



~Plated Lunches
~Working Lunches
~Buffet Lunches

Plated Lunches

(Create Your Own Group Menu)

Soups - \$7.00

Sweet Potato, Celery Root & Apple, Baked Walnuts
Carrot & Ginger, Pesto Cream, Toasted Pecans
Wild Mushroom & Thyme, Truffle Oil
Roasted Butternut Squash & Pear Bisque
Yukon Gold Potato, Onion & Leek
Split Pea, Minted Cream, Pancetta
Roasted Tomato & Fennel, Parmesan Crostini

Salads - \$8.00

Medley of Gourmet Baby Salad Greens, Cucumber Ribbon
Toasted Pumpkin Seeds, Cherry Tomato, Maple Balsamic Vinaigrette
Traditional Caesar Salad,
Crisp Romaine Lettuce, Focaccia Croutons, Shaved Parmesan
Caesar Dressing
Roma Tomato & Balsamic Marinated Bocconcini
Roasted Bell Peppers, Frisee, Basil Pesto
Black Olive Vinaigrette
Spinach, Pea Greens, Pear, Radish, Goat Cheese, Toasted Walnuts
Jalapeno Lime Yogurt Dressing

Desserts - \$8.00

Goat Cheesecake, Merlot Poached Pears, Cherry Compote
Mango Cheesecake, Mango & Berry 'Salad', Mango & Vanilla Sauce
Warm Cherry Clafouti, Vanilla Ice Cream, Pistachio Nuts
White & Milk Chocolate Mousse Pyramid, Raspberry Coulis
Passion Fruit, Cassis & Almond Roll, Black Currant Sauce
Chocolate Torte, Strawberries, Chocolate Truffle, Green Tea Sauce
Chocolate Mousse Profiteroles, Cape Gooseberries, Fruit Coulis

Entrées

Chicken

Roasted Indian Spiced Breast of Chicken, Tomato Curry
Apricot & Mango Chutney, Saffron Cashew & Raisin Pilaf

\$22.00

Salmon

Seared Panko & Herb Crusted Fillet of BC Salmon,
Braised Fennel & Onion, Pernod Lime Cream

\$22.00

Halibut

Baked Pineapple & Mustard Glazed Halibut, Mango & Pineapple Salsa,
Almond & Cilantro Cous Cous

\$24.00

Beef

Grilled Peppered Beef Tenderloin Medallions
Wild Mushroom Ragout

Roasted Garlic & Caramelized Whipped Potato

\$25.00

Pasta

Sautéed Chicken, Penne Pasta, Shiitake Mushrooms, Sun Dried Tomatoes
Basil Pesto Cream

\$20.00

Seafood Salad

Baby Shrimp, Smoked Salmon, Crab Salad, Marinated Scallops
Butter Lettuce, Egg, Cherry Tomato & Avocado
Citrus Herb Cream Dressing

\$21.00

Cobb Salad

Butter Lettuce, Ham, Turkey, Cheese, Egg, Cherry Tomato, Avocado &
Bacon, Bleu Cheese Yogurt Dressing

\$18.00

Vegetarian

Curried Vegetable Strudel, White Bean Casserole, Vegetable Tempura
Asparagus & Roasted Peppers, Sweet Pepper Reduction

\$18.00

Hot Entrées include our Chef's selection of vegetables and appropriate starch
Bread rolls & butter and freshly brewed coffee & specialty teas

Working Lunches

The Beacon Hill Picnic

Medley of Gourmet Salad Greens
Ginger Balsamic Vinaigrette, Creamy House Dressing
Chick Pea, Green Pea, Sweet Peppers & Fresh Herb Salad
Coleslaw, Apple & Pecan Salad, Buttermilk Cilantro Lime Dressing
Sandwiches on a Variety of Buns/Breads:
Smoked Turkey, Tomato, Lettuce, Cranberry & Basil Mayo,
Black Forest Ham & Monterey Jack, Honey Mustard
Vegetarian, Tomato, Havarti, Portabella Mushroom,
Sundried Tomato & Olive Tapenade
Condiments of Crudités, Pickles & Olives
Sliced Fresh Fruit Platter
Assorted Bars & Squares
\$25.00 per person
(Minimum of 15 people)

The Italian Cafe

Medley of Gourmet Salad Greens
Cilantro Vinaigrette, Creamy Parmesan & Orange Dressing
Three Bean, Bell Pepper & Asparagus Salad
Tomato, Red Onion, Artichoke & Goat Cheese Salad
Tri Colour Shell Pasta, Rosemary Roasted Chicken, Pancetta
Sun Dried Tomato, Shiitake Mushrooms, Pesto Cream
Grilled Mediterranean Vegetable Focaccia Sub, Provolone Cheese
Roasted Garlic Mayo
Condiments of Crudités, Pickles & Olives
Sliced Fresh Fruit Platter
Lemon Tarts & Tiramisu Gateau
\$27.00 per person
(Minimum of 15 people)

The Greek Market

Medley of Gourmet Salad Greens
Lemon Rosemary Vinaigrette, Creamy Cucumber Dressing
Mediterranean Salad
Traditional Greek Salad
Regular & Whole Wheat Pita Bread
Chicken Souvlaki, Tzatziki Dip
Chick Pea Falafels
Saffron Rice, Bell Peppers & Green Peas
Fresh Fruit Platter
Apple Tarts, Blueberry Cheesecake
\$27.00 per person
(Minimum of 15 people)

All working lunches include freshly brewed coffee & specialty teas.

Working Lunches

Build Your Own Burgers

Medley of Seasonal Greens
Maple Balsamic Vinaigrette, Creamy House Dressing
Baby Shrimp Salad, Mango, Cucumber, Jicama, Lemon Herb Vinaigrette
Traditional Caesar Salad, Focaccia Croutons
Grilled Beef & Veggie Burgers
Whole Wheat & Onion Kaiser Buns
Sliced Tomatoes, Lettuce, Cucumbers, Onions & Pickles,
Sliced Cheese, Bacon, Guacamole
French Fries
Fresh Fruit Platter, Selection of Bars & Squares
\$29.00 per person
(Minimum of 20 people)

Add Chicken Breast, Salmon Fillet or Halibut Fillet for an additional \$5.00
per person

BBQ Style Lunch

Traditional Caesar Salad, Focaccia Croutons
Medley of Gourmet Salad Greens,
Balsamic Vinaigrette & Creamy House Dressing
Coleslaw, Apple & Pecan Salad, Buttermilk Cilantro Lime Dressing
BBQ Glazed 6 oz Sirloin Steak
BBQ Glazed Chicken Breast
Caramelized Onions & Sautéed Mushrooms
Baked Potato, Green Onions, Bacon Bits, Sour Cream
Vegetable Medley
Fresh Fruit Platter
Assorted Bars & Squares
\$31.00 per person
(Minimum of 20 people)

Outside BBQ Service Charge \$400.00
Includes Barbecue, Barbecue Propane, Barbeque Tent Rental
and is Chef Attended

Build Your Mexican Fiesta

Medley of Gourmet Salad Greens, Balsamic Vinaigrette
& Creamy House Dressing
Mexican Vegetable Salad
Black Bean, Corn & Jicama Salad
Tri Colour Nacho Chips
Build Your Own Beef & Chicken Fajitas
Warm Soft Tacos, Sautéed Chicken & Beef, Bell Peppers & Onions
Lettuce, Cheese, Tomato Salsa, Olives, Guacamole, Sour Cream
Passion Fruit Cake
Banana Chocolate Chip Cake
Selection of Bars & Squares
\$28.00 per person
(Minimum of 20 people)

All working lunches include freshly brewed coffee & specialty teas.

Lunch Buffets

Vancouver Island Buffet

Salads

Medley of Gourmet Salad Greens
Maple Balsamic Vinaigrette, Creamy House Dressing
Yukon Gold Potato, Sundried Tomato, Olive & Caper Salad
Roma Tomato, Red Onion, Feta, Artichoke & Pesto Salad

Hot Entrées

(Choice of 2)

Indian Style Butter Chicken

Cashews, Cumin & Cilantro Basmati Rice

Herb Roasted Chicken

Wild Mushrooms, Caramelized Onion, Black Currant Reduction

Chili Mustard Glazed Baked Fillet of BC Salmon,

Cantaloupe & Honeydew Melon Salsa

Cinnamon Roasted Pork Lion

Apple & Braised Red Cabbage, Marsala Reduction

Beef Bourguignon

Mushrooms, Pearl Onions & Pancetta Bacon, Focaccia Croutons

Baked Pacific Halibut Fillet

Pink Peppercorn & Grapefruit Cream

Maple & Juniper Glazed Baked Ham,

Golden Raisins, Rum Scented Grilled Pineapple

Rosemary & Garlic Roasted Leg of Lamb

Dried Figs, Toasted Walnuts, Blackberry Minted Balsamic Jus

Chef's Selection of Vegetables & Appropriate Starch

Desserts

Assorted Cakes

Fruit Tarts, Lemon Tarts, Pecan Tarts

Profiteroles & Chocolate Éclairs

Sliced Fresh Fruit Platter

Freshly Brewed Coffee & Specialty Teas

\$34.00 per person

(Minimum 20 people)

Bread Rolls & Butter

Add soup to your lunch for \$3.00 per person
Add an additional entree selection for \$5.00 per person

Lunch Buffets

Taste of Italy

Salads

Medley of Gourmet Salad Greens
Italian Vinaigrette & Creamy House Dressing
Caesar Salad, Focaccia Croutons
Potato, Sun Dried Tomato, Caper & Olive Salad
Roma Tomato, Bocconcini & Roasted Bell Pepper Salad
Prosciutto Ham, Cantaloupe & Honeydew Melon

Hot Entrées

Mediterranean Braised Chicken, Tomato, Black Olives, Peppers,
Rosemary Roast Leg of Lamb, Pancetta & Shallots,
Red Currant Juniper Jus
Penne Pasta, Italian Sausage, Spinach, Mushrooms,
Fennel, Lemon Caper Cream
Vegetable Stuffed Baked Zucchini, Parmesan Glaze
Green Beans, Tomato, Roasted Garlic & Toasted Almonds

Desserts

Tiramisu Gateau
Mascarpone & Marsala Marinated Fresh Fruit Cocktail
Chocolate Mousse Filled Choux Pastries
Ricotta, Apple & Raisin Crêpes, Vanilla Sauce
Freshly Brewed Coffee & Specialty Teas

Bread Rolls & Butter

\$36.00 per person
(Minimum of 40 people)

Taste of Hawaii

Soup

Opakapaka (Snapper) & Clam Chowder

Salads

Medley of Gourmet Salad Greens
Black & White Sesame Vinaigrette & Creamy Orange Ginger Dressing
Spinach, Watercress, Shiitake Mushroom, Grapefruit & Cashew Nut Salad
Rice Noodle, Duck, Snow Pea, Lychee & Pineapple Salad
Papaya, Baby Shrimp & Squid, Hawaiian Pesto Salad

Hot Entrées

Baked Snapper Fillet, Yellow Curry Cream, Mango & Cucumber Salsa
Fish Cakes, Coconut Lime Cream, Tomato Ginger Chutney
Roast Chicken Breast, Soya, Honey & Lemon Glaze, Green Onion Relish
Hawaiian Rice Pilaf, Bell Peppers, Raisins, Macadamia Nuts
Cilantro, Pineapple

Pacific Vegetable Stir-Fry

Dessert

Fresh Fruit Platter
Pineapple Cheesecake, Guava Coulis
Passion Fruit Cake
White Chocolate & Macadamia Nut Cookies
Kiwi Tarts & Lemon Coconut Tarts
Freshly Brewed Coffee & Specialty Teas

Bread Rolls & Butter

\$39.00 per person
(Minimum of 50 people)