

BREAKFAST & LUNCH

Lunch can be as simple as wraps, salads, fruit and vegetable trays that are dropped off or as elaborate as a hot buffet or plated meal of your choosing.

Breakfast Break ... \$9.25

- Coffee, teas cream and sugar
- Assorted muffins and pastries
- Fresh fruit platter

*Add individual yogurts for \$1 per person

Breakfast ... \$15

- Fruit salad
- Scrambled eggs
- Hashbrowns
- Bacon and sausage
- Waffle or Pancake

*Add coffee or tea \$2.25/person

Lunch Buffet #1 ... \$14.5

- Choice of 2 salads with dressings
- Assortment of croissant, chibatta or kaisers
- Assortment of squares

Lunch Buffet #2 ... \$15.5

- Choice of 2 salads with dressings
- Assortment of wraps
- Assortment of squares

Lunch Buffet #3 ... \$17.5

- Choice of 2 salads with dressings
- Choice of one of the following:
 1. Lasagna (meat or grilled veg)
 2. Chicken penne in a fire roasted tomato sauce
 3. Quiche [broccoli & cheese, shrimp & asparagus, etc.]
- Garlic bread
- Assortment of cake squares

Lunch Buffet #4 ... \$20.5

- Bread and butter
- Choice of 2 salads with dressings
- Roasted potatoes
- Seasonal vegetables
- Choice of one of the following:
 1. Chicken rustica with a citrus sauce
 2. Sliced roast beef with jus
 3. Citrus glazed salmon
- Assortment of cake squares

Additional Suggestions

Keep in mind that we can do almost anything you would like.

- Sandwiches
\$6.5 / person
- Wraps
\$7.75 / person
- Fruit platter
\$3.5 / person
- Veggie platter
\$3 / person
- Squares
\$3 / person
- Soup
\$5.25 / person
- Salads:
 1. Greens ... \$3.75 / person
 2. Thai noodle ... \$5 / person
 3. Spinach ... \$4.25 / person
 4. Greek ... \$5 / person
- Juices
\$2 / person
- Coffee and tea
\$2.25 / person

Our most popular wraps are California vegetarian, bbq beef or pork, thai chicken. Wraps definitely seem to be favoured over sandwiches, but I can certainly prepare any type of sandwich you choose (roast beef, ham and cheese, tuna, egg and shrimp salad, corned beef).