

## Breakfast

Add a fruit platter to continental, hot and deluxe breakfast and make it a combo for additional \$4.95

<b>CONTINENTAL BREAKFAST</b>	\$7.95
Assorted Pastries which may include but not limited to croissants, danishes, breakfast loaf, muffins Served with Butter & Jam	
<b>PANCAKES</b>	\$4.95
Served with Maple Syrup and Whipped Butter - 2pc per order	
<b>MINI FRITTATA SQUARES</b>	\$5.95
Roasted Peppers, Goat Cheese, and Spinach - 2pc per order	
<b>BREAKFAST SANDWICH</b>	\$7.95
Eggs, Spinach, Ham, Aged Cheddar, choice of Multigrain Ciabatta Buns*	
<b>COMPLETE BREAKFAST</b>	\$18.95
Continental Baked Goods, Scrambled Eggs, Home Fries, Turkey Sausage, Fresh Bacon	
<b>BREAKFAST DELUXE</b>	\$16.95
Assortment of House Made Scones, Danish Pastries, Breakfast Breads, Mini Frittatas, Yogurt Parfaits or Fruit Cups	

<b>LOCAL BERRY PARFAIT</b>	\$6.95
with Vanilla Yogurt and Granola	
<b>SEASONAL SLICED FRUIT</b>	\$5.95
with Berries and Creme Fraiche	
<b>NEW BROCCOLI &amp; CHEDDAR QUICHE</b>	\$7.95
<b>NEW GOAT CHEESE QUICHE</b>	\$7.95
(Caramelized onion, roasted pepper)	
<b>FRUIT CUPS</b>	\$5.95
with coconut whip	
<b>NEW FRIED CALABRESE TOAST</b>	\$7.95
with Mascarpone Cream, Fig Preserve, Coconut, Maple Syrup, and Local Berries	
<b>BREAKFAST BURRITO</b>	\$12.95
Filled with Hash Brown, Bacon, Eggs, Salsa, Sautéed Peppers/Onions, and Turkey Sausage, Cheese	
<b>VEGETARIAN BREAKFAST BURRITO</b>	\$12.95
Filled with Local Eggs, Hash Brown, Salsa, Vegan Bacon, Sautéed Peppers/Onions, Cheese	

## Salads

Add protein of grilled chicken for additional \$7.95

<b>GARDEN SALAD</b>	\$6.95
with Choice of Dressing (Maple Honey, Balsamic, Chipotle Lime, Green Goddess)	
<b>CAESAR SALAD</b>	\$6.95
with Organic Lemon, Cheese Croutons, Parmesan Shavings, House Garlic Dressing	
<b>GREEK SALAD</b>	\$6.95
with Crisp Romaine, Garden Vegetables, Feta Cheese, Kalamata Olives, Creamy Dressing	
<b>POTATO SALAD</b>	\$6.95
with Gravy Mustard Dressing, Sautéed Peppers/Onion, Tom Parsley	

<b>TRI-COLOR FUSILLI PASTA</b>	\$6.95
with Parmesan Cheese, Arugula, Grilled Peppers, Zucchini, Red Onion, and Pesto Dressing	
<b>BROCCOLI CRUNCH</b>	\$6.95
with Roasted Almonds, Cranberries, Shaved Carrots, Dried Apples, Apple Cider Dressing, and Scallions	
<b>NEW VIETNAMESE MANGO SALAD</b>	\$7.95
Red peppers, carrots, ripe mangoes, cilantro, fish sauce	

## Sandwiches & Wraps

Make a meal combo platter - choice of soup/ salad and a dessert for additional \$7.55

### CHEF COS SELECTIONS

Any selection will be made on a freshly baked breads, buns, wraps

<b>SHAVED ROAST BEEF</b>	\$9.95
Horseshoe Aioli, Swiss Cheese, Caramelized Onions, Beefsteak Tomatoes, Leaf Lettuce	
<b>TURKEY</b>	\$9.95
Hawarti Cheese, Cranberry Spread, Marsala Poached Red Onions, Field Cucumbers, Leaf Lettuce	
<b>VIRGINIA HAM</b>	\$9.95
Aged Cheddar, Beefsteak Tomato, Dijon Aioli, Caramelized Onion	
<b>ITALIAN</b>	\$9.95
Prosciutto & Gorgonzola, Pesto Aioli, Beefsteak Tomato, Roasted Peppers and Onions, Leaf Lettuce, and Provolone Cheese	
<b>CHOPPED EGG SANDWICH</b>	\$9.95
With Crispy Bir Moose Vegetables	
<b>ALBACORE TUNA</b>	\$9.95
With Crisp Vegetables	
<b>FALAFEL WRAP</b>	\$9.95
With Cucumbers, Beefsteak Tomatoes, Hummus, Fork Cilantro, Tzatziki, Leaf Lettuce	
<b>VEGAN GRILLED VEGETABLE WRAP</b>	\$9.95
with Olive Tapenade, Balsamic Onions, Vegan Cheese, and Leaf Lettuce	

### NATURAL ROAST SELECTIONS

Any selection will be made on a freshly baked breads, buns, wraps

<b>ANGUS BEEF</b>	\$18.95
Cruyerre Cheese, Ontario Tomato, Horseshoe Aioli, Leaf Lettuce	
<b>ROASTED FREE-RANGE CHICKEN BREAST</b>	\$18.95
Aged Cheddar, Oven Roasted Peppers, Caramelized Vidalia Onions, Chipotle Aioli	
<b>ROASTED CHIPOTLE CHICKEN SALAD</b>	\$18.95
Aged Cheddar, Fire Roasted Peppers, Caramelized Vidalia Onions, Beefsteak Tomatoes, Leaf Lettuce	
<b>VEGAN SMASHED CHICKPEA SALAD</b>	\$18.95
Chickpea, vegan mayo, grainy mustard, finely chopped red onion & dill pickle	
<b>GOURMET WARM WRAP SELECTION</b>	
<b>ANGUS</b>	\$16.95
Angus beef, asparagus spears, rapini, grilled zucchini, sautéed mushrooms, caramelized onions, roasted red peppers, melted mozzarella	
<b>ROASTED CHICKEN</b>	\$16.95
Chicken breast, asparagus spears, rapini, grilled zucchini, sautéed mushrooms, caramelized onions, roasted red peppers, melted mozzarella	
<b>GOURMET TOFU</b>	\$16.95
Grilled Tofu, asparagus spears, rapini, grilled zucchini, sautéed mushrooms, caramelized onions, roasted red peppers, melted mozzarella	

## Hot Lunch

All entrées come with a choice of salad & chef dessert

<b>CHICKEN PARMESAN</b>	\$21.95
with Penne Pasta in a Tomato Basil Sauce, Artisan Bun	
<b>ROTISSERIE CHICKEN</b>	\$18.95
with Seasonal Vegetables, Potato Wedges, Gravy	
<b>CHICKEN SUPREME</b>	\$24.95
(stuffed with Roasted Peppers, Shallots, Spinach, Fontina Cheese) with Seasonal Vegetables, Yukon Potatoes	
<b>JERK CHICKEN</b>	\$21.95
with rice & black-eyed peas, coleslaw, Jamaican patty	
<b>CHICKEN SOUVLAKI</b>	\$21.95
with Greek Rice, Hummus, Tzatziki, Pita	
<b>CANELONI</b>	\$16.95
Meat or Spinach and Cheese with Tomato Basil Sauce, Artisan Bun	
<b>GRILLED SALMON</b>	\$24.95
With Mango and Roasted Pepper Salsa, Steamed Vegetables, Rice	
<b>MEXICAN BURRITO</b>	\$21.95
with Rice, Refried Beans, Guacamole, Salsa, Sour Cream, Mixed Cheese and Choice of Beef or Chicken	
<b>NEW LEMON CHICKEN</b>	\$18.95
with Stir Fry Vegetables and Fried Rice	
<b>ITALIAN CHICKEN PICCATA</b>	\$21.95
with Roasted Potatoes, Seasonal Vegetables, Artisan Bun	
<b>NEW GINGER FRIED BEEF</b>	\$18.95
with stir fry vegetables and Fried rice	

<b>NEW VEGETARIAN OPTIONS</b>	
<b>ORECCHETTE</b>	\$18.95
with creamy sauce, peas, pistachios	
<b>MUSHROOM RAVIOLI</b>	\$18.95
with rose sauce, sautéed spinach, mushrooms and baby tomatoes	
<b>CREAMY MUSHROOM GNOCCHI</b>	\$18.95
With Alfredo sauce, sautéed onions, mushrooms, and parmesan	
<b>EGGPLANT PARMESAN</b>	\$18.95
with Penne Pasta in Tomato Basil Sauce, Artisan Bun	
<b>CHICKPEA CURRY</b>	\$18.95
With Rice Pilaf, Naan bread, Cucumber Onion Salad	
<b>FIRE ROASTED PEPPERS</b>	\$18.95
Stuffed with basmati rice, grilled vegetables, topped with San Marzano sauce, roasted potatoes, seasonal vegetables	
<b>SWEET POTATO WELLINGTON</b>	\$21.95
with seasonal vegetables, Moroccan style seasoning, and lentils	

## GRAB-N-GO

### LUNCH BOX

<b>NEW SANDWICH CRUNCH BOX</b>	\$15.95
Sandwich or wrap, crutite with dip, bag of chip, beverage	

<b>CHEF COS LUNCH</b>	\$18.95
Sandwich or wrap, choice of salad, dessert, beverage	

<b>NATURAL ROAST LUNCH</b>	\$21.95
Sandwich or wrap, choice of salad, dessert, beverage	

### SNACK BOX

<b>ANTIPASTO</b>	\$12.95
Prosciutto, Soppressata, provolone cheese, olive tapenade, grapes, crisps	
<b>MEXICAN</b>	\$12.95
Chorizo, grilled peppers, jalapeno hawarti cheese, tortilla chips, guacamole	
<b>MEDITERRANEAN</b>	\$12.95
Hummus, olives, grape tomatoes, cucumbers, feta cheese, pita crisps	
<b>PROTEIN</b>	\$12.95
Hard boiled eggs, trail mix, cheese, crisps, creamy peanut butter	

### WELLNESS BOX

<b>HALAL CHIPOTLE CHICKEN</b>	\$18.95
Roasted chicken breast, basmati rice, corn and black bean salsa, Pico de Gallo, guacamole, torti cilantro	
<b>TERIYAKI SALMON</b>	\$18.95
Edamame beans, basmati rice, Fried wonton, steamed vegetables, sweet soy dressing, scallions	
<b>MEXICAN BOWL</b>	\$18.95
Spanish rice, chorizo, grilled peppers, jalapeno hawarti cheese, tortilla chips, guacamole	
<b>NEW TOFU SATAY BOWL</b>	\$18.95
Rice noodles, steamed broccoli, carrots, cabbage, crispy wonton, scallions, saored tofu, Satay Sauce	
<b>FALAFEL BOWL - COLD</b>	\$18.95
Basmati rice, house made falafel, crispy chickpeas, guacamole, tomatoes, field cucumber, pickled red onion, tzatziki	

## New Shareables

### APPETIZER PLATTERS

<b>CRUDITES PLATTER</b>	
Small (Serves up to 10 people) \$49.50 Medium (Serves 20) \$99.00 Large (Serves 30) \$148.50	
<b>CHEESE PLATTER</b>	
Small (Serves up to 10 people) \$99.95 Medium (Serves 20) \$199.90 Large (Serves 30) \$299.85	
<b>MEAT CHARCUTERIE BOARD</b>	
Small (Serves up to 10 people) \$169.50 Medium (Serves 20) \$339.00 Large (Serves 30) \$508.50	

<b>ANTIPASTO CHARCUTERIE BOARD</b>	
Small (Serves up to 10 people) \$189.95 Medium (Serves 20) \$379.90 Large (Serves 30) \$568.85	

### DIPS AND SALSA

<b>TORTILLA CHIPS</b>	\$5.95
with Guacamole and Salsa	
<b>CHIPOTLE CHICKEN DIP</b>	\$6.95
With Tortilla Chips	
<b>PITA BITES</b>	\$7.95
With Tahini, Hummus and Baba Ghanoosh	

## New Finger Foods & Flatbreads

<b>VEGETARIAN SAMOSA</b>	\$4.95
with dipping sauce	
<b>VEGETARIAN SPRING ROLL</b>	\$5.95
with dipping sauce	
<b>EMPANADAS</b>	\$7.95
Choice of beef/chicken/mushroom	
<b>CHICKEN FINGERS</b>	\$7.95
with dipping sauce	
<b>SATAY</b>	\$8.95
Choice of beef or chicken skewers with dipping sauce	

<b>MARGHERITA FLAT BREAD</b>	\$26.00
<b>MEDITERRANEAN FLAT BREAD</b>	\$26.00
<b>MIXED VEGGIE FLAT BREAD</b>	\$26.00

## Fruit & Sweets

<b>ASSORTED SEASONAL FRUIT</b>	
Small (Serves up to 10 people) \$49.95 Medium (Serves 20) \$99.95 Large (Serves 30) \$149.95	
<b>ASSORTED COOKIES</b>	
Small (Serves up to 10 people) \$40.00 Medium (Serves 20) \$79.00 Large (Serves 30) \$118.00	
<b>ASSORTED CUPCAKES</b>	
Small (Serves up to 10 people) \$40.00 Medium (Serves 20) \$79.00 Large (Serves 30) \$118.00	

<b>ASSORTED DESSERTS</b>	
Small (Serves up to 10 people) \$45.00 Medium (Serves 20) \$89.95 Large (Serves 30) \$134.00	
<b>MINI ITALIAN PASTRIES</b>	
Small (Serves up to 10 people) \$49.95 Medium (Serves 20) \$99.95 Large (Serves 30) \$149.95	

<b>GRAB-AND-GO BITES</b>	\$5.95
A choice of: Energy Bites, kettle chips, Pretzels, Trail Mix, Cookies, Flavored Popcorn, Brownies/Squares	

## Drinks

Hot and Cold Beverages Available - Exclusive Pepsi Products