

Hot Lunch

For groups under 30, please choose one per courses below.

For groups over 30, you *can* choose two per courses below.

Main Dishes:

Vegan options - \$10 per person

- **Pumpkin and Apple Curry** – a light and aromatically spiced main dish for the vegans in the crowd. (No Gluten added & Vegan).
- **Pasta Primavera** – Pasta smothered in Marinara Sauce with zucchini, red peppers, and carrots. (Vegan, with parmesan on the side)
- **Curried Chickpeas** – spicy flavour of India with not too much heat but lots of flavour. (No Gluten added & Vegan)

Vegetarian options - \$10 per person

- **Vegetarian Quiche** - a lunch favorite filled with lots of assorted vegetables.
- **Spinach and Ricotta Cannelloni** - An Italian classic. Fresh pasta wrapped around creamy ricotta cheese & spinach. Smothered in a marinara sauce and topped with freshly grated parmesan cheese.
- **Spinach and Feta Frittata** – a light and tall dish with lots of spinach, feta cheese, onions and red peppers wrapped in phyllo pastry.

Meat options - \$13 per person

- **Meat & Vegetable Quiche** - a lunch favorite filled with lots of assorted vegetables and ham or bacon.
- **Salmon & Dill Savoury Cheesecake** – a decadent, rich and surprising main dish wrapped in a light and flaky pastry. It has the creaminess of cheese cake and is nearly impossible to put down.
- **Chicken with Artichokes and Olives** – a surprising combination that will delight anyone. (No Gluten added)
- **Cuban Chicken** – a fruity and dynamic, but not spicy, chicken dish with red peppers, lime and raisins. (No Gluten added)
- **Citrus and Fresh Herb Chicken** – oven roasted chicken marinated in orange and lemon juice, a touch of garlic and lots of fresh herbs. (No Gluten added)

Side Dishes - \$5 Per Person

- Wild & Brown Rice with Sun-dried Tomatoes (No Gluten added & Vegan)
- Roasted Potatoes with Rosemary and Garlic (No Gluten added & Vegan)
- Roasted Garlic Mash Potatoes (No Gluten added & Vegetarian)
- Steamed Vegetables with Butter (No Gluten added & Vegetarian)
- Oven Roasted Vegetables tossed with Olive Oil, Kosher Salt and Pepper (No Gluten added & Vegan)

Salads - \$5 Per Person

- Baby Green Salad with Lemon Goddess Dressing and/or Tomato Balsamic Vinaigrette (No Gluten added & Vegan)
- French Lentil Salad with mixed vegetables including dried carrots, celery and red onion (No Gluten added & Vegan)
- Sesame Asian Noodle Salad with shredded carrots, purple cabbage, daikon, red peppers, green onions with a sesame and pickled ginger dressing (Vegan)
- Thai Chick Pea Salad (No Gluten added)
- Quinoa, Cucumber, Red Pepper with Lemon, Mint and Cilantro Dressing Salad (No Gluten added & Vegan)
- Potato Salad with Seedy Mustard Dressing (No Gluten added)
- Pasta Salad with mixed vegetables including Red Peppers and Black Olives (Vegan)

Desserts - \$4 Per Person

- Chocolate and/or Vanilla Cupcakes with Varied Frostings
- Fruit Tarts
- Chocolate Mud Cake served with Mixed Berry Sauce
- Cheese Cake with Mixed Berry Sauce
- Lemon Tarts
- Mixed fruit Tray (No Gluten added & Vegan)
- Fruit Salad with Fresh Mint Dressing (No Gluten added & Vegan)

Coffee and assorted tea's - \$3 per person, add assorted juices or pop for \$3 per bottle/can.