



T H E F O R T G A R R Y H O T E L C A T E R I N G

EXPRESS DELUXE SANDWICH LUNCHEON

Please choose 4 sandwiches from the following selections:

- ♥ Egg Salad with Shredded Iceberg Lettuce on a Croissant
- ♥ Tuna Salad with Shredded Iceberg Lettuce, Red Onion and Cucumber on Multigrain
- ♥ Grilled Chicken Breast, Smoked Gouda + Roasted Red Peppers, Dijon Mustard + Mayo on Multigrain
- ♥ Black Forest Ham with Smoked Gouda Cheese, Dijon Mustard + Mayonnaise on House Bread
- ♥ Open Faced House Gravlax with Cream Cheese, Radish + Pickled Shallots on Danish Rye
- ♥ Spinach, Red Onion, Grilled Peppers, Tomato and Hummus Wrap
- ♥ Roast Turkey, Havarti Cheese, Mayo + Greens on House Bread

\$ 28.00 | \$ 35.56 per guest
(1.5 sandwiches per person)

Menu Includes:

- ♥ Choice of one Accompaniment from Express Sandwich Luncheon Accompaniments Section
- ♥ Fresh Fruit Platter OR Cookies + Squares
- ♥ Regular + Decaffeinated Coffee + Assorted Teas

EXPRESS SANDWICH LUNCHEON ENHANCEMENTS

SOUP

- ♥ Mild Spiced Lentil Soup ^{VG}
- ♥ Cream of Manitoba Wild Rice + Mushroom Soup ^{VG}
- ♥ Roasted Squash Soup with Spiced Crème Fraiche ^V
- ♥ Vegetable Minestrone with Basil Pesto

SALADS

- ♥ Romaine Hearts + Parmesan Chips, Creamy Garlic Dressing ^V
- ♥ Greek Style Salad with Assorted Peppers, Cucumber + Tomato
- ♥ Artisan Mixed Greens, Cherry Tomatoes, Shaved Radish, Shredded Carrots with Shallot Vinaigrette
- ♥ Fingerling Potato Salad, Scallion, Celery with Mustard Dressing

DESSERT

- ♥ Vanilla Cheese Cake with Caramel Sauce
- ♥ Double Chocolate Brownies
- ♥ Macadamia Nut Tarts
- ♥ Fresh Fruit Tarts
- ♥ Crème Brûlée ^V

*One selection is included with your Express Sandwich Luncheon Menus.
Additional selections \$ 4.00 | \$ 5.11 per guest per selection*

^V denotes vegetarian by request ♥ ^{VG} denotes vegan by request



T H E F O R T G A R R Y H O T E L C A T E R I N G

EXPRESS SERVED HOT LUNCH

Choose one from the following selections

- ♥ Hand Rolled Pasta Envelope stuffed with Spinach + Ricotta, Slow Roasted Tomato + Béchamel Sauce^v
- ♥ Three Cheese Spinach Lasagna with Tomato Sauce
- ♥ Chicken Cacciatore (braised chicken thigh with tomato), Sautéed Risotto Cake
- ♥ Chicken Souvlaki with Humus, Tzatziki + Hot Peppers, Rice Pilaf, Chef's Choice of Seasonal Vegetables
- ♥ Teriyaki Chicken, Vegetable Fried Rice, Oriental Bok Choy
- ♥ BBQ Back Ribs, Baked Beans, Creamy Western Slaw
- ♥ Red Wine Braised Beef Sirloin, Mashed Whipped Potato, Roasted Root Vegetable Medley
- ♥ Veal Meatloaf in a Tomato Gravy, Mashed Whipped Potato, Chef's Choice of Seasonal Vegetables

\$ 32.00 | \$ 40.64 per guest

^v denotes vegetarian

Served with House Made Organic Sourdough Bread + Butter
Cookies + Squares **OR** Fresh Fruit Platter
Regular + Decaffeinated Coffee + Assorted Teas

EXPRESS "BIG SALAD" LUNCHEON

Choose one from the following selections

- | | |
|--|--|
| <ul style="list-style-type: none">♥ Chinese Chicken Salad♥ Caesar Salad with a Grilled Chicken Breast + Padano Cheese, Sourdough Croutons and Caesar Dressing♥ Field Greens with a Grilled Chicken Breast + Balsamic Glazed Grilled Vegetables (zucchini, peppers + asparagus) <p style="text-align: center;">\$ 31.00 \$ 39.37 per guest</p> | <ul style="list-style-type: none">♥ Warm Thai Beef Salad with Arugula + Chili Ginger Lime Vinaigrette♥ Chef Salad with Ham, Turkey, Egg, Cheese + Assorted Greens with a Vinaigrette Dressing <p style="text-align: center;">\$ 35.00 \$ 44.45 per guest</p> |
|--|--|

Served with
"Healthy Bread Basket" + Olive Oil
Fresh Seasonal Fruit, Low Calorie Coconut Macaroons
Regular + Decaffeinated Coffee + Assorted Teas

♥ denotes vegetarian by request ♥ VG denotes vegan by request



T H E F O R T G A R R Y H O T E L C A T E R I N G

THREE COURSE PLATED LUNCHEON

MENU # 1 - ITALIAN

- ♥ Vegetable Minestrone with Basil Pesto
- ♥ Cannelloni with Ricotta + Spinach
- ♥ Classic Tiramisu Cake

\$ 30.00 | \$ 38.10 per guest

MENU # 2 – AMERICAN

- ♥ Butternut Squash Soup with Crème Fraiche
- ♥ Country Style Veal Meatloaf + Mushroom Gravy
- ♥ Garlic Mashed Potatoes
- ♥ Steamed Broccoli
- ♥ Chocolate Pecan Pie with Vanilla Ice Cream

\$ 32.00 | \$ 40.64 per guest

MENU # 3 – ORIENTAL

- ♥ Hot + Sour Soup
- ♥ Grilled Chicken Breast with Teriyaki Sauce
- ♥ Rice
- ♥ Chef's Choice of Seasonal Vegetables
- ♥ Lemon Coconut Flan

\$ 32.00 | \$ 40.64 per guest

MENU # 4 - FRENCH

- ♥ Potato-Leek Soup
- ♥ Roasted Chicken Breast, Shallot-Madeira au Jus
- ♥ Buttermilk Mashed Potatoes
- ♥ Asparagus with Lemon Zest
- ♥ Individual Seasonal Fruit Tart

\$ 32.00 | \$ 40.64 per guest

MENU # 5 – PRAIRIE

- ♥ Spinach Salad with Sliced Mushrooms + a Creamy Mustard Dressing
- ♥ 8 oz New York Steak on Garlic Toast
- ♥ Fingerling Potatoes with Herbs
- ♥ Carrots and Brussel Sprouts
- ♥ Chocolate Raspberry Cheesecake with Fresh Fruit Coulis

\$ 40.00 | \$ 50.80 per guest

**ALL PLATED LUNCHEONS ARE SERVED WITH HOUSE MADE ORGANIC SOURDOUGH BREAD + BUTTER
REGULAR + DECAFFEINATED COFFEE + ASSORTED TEAS**

THREE COURSE PLATED LUNCHEON

MENU # 6 – PRAIRIE

- ♥ Spinach, Mushroom + Pickled Onion Salad with Lemon Yogurt Dressing
- ♥ Pan Fried Breaded Pickerel with House Tartar Sauce
- ♥ Steamed Potato Perogies with Sour Cream + Green Onion
- ♥ Steamed Broccoli
- ♥ Wild Berry Cobbler

\$ 34.00 | \$ 43.18 per guest

MENU # 7 – GREEK

- ♥ Tomato, Assorted Peppers, Cucumber + Red Onion Salad with a Greek Yogurt Dressing
- ♥ Chicken Breast Souvlaki
- ♥ Grilled Bell Pepper and Roasted Asparagus
- ♥ Rice Pilaf
- ♥ Honey-Walnut Baklava

\$ 33.00 | \$ 41.91 per guest

ALL PLATED LUNCHEONS ARE SERVED WITH HOUSE MADE ORGANIC SOURDOUGH BREAD + BUTTER
REGULAR + DECAFFEINATED COFFEE + ASSORTED TEAS

BOXED LUNCHEON

- ♥ Chef's Choice of Sandwich
- ♥ Cheese + Crackers
- ♥ Whole Fruit
- ♥ Oatmeal Raisin + Chocolate Chip Cookie
- ♥ Canned Soft Drink + Juice Boxes

\$ 24.00 | \$ 30.48 per guest