

at your service for every occasion

Morning Break Delivery
Business Lunch Deliveries

Marc 905-524-0945 Office 905-517-5366 Cell

Fax 905.544.8707 48 Hours Notice Required



LUNCH MENU

Cold Buffet

Healthy choice of bread, rolls & butter, condiments (mustard, horseradish, mayo, etc.), pickles & olives, dessert, plates, napkins and utensils

Choose any six from our Salads or Cold Meats Lists: 6 salads, 6 meats or 3 & 3 - you choose!

Salads - Tossed, Potato, Coleslaw, 3 Bean, Carrot & Raisin, Cuke & Red Onion, Marinated Tomato, Beets & Onion, Spinach, Mushroom & Egg, Caesar, Greek-Leafy or Chunky, Greek Orzo, Mediterranean Quinoa

Meats - Black Forest Ham, Lean Turkey Breast, Corned Beef, Pastrami, Salami, Capicolla, Kielbasa, Home Cooked Roast Beef, Loin of Pork

Minimum of 15 people

Sandwiches & Wraps

Choice of healthy breads, rolls and tortilla wraps

Your choice of 6 fillings per order: Egg Salad, Tuna Salad, Chicken, Salmon (fresh, not canned), Black Forest Ham, Lean Turkey, Salami, Capicolla, Pastrami, Corned Beef, Home Cooked Roast Beef, Vegetables or Cheese Greek Veggie Wrap - Tomato, Cuke, Feta, Red Onion, Lettuce, Feta Dressing

Comes with 1 salad of your choice or vegetables and dip, pickles and olives, and dessert

Hot Lunch

Our favourites include rolls and bread, 2 salads, pickles and olives, and dessert

Grilled Chicken Breast with Vegetables & Multi Grain Rice Boneless Chicken Parmigiana and Asiago Roast Chicken Breast - Barbecue or Herb & Garlic Moroccan Beef or Chicken with Vegetables & Rice or

Couscous

Beef Stroganoff with Egg Noodles Swedish Meatballs & Vegetable Rice

Mexican Burrito - Chicken, Shredded Cheddar, Salsa, Black Beans & Rice

Greek Burrito - Grilled Eggplant, Zucchini and Peppers, Feta & Rice

Classic Lasagna- Rich, Meaty and Cheesy, Vegetarian Lasagna, Spinach Lasagna, Meat or Cheese Tortellini, Spinach and Cheese Manicotti, Garden Fresh Pasta

Desserts

Included with Lunch Menu or Cold Buffet
Two pieces per person

Brownies, Butter Tarts, Fruit Squares, Lemon Squares, Carrot Cake, Date Squares or a selection of Gourmet Cookies

Lunch Extras

Cheese Tray
Fruit Tray
Veggies & Dip
Assorted Cold Drinks (Pop, Juice & Water)

Coffee & Tea (Cups, Sugar, Cream, Milk, etc.)

Call for pricing! Office: 905-524-0945 Cell: 905-517-5366