



## 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

Filletts 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.