



TEMPERATE OFFICE LUNCHEONS

10 Person Minimum

Includes Mixed Field Green Salad with Tomato, Cucumber, Edamame, Carrots, Bell Pepper- Includes Croutons & Dressings
Your Choice of 1 Vegetable & 1 Starch Option & All Disposables

CHICKEN ENTREES - \$13.50 per Person

BALSAMIC GRILLED CHICKEN

Boneless breast of chicken marinated in balsamic vinegar, olive oil and herbs, grilled and sliced drizzled with balsamic molasses.

BLACKENED CHICKEN

Morsels of boneless breast of chicken coated in Cajun New Orleans spices, blackened and served with a tangy remoulade sauce

CHICKEN BRUSCHETTA

Medallions of boneless breast of chicken marinated in Italian herbs and spices, Olive oil and lemon, grilled and served with a robust Tomato bruschetta style topping.

CHICKEN MYKONOS

Boneless breast of chicken marinated in thyme and oregano, grilled and served temperate with a cucumber, Feta cheese, Kalamata olive and tomato confit.

BEEF ENTREES - Tenderloin : \$17.50 per

Person Flank Steak : \$14.50

FLANK STEAK CHIMMICHURI

Flank steak marinated in herbs, garlic and lime zest, seared, sliced and served with a fresh chimichurri sauce.

FILET BALSAMICO

Tender Terra Major filet marinated in fresh herbs and olive oil, seared and drizzled with balsamic molasses. +2.00

HERB ROASTED FILET OF BEEF

Prime tenderloin marinated in garlic and herbs, grilled & sliced, finished with fine herbs. +2.00

HOISEN-GINGER FLANK STEAK

Flank steak marinated in ginger and hoisin sauce, cooked to perfection, sliced, and served with a scallion-soya dipping sauce.

FISH ENTREES - Salmon : \$14.95 per Person

Tuna : \$15.50 per Person

CHILI APRICOT SALMON

Fresh salmon roasted and glazed with a flavorful chili lime and apricot glaze, topped with a orange, red pepper, red onion, cilantro and sesame seed salsa. Served temperate.

HERB GRILLED SALMON

Fillets of salmon marinated in fresh herbs and olive oil, grilled and served sliced with a lemon caper remoulade.

SEARED SESAME TUNA

Sushi grade Ahi tuna crusted with sesame seeds and seared rare, sliced thin and served with wasabi aioli.

ROASTED SALMON W/ RED PEPPER & CORN RELISH

Fresh Atlantic salmon roasted and served with a diced red pepper and corn salsa.

VEGETABLE OPTIONS

BALSAMIC HARICOTS VERTS

Crisp Haricots Verts sautéed in garlic and olive oil, chilled and tossed in a house made balsamic vinaigrette.

GRILLED UMBRIAN VEGETABLES

The season's finest, grilled & chilled.

TOMATO & CUCUMBER SALAD

Tomatoes, cucumber & onions tossed in a light vinaigrette.

ROASTED CARROTS

Carrots marinated in garlic and olive oil, roasted, chilled and sprinkled with caraway seeds.

STARCH OPTIONS

QUINOA KALE SALAD

Chopped kale, purple cabbage, shredded carrot, crisp spring onion, golden raisins, and goat cheese tossed in a light vinaigrette.

INDONESIAN RICE SALAD

Snow peas, nuts, celery and crisp spring onions tossed with rice in a sesame vinaigrette.

UPTOWN PASTA SALAD

Cavatappi & penne pastas, chopped vegetables and olives tossed in a house made Italian dressing.

UPTOWN POTATO SALAD

Baked potato salad.