



CORPORATE MENU

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Breakfast

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

CONTINENTAL BREAKFAST **\$7.95**

Assorted Pastries which may include but not limited to croissants, scones, danishes, breakfast loaf, muffins
Served with Butter & Jam

PANCAKES **\$4.95**

Served with Maple Syrup and Whipped Butter - 2pc per order

MINI FRITTATA SQUARES **\$5.95**

Roasted Peppers, Goat Cheese, and Spinach - 2pc per order

BREAKFAST SANDWICH **\$7.95**

Eggs, Spinach, Ham, Aged Cheddar, choice of Multigrain Ciabatta Buns*

COMPLETE BREAKFAST **\$18.95**

Continental Baked Goods, Scrambled Eggs, Home Fries, Turkey Sausage, Fresh Bacon

BREAKFAST DELUXE **\$16.95**

Assortment of House Made Scones, Danish Pastries, Breakfast Breads, Mini Frittatas Yogurt Parfaits or Fruit Cups

LOCAL BERRY PARFAIT **\$5.95**

with Vanilla Yogurt and Granola

SEASONAL SLICED FRUIT **\$5.95**

with Berries and Creme Fraiche

✦ NEW ✦ BROCCOLI & CHEDDAR QUICHE **\$7.95**

✦ NEW ✦ GOAT CHEESE QUICHE **\$7.95**

(caramelized onion, roasted pepper)

FRUIT CUPS **\$5.95**

with coconut whip

✦ NEW ✦ FRIED CALABRESE TOAST **\$7.95**

with Mascarpone Cream, Fig Preserve, Coconut, Maple Syrup, and Local Berries

BREAKFAST BURRITO **\$12.95**

Filled with Hash Brown, Bacon, Eggs, Salsa, Sautéed Peppers-Onions, and Turkey Sausage, Cheese

VEGETARIAN BREAKFAST BURRITO **\$12.95**

Filled with Local Eggs, Hash Brown, Salsa, Vegan Bacon, Sauteed Peppers-Onions, Cheese



Salads

Add protein of grilled chicken for additional \$7.95

GARDEN SALAD **\$6.95**

with Choice of Dressing (Maple Honey, Balsamic, Chipotle Lime, Green Goddess)

CAESAR SALAD **\$6.95**

with Organic Lemon, Cheese Croutons, Parmesan Shavings, House Garlic Dressing

GREEK SALAD **\$6.95**

with Crisp Romaine, Garden Vegetables, Feta Cheese, Kalamata Olives, Creamy Dressing

POTATO SALAD **\$6.95**

with Grainy Mustard Dressing, Sautéed Peppers-Onion, Torn Parsley

TRI-COLOR FUSILLI PASTA **\$6.95**

with Parmesan Cheese, Arugula, Grilled Peppers, Zucchini, Red Onion, and Pesto Dressing

BROCCOLI CRUNCH **\$6.95**

with Roasted Almonds, Cranberries, Shaved Carrots, Dried Apples, Apple Cider Dressing, and Scallions

✦ **NEW** ✦ **VIETNAMESE MANGO SALAD** **\$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

SHAVED ROAST BEEF **\$9.95**

Horseradish Aioli, Swiss Cheese, Caramelized Onions, Beefsteak Tomatoes, Leaf Lettuce

TURKEY **\$9.95**

Havarti Cheese, Cranberry Spread, Marsala Poached Red Onions, Field Cucumbers, Leaf Lettuce

VIRGINIA HAM **\$9.95**

Aged Cheddar, Beefsteak Tomato, Dijon Aioli, Caramelized Onion

ITALIAN **\$9.95**

Prosciutto & Soppressata, Pesto Aioli, Beefsteak Tomato, Roasted Peppers and Onions, Leaf Lettuce, and Provolone Cheese

CHOPPED EGG SANDWICH **\$9.95**

With Crispy Bir Moise Vegetables

ALBACORE TUNA **\$9.95**

With Crisp Vegetables

FALAFEL WRAP 🌱 **\$9.95**

With Cucumbers, Beefsteak Tomatoes, Hummus, Fork Cilantro, Tzatziki, Leaf Lettuce

VEGAN GRILLED VEGETABLE WRAP 🌱 **\$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

NATURAL ROAST SELECTIONS **\$10.95**

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

ANGUS BEEF **\$10.95**

Gruyere Cheese, Ontario Tomato, Horseradish Aioli, Leaf Lettuce

ROASTED FREE-RANGE CHICKEN BREAST **\$10.95**

Aged Cheddar, Oven Roasted Peppers, Caramelized Vidalia Onions, Chipotle Aioli

ROASTED CHIPOTLE CHICKEN SALAD **\$10.95**

Aged Cheddar, Fire Roasted Peppers, Caramelized Vidalia Onions, Beefsteak Tomatoes, Leaf Lettuce



Hot Lunch

All entrées come with a choice of salad & chef dessert

CHICKEN PARMESAN \$21.95

with Penne Pasta in a Tomato Basil Sauce, Artisan Bun

ROTISSERIE CHICKEN \$18.95

with Seasonal Vegetables, Potato Wedges, Gravy

CHICKEN SUPREME \$24.95

(stuffed with Roasted Peppers, Shallots, Spinach, Fontina Cheese) with Seasonal Vegetables, Yukon Potatoes

JERK CHICKEN \$21.95

with rice & black-eyed peas, coleslaw, Jamaican patty

CHICKEN SOUVLAKI \$21.95

with Greek Rice, Hummus, Tzatziki, Pita

CANELLONI \$16.95

Meat or Spinach and Cheese with Tomato Basil Sauce, Artisan Bun

GRILLED SALMON \$24.95

with Mango and Roasted Pepper Salsa, Steamed Vegetables, Rice

MEXICAN BURRITO \$21.95

with Rice, Refried Beans, Guacamole, Salsa, Sour Cream, Mixed Cheese and Choice of Beef or Chicken

NEW LEMON CHICKEN \$18.95

with Stir-Fry Vegetables and Fried Rice

ITALIAN CHICKEN PICCATA \$21.95

with Roasted Potatoes, Seasonal Vegetables, Artisan Bun

NEW GINGER FRIED BEEF \$18.95

with stir-fry vegetables and Fried Rice

NEW VEGETARIAN OPTIONS

ORECCHIETTE \$18.95

with creamy sauce, peas, pistachios

MUSHROOM RAVIOLI \$18.95

with rose sauce, sauteed spinach, mushrooms and baby tomatoes

CREAMY MUSHROOM GNOCCHI \$18.95

With alfredo sauce, sauteed onions, mushrooms, and parmesan

EGGPLANT PARMESAN \$18.95

with Penne Pasta in Tomato Basil Sauce, Artisan Bun

CHICKPEA CURRY \$18.95

With Rice Pilaf, Naan bread, Cucumber-Onion Salad

FIRE ROASTED PEPPERS \$18.95

Stuffed with basmati rice, grilled vegetables, topped with San Marzano sauce, roasted potatoes, seasonal vegetables

SWEET POTATO WELLINGTON \$21.95

with seasonal vegetables, Moroccan style seasoning, and lentils



GRAB -N- GO

LUNCH BOX

★ NEW ★ SANDWICH CRUNCH BOX \$15.95

Sandwich or wrap, crudité with dip, bag of chip, beverage

CHEF COS LUNCH \$18.95

Sandwich or wrap, choice of salad, dessert, beverage

NATURAL ROAST LUNCH \$21.95

Sandwich or wrap, choice of salad, dessert, beverage

SNACK BOX

ANTIPASTO \$12.95

Prosciutto, Soppressata, provolone cheese, olive tapenade, grapes, crisps

MEXICAN \$12.95

Chorizo, grilled peppers, jalapeño havarti cheese,ortilla chips, guacamole

MEDITERRANEAN \$12.95

Hummus, olives, grape tomatoes, cucumbers, feta cheese, pita crisps

PROTEIN \$12.95

Hard boiled eggs, trail mix, cheese, crisps, creamy peanut butter

WELLNESS BOX

HALAL CHIPOTLE CHICKEN \$18.95

Roasted chicken breast, basmati rice, corn and black bean salsa, Pico de Gallo, guacamole, torn cilantro

TERIYAKI SALMON \$18.95

Edamame beans, basmati rice, fried wonton, steamed vegetables, sweet soy dressing, scallions

MEXICAN BOWL \$18.95

Spanish rice, chorizo, grilled peppers, jalapeno Havarti cheese, tortilla chips, guacamole

★ NEW ★ TOFU SATAY BOWL 🌱 \$18.95

Rice noodles, steamed broccoli, carrots, cabbage, crispy wonton, scallions, seared tofu, satay sauce

FALAFEL BOWL - COLD 🌱 \$18.95

Basmati rice, house-made falafel, crispy chickpeas, guacamole, tomatoes, field cucumber, pickled red onion, tzatziki



New Shareables

APPETIZER PLATTERS

CRUDITÉS PLATTER

Small (Serves up to 10 people) \$49.50
Medium (serves 20) \$99.00
Large (Serves 30) \$148.50

CHEESE PLATTER

Small (Serves up to 10 people) \$99.95
Medium (serves 20) \$119.90
Large (Serves 30) \$299.85

MEAT CHARCUTERIE BOARD

Small (Serves up to 10 people) \$169.50
Medium (Serves 20) \$339.00
Large (Serves 30) \$508.50

ANTIPASTO CHARCUTERIE BOARD \$189.95

Small (Serves up to 10 people) \$189.95
Medium (serves 20) \$379.90
Large (Serves 30) \$569.85

DIPS AND SALSA

TORTILLA CHIPS \$5.95

with Guacamole and Salsa

CHIPOTLE CHICKEN DIP \$6.95

With Tortilla Chips

PITA BITES \$7.95

With Tahini, Hummus and Baba Ghanoush



New Finger Foods & Flatbreads

VEGETARIAN SAMOSA \$4.95

with dipping sauce

VEGETARIAN SPRING ROLL \$5.95

with dipping sauce

EMPANADAS \$7.95

Choice of beef/chicken/mushroom

CHICKEN FINGERS \$7.95

with dipping sauce

SATAY \$8.95

Choice of beef or chicken skewers with dipping sauce

MARGHERITA FLAT BREAD \$26.00

MEDITERRANEAN FLAT BREAD \$26.00

MIXED VEGGIE FLAT BREAD \$26.00



Fruit & Sweets

ASSORTED SEASONAL FRUIT

Small (Serves up to 10 people) \$49.95

Medium (serves 20) \$89.95

Large (Serves 30) \$129.95

ASSORTED COOKIES

Small (Serves up to 10 people) \$40.00

Medium (serves 20) \$75.00

Large (Serves 30) \$110.00

ASSORTED CUPCAKES

Small (Serves up to 10 people) \$40.00

Medium (serves 20) \$75.00

Large (Serves 30) \$110.00

Drinks

Hot and Cold Beverages Available - Exclusive
Pepsi Products

ASSORTED DESSERTS

Small (Serves up to 10 people) \$45.00

Medium (serves 20) \$80.00

Large (Serves 30) \$120.00

MINI ITALIAN PASTRIES

Small (Serves up to 10 people) \$49.95

Medium (serves 20) \$89.95

Large (Serves 30) \$129.95

GRAB-AND-GO BITES

\$5.95

A choice of: Energy Bites, Kettle Chips, Pretzels, Trail Mix, Cookies, Flavoured
Popcorn, Brownies/Squares