



2021 LUNCH MENUS



PLATED LUNCH

Minimum 15 guests

Group Choice of One Soup or One Salad
Group Choice of Three Entrees
(Individual Entrée choices must accompany final rooming list)
Group Choice of One Dessert

Soup Selections

Forrest Mushroom Cream with Fresh Herb Pesto – VG, GF
Broccoli and Aged Cheddar Cream – VG, GF
Italian Plum Tomato and Sweet Basil Broth with Cheddar Croutons – VG, GF
Roasted Squash and Apple Bisque with Herb Croutons – VG, GF, V

Salad Selections

Caesar Salad with Crisp Baby Romaine, Bacon Bits, Herb Croutons, Lemon Wedge, Boiled Egg, Padano
Artisan Lettuce with Strawberry Vinaigrette, Cucumber, Cherry Tomatoes, Carrot, Strawberries & Pumpkin Seeds
Arugula & Baby Spinach Salad with Beets, Goat Cheese, Candied Pecans, Apple Cider Vinaigrette
Ripe Tomato & Marinade Bocconi Salad, nested on Greens with White Balsamic Reduction and Fresh Basil

Entree Selections

Herb Roasted Farm Chicken Breast with Creamy Mushroom Sauce - **\$33** - GF
Salmon Wellington with Spinach, Caramelized Onions and Baked in Puff Pastry - **\$36**
Vegetable Timbale with Smoked Tomato Confit - **\$29** - v
Roasted Butternut Squash Rossellini with Fresh Herb Marinara - **\$31**- v
Entrecote of Alberta New York Steak (6oz) with Brandy Peppercorn Sauce - **\$38**- GF

Dessert Selections

Trio of Chocolate Mousse with Fresh Berries
Berry Cheesecake with Strawberry Compote and Whipped Cream
Blueberry and Vanilla Crème Brule with Fresh Berries Salad

Please add 18% gratuity and 5% GST to above prices.

Price will be confirmed at time of booking.

While we do not anticipate any food & beverage item changes to our menus, there are times when some items are no longer available. Menu will be confirmed at time of signing of the final BEO.

We strive to meet the dietary restrictions of our guests. Many menu items can be modified to accommodate those needs.

Please advise us of any dietary requirements at time of booking.

GF – Gluten Free DF – Dairy Free VG – Vegetarian V – Vegan



2021 LUNCH MENUS



BUILD YOUR OWN LUNCHEON BUFFET

Minimum 20 guests

Assorted Bread Rolls
Group Choice of One Soup Group Choice of Two Salads
Group Choice of Two Entrees
Entrees served with Panache of Seasonal Vegetables and Chef's Choice of Herb Roasted Potatoes or Rice
Group Choice of One Dessert

Soup Selections

Smoked Tomato & Basil - VG, GF
Broccoli & Cheddar- VG, GF
Forrest Mushroom Bisque- VG, GF
Soup of the Day
Red Lentil & Apple Bisque- VG, GF, V

Salad Selections

Artisan Leaf Lettuce with Rocky Mountain Dressings - VG, GF
Caesar Salad with Croutons, Bacon Bits & Parmesan
(Item can be modified to accommodate DF, GF)
Tomato Salad with Onions, Basil, Fresh Mozzarella & Balsamic Reduction - VG, GF
Roasted Corn, Zucchini, Red Pepper & Fresh Herbs - VG, GF, V
Rustic Potato Salad with Bacon, Mustard, Chopped Egg - VG, GF
Red Beets, Spinach, Feta Cheese, Wild Berries Vinaigrette - VG, GF, V

Entrée Selections

Tuna Melt with Cheddar
Philly Style Beef with Sautéed Peppers, Onions & Mozzarella Cheese on Sour Dough
Turkey, Bacon, Chipotle Mayo, Avocado, Monterey Jack Cheese Wrap
Grilled Vegetables, Tomato, Feta & Guacamole
Baked Penne Bolognese with Parmesan Cheese
Crispy Ginger Beef, Julienne Vegetables & Sweet Chili and Ginger Jus- DF
Grilled Vegetable Rossellini with Rose Sauce- VG
Beef Bourguignon, Pearl Onions in Red Wine Sauce- DF, GF
Braised Chicken Thigh in Coconut Thai Sauce and Vegetables- DF, GF
Salmon Wellington with Spinach, Caramelized Onions Baked in Puff Pastry
Grilled Farm Raised Chicken Breast with Mushroom Jus- DF, GF
Rainbow Cheese Tortellini, Roasted Pepper Marinara Sauce- VG

Dessert

Sliced Fresh Fruit Assorted Squares Brownies

\$39.50 per person

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2021 LUNCH MENUS



LIGHT PLATED LUNCH

Minimum 15 guests

Starter

Group choice of One

Mixed Green Salad with House Dressing OR Broccoli, Cranberry, Red Onion Salad with Honey Yogurt Dressing

Sandwich/Wrap Selection

Group choice of 3 sandwiches/wraps. Individual choices must accompany rooming list.

All Sandwiches are made with Fresh Bread, Tortilla Wraps with Lettuce & Tomato

Black Forrest Ham with Swiss Cheese & Cranberry Aioli

Tuna with Wasabi Mayonnaise

Roast Beef, Dijonnaise, Cornichons & Crispy Onions

Grilled Vegetables, Pea Shoots & Roasted Garlic Hummus Wrap

Turkey, Bacon, Chipotle Mayo, Avocado and Monterey Jack Cheese Wrap

Crispy Chicken Caesar Wrap

Dessert

Group Choice of One Dessert

Dessert Square or Brownie or Fresh Sliced Fruit or Fruit Tart

\$22.50 per person

LIGHT LUNCH BUFFET

Minimum 15 guests

Starter

Soup of the Day

Mixed Green Salad with House Dressing

Broccoli, Cranberry, Red Onion Salad with Honey Yogurt Dressing

Sandwich/Wrap Selection

Sandwich Platter with Choice of Three types of Sandwiches or Wraps

All Sandwiches are made with Fresh Bread, Tortilla Wraps with Lettuce & Tomato

Black Forrest Ham with Swiss Cheese & Cranberry Aioli

Tuna with Wasabi Mayonnaise

Roast Beef, Dijonnaise, Cornichons & Crispy Onions

Grilled Vegetables, Pea Shoots & Roasted Garlic Hummus Wrap

Turkey, Bacon, Chipotle Mayo, Avocado and Monterey Jack Cheese Wrap

Crispy Chicken Caesar Wrap

Dessert

Squares & Brownies, Fresh Sliced Fruit, Fruit Tarts

\$22.50 per person

Smaller Groups

(8-14 Guests)

Group Choice of One Salad Group Choice of Two Sandwich/Wraps Group Choice of One Dessert

\$22.50 per person

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PLATED LUNCH SPECIALS

Group Choice of Three Entrees.

Individual Entrée choices must accompany final rooming list.

- Deluxe Flat Bread Pizza with Bacon, Pepperoni & Chorizo - **\$16.00**
- Vegetarian Flat Bread Pizza with Tomato, Pepper, Onion, Mushroom & Artichoke - **\$15.50**
- Butter Chicken with Vegetables & Rice - **\$17.50**
- Chicken Thai Curry with Vegetables & Rice - **\$17.50**
- Beef Burger served with Fries, Salad or Soup - **\$18.00**
- Primavera Pasta with Garlic Bread - **\$15.00**
- Lunch size House Salad - **\$14.00**
- Lunch Size Caesar Salad- **\$15.00**

Add Group Choice of One Dessert - **\$8.00**

Chocolate Fudge Cake

Cheesecake

Triple Chocolate Cake

INDIAN PLATED LUNCH

Group Choice of One Salad, One Vegetarian Dish, One Non-vegetarian Dish, One Starch, One Bread & One Dessert.

Individual Entrée choices must accompany final rooming list.

Salad

Green Salad (Cucumber, Lettuce, Onion, Lemon, Tomato)

Curried Lentil Salad (Red Lentil, Vegetables, Curried Vinaigrette)

Vegetarian Dish - Palak Panner or Vegetable Korma

Non-Vegetarian Dish - Butter Chicken or Lamb Korma

Starch - Coconut Rice or Jeera Rice

Bread - Garlic Naan or Roti

Served with Pickle & Papadum

Dessert

Double Ka Metha Rassagulah Mango Lassi and Strawberry Lassi

Juice, Coffee, Tea, Chai

\$32.50 per person

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LUNCH TO GO

Fruit Juice (1) or Bottle of Water (1)
Whole Fresh Fruit (1)
Granola Bar
Potato Chips
Cheese & Crackers
Choice of One Sandwich

Sandwich Selection

Black Forrest Ham, Lettuce with Swiss Cheese & Cranberry Aioli
Crispy Chicken Caesar Wrap
Roast Beef, Dijonnaise, Lettuce, Pickles & Crispy Onion
Turkey, Bacon, Chipotle Mayo, Avocado and Monterey Jack Cheese Wrap
Grilled Vegetables, Peas Shoot & Roasted Garlic Hummus Wrap

\$17.00 per person

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