



# Breakfast

**CONTINENTAL BREAKFAST** ..... **\$8.75**

Assorted pastries, including Croissants, Danishes, Muffins, and Breakfast loaves. Served with butter and jam.  
Served with Butter & Jam

**BREAKFAST DELUXE** ..... **\$17.80**

Assorted pastries, including Croissants, Danishes, Muffins, and Breakfast loaves, assorted protein & granola bars, yogurt parfaits, or fruit cups

**COMPLETE BREAKFAST** ..... **\$19.75**

Assorted pastries, including Croissants, Danishes, Muffins, and Breakfast loaves, scrambled eggs, home fries, turkey sausage, and fresh bacon.

**PANCAKES** ..... **\$5.45**

Fluffy pancakes served with maple syrup and whipped butter (2 pieces per order)

**MINI FRITTATA SQUARES** ..... **\$6.55**

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

**BREAKFAST SANDWICH** ..... **\$8.75**

Eggs, spinach, ham, and aged cheddar on a classic bun.

**LOCAL BERRY PARFAIT** ..... **\$6.55**

Vanilla yogurt layered with granola and local berries

**FRUIT CUPS** ..... **\$6.55**

Individual servings of freshly sliced seasonal fruit.

**BROCCOLI & CHEDDAR QUICHE** ..... **\$8.75**

**GOAT CHEESE QUICHE** ..... **\$8.75**

caramelized onion, roasted pepper

**FRIED CALABRESE TOAST** ..... **\$8.75**

Topped with mascarpone cream, fig preserve, maple syrup, and local berries

**BREAKFAST BURRITO** ..... **\$14.25**

Filled with hash browns, bacon, eggs, salsa, sautéed peppers and onions, turkey sausage, and cheese.

**VEGETARIAN BREAKFAST BURRITO** ..... **\$14.25**

Filled with local eggs, hash browns, salsa, vegan bacon, sautéed peppers and onions, and cheese



# Salads

Add a protein of grilled chicken for additional \$8.75

## REGULAR SELECTION

**GARDEN SALAD** ..... **\$7.30**

Mixed greens with dressing on the side

**CAESAR SALAD** ..... **\$7.30**

Romaine lettuce, Parmesan shavings, cheese croutons, and creamy garlic dressing

**GREEK SALAD** ..... **\$7.30**

Crisp romaine, garden vegetables, feta cheese, Kalamata olives, and Greek dressing.

**PASTA SALAD** ..... **\$7.30**

With parmesan Cheese, Arugula, Grilled Vegetables, Pesto Dressing

## PREMIUM SELECTION

**POTATO SALAD** ..... **\$8.75**

Grainy mustard dressing, sautéed peppers and onions, and fresh parsley

**BROCCOLI CRUNCH** ..... **\$8.75**

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

**VIETNAMESE MANGO SALAD** ..... **\$8.75**

Red peppers, carrots, ripe mangoes, cilantro, and fish sauce dressing

**QUINOA POWER SALAD** ..... **\$9.50**

Quinoa, roasted sweet potatoes, kale, cranberries, and lemon vinaigrette

**CAPRESE SALAD** ..... **\$9.50**

Fresh mozzarella, vine-ripened tomatoes, basil, balsamic glaze, and olive oil





# Sandwiches & Wraps

Make a meal combo with your 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** ..... \$10.45

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

**TURKEY** ..... \$10.45

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

**VIRGINIA HAM** ..... \$10.45

Aged Cheddar, Beefsteak Tomato, Dijon Aioli, Caramelized Onion

**ITALIAN - SOPPRESSATA** ..... \$10.45

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

**CHOPPED EGG SANDWICH** ..... \$10.45

Hard-boiled eggs mixed with a creamy dill dressing and crispy vegetables

**ALBACORE TUNA** ..... \$10.45

Fresh tuna salad with crisp vegetables and lemon aioli

**FALAFEL WRAP**  ..... \$10.45

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

**VEGAN GRILLED VEGETABLE WRAP**  ..... \$10.45

Olive tapenade, balsamic onions, vegan cheese, grilled zucchini, and lettuce

## NATURAL ROAST SELECTIONS

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

**ANGUS BEEF** ..... \$11.95

Cruyere Cheese, Ontario Tomato, Horseradish Aioli, Leaf Lettuce

**ROASTED FREE-RANGE CHICKEN BREAST** ..... \$11.95

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

**ROASTED CHIPOTLE CHICKEN SALAD** ..... \$11.95

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

**VEGAN SMASHED CHICKPEA SALAD**  ..... \$11.95

Chickpea, vegan mayo, grainy mustard, finely chopped red onion & dill pickle

## GOURMET WARM WRAP SELECTION

**ANGUS** ..... \$17.50

Angus beef, asparagus spears, rapini, grilled zucchini, sautéed mushrooms, caramelized onions, roasted red peppers, melted mozzarella

**ROASTED CHICKEN** ..... \$17.50

Chicken breast, asparagus spears, rapini, grilled zucchini, sautéed mushrooms, caramelized onions, roasted red peppers, melted mozzarella

**GOURMET TOFU**  ..... \$17.50

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

---

## CANELLONI ..... \$18.75

Choose from meat or spinach and cheese filling, served with tomato basil sauce and an artisan bun

## ROTISSERIE CHICKEN ..... \$19.75

Juicy rotisserie-style chicken served with seasonal vegetables, potato wedges, gravy and an artisan bun

## LEMON CHICKEN ..... \$19.75

Served with stir-fry vegetables and fried rice

## CHICKEN PARMESAN ..... \$23.95

Breaded chicken breast topped with marinara sauce and melted mozzarella, served with penne pasta and an artisan bun

## JERK CHICKEN ..... \$23.95

Spiced chicken served with rice and black-eyed peas, coleslaw, and a Jamaican beef patty

## CHICKEN SOUVLAKI ..... \$23.95

Skewered and grilled chicken served with Greek rice, hummus, tzatziki, and pita bread

## MEXICAN BURRITO ..... \$23.95

Filled with rice, refried beans, guacamole, salsa, sour cream, mixed cheese, and your choice of beef, chicken or veggie

## ITALIAN CHICKEN PICCATA ..... \$23.95

Served with roasted potatoes, seasonal vegetables, and an artisan bun

## CHICKEN SUPREME ..... \$26.50

Stuffed with roasted peppers, shallots, spinach, and fontina cheese, accompanied by seasonal vegetables and Yukon potatoes

## GRILLED SALMON ..... \$26.50

Topped with mango and roasted pepper salsa, accompanied by steamed vegetables and rice

## BEEF STROGANOFF ..... \$26.50

Tender beef in a creamy mushroom sauce served over egg butter noodles with a side of seasonal vegetables

---

## VEGETARIAN OPTIONS

### ORECCHIETTE ..... \$19.75

Tossed in a creamy sauce with peas and pistachios

### CREAMY MUSHROOM GNOCCHI ..... \$19.75

Tossed in Alfredo sauce with sautéed onions, mushrooms, and Parmesan

### EGGPLANT PARMESAN ..... \$19.75

Breaded and baked eggplant served with penne pasta in a tomato basil sauce and an artisan bun

### CHICPEA CURRY 🌱 ..... \$19.75

Served with rice pilaf, naan bread, and cucumber-onion salad

### FIRE ROASTED PEPPERS 🌱 ..... \$19.75

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

### MUSHROOM RAVIOLI ..... \$23.95

Served with rose sauce, sautéed spinach, mushrooms, and baby tomatoes

### SWEET POTATO WELLINGTON ..... \$23.95

Filled with Moroccan-spiced lentils and served with seasonal vegetables





# GRAB -N- GO

## LUNCH BOX

**SANDWICH CRUNCH BOX** ..... \$17.55

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

**CHEF COS LUNCH** ..... \$19.75

Sandwich or wrap, choice of salad, dessert, beverage

**NATURAL ROAST LUNCH** ..... \$23.95

Sandwich or wrap, choice of salad, dessert, beverage

## SNACK BOX

**ANTIPASTO** ..... \$16.95

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

**MEXICAN** ..... \$16.95

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

**MEDITERRANEAN** ..... \$16.95

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

**PROTEIN** ..... \$16.95

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

## WELLNESS BOX

**HALAL CHIPOTLE CHICKEN** ..... \$21.95

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

**TERIYAKI SALMON** ..... \$21.95

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

**MEXICAN BOWL** ..... \$21.95

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

**TOFU SATAY BOWL** 🌱 ..... \$21.95

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

**FALAFEL BOWL - COLD** 🌱 ..... \$21.95

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) \$54.45
- Medium (serves 20) \$108.90
- Large (Serves 30) \$163.35

### CHEESE PLATTER

- Small (Serves up to 10 people) \$109.95
- Medium (serves 20) \$131.89
- Large (Serves 30) \$329.84

### MEAT CHARCUTERIE BOARD

- Small (Serves up to 10 people) \$186.45
- Medium (serves 20) \$372.90
- Large (Serves 30) \$559.35

### ANTIPASTO CHARCUTERIE BOARD

- Small (Serves up to 10 people) \$208.95
- Medium (serves 20) \$417.89
- Large (Serves 30) \$626.84

## DIPS AND SALSA

### TORTILLA CHIPS

\$6.55

with Guacamole and Salsa

### CHIPOTLE CHICKEN DIP

\$7.65

With Tortilla Chips

### PITA BITES

\$8.75

With Tahini, Hummus and Baba Ghanoush





## New Finger Foods & Flatbreads

**VEGETARIAN SAMOSA** ..... \$5.45

with dipping sauce

**VEGETARIAN SPRING ROLL** ..... \$5.45

with dipping sauce

**EMPANADAS** ..... \$8.75

Choice of beef/chicken/mushroom

**CHICKEN FINGERS** ..... \$8.75

with dipping sauce

**SATAY** ..... \$9.85

Choice of beef or chicken skewers with dipping sauce

**MARGHERITA FLAT BREAD** ..... \$28.60

**MEDITERRANEAN FLAT BREAD** ..... \$28.60

**MIXED VEGGIE FLAT BREAD** ..... \$28.60



# Fruit & Sweets

## ASSORTED SEASONAL FRUIT

Small (Serves up to 10 people) \$54.95  
Medium (serves 20) \$98.95  
Large (Serves 30) \$142.95

## ASSORTED COOKIES

Small (Serves up to 10 people) \$44.00  
Medium (serves 20) \$82.50  
Large (Serves 30) \$121.00

## ASSORTED CUPCAKES

Small (Serves up to 10 people) \$44.00  
Medium (serves 20) \$82.50  
Large (Serves 30) \$121.00

## ASSORTED DESSERTS

Small (Serves up to 10 people) \$49.50  
Medium (Serves 20) \$88.00  
Large (Serves 30) \$132.00

## MINI ITALIAN PASTRIES

Small (Serves up to 10 people) \$54.95  
Medium (serves 20) \$98.95  
Large (Serves 30) \$142.95

## GRAB-AND-GO BITES

**\$6.55**

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

# Drinks

Hot and Cold Beverages Available -  
Exclusive Pepsi Products

