



CATERING MENUS

Lunch



LUNCH BUFFETS

(Services are available for 1½ hours)

The Ploughman's Lunch, Build Your Own Sandwich

(Minimum 20 people)

Chef's Daily Market Fresh Soup

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Wild & Gathered Greens with a Selection of Dressings

Old Fashion Potato Salad

Hard Boiled Eggs

Pickles, Olives & Hot Peppers

Crisp Vegetables with Buttermilk Dip

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Selection of Sliced Cheeses

Crisp Lettuce & Peppery Radish Sprouts

Sliced Ripe Beef Steak Tomatoes & English Cucumbers

Regular & Basil Pesto Mayonnaise, Dijon & Grainy Mustard

Assortment of Country & Artisan Breads, Baguettes & Buns

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(Please select any three of the following sandwich fillings for your buffet)

Platter of Roast Country Ham, Smoked Turkey Breast,

Montreal Pastrami & Genoa Salami

Dijon & Rosemary Crusted Roast Top Sirloin of Canadian "AAA" Beef

Chicken Breast Salad with Dried Apricots, Walnuts & Fresh Rosemary

Albacore Tuna Salad with Sweet Relish & Capers

Fresh Wild B.C. Salmon Salad with Fennel & Lemon Aioli

Lightly Curried Egg Salad with Spring Onion

Mediterranean Grilled Eggplant & Sweet Red Peppers♥

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Brownies & Carrot Cake

Freshly Brewed Regular or Decaffeinated Coffee & Gourmet Teas

\$21.95 per person

♥ Indicates low fat content ♥



All menu services and charges are subject to minimum numbers.
All prices are subject to a 15% gratuity and applicable taxes.
(2011)

The New York Deli Lunch

(minimum 20 people)

Chef's Daily Market Fresh Soup

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Wild & Gathered Greens with a Selection of Dressings
Kosher Pickle Spears & Hot Cherry Peppers
Olive Oil Marinated Cauliflower & Zucchini with Oregano

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(Please select any three of the following sandwich options for your buffet)

Bocconcini, Red Pepper Pesto, Orange Tomato & Arugula on a Rustic Ficelle
Chipotle Grilled Chicken Breast, Guacamole & Romaine on Jalapeño Asiago Bread
Montreal Pastrami with Sauerkraut & Russian Dressing on Marble Rye
Roast Country Ham with Fresh Sage & Dried Apricot Mayonnaise on a Kaiser Bun
Genoa Salami with Provolone Cheese, Grilled Zucchini, Fresh Basil &
Kalamata Olive Mayonnaise on Crusty Ciabatta
BBQ Salmon Salad with Horseradish Cream Cheese, Cucumbers &
Peppery Radish Sprouts on Onion & Dill Loaf
Roast Canadian Beef Sirloin with Caramelized Onions, Watercress &
3 Peppercorn Aioli on Multigrain
Smoked Turkey Breast with Cranberry Chutney & Artisan Lettuce on
Sour Dough Baguette

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Lemon Bars, Italian Biscotti & Chocolate Ganache Cake
Freshly Brewed Regular or Decaffeinated Coffee & Gourmet Teas

\$23.95 per person

"Mom's" Lunch

(minimum 20 people)

Cream of Mushroom Soup & Warm Buttermilk Biscuits

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Baby Greens with Cherry Tomatoes & a Selection of Dressings

Old Fashion Potato Salad with Egg

Raw Veggies & Dip

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(Please select any two of the following entrees for your buffet)

Dijon & Rosemary Crusted Green Peppercorn Meatloaf with a French Onion au Jus

Crisp Wild B.C. Salmon Fingers with a Citrus, Cucumber & Yogurt Tartar

Tender Beef Brisket Braised with Beer, Roast Mushrooms & Carrots

Roast Chicken & Broccoli Pot Pie with a Flaky Crust (vegetarian on request)

Grilled Cheese Sandwiches with Provolone, Cheddar, Gruyere & Caramelized Onions

Bacon & Mushroom Mac & Cheese, Gratinee with Herb Crumbs (vegetarian on request)

Farfalle & Tuna with Leeks, Fresh Dill & Sweet Peas (vegetarian on request)

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Home Fried Yukon Gold Potatoes & Steamed Seasonal Vegetables

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Apple Crumble

Freshly Brewed Regular or Decaffeinated Coffee & Gourmet Teas

\$23.95 per person

The Picnic Lunch

(minimum 20 people)

Pitchers of Lemonade

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Crusty "Picnic" Rolls & Sweet Butter

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Iceberg Wedges with Tomato & Crumbled Blue Cheese
Individual Bags of Potato & Corn Chips
Sesame Marinated Garden Fresh Vegetables
Creamy Cole Slaw with Wasabi Dressing & Sunflower Seeds

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(Please select any two of the following entrees for your buffet)

Buttermilk Marinated Fried Chicken
Grilled Chicken Breast Burgers with Poppy Seed Kaisers & Garnishes
Charbroiled Beef Burgers with Poppy Seed Kaisers & Garnishes
Bavarian Sausages with Spicy Mustard, Onions & Sour Dough Baguette
Lamb Souvlaki Skewers with Pita & Tzatziki♥
Baked Spinach & Phyllo Pies

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Fresh Fruit Skewers with Yogurt Dip
Freshly Brewed Regular or Decaffeinated Coffee & Gourmet Teas

\$20.95 per person

♥ Indicates low fat content ♥



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The Richmond Wrap

(minimum 20 people)

Chef's Selection of Soup

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Artisan Lettuces with a Selection of Dressings
Chick Pea & Mango Salad with Watercress & Sesame Vinaigrette
Cauliflower Pickle with Mint, Lemon & Olive Oil

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(Please select any three of the following wraps for your buffet)

Rosemary Chicken Breast with Roast Garlic Mayonnaise
Crispy Chicken Breast, Bacon & Ranch Dressing
Roast Beef with Sundried Tomato Aioli & Caramelized Onions
Montreal Style Smoked Beef with Provolone Cheese & Russian Dressing
Baby Shrimp Salad with Light Curry Mayonnaise
BBQ B.C. Salmon, Horseradish Mayo & Peppery Radish Sprouts
Cucumber Coleslaw with Wasabi, Sunflower Seeds & Blue Cheese
Tofu with an Orange Hoisin Glaze, Pea Shoots, Avocado & Carrot Pickle♥

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Fresh Seasonal Fruit Platter & Petite Sponge Cakes
Freshly Brewed Regular or Decaffeinated Coffee or Gourmet Teas

\$21.95 per person

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The Pasta Buffet

(minimum 20 people)

Oven Baked Garlic & Parmesan Bread
Focaccia with Balsamic Syrup & Olive Oil

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Artisan Greens with Blackberry & Olive Oil Vinaigrette
Tuscan Panzanella Bread Salad with Basil, Red Onion & Tomato

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Cavatappi, Spaghetti & Whole Wheat Cheese Stuffed Tortelloni

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(Please select any three of the following sauces for your buffet)

<i>Bolognaise</i>	Rich meat ragu
<i>Pomodoro</i>	Plum tomato, all vegetarian♥
<i>Pesto E Pomodoro</i>	Cream, pesto & tomato
<i>Creamy Alfredo</i>	Rich with garlic & nutmeg
<i>Amatriciana</i>	Tomato with onions & dry cured Italian bacon
<i>Carbonara</i>	Alfredo with julienne of ham & peas
<i>Vongole</i>	Alfredo with clams, parsley & white wine
<i>Quattro Formaggi</i>	Alfredo with four cheeses
<i>Ai Funghi</i>	Field mushrooms with rosemary, cream & sherry
<i>Salsiccia</i>	Italian turkey sausage, herbs & rose sauce

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Parmesan Cheese & Chillies

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Tiramisu Torte
Freshly Brewed Regular or Decaffeinated Coffee & Gourmet Teas

\$21. 25 per person

add Baked Spinach & Cheese Cannelloni for an additional \$2.25 per person

add Baked Meat Cannelloni for an additional \$2.75 per person

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The Fajita Bar

(minimum 30 people)

Black Bean Soup with Chorizo & Green Chilies
(Vegetarian on request)
Crisp Corn Tortillas

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Grilled Corn Salad with Lime & Cilantro
Warm Flour Tortillas & Crisp Corn Taco Shells

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(Please select any two of the following fajita fillings for your buffet)

Spicy Chorizo & Smoked Peppers
Boneless Chicken Breast & Chipotles en Adobo♥
Blackened Shrimp with, Lime & Fresh Pineapple
Tender Beef Steak with Black Pepper & Avocado
Fire Roasted Peppers with Cumin, Mango & Ancho Chilies♥

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Jack Cheese, Crisp Lettuce & Tomatoes
Salsa, Guacamole & Sour Cream
Mexican Rice with Fresh Tomato & Olives

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Warm Custard Flan, Churros with Cinnamon Sugar & Fresh Fruit Platter
Freshly Brewed Regular or Decaffeinated Coffee or Gourmet Teas

\$22.00 per person

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The Sea Island Lunch Buffet

(minimum 50 people)

B.C. Salmon Chowder Accented with Fennel
Freshly Baked Rolls & Sweet Butter

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Wild & Gathered Greens
Traditional Caesar Salad
Old Fashion Potato Salad with Egg
Watermelon Salad with Feta Cheese & Ginger Vinaigrette
Canadian Mussels Marinated with Star Anise, Garlic & Olive Oil
BBQ Salmon with Horseradish Crème Fraîche

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(Please select any two of the following entrees for your buffet)

Wild B.C. Salmon with Rosemary Infused Maple Beurre Blanc
Braised Cod Loin with a Smoked Tomato Puttanesca♥
Thyme Marinated Chicken Breast & Leg with a Grainy Mustard Demi Glace
Roasted Chicken Stroganoff with Buttered Egg Noodle, Shiitakes & Dill
Penne with a Rich Lamb Bolognese & Kalamata Olives
West Coast Paella with Chicken, Chorizo, Local Fin & Shellfish
Whole Wheat Cheese Tortelloni with Broccoli & Red Pepper Pesto
Petite Sirloin Steak Medallions, Red Wine Peppercorn Demi Glace

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Skin on Mashed B.C. Yukon Gold Mashed Potatoes Gratinee
Steamed Seasonal Vegetables

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Selection of French Pastries, Assortment of Exotic Cakes and Tortes
Freshly Brewed Regular or Decaffeinated Coffee & Gourmet Teas

\$28.00 per person

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The Pacific Rim Lunch

(minimum 30 people)

Coconut Chicken Soup

Naan Bread

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Taiwan Cabbage Slaw with Diakon, Carrot, Pea Shoots & Spicy Ginger Dressing

Sweet & Sour Cucumber & Peanut Salad with Mint

Chilled Soy Sauce Noodles with Ham & Green Onion

BBQ Chinese Meat Platter

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(Please select any two of the following entrees for your buffet)

Gold Coin Beef Tenderloin Medallions

Wild B.C. Salmon Steamed with Ginger & Green Onion♥

Crisp Vegetarian Spring Rolls

Gently Spicy Boneless Butter Chicken

Sweet & Sour Lean Boneless Pork with Pineapple

Chick Peas With Indian Spices & Tomato♥

North Indian Lamb Vindaloo (spicy)

Chef's Selection of Steamed Dim Sum

South Indian Shrimp Curry with Coconut Milk & Mango

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Braised E-Fu Noodles with Straw Mushrooms

Sweet Pea & Kimchee Fried Rice

Market Fresh Vegetable Stir Fry

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Mousse Cakes & Almond Cookies

Freshly Brewed Regular or Decaffeinated Coffee & Gourmet Teas

\$31.00 per person

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SMALL GROUP BUFFET LUNCHEONS

(Services are available for one hour)

(Exclusively For Groups of 10 to 20 People)

Soup & Sandwich

Chef's Market Fresh Soup
Wild & Gathered Greens with a Selection of Dressings
Fresh Made Sandwiches, Chef's Deli Selections

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Country Style Dessert Bars
Freshly Brewed Coffee or Tea

\$16.00 per person

Spaghetti

Wild & Gathered Greens with a Selection of Dressings
Cheese Toasted Garlic Bread
Spaghetti with either Plum Tomato Pomodoro Sauce or a Rich Meat Bolognaise
(please select one of the above sauces)

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Country Style Dessert Bars
Freshly Brewed Coffee or Tea

\$16.00 per person

Stir Fry

Fragrant Steamed Jasmine Rice
Boneless Chicken or Beef with Vegetables & Black Bean Sauce Stir Fry
(please select one of the above options)

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Country Style Dessert Bars
Freshly Brewed Coffee or Tea

\$16.00 per person

Box Lunch
For groups leaving the property
Available for pickup from 10:30 am to 1:00 pm

Each Box Contains One Choice from Each of the Following Category:

Salad

Sesame Marinated Vegetables, Old Fashion Potato Salad or
Pasta Salad with Pesto

Sandwich

Smoked Turkey Breast, Tuna Salad with Pickles,
Egg Salad with Curry & Green Onion,
Black Forest Ham & Swiss Cheese or Montreal Style Smoked Meat

Dessert

Butter Tart Square, Brownie, Nanaimo Bar or Carrot Cake
One Piece of Fresh Fruit
Boxed Juice or Soft Drink

\$14.95 per person
a surcharge of \$4.00 will apply for dining in

A LA CARTE LUNCHEONS

Create Your Own Lunch from our A La Carte Lunch Menu

(Minimum 2 Courses including 1 entrée)

Served with Freshly Baked Rolls & Sweet Butter
Freshly Brewed Regular or Decaffeinated Coffee & Tea

Soups & Salads

Minestrone Soup♥	\$4.50
Italian Sausage & White Bean Soup with Rosemary	\$4.50
Wild & Gathered Greens with Blackberry Balsamic Vinaigrette♥	\$4.50
Cream of Portabellini Mushrooms with Sherry & Thyme	\$4.50
Apple Wood Smoked Split Pea Soup with Sage Croutons♥	\$4.50
Artisan Lettuces with Vine Ripe Tomatoes & Cucumbers	\$5.50
Traditional Caesar Salad with Parmesan & Croutons	\$5.50
Spinach Salad with Mushrooms, Bacon, Egg & Ranch Dressing	\$5.50
New England Style Clam Chowder	\$5.50
Wild B.C. Salmon Chowder with Fennel	\$5.75
Corn Bisque with Crab Meat & Chive Oil	\$6.00
Grilled Asparagus Salad with Basil Pesto & Chopped Egg	\$6.50
Butter Lettuce & Baby Shrimp, Thyme Buttermilk Vinaigrette	\$6.50

Entrees

~ All entrées are served with appropriate seasonal garnish ~

Cheese & Spinach Cannelloni Baked with a Rich Béchamel Sauce	\$16.00
Gnocchi with Braised Bok Choy, Shiitakes & Coconut Curry Cream	\$16.00
Cobb Salad with Chicken Breast, (Egg, Tomato, Bacon, Avocado & Blue Cheese)	\$16.00
Spaghetti with a Rich Bolognese Sauce & Parmesan Cheese	\$17.00
Meatloaf with Blue Cheese Crust, Roast Garlic au Jus & Mashed Potatoes	\$18.00
Boneless all Breast Butter Chicken (With Toasted Cashew Saffron Rice & Pappadum)	\$18.00
Crisp Potato Crusted Cod Loin with a Scallion Horse Radish Beurre Blanc	\$18.00
Beef Tenderloin Medallions "Stroganoff" (With Pappardelle, Sour Cream & Gherkins)	\$18.00
Saltimbocca Chicken Breast with Sage & Prosciutto, Lemon Beurre Blanc	\$19.00
Baked Wild B.C. Salmon Filet with a Chardonnay & Chive Beurre Blanc	\$20.00
Wild B.C. Salmon Filet Steamed with Soy, Ginger & Green Onion♥	\$20.00
Red Wine Braised Beef Short Rib with Onion Jam, au Jus & Mashed Potatoes	\$21.00
Grilled Sirloin Steak with a Green Peppercorn Demi Glace	\$22.00

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Desserts

Seasonal Fruit Sorbet♥	\$3.50
Light Milk Chocolate Mousse	\$4.00
Seasonal Fruit Salad♥	\$5.50
Fresh Strawberries with Sweet Cream	\$5.50
Chocolate and Pecan Pie with Mandarin Orange Crème Anglaise	\$5.50
White Chocolate and Grand-Marnier Mousse Cake, Berry Coulis	\$6.00
New York Style Cheesecake with Strawberry Coulis	\$6.25
Mango Blueberry Cheesecake with Crème Chantilly	\$6.50

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