



# Box Lunches

are available  
2 ways:

## 1: The Full Meal - \$14.95

Includes a Sandwich or Wrap,  
Salad, Dessert, Beverage,  
Disposable Cutlery and a Napkin

## 2: Just the Main - \$11.95

Includes a Sandwich or Wrap,  
Salad, Disposable Cutlery  
and a Napkin

### Gluten Free

sandwich or wrap available for \$1.00 Extra

## To Order

Phone (519) 823-6700

or Email:

goodfood@tastefinefoods.ca

For your Order - We Require:  
**Company Name, Contact Person  
Address & Phone Number  
Time of Delivery**

and for the

**Individual Boxes - We Require  
Person's Name & Menu Choices**

24 hours notice required for all orders.  
Prices based on a minimum 10 box order  
and do not include Taxes or Delivery Fee.

## Sandwiches

- (A) Canadian Beef**  
Roast beef, caramelized onions, cheddar cheese, and horseradish mayonnaise.
- (B) Grilled Portobello – Vegetarian**  
Grilled portobello cap, roasted red pepper, goat cheese, baby greens and garlic mayonnaise.
- (C) Pulled Pork**  
Slow roasted pork, smokey BBQ sauce and coleslaw.
- (D) Thai Chicken**  
Grilled chicken breast, sweet chili carrot & cabbage coleslaw and sriracha mayonnaise.
- (E) Mediterranean – Vegetarian**  
Grilled vegetables, mozzarella with sun-dried tomato mayonnaise.
- (F) The Cobb**  
Turkey, bacon, egg, avocado, tomato, lettuce and marble cheese with mayonnaise.
- (G) Italian**  
Prosciutto, salami, roasted red pepper, asiago, greens and pesto mayonnaise.
- (H) West Coast**  
Grilled salmon, tomato, cucumber, lettuce & balsamic mayonnaise.

## Wraps

- (J) Chicken Club**  
Chicken, bacon, cheese, tomato, lettuce and mayo.
- (K) Ham & Cheese**  
Ham, Swiss cheese, lettuce and Dijon mayonnaise.
- (L) Smoked Salmon**  
Smoked salmon, cream cheese, capers, and onions.
- (M) Healthy Californian – Vegetarian**  
Grilled zucchini, red cabbage slaw, avocado, tomato cream cheese spread and alfalfa sprouts.
- (N) Mexican Chicken Fiesta**  
Grilled chicken, Pico de Gallo, sour cream, and cheese.
- (O) It's Greek to Me**  
Pork souvlaki, tomatoes, Kalamata olives, feta cheese, tzatziki and spinach.

## Salads

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

## Dessert

- (11) Fresh Fruit Cup - Gluten Free**
- (12) Nanaimo Bar**
- (13) Triple Chocolate Chunk Brownie**
- (14) Lemonicious Lemon Bar**
- (15) Country Carrot Cake**
- (16) Pecan Tart**
- (17) Chocolate Mousse - Gluten Free**
- (18) Strawberry Mousse - Gluten Free**

## Beverage

- (20) Coke**
- (21) Diet Coke**
- (22) Sprite**
- (23) Ginger Ale**
- (24) Root Beer**
- (26) Cream Soda**
- (26) Orange Juice**
- (27) Apple Juice**
- (28) Ice Tea**
- (29) Limonata**
- (30) Pompelmo**
- (31) Arancita**

