

All Entrées include rolls and butter, freshly brewed Starbucks regular & decaffeinated coffee, Tazo tea selections.



## Soup

Parsnip Potato Soup with Rosemary Honey	\$ 10.00
Indian Curry Lentil Soup with Mint Crème Fraîche	\$ 10.00
Roasted Corn & Smoked Salmon Chowder with Avocado Oil Drizzle	\$ 10.00
Leek & Roasted Mushroom Soup with Crispy Leeks	\$ 10.00
Tomato & Orange Soup with Fennel scented Butter	\$ 10.00

## Salad

Traditional Caesar Salad with Parmesan Cheese Brittle, Garlic Focaccia Croutons	\$ 10.00
Spinach Salad with Shaved Fennel, Orange Segments & Saffron Honey Vinaigrette	\$ 10.00
Gold Beet & Bocconcini Salad with Radicchio, Pine Nuts & Mustard Vinaigrette	\$ 10.00
Bundle of Petite Greens with Warm Bacon Vinaigrette, Oven Dried Cherry Tomatoes, Hard Boiled Egg	\$ 10.00
Butter Lettuce Salad with Cranberry Pomegranate Vinaigrette, Feta Cheese & Spicy Candied Pecans	\$ 11.00

## Entrées

Grilled 5 oz. Sirloin with Chimichurri Sauce Olive Oil Crushed Potatoes, Seasonal Vegetables	\$ 26.00
Pan seared Chicken Breast stuffed with Curry Butter Tomato Cream Sauce, Cilantro Saffron Rice, Seasonal Vegetables	\$ 26.00
Olive braised Chicken Thighs, Basil Olive Jus Fontina Whipped Potatoes, Seasonal Vegetables	\$ 25.00
Cedar Plank Salmon brushed with Citrus Gastric Parmesan Roasted Potatoes, Seasonal Vegetables	\$ 25.00
Pan seared Cod with Warm Sherry Vinaigrette, Crisp Pancetta Broken Red Skin Potatoes, Seasonal Vegetables	\$ 24.50
Butternut Squash Ravioli with Sage roasted Garlic Cream Sauce, Crispy Sage Leaves Seasonal Vegetables	\$ 23.00
Grilled Vegetable and Tofu Phyllo Tart with Warm Israeli Couscous, Hummus Vinaigrette Seasonal Vegetables	\$ 24.50

PLATED LUNCH

## Dessert

Sour Cream glazed New York Cheesecake with a Citrus Berry Coulis	\$ 10.00
Flourless Belcolade Chocolate Cake with Ancho Chili Chocolate Sauce	\$ 10.00
Mango Sorbet in a Manjari Chocolate Cup with Fruit Coulis Mosaic	\$ 10.00
Tart aux Framboise with Lemon Berry Glaze	\$ 10.00
Apple Maple Pie with Chambord Anglaise & Fresh Berries	\$ 10.00
Chocococo Mousse Bombè with a Caramel Center with Hazelnut Florentine, Ibarra Sauce	\$ 10.00
Raspberry & Jivara Mousse Torte with Chocolate Brittle & Berry Sauce	\$ 10.00
Mango Charlotte with Blueberry Compote & Chocolate Curl	\$ 10.00
Coconut Crème Caramel with a Caramel Satin Glaze & Sesame Snap	\$ 10.00
Sour Cherry Pecan Pie with Mango Chutney & Balsamic Berry Reduction	\$ 10.00



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## Spice Route minimum 15 guests

Dal Soup - Indian Lentil Soup

Kachumber Salad

Chickpea and Spinach Salad

Green Salad with Pappadam Croutons,  
Cilantro Yogurt Dressing & Curry Vinaigrette

Masala seared Salmon with Coconut Curry Sauce

Tandoori Chicken with Cilantro & Fresh Lemon

Saffron Pilau with Crispy Shallots

Curried Cauliflower with Spinach & Cherry Tomato

Pappadam & Naan Bread

Gulab Jamun - Traditional Indian Dessert Dumplings in a  
Rosewater Syrup

Shahi Tukra in Rabri - Rich Bread Pudding

Sevian Payasam - Vermicelli Pudding

Mango Lassi Shot

**\$ 39.00 per person**

## West Coast minimum 15 guests

Assorted Rolls & Butter

Roasted Corn & Smoked Salmon Chowder

Organic Greens topped with Micro Greens & Pea Shoots  
with Buttermilk Vinaigrette & Honey Dijon Vinaigrette

Cherry Tomato & Cucumber Salad with Ponzu Dressing

Roasted Vegetable Salad

featuring Eggplant, Bell Peppers, Zucchini, Lemon & Feta Cheese

Herb Roasted Chicken Breast on Red Chili Cream

Grilled Salmon with a warm Miso Vinaigrette

Oven roasted Fingerling Potatoes with fresh Rosemary & Garlic

Oven roasted Mini Peppers & Asparagus

Grandma Ople Washington Apple Crisp

Peanut Nanaimo

Warm Pineapple Upside Down Cake

Lilikoi Chiffon Brûlée

**\$ 41.00 per person**

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### Little Italy minimum 10 guests

Minestrone Soup with Lavash Crackers

Caprese Salad with Organic Greens, fresh Roma Tomatoes & Basil infused Bocconcini Cheese with Balsamic Vinaigrette

Antipasto Platter:

Genoa Salami, Assorted marinated Olives, roasted Artichokes, Peperonata & Provolone Cheese

Custom Pizza ~ Create **two** Pizzas with **three** toppings per pizza:

Ham, Chicken, Chorizo Sausage, Pepperoni, Baby Shrimp, Spinach, Feta Cheese, Sundried Tomatoes, Pineapple, Grilled Vegetables, Roma Tomatoes, Mushrooms, Roasted Peppers, Black Olives

Each Pizza is topped with Zesty Tomato Sauce & a three Cheese Blend of Provolone, Mozzarella & Asiago

Select **one** of the following:

Ricotta stuffed Pasta Shells with a Roasted Red Pepper Tomato Sauce

Grilled Spolumbo's Italian Sausage  on Tomato & fresh Basil

Pasta Alforno ~ Penne Pasta topped with Bolognese Meat Sauce & Gratinée with Mozzarella & Parmesan

Ricotta Cream filled Calzone

Panettone Bread Pudding

Budino Tart - Italian Chocolate Pudding Tart

Classic Tiramisu with Strawberries

**\$ 36.00 per person**

### Island of Mykonos minimum 15 guests

Traditional Greek Salad

Organic Greens with Lemon Oregano Vinaigrette & Julienne of marinated Sundried Tomatoes

Greek Pasta Salad with Baby Shrimp

Toasted Pita Chips with Lemon Olive Oil drizzled Hummus & Tzatziki Sauce

Traditional Spanakopita

Beef Souvlaki

Grilled Chicken Souvlaki marinated in Lemon Pepper Olive Oil

Medley of roasted Zucchini, Eggplant, Red Onions & Bell Peppers

Baby Potatoes tossed with Garlic & fresh Rosemary

Baked Walnut stuffed Apples

Galaktboureko - Phyllo & Custard Pastry

Glazed Lemon Tart

Um Ali - Bread Pudding with Puff Pastry

**\$ 36.50 per person**

 Locally Produced

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## Just West of Chinatown minimum 15 guests

Hot & Sour Soup

Imperial Salad with Suey Choy, Bok Choy, Carrots, Mushrooms, Peppers & Red Onions in a Ginger Vinaigrette

Rice Noodle Salad with Julienne of Vegetables & Spicy Peanut Dressing

Asian Coleslaw with Pea Shoots & Pea Sprouts with a tangy Rice Vinegar Dressing & toasted Sesame Seeds

Ginger Chicken - a Calgary Chinatown Specialty!

Sliced Beef in Oyster Sauce on a bed of Baby Bok Choy

Vegetarian Spring Rolls with Plum Sauce

Vegetable Stir Fried Rice

Sesame Stir Fried Green Beans and Red Peppers

Egg Custard Tart

Mandarin Crumble Cake

Eight Precious Pudding

Mango Coconut Cheesecake

**\$ 38.00 per person**

## Los Olas minimum 15 guests

Choice of Soup:

Spiced Pumpkin Soup with Toasted Pepitas **or**  
Mexican Meatball Soup with Rice & Cilantro

Five Layer Dip with Tri-Colour Tortilla Chips

Salsa, Guacamole, Sour Cream, Black Olives & shredded Jack Cheese  
Tomato, Jicama, Black Bean & Roasted Corn Salad with Avocado Dressing  
Organic Greens with Cilantro Vinaigrette

Build Your Own Fajita Station

Choose **two** Fillings:

Chicken Brochette, Slow Roasted Pork Carnitas, Baja Snapper Fingers **or**  
Mexican seasoned Grilled Vegetables

Warm Tortillas

Guacamole, Salsa, Sour Cream, shredded Jack Cheese

Shredded Lettuce, Pickled Jalapenos

Cilantro & Green Pea Rice with smoked Jalapeno Peppers

Alfajores de Manjarblanco - Cookies with Dolché de Leches

Pastel de Chocolate

Cinnamon spiced Churros

Pastel de Tres Leches

**\$ 37.00 per person**

LUNCH BUFFET



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## Patio Time minimum 15 guests

Tri-Colour Tortilla Chips & Salsa

Organic Greens with Honey Dijon Vinaigrette,  
Raspberry Vinaigrette & Tangy Citrus Vinaigrette

Picnic Style Potato Salad

Grainy Mustard Coleslaw

Choose **three** Entrées:

Basil Pesto marinated Chicken Breast

Charbroiled Alberta Beef Burgers

Vegetarian Burgers

Bavarian Smokies with Torpedo Buns

BBQ Pulled Pork with Sub Buns

Whole Wheat Kaisers, Cheddar Cheese, Sliced Tomatoes, Onions,  
Lettuce, Pickles, Mayonnaise, Mustard, Ketchup, Sweet Garden Relish

Old Bay spiced Natural Fry Chips

Sautéed Onions & Mushrooms

Ivoire Mousse Cake

Lemon Cream Profiteroles

Maple Nut Fingers

Caramelized Banana Tart

**\$ 37.00 per person**

## Riverside Deli minimum 15 guests

Chef's Seasonally Inspired Soup with Lavash Crackers

Picnic Style Potato Salad

Broccoli & White Cheddar Salad with  
Raisin & Honey Dijon Vinaigrette

Seasonal Greens with Tangy Citrus Vinaigrette &  
Raspberry Vinaigrette

Build Your Own Sandwich Station:

Black Forest Ham, Smoked Turkey Breast, Roast Beef,  
Genoa Salami & Tuna Salad

Sliced Provolone, Cheddar & Swiss Cheeses

Green Leaf Lettuce, Sliced Roma Tomatoes, Shaved Red Onions,  
Sliced Dill Pickles

Mayonnaise, Horseradish, Dijon Mustard, Ballpark Mustard

Freshly baked Assorted Breads

Choose **one** Hot Selection:

Macaroni & Cheese **or** Vegetarian Lasagna

Selection of Squares & Cookies

**\$ 35.00 per person**

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## Around the Market minimum 10 guests

Chef's Seasonally Inspired Soup with Lavash Crackers

Choose **three** Salads:

Picnic Style Potato Salad

Grainy Mustard Coleslaw

Tomato, Jicama, Black Bean & Roasted Corn Salad  
with Avocado Dressing

Organic Greens with Honey Dijon Vinaigrette,  
Raspberry Vinaigrette & Tangy Citrus Vinaigrette

Seven Grain "Tabbouleh" style Salad

Broccoli & White Cheddar Salad

with Raisin & Honey Dijon Vinaigrette

Green Bean & Endive Salad with Stilton Cheese &  
Walnut Vinaigrette

Choice of **one** Warm Sandwich:

Warm Corned Beef on Rye Bread with Dijon Mustard

Warm BBQ Beef, caramelized Onions, grilled Peppers  
with Horseradish Mayonnaise on a crusty Baguette

Classic Grilled Cheese

Choice of **three** Cold Sandwiches:

Baby Shrimp Salad with Lemon Mayonnaise, Butter Leaf Lettuce  
on a Croissant

Tuna Salad with Lemon Capers & Kalamata Olives, White Bean  
Hummus & Spinach on Ciabatta

Falafel & Feta Cheese with marinated Peppers & Parsley Mint Salad  
on a Pita Bread Roll

Vietnamese style Chicken Sandwich on Baguette with Pickled Carrots,  
Cucumber & Cilantro

Creamy Egg & Dill Salad with Organic Greens on a Croissant

Black Forest Ham & Brie Cheese, Leaf Lettuce & Quince Mayonnaise  
on Tomato Tortilla Wrap

Smoked Turkey & Provolone Cheese, Leaf Lettuce &  
Cranberry Mayonnaise in a Spinach Tortilla Wrap

German Chocolate Cake

Blackcurrant Cheese Cake

Individual Blueberry Crisp

Fleur de sel Caramels

**\$ 36.00 per person**

LUNCH BUFFET