

Lunch: Buffets

SOUP, SALAD AND SANDWICHES

MINIMUM OF 15 PEOPLE

\$34/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 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 House-Made Focaccia

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, 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 \$49/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 \$52/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 \$48/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 \$48/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 \$58/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
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

\$40/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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THREE COURSE PLATED LUNCH

MINIMUM OF 25 PEOPLE

INCLUDES:

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

ITALIAN \$42/GUEST

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

AMERICAN \$44/GUEST

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

ASIAN \$44/GUEST

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

FRENCH \$44/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 \$59/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 \$44/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 \$44/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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