

# Lunch: Buffets

## SOUP, SALAD AND SANDWICHES

MINIMUM OF 15 PEOPLE

### \$32/GUEST

#### INCLUDES

Sandwiches, Soup or Salad and Sweets

Regular & Decaffeinated Coffee + Assorted Teas

CHOOSE FOUR OPTIONS FROM THE FOLLOWING SANDWICHES AND WRAPS:

#### SANDWICHES

##### Served on Sliced House-Made Sourdough Bread

HAM & HAVARTI: Dijon Mustard, Mayo, Lettuce and Tomato

ROAST BEEF: Horseradish Mayo, Pickles, Lettuce and Tomato

TURKEY BREAST: Honey Mustard, Mayo, Lettuce, Tomato and Red Onion

EGG SALAD: Celery, Green Onions and Lettuce

##### Served on Sliced House-Made Ciabatta Bun

WHITE BEAN HUMMUS & CHÈVRE: with Roasted Peppers and Grilled Artichokes ✓

PROSCIUTTO & PROVOLONE: with Pickled Eggplant and Black Olive Tapenade

GRILLED CHICKEN & GOUDA: with Roasted Red Pepper and Aioli

MORTADELLA & MOZZARELLA: with Basil Pesto

#### WRAPS

CHICKEN CLUB WRAP: Lettuce, Cheddar Cheese, Bacon and Mayo

MEDITERRANEAN WRAP: Spinach, Cucumber, Tomato, Red Onion, Grilled Peppers, Hummus ✓

TUNA SALAD WRAP: Shredded Iceberg Lettuce, Red Onion and Cucumbers

SALMON SALAD: Green Leaf Lettuce, Radish and Lemon Aioli

MENU CAN BE SERVED OR BOXED TO-GO

#### CHOOSE EITHER ONE SOUP OR ONE SALAD:

#### SOUP

Mild Spiced Lentil Soup ✓

Cream of Manitoba Wild Rice + Mushroom Soup ✓

Roasted Squash Soup with Spiced Crème Fraîche 🌿

Vegetable Minestrone with Basil Pesto

Roasted Tomato Basil

Potato, Leek, Truffle Oil and Chives

#### SALAD

Caesar Salad with Shaved Reggiano Cheese, Sourdough Croutons and Anchovy Garlic Vinaigrette

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

Add **\$5/GUEST** per Additional Soup or Salad Selection

#### CHOOSE ONE SWEET:

Assorted Freshly Baked Cookies:

Chocolate Chip, White Chocolate Macadamia, Double Chocolate, Peanut Butter, Oatmeal Raisin

Lemon Tart

Chocolate Brownies

Vanilla Cheesecake with Caramel Sauce

Fresh Fruit Custard Tarts

Whole Fruit

Prices are subject to PST, GST and 15% gratuity. Prices are subject to change and are only guaranteed 90 days prior to a function.

🌿 Vegetarian with some modifications ✓ Vegan with some modifications 🌾 Gluten-friendly – though may come into contact with traces of gluten.

# Lunch: Buffets

## THEMED WORKING LUNCH

MINIMUM OF 25 PEOPLE

### INCLUDES:

House-Made Sourdough Pull-Apart Buns with Butter  
Regular & Decaffeinated Coffee + Assorted Teas

### ASIAN \$45/GUEST

Vegetable Spring Rolls with Plum Sauce  
Steamed Shrimp Dumplings  
Chicken Thighs with Sweet + Sour Pineapple  
Spicy BBQ Pork Ribs  
Vegetable Fried Rice  
Mixed Fried Greens  
Fortune Cookies  
Coconut Cupcakes

### GREEK \$48/GUEST

Tomato, Assorted Peppers, Cucumber + Red Onion Salad with Greek Dressing + Feta  
Chickpea Hummus  
Marinated Olives  
Grilled Pita  
Chicken Souvlaki with Tzatziki  
Grilled Shrimp Skewer  
Roasted Asparagus with Lemon Zest  
Rice Pilaf  
Honey-Walnut Baklava  
Chocolate Covered Strawberries

### PRAIRIE \$45/GUEST

Roasted Beet with Whipped Ricotta and Goat Cheese, Arugula, Toasted Hazelnuts, Grapefruit Segments, and Olive Oil  
Caesar with Traditional Dressing, Sourdough Croutons and Shaved Reggiano

Panko Crusted Pickerel with House Tartar Sauce  
House-Made Manitoba Turkey Sausage with Mustard Sauce  
Steamed Potato Perogies with Sour Cream + Green Onion  
Asparagus  
Wild Berry Cobbler

### HOMESTYLE TV PARTY \$45/GUEST

Wedged Iceberg with House-Smoked Bacon, Poached Egg, Tomato, and Green Goddess Dressing  
Endive, Frisée & Radicchio with Blue Cheese, Poached Pear, Candied Pecans, and Sherry Vinaigrette  
FGH Salami Board - An Ever Evolving Selection of Canadian Salami Served with Pickled Vegetables and Lavosh  
Breaded Chicken Breast Strips with Honey Mustard Dip  
Cheese Quesadilla with Tomato Salsa + Sour Cream  
Taco Chips with Guacamole + Salsa  
Seasonal Fruit Platter  
Chocolate Brownies

### CLASSIC ITALIAN \$49/GUEST

Focaccia with Slow Roasted Tomato + Basil  
Focaccia with Caramelized Onion + Cream Cheese  
Caesar Salad with Traditional Dressing, Sourdough Croutons, and Shaved Reggiano  
Tomato Salad with House and Salted Ricotta, Olive Oil and Balsamic  
Grilled Zucchini with Mint  
Chicken Cacciatore (Braised Chicken with Red Wine)  
Braised Meatballs in House Tomato Sauce  
Gnocchi with Tomato-Basil Sauce, Mozzarella and Parmesan  
Mushroom Risotto with Parmesan  
Tiramisu  
Seasonal Fruit

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# Lunch: Served

## EXPRESS HOT LUNCH

MINIMUM OF 15 PEOPLE

**\$36/GUEST**

### INCLUDES

House-Made Sourdough Pull-Apart Buns with Butter

Cookies + Squares **OR** Seasonal Fruit Platter

Regular & Decaffeinated Coffee + Assorted Teas

### CHOOSE ONE FROM THE FOLLOWING SELECTIONS:

THREE CHEESE SPINACH LASAGNA with Tomato Sauce 

CHICKEN CACCIATORE (braised chicken thigh with tomato): Sautéed Risotto Cake

TERIYAKI CHICKEN: Vegetable Fried Rice, Oriental Bok Choy

BBQ BACK RIBS: Baked Beans, Creamy Western Slaw

RED WINE BRAISED BEEF: Mashed Whipped Potato, Roasted Root Vegetable Medley

VEAL MEATLOAF IN A TOMATO GRAVY: Mashed Whipped Potato, Chef's Choice of Seasonal Vegetables

ROASTED CAULIFLOWER: Cashew Cheese, Roast Peppers and Salsa Verde   

GRILLED VEGETARIAN NAPOLEON: Yam, Potato, Zucchini, Roasted Peppers and Carrots   

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# Lunch: Served

## EXPRESS SALAD LUNCH

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MINIMUM OF 15 PEOPLE

**\$30/GUEST**

### INCLUDES

House-Made Sourdough Pull-Apart Buns with Butter

Cookies + Squares **OR** Seasonal Fruit Platter

Regular & Decaffeinated Coffee + Assorted Teas



### CHOOSE ONE FROM THE FOLLOWING SELECTIONS:

**WEDGED ICEBERG:** House-Smoked Bacon, Poached Egg, Tomato, and Green Goddess Dressing

**CAESAR SALAD:** Traditional Dressing, Sourdough Croutons, and Shaved Reggiano

**ENDIVE, FRISÉE & RADICCHIO SALAD:** Blue Cheese, Poached Pear, Candied Pecans, and Sherry Vinaigrette

**ROASTED BEET SALAD:** Whipped Ricotta And Goat Cheese, Arugula, Toasted Hazelnuts, Grapefruit Segments, and Olive Oil

**BALTHAZAR SALAD:** Field Greens, Avocado, Asparagus, Radish, Fennel, Salted Ricotta, and White Truffle Lemon Vinaigrette

**PROVENÇAL:** Local Tomatoes, Cucumbers, Feta, Parsley, Olives, Salt-Brined Capers, and Red Wine Vinaigrette



### ADD-ONS

Grilled Chicken Breast **\$8/GUEST**

Garlic Prawns (6) **\$19/GUEST**

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# Lunch: Served

## THREE COURSE PLATED LUNCH

MINIMUM OF 25 PEOPLE

### INCLUDES:

House-Made Sourdough Pull-Apart Buns with Butter  
Regular & Decaffeinated Coffee + Assorted Teas

### ITALIAN \$38/GUEST

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

### AMERICAN \$40/GUEST

Butternut Squash Soup with Crème Fraîche  
Country Style Veal Meatloaf + Tomato Gravy  
Garlic Mashed Potatoes  
Steamed Broccoli  
Pecan Pie with Caramel Sauce

### ASIAN \$40/GUEST

Hot + Sour Soup  
Grilled Chicken Breast with Teriyaki Sauce  
Fried Rice  
Chef's Choice of Seasonal Vegetables  
Coconut Cake

### FRENCH \$40/GUEST

Potato-Leek Soup with Truffle Oil and Chives  
Roasted Chicken Breast, Shallot-Madeira Jus  
Buttermilk Mashed Potatoes  
Asparagus with Lemon Zest  
Individual Seasonal Fruit Tart

### PRAIRIE \$55/GUEST

Spinach Salad with Pickled Onions, Bacon,  
and Shallot Vinaigrette  
7 oz New York Steak on Garlic Toast  
Fingerling Potatoes with Herbs  
Carrots and Brussel Sprouts  
Chocolate Raspberry Cheesecake with Fresh Fruit Coulis

### SHORE LUNCH \$40/GUEST

Spinach, Mushroom + Pickled Onion Salad  
with Shallot Vinaigrette  
Panko Crusted Pickerel with House Tartar Sauce  
White & Wild Rice Pilaf  
Steamed Broccoli  
Wild Berry Cobbler

### GREEK \$40/GUEST

Tomato, Assorted Peppers, Cucumber + Red Onion Salad  
with a Greek Dressing  
Chicken Breast Souvlaki with Tzatziki  
Grilled Bell Pepper and Roasted Asparagus  
Lemon, Oregano Roasted Potatoes  
Honey-Walnut Baklava

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