon – Balsamic Glazed Salmon, Tomato, Cucumber and Lettuce.

Pick a Dessert

- Fresh Fruit Tray – 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

All of the above packages are based on 10 or more people.

Gluten Free, Bread, Roll or Wrap available for an additional \$1.00 per person

Above prices do not include taxes, delivery or admin fee.

Personal menu design always available, everything is possible!