

WORKING LUNCH MENU

STARTERS

- A platter of sliced fruit such as pineapple, cantaloupe and melon garnished with berries and grapes.
&
A platter of sliced carrots, celery, mushrooms, whole radishes, cherry tomatoes, broccoli and cauliflower bites and sliced bell peppers with ranch and dill dips.
&
A platter of cheese selections from around the world.

SALADS

(All working lunches include one of the following salads):

- CAESAR SALAD:* Crispy romaine lettuce with fresh croutons, bacon bits, parmesan cheese and our own homemade dressing
- GREEK SALAD:* A medley of garden salad greens with crumbled feta cheese, black olives, red onions, cucumbers and tomatoes with our own balsamic dressing
- POTATO SALAD:* Red and green peppers, pickles, green onions and mayonnaise blended with cubed potatoes to make this old-time favourite
- GARDEN GREENS:* A medley of garden greens with tomatoes, cucumbers, shredded carrots and many other vegetable favourites with choice of dressing

SANDWICH PLATTERS

(All working lunches include a selection from our catered sandwich platters):

Platter A

(Choose any two of the following prepared sandwiches)

- Turkey Breast on sour dough bun with Havarti cheese
- Salami with mozzarella cheese, tomato slices, lettuce and mustard on a Calabrese roll
- Blackforest ham on a cheese and onion bun with Swiss Emmenthal Cheese, lettuce and a dash of mustard and mayonnaise
- Tender slices of roast beef on a variety of breads with crispy lettuce and sliced tomato
- A freshly baked whole wheat kaiser stacked high with grilled zucchini, red peppers, red onions and eggplant and topped with crispy lettuce and fresh tomatoes
- Chicken Salad served on a bagel croissant bun
- Egg Salad served on either plain white or dark rye kaiser bun with lettuce
- Tuna Salad on marble rye bread with lettuce



SANDWICH PLATTER CONTINUED . . .

Platter B

(Create your own sandwich from a mixed platter)

A platter of selected cold cuts ready to be used within your own scrumptious sandwich. Salami, Roast Beef, Black Forest Ham, Turkey and Pastrami make up your meat selections.

And one of the following salad fillings:

Egg Salad: chopped egg whipped with mayonnaise, green onions, diced celery and a hint of dry mustard

Tuna Salad: flaked white tuna, diced celery, green onions are combined with creamy mayonnaise to make this lunchtime favourite.

Chicken Salad: tender morsels of chicken combined with chopped red spanish onions, celery and mayonnaise.

Salmon Salad: Flaked salmon, diced celery, green onions are combined with creamy mayonnaise to make this old fashioned favourite.

Platter B includes a basket of freshly baked rolls and breadsticks including rye, dark rye, sunflower, focaccia, and cheddar cheese .

CONDIMENTS AND GARNISHES

(Included in all working lunches)

Tomato Slices, Cucumber Slices, Lettuce, Sliced Onions, Alphalpha Sprouts, Dill & Bread and Butter Pickles as well as Mustard, Mayonnaise, Dijon Mustard and Ketchup.

DESSERTS

Chocolate Brownie Butter Tarts Nanaimo Bars Chocolate Chip Cookies

Date Squares Lemon Tarts Carrot Cake Squares

NOTE: Limited hot choices from our sample lunch menus can be added to our working lunch upon request.

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