

## **Lunch Menu**







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Meeting Packages 2

Daily Express Breakfast 5



### **DAILY WORKING LUNCH**

\$44 per person ++

### Monday

**Daily Soup** 

DoubleTree House Salad (GF)

with Ontario Greens, Cherry Tomatoes, English Cucumbers and 2 Dressings

Fusilli Pasta (V) with Olives, Feta Cheese, Tomatoes, Artichoke Hearts and Italian Dressing

Roasted Striploin Sandwich (LF) with Charred Bell Peppers, Caramelized Onion and Spicy Mayo

Caprese Sandwich (V) with Tomatoes, Bocconcini, Fresh Basil and Balsamic Glaze

Tuna Wrap with Spicy Mayo, Avocado, Baby Greens

Mini French Pastries

#### **Tuesday**

**Daily Soup** 

Thai Salad (VG) with Spicy Peanut Sauce

Quinoa Bean Salad (VG, GF) with Lime-Cilantro Vinaigrette

Chicken Quesadillas with Sour Cream and Salsa

Roasted Red Pepper and Curried Cauliflower Wrap (V) with Caramelized Onions

Smoked Salmon on Marble Rye with Avocado, Spinach, Cucumber Dill Slaw and Lemon Sour

Mango and Lemon Mousse Cakes

Sliced Fruit and Berries (VG,GF,LF)



#### GF = Gluten Free, LF = Lactose Free, VG= Vegan, V= Vegetarian



### Wednesday

**Daily Soup** 

Baby Romaine Caesar Salad (V) with Radicchio, Shaved Parmesan, Smoked Paprika Caesar Dressing, Croutons

Greek Caesar Salad (GF) with Pickled Eggplants, Fried Capers, Bell Peppers, Feta Cheese

Vegetarian on Multigrain Panini (V) with Sundried Tomato, Portobello Mushroom, Tofu, Baby

Arugula, Balsamic Mayo

Smoked Turkey on a Soft Baguette with Aged Cheddar, Lettuce, Tomato

Deli Sandwich on Sourdough Bread with Salami, Ham, Provolone, Cucumber and Tomato

Chocolate Fudge Cake

Strawberry Shortcake

### **Thursday**

**Daily Soup** 

DoubleTree House Salad (GF) with Ontario Greens, Cherry Tomatoes, English Cucumbers and 2 Dressings

Outdoor BBQ Style Potato Salad (GF) with Baby Potatoes, Pickles, Dijon, Dill and Eggs
Roasted Striploin Sandwich (LF) with Charred Bell Peppers, Caramelized Onions, Spicy Mayo
Chicken Caesar Wrap with Romaine, Garlic Dressing and Tomatoes
Roasted Red Pepper and Curried Cauliflower Wrap (V) with Caramelized Onions
New York Style Cheesecake
Baked Big Apple Pie (LF)



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### **Friday**

Daily Soup
Baby Romaine Caesar Salad (V) with Radicchio, Shaved Parmesan,
Smoked Paprika, Croutons, Caesar Dressing

Organic Mesclun Baby Greens (VG, GF) with Strawberries, Pear and Walnuts, White Balsamic Dressing

Grilled Chicken Sandwich with Asiago Cheese, Arugula Pesto on Flatbread, Bell Pepper Drizzle

Caprese Sandwich (V) with Tomato, Bocconcini, Fresh Basil, Balsamic Glaze
Tuna Wrap with Spicy Mayo, Avocado, Baby Greens

**Assorted Cupcakes** 







### **DAILY HOT LUNCH**

\$48 per person ++

Served with Freshly Baked Rolls and Creamy Butter
All Include Regular & Decaf Coffee and a Selection of Teas
Choose an Alternative Day's Menu for \$15 per person
Serves a Minimum of **15 ppl**\$15 surcharge for every guest less than minimum requirement

### Monday - Viva l'Italia

Cannellini Bean Soup

Caesar Salad

with Baby Romaine, Shaved Parmesan and Croutons

Insalata Mista (VG, GF)

Cherry Tomato, Cucumber and Red Onion Vinaigrette

<u>Seafood Linguine</u>

with an Arugula Lemon Pesto

Chicken Marsala

with Mushrooms and Red Wine

Roasted Baby White Skin Potatoes (VG, GF)

Vegetarian Substitute

Eggplant Caponata (VG, GF)

with Fava Beans

<u>Cheese Tortellini</u> with a Rose Cream Sauce

Verdure Gratinate Al Forno

Roasted Vegetables with Parmesan and Herb Crust

Mini Italian Pastries



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### **Tuesday - Dragon Feast**

<u>Hot and Sour Soup (LF)</u>

Mandarin Garden Salad (LF)

Napa Cabbage Salad with mandarin oranges, bean spouts, broccoli, roasted almonds and sesame dressing

Silken Noodle Salad (LF)

with lo mein noodles, bell peppers, green onion, julienne of carrots and soy dressing

<u>Fiery Kung Pao Chicken (LF)</u> sweet and spicy chicken with bell peppers

Broccoli Crowned Beef (LF)

ginger garlic sauced beef with broccoli and carrots

<u>Fried Rice (VG LF)</u> with and Vegetables

Baby Bok Choy (VG, GF)
with Fried Lotus Root

Mango Mousse

Sliced Fruit

Vegetarian Substitute

 $\label{eq:Silky Tofu Treasure (VG)}$  with Minced Eggplant and Sichuan Pepper Sauce

Tofu with Chow Mein Noodles(VG)

ENHANCEMENT

Miso Marinated Black Cod (LF) + 15





### **Wednesday - South Asian Festival**

<u>Daal Lentil Soup (GF, LF)</u>

<u>Cucumber</u>, <u>Tomato and Onion Salad (GF, VG)</u> with cilantro dressing

#### <u>Papadi Potato Salad</u>

potatoes, papdi chips, tomatoes, cilantro, masala yoghurt dressing

#### **Butter Chicken**

chili, garlic and ginger spiced marinated chicken with a splash of butter and lemon

#### <u>Salmon Tikka (GF)</u>

Salmon dusted with coriander, paprika and cumin

#### Vegetable Curry (GF, VG)

Sauteed vegetables with hints of cardamom, cinnamon and star anise

Basmati Rice (GF, VG)

<u>Vegetable Samosas (LF, VG)</u> with tamarind sauce

Butter Naan

Raita

Mango Chutney

Mango Rice Pudding Brule (GF) with brulee sugar shell

Vegetarian Substitute Paneer Tikka (GF)

**ENHANCEMENT** 

Lamb Rogan Josh +15

Carrot Halwa (GF)

caramelized shredded carrots with cardamom accents and

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### **Thursday - True North**

 $\underline{Yellow\ Split\ Pea\ Soup\ (GF,VG)}$ 

<u>Green Garden Salad and House Dressing (GF, VG)</u> with Cucumber, Carrot, and Tomato

<u>Dried Cranberry and Pearl Barley Salad (V, GF)</u> with Black Beans and Arugula. Apple Cider Vinaigrette

Maple and Ginger Glazed Salmon (LF, GF)

Chicken Supreme with Hunters Sauce

Regional House Vegetables (GF, VG)

Yukon Gold Mash (GF) with Woolwich Goat Cheese

Strawberry Shortcake

Blueberry Crumble

Vegetarian Substitute

Manitoba Wheatberry with Roasted Root Vegetables

ENHANCEMENTS
Alberta Beef Striploin with Herb Crust (GF,LF) +15 per person



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### **Friday - Backyard BBQ**

<u>Creamy Coleslaw (GF, V)</u>

Picnic Potato Salad (GF, V)

Smokey BBQ Ribs (GF, LF)

Bourbon style pork ribs with a hint of smokiness

Kickin' Chicken Legs (GF, LF)

BBQ Spices with a bit of heat

Tex Mex Grilled Corn (GF, VG)

Grilled corn with bell peppers, onions and smoked paprika

Baked Mac n' Cheese

Oven baked macaroni with a creamy cheddar and mozzarella sauce

Key Lime Pie

Lemon Meringue

<u>Iced Tea and Lemonade (LF)</u>

Banana and Chocolate Smoothie (GF)

Vegetarian Substitute
Smoked Tofu and Grilled Vegetable Kebobs

**ENHANCEMENTS** 

Marshmallow and Chocolate S'mores +10 Grilled Shrimp and Pineapple Skewers +15



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