

Sample Corporate Lunch Menu

Gourmet Chef Salad

Slices of turkey breast, egg, tomatoes, cucumber, skim mozzarella, and cashews served over a bed of mixed greens with a basil herb dressing.

Mediterranean Grilled Chicken Salad

Grilled chicken with artichokes, sundried tomatoes, chickpeas, mixed greens with a light lemon herb and olive oil dressing.

Vegetarian Antipasto Salad

Romaine Lettuce with seasoned tofu, cucumber, tomato, cheddar cheese, chickpeas and red pepper slices served with an Italian herb dressing.

Grilled Chicken & Goat Cheese Sandwich

Slices of grilled chicken breast with goat cheese, arugula, and tomato served on multigrain bread served with a side salad of mixed greens, cucumber & balsamic vinaigrette.

Roasted Turkey and Cheddar Sandwich

Slices of roasted turkey, cheddar cheese, lettuce and tomato served on multigrain bread with a side salad of mixed greens, cucumber & balsamic vinaigrette.

Grilled Seasoned Vegetable Wrap

Grilled vegetables, light feta cheese, tomatoes and lettuce served on a whole wheat tortilla with a side salad of mixed greens, cucumber & balsamic vinaigrette.

Broccoli Cheese and Chicken Casserole

Slices of chicken, broccoli, mushrooms and cheddar cheese baked together – a delicious healthy spin on an old traditional favourite.

Grilled Stir-Fry

Loads of fresh grilled vegetables tossed in a light teriyaki sauce served with steamed brown rice and your choice of tofu, chicken or beef.

Please call to discuss your company's needs and pricing 604.685.7054 or 877.770.3663