



Truffles
FINE FOODS

FILM OFFICE LUNCH

604 505 4961 EXT 2 | CAFE@TRUFFLESFINEFOODS.COM | TRUFFLESFINEFOODS.COM



When you are looking for seamless service for your next shoot, Truffles Fine Foods offers hot lunches for film crews. You can order from our buffet-style catering menu that is regularly updated and is freshly prepared every day by talented Chef. Convenient and efficient, you simply need to order one day in advance, we include any necessary catering equipment, for pick up or delivery. Contact us and we will be more than happy to organize an amazing and seamless meal for you.

- Orders must be placed by 12pm Thursday, the week prior to your shoot date
 **Last minute orders can be accommodate on a case by case basis
 - Specify any food restrictions (dairy free, gluten free, etc.)
 - Baskets and catering equipment will be picked up the following business day, additional charge apply for equipment pick up on same day
 - Delivery Charges
 - Zone 1: Within Vancouver – North Vancouver – Burnaby = \$25
 - Zone 2: Coquitlam, Surrey, Delta, White Rock, Langley – Richmond = \$50
- **Additional charges may for same day pick up.

PRICING GUIDE

THE PREMIERE	SILVER SCREEN	THE OSCAR
<ul style="list-style-type: none"> • 2 Entrées (1 Meat 1 Vegetarian) • 2 Sides • 1 Salad 	<ul style="list-style-type: none"> • 2 Entrées (1 Meat 1 Vegetarian) • 2 Sides • 3 Salads 	<ul style="list-style-type: none"> • 3 Entrées (2 Meat 1 Vegetarian) • 2 Sides • 3 Salads
\$12.25 per person	\$13.25 per person	\$14.25 per person

(V)=VEGAN (GF)=GLUTEN FREE

Additional Options

Dessert	Drinks	Side of the Day	Bread Rolls
\$2 per person	\$2.75 per person	\$3 per person	\$1.00 per person

—MONDAY DECEMBER 3—

CHICKEN AND CHORIZO SAUSAGE JAMBALAYA
Cajun inspired with saffron rice and vegetables

PULLED PORK
With spicy BBQ sauce

CAULIFLOWER FRITTERS **D G**
With sundried tomato aioli

CREAMY BLACK BEANS

SEASONAL VEGETABLE FRICASSEE **V**

CLASSIC POTATO SALAD
With nugget potatoes, onions, capers, fresh herbs and Dijon, mayo cider vinaigrette

MEDITERRANEAN QUINOA SALAD **D**
With quinoa, cucumber, tomato, red onion, red pepper, feta cheese, Kalamata olive and cilantro

SPINACH SALAD **D N**
With berries, goats' cheese, almonds and house dressing

D -Contains Dairy, G -Contains Gluten, N -Contains Nuts, V - Vegan

— TUESDAY DECEMBER 4—

STAR ANISE DUSTED WILD COHO SALMON
With orange and tarragon emulsion

CHICKEN PARMESAN **D G**
Rich tomato basil sauce and cheese glaze

PENNE PRIMAVERA **V G**
Market fresh vegetable in plum tomato sauce

QUINOA AND LENTIL PILAF **V**

GRILLED VEGETABLES **V**
Zucchini, eggplant and peppers

BOWTIE PASTA SALAD **G D**
With julienne vegetables and hardboiled eggs in a yogurt Dijon dressing

KALE SALAD **D**
With kale, Kalamata olive, chickpeas, feta cheese, tomato and red onion

CLASSIC GREEK SALAD **D**
With cucumber, onions, red and yellow peppers, olives, and feta cheese

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— WEDNESDAY DECEMBER 5 —

BBQ PORK RIBS
With an apple cider slaw

SPICE RUBBED CAJUN CHICKEN
With charred corn salsa

HOME MADE VEGETARIAN CHILI **V**
With crushed tomatoes and ground cumin

BAKED POTATOES **D**
With all the traditional dressings

FOUR CHEESE BROCCOLI BAKE **D G**

CUMIN SCENTED ROASTED CARROT SALAD **V N**
With hazelnuts and citrus cilantro vinaigrette

ARUGULA AND WATERMELON SALAD **D**
With reduced balsamic vinegar and feta cheese

SPINACH SALAD **D N**
With berries, goat cheese, almonds and house made dressing

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— THURSDAY DECEMBER 6 —

BREADED COD LOIN **G**

Panko and herb crusted, lemon and dill slaw and tartar sauce

GRILLED NEW YORK STEAKS

With red wine and whole mustard demi-glace

EGGPLANT PARMESAN **D G**

With tomato basil sauce and cheese glaze

MINTED PEAS AND CARROTS **V**

KENNEBEC FRENCH FRIES **V**

CAESAR SALAD **D G**

With croutons, Parmesan and traditional dressing

SHIRAZI SALAD **V**

Tomato, cucumber, red onion, cilantro and mint with a champagne and olive oil vinaigrette

KALE SALAD **D**

With kale, Kalamata olive, chickpeas, feta cheese, tomato, dill, parsley, mint and red onion

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— FRIDAY DECEMBER 7 —

BUILD YOUR OWN SANDWICH

3 TYPES OF BREAD **G**

HOUSE ROASTED HAM

HOUSE ROASTED ROAST BEEF

HOUSE ROASTED TURKEY

With all the fixings, two types of cheese, lettuce, tomatoes, onions, pickles and assortment of condiments

SOUP OF THE DAY

CLASSIC POTATO SALAD **V**

With nugget potatoes, onions, capers, fresh herbs and Dijon cider vinaigrette

MIXED GREENS SALAD **V**

Served with house vinaigrette

ASSORTED COOKIE AND BAR PLATTER **G D N**

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— MONDAY DECEMBER 10 —

SPICED RED THAI CHICKEN CURRY
Finished with fresh cilantro and lime

COCONUT CRUSTED SNAPPER **D**
With lemongrass and ginger cream

VEGETABLE PAD THAI **V**
Sliced vegetables, tofu, bean sprouts and sweet and sour tamarind glaze

STEAMED JASMINE RICE **V**

GINGER SEARED BROCCOLI **V**

CUMIN SCENTED ROASTED CARROT SALAD **N V**
With hazelnuts and citrus cilantro vinaigrette

MIXED GREENS **V**
Served with house vinaigrette

SHIRAZI SALAD **V**
Tomato, cucumber, red onion, cilantro and mint with a champagne and olive oil vinaigrette

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—TUESDAY DECEMBER 11—

WHITE WINE AND DIJON BRAISED CHICKEN

With julienne of onions

ROASTED PORKLOIN

With wild flower honey braised onions and apple gastrique

SPICED FALAFEL SKEWERS **D G**

With tzatziki

ROASTED ROOT VEGETABLES **V**

Turnip, carrot, red onion and parsnip

GARLIC MASHED POTATOES **D**

BOWTIE PASTA SALAD **D G**

With julienne vegetables and hardboiled eggs in a yogurt Dijon dressing

MIXED GREENS SALAD **V**

Served with house vinaigrette

CUMIN SCENTED ROASTED CARROT SALAD **N V**

With hazelnuts and citrus cilantro vinaigrette

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—WEDNESDAY DECEMBER 12 —

BLACKENED SPICE RUBBED CHICKEN
With roasted corn and fresh tomatillo salsa verde

ROASTED SALMON PAILLARD
With orange fennel and dill slaw

CORN SUCCOTASH **V**
With zucchini, leek, tomato and roasted peppers

QUINOA AND LENTIL PILAF **V**

GREEN BEANS, PEAS AND CARROTS **V**
Lightly tossed in olive oil, salt & pepper

CHERRY TOMATO BOCCONCINI SALAD **D**
With a zesty basil pesto

ARUGULA WATERMELON AND FETA SALAD **D**
With a reduced balsamic vinegar

SPINACH SALAD **D**
With berries, goat cheese, almonds and house made dressing

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— THURSDAY DECEMBER 13 —

RED WINE BRAISED SHORT RIBS **D**

With a horseradish cream garnish

HERB MIE DE PAIN CRUSTED CATFISH FILET **D G**

With a tomato salsa

GRILLED VEGETABLE RATATOUILLE **V**

With seasonal vegetables, fire roasted tomatoes and tofu

ROSEMARY CHEVRE BREAD PUDDING **D G**

STEAMED GREEN BEANS **D**

With shallot butter

ROASTED BEET SALAD **D N**

With goat cheese, dill and candied pecans

MEDITERRANEAN QUINOA SALAD **D**

With quinoa, cucumber, tomato, red onion, red pepper, feta cheese, Kalamata olive and cilantro

MIXED GREEN SALAD **V**

With a house made vinaigrette

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— FRIDAY DECEMBER 14 —

MAKE YOUR OWN WRAP

WHOLE WHEAT WRAP **G**

CORN FLOUR WRAPS

SUNDRIED TOMATO WRAP **G**

CHICKEN SALAD

TUNA SALAD

EGG SALAD

VEGGIE WRAP **V**

With lettuce, tomato, mayo, cucumber, onions, pickles and shredded cheddar cheese and assorted sauces

SOUP OF THE DAY

CLASSIC POTATO SALAD

SPINACH SALAD **N D**

With berries, goat cheese, almonds and house dressing

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– MONDAY DECEMBER 17 –

GRILLED PORK LOIN CHOPS
With a thyme apple sauce

PAN SEARED ATLANTIC SALMON **D**
With lemon and sundried tomato beurre blanc

ROASTED EGGPLANT PARMESAN **D G**
With tomatoes, three kinds of cheeses and fresh herbs

GARLIC SEARED BROCCOLI **V**

SCALLOPED POTATOES **D**

KALE SALAD **D**
With kale, Kalamata olive, chickpeas, feta cheese, tomato, dill, parsley, mint and red onion

CLASSIC GREEK SALAD **D**
With cucumber, onions, red and yellow peppers, olives, and feta cheese

MEDITERRANEAN QUINOA SALAD **D**
With quinoa, cucumber, tomato, red onion, red pepper, feta cheese, Kalamata olive and cilantro

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— TUESDAY DECEMBER 18 —

CHICKEN CACCIATORE

Braised in a spiced tomato, onion and vegetable sauce

GRILLED ITALIAN SAUSAGE **G**

With pork, sautéed peppers and onions

PORTOBELLO MUSHROOM CAPS **D**

Quinoa, fire roasted tomato and Parmesan glaze

SEVEN GRAIN RICE PILAF **G V**

STEAMED VEGETABLE MEDLEY **V**

CHERRY TOMATO BOCCONCINI SALAD **D**

With zesty pesto dressing

CUMIN SCENTED ROASTED CARROT SALAD **N V**

With hazelnuts and citrus cilantro vinaigrette

MIXED GREENS **V**

Served with house vinaigrette

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—WEDNESDAY DECEMBER 19—

CARIBBEAN JERK CHICKEN
Authentic sweet and sour spices

HARISSA HONEY GLAZED ATLANTIC SALMON
With jicama slaw and blood orange vinaigrette

GREEN THAI VEGETABLE CURRY **V**
With chickpeas, turnip and collard greens

JAMAICAN BAKED SWEET POTATOES **V**
With brown sugar and exotic spices

SPICY ROASTED CAULIFLOWER **V**
garlic and chili infused

MEDITERRANEAN QUINOA SALAD **D**
With quinoa, cucumber, tomato, red onion, red pepper, feta cheese, Kalamata olive and cilantro

MIXED GREENS **V**
Served with house vinaigrette

ROASTED BEET SALAD **D N**
With goat cheese, dill and candied pecans

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— THURSDAY DECEMBER 20 —

SEARED CHICKEN BREAST
With tomato, basil and olive sauce

GRILLED NEW YORK STEAKS
With candied figs and balsamic red wine jus

PORTOBELLO MUSHROOMS **D**
With quinoa and goat cheese

HERB ROASTED POTATOES **V**

STEAMED VEGETABLES **V**
In olive oil

7 GRAIN AND EDAMAME BEAN SALAD **GV**
With whole grain, wild rice, spelt, oats, barley, rye, wheat, carrots, celery and edamame beans

MIXED GREEN SALAD **V**
With house vinaigrette

CLASSIC GREEK SALAD **D**
With cucumber, onions, red and yellow peppers, olives, and feta cheese

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—FRIDAY DECEMBER 21—

BEEF BURGERS

Grilled beef sirloin burgers

CHICKEN BURGERS

Lemon, herb and garlic marinated chicken breast

CAJUN SPICED VEGGIE BURGERS **G**

Spicy vegetarian patties

CORN ON THE COB **D**

With chilli lime butter

BAKED POTATOES **D**

Served with sour cream and chives

CAESAR SALAD **D G**

With croutons, Parmesan and traditional dressing

SHIRAZI SALAD **V**

Tomato, cucumber, red onion, cilantro and mint with a champagne and olive oil vinaigrette

BURGER TOPPINGS **D G**

Buns, cheese, lettuce, tomato, onion and pickles

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— MONDAY DECEMBER 24 —

GRILLED CHICKEN AND APPLE SAUSAGE **G**
With grilled onions, grainy Dijon mustard and fresh rolls

PORK LOIN CHOPS **D**
Served with mushroom and cream sauce

CHEESE PEROGIES **D G**
With caramelized onions and sour cream

SAUERKRAUT **V**
With caraway seeds

BABY ROASTED POTATOES **V**
With fresh herbs and olive oil

KALE SALAD **D**
With kale, Kalamata olive, chickpeas, feta cheese, tomato, dill, parsley, mint and red onion

MEDITERRANEAN QUINOA SALAD **D**
With quinoa, cucumber, tomato, red onion, red pepper, feta cheese, Kalamata olive and cilantro

ROASTED BEET SALAD **D N**
With goat cheese, dill and candied pecans

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— TUESDAY DECEMBER 25 —

ROASTED LAMB SHOULDER
With a mint salsa verde

PAN SEARED HERB CRUSTED TILAPIA
With a plum tomato, olive and caper sauce

SPICED FALAFEL SKEWERS **D**
With cucumber dill cream

LEMON AND HERB POTATOES **V**

GRILLED VEGETABLE MEDLEY **V**

MIXED GREENS SALAD **V**
With house-made vinaigrette

CLASSIC GREEK SALAD **D**
With cucumber, onions, red and yellow peppers, olives, and feta cheese

PITA BREAD AND TZATZIKI **D G**

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— WEDNESDAY DECEMBER 26 —

BEEF BOURGIGNON

Red wine braised with mushrooms, carrots, thyme and pearl onions

SEARED CHICKEN BREAST

With tomatoes and feta cheese

ROASTED PORTOBELLOS AND QUINOA **D**

With goat cheese glaze

SOUR CREAM AND CHIVE MASHED POTATOES **D**

SEASONAL STEAMED VEGETABLES **V**

7 GRAIN AND EDAMAME BEAN SALAD **G V**

With whole grain, wild rice, spelt, oats, barley, rye, wheat, carrots, celery and edamame beans

KALE SALAD **D**

With kale, Kalamata olive, chickpeas, feta cheese, tomato, dill, parsley, mint and red onion

ROASTED BEET SALAD **D N**

With goat cheese, dill and candied pecans

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— THURSDAY DECEMBER 27—

OVEN ROASTED BONELESS ROLLED TURKEY **G**
With sage scented pan gravy

TRADITIONAL MAPLE DIJON GLAZED HAM

CAULIFLOWER GRATIN **D G**
Topped with bread crumbs and baked with four cheeses

CARMELIZED ROOT VEGETABLES **V**

WILD SEVEN GRAIN RICE PILAF **V**
With sundried cranberries and fresh herbs

SPINACH SALAD **D N**
With berries, goats' cheese, almonds and house dressing

CUMIN SCENTED ROASTED CARROT SALAD **N V**
With hazelnuts and citrus cilantro vinaigrette

ARUGULA AND WATERMELON SALAD **D**
With reduced balsamic vinegar and feta cheese

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— FRIDAY DECEMBER 28—

GROUND BEEF TACOS

Seasoned ground beef and all the traditional garnishes

CHIPOTLE PULLED CHICKEN ENCHILADAS **D**

Four cheese and cilantro cream glaze

VEGETARIAN TACOS **V**

Seasoned veggie ground and grilled vegetables

SPANISH RICE **V**

ROASTED SQUASH, ZUCCHINI AND PEPPERS **V**

SPINACH SALAD **D**

Berries, goat cheese, almonds and house dressing

CAESAR SALAD **D G**

With croutons, Parmesan and traditional dressing

Salsa, Sour Cream, Guacamole, Diced Tomatoes, Shredded Lettuce, Cheddar Cheese and Soft Flour Tortillas!

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— MONDAY DECEMBER 31—

TANDOORI CHICKEN

Thighs and legs marinated in tandoori spice and grilled, served with tomatillo cilantro salsa

MASALA SPICED TILAPIA **D**

With coconut curry cream

CAULIFLOWER CHICKPEA CURRY **V**

STEAMED BASAMTI RICE **V**

With sweet peas

GINGER SEARED BROCCOLI **V**

CAESAR SALAD **D**

With croutons, Parmesan and traditional dressing

SHIRAZI SALAD **V**

Tomato, cucumber, red onion, cilantro and mint with a champagne and olive oil vinaigrette

CUMIN SCENTED ROASTED CARROT SALAD **N V**

With hazelnuts and citrus cilantro vinaigrette

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—TUESDAY JANUARY 1—

SWISS STEAKS **G**

With caramelized onion and mushroom jus

PAN SEARED CHICKEN BREAST **D**

Sundried tomatoes, olives and feta cheese

ROASTED PORTOBELLO MUSHROOM **D**

With quinoa and goat cheese

STEAMED VEGETABLE MEDLEY **V**

SEVEN GRAIN RICE PILAF **G V**

SHIRAZI SALAD **V**

Tomato, cucumber, red onion, cilantro and mint with a champagne and olive oil vinaigrette

ARUGULA AND WATERMELON SALAD **D**

With reduced balsamic vinegar and feta cheese

CAESAR SALAD **D G**

With croutons, Parmesan and traditional dressing

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— WEDNESDAY JANUARY 2 —

ROSEMARY ROASTED CHICKEN BREAST
With balsamic red wine jus

SOUTHWESTERN BAKED TILAPIA
With chipotle tomato sauce

ROASTED SQUASH AND LENTIL PARMIGRANO **D**
Oven roasted with mozzarella and parmesan crust

TOMATO PROVENCAL **D G**
With herb garlic crumb

ORZO PASTA **D G**
With fire roasted tomato and fresh basil

KALE SALAD **D**
With kale, Kalamata olive, chickpeas, feta cheese, tomato, dill, parsley, mint and red onion

MOROCCAN QUINOA SALAD **N V**
With dried fruit, nuts and cinnamon in a cilantro vinaigrette

CLASSIC GREEK SALAD **D**
With cucumber, onions, red and yellow peppers, olives, and feta cheese

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—THURSDAY JANUARY 3 —

SPICY MEATBALLS **G**

With light homemade tomato sauce

STEAMED SNAPPER **D**

With lemon and sundried tomato beurre blanc

GRILLED VEGETABLE RATATOUILLE **V**

With seasonal vegetables, fire roasted tomatoes and tofu

STEAMED BROCCOLI **V**

TRUFFLE WHIPPED MASHED POTATOES **D**

TOMATO AND BOCCONCINI SALAD **D N**

With zesty pesto dressing

MIXED GREENS **V**

Served with house vinaigrette

CUMIN SCENTED ROASTED CARROT SALAD **N V**

With hazelnuts and citrus cilantro vinaigrette

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—FRIDAY JANUARY 4—

MAKE YOUR OWN PASTA DAY

BOLOGNESE SAUCE

SHRIMP ALFREDO SAUCE **D**

VEGETABLE PRIMAVERA **V**

With parmesan cheese **D**

PENNE NOODLES **G**

SPAGHETTI NOODLES **G**

GARLIC BREAD **G**

CAESAR SALAD **D**

With croutons, Parmesan cheese and a traditional sauce

SPINACH SALAD **D N**

With berries, goat cheese, almonds and house dressing

EXOTIC FRUIT PLATTER

D -Contains Dairy, G -Contains Gluten, N -Contains Nuts, V - Vegan

— MONDAY JANUARY 7 —

TURKEY BREAST SCHNITZEL **G N**
With cranberry and candied pecan slaw

SMOKED CAVERY HAM
With maple and Dijon glaze

WHOLE WHEAT FUSILLI PASTA **D G**
With roasted Mediterranean vegetables and saffron cream

CRISPY SMASHED POTATOES **D**
With fresh herbs and garlic

BROWN SUGAR GLAZED CARROTS **V**

MIXED GREENS **V**
Served with house vinaigrette

7 GRAIN AND EDAMAME BEAN SALAD **G V**
With whole grain, wild rice, spelt, oats, barley, rye, wheat, carrots, celery and edamame beans

ROASTED BEET SALAD **D N**
With goat cheese, dill and candied pecans

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— TUESDAY JANUARY 8 —

TRADITIONAL COQ AU VIN **G**

Red wine braised with mushroom and bacon garnish

HARISSA HONEY GLAZED SNAPPER

With jicama slaw and orange and ginger vinaigrette

PROVENCEL TOMATOES **D**

With fresh herb crumb topping

CANDIED BUTTERNUT SQUASH

ORZO PASTA QUATTRA FORMAGGIO **D G**

With shallot butter

CHERRY TOMATO BOCCONCINI SALAD **D N**

With a zesty basil pesto

MIXED GREENS SALAD **V**

Served with house vinaigrette

SPINACH SALAD **D N**

With berries, goat cheese, almonds and house made dressing

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— WEDNESDAY JANUARY 9 —

ROASTED PORKLOIN

With apricot glaze and cranberry and red onion chutney

PANKO CRUSTED COD LOINS **D G**

With capers and dill tartar sauce

MAC AND MEGA CHEESE **D G**

With cream and four cheeses

ROSEMARY ROASTED NEW POTATOES **V**

FRENCH BEANS **D**

With garlic chive butter

KALE SALAD **D**

With kale, Kalamata olive, chickpeas, feta cheese, tomato, dill, parsley, mint and red onion

MOROCCAN QUINOA SALAD **N V**

With dried fruit, nuts and cinnamon in a cilantro vinaigrette

CLASSIC GREEK SALAD **D**

With cucumber, onions, red and yellow peppers, olives, and feta cheese

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—THURSDAY JANUARY 10—

BUTTER CHICKEN **D**
With ginger scented tomato cream

TANDOORI GLAZED SALMON **D**
With cilantro lime yogurt

VEGETARIAN LENTIL DAHL **V**
With spinach, sweet potato and aromatic spices

SPICED CAULIFLOWER **V**

BASMATI RICE **V**
with sweet peas

SPINACH SALAD **N D**
With berries, goat cheese, almonds and house dressing

CUMIN SCENTED ROASTED CARROT SALAD **V N**
With hazelnuts and citrus cilantro vinaigrette

NAAN BREAD AND RAITA **G**

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— FRIDAY JANUARY 11 —

MAKE YOUR OWN WRAP

WHOLE WHEAT WRAP **G**

CORN FLOUR WRAPS

SUNDRIED TOMATO WRAP **G**

CHICKEN SALAD

TUNA SALAD

EGG SALAD

VEGGIE WRAP **V**

With lettuce, tomato, mayo, cucumber, onions, pickles and shredded cheddar cheese
and assorted sauces

SOUP OF THE DAY

CLASSIC POTATO SALAD

SPINACH SALAD **D N**

With berries, goat cheese, almonds and house dressing

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— MONDAY JANUARY 14—

HOISIN GLAZED CHICKEN

With ginger seared enoki and shimeji mushrooms

MAPLE TERYAKI SALMON

With toasted sesame crust

ASIAN STIR FRY VEGETABLES AND TOFU **GV**

SPICE ROASTED CAULIFLOWER **V**

BROWN RICE AND SCALLIONS **V**

MOROCCAN QUINOA SALAD **NV**

With dried fruit, nuts and cinnamon in a cilantro vinaigrette

KALE SALAD **D**

With kale, Kalamata olive, chickpeas, feta cheese, tomato, dill, parsley, mint and red onion

CUMIN SCENTED ROASTED CARROT SALAD **NV**

With hazelnuts and citrus cilantro vinaigrette

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— TUESDAY JANUARY 15 —

BUTTERMILK FRIED BONELESS CHICKEN **G**

With herbs and spices

BBQ PULLED PORK

With apple cider slaw

ROASTED PORTOBELLO MUSHROOMS **D**

with Israeli couscous and feta cheese

MAPLE INFUSED BAKED BEANS **V**

CORN ON THE COB **D**

With lime and chili butter

CLASSIC POTATO SALAD **V**

With nugget potatoes, onions, capers, fresh herbs and Dijon cider vinaigrette

MIXED GREENS SALAD **V**

Served with house vinaigrette

DINNER BUNS AND BUTTER **D G**

D -Contains Dairy, G -Contains Gluten, N -Contains Nuts, V - Vegan

—WEDNESDAY JANUARY 16 —

CHICKEN MARSALA

Boneless chicken breast, sautéed mushrooms, marsala wine, diced tomatoes and olives

STUFFED SOLE **D**

With spinach, rice, sundried tomatoes and goats' cheese with herb crust

GRILLED VEGETABLE RATATOUILLE **V**

Grilled seasonal vegetables, fire roasted tomatoes, herbs and garlic

SEASONAL STEAMED VEGETABLES **V**

CREAMY POLENTA **D**

With herbs and Parmesan

CAESAR SALAD **D G**

With croutons, Parmesan and traditional dressing

CHERRY TOMATO BOCCONCINI SALAD **D N**

With a zesty pesto dressing

MIXED GREENS **V**

Served with house vinaigrette

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—THURSDAY JANUARY 17 —

ROASTED PORKLOIN

With apricot glaze and cranberry and red onion chutney

PAN SEARED CHICKEN BREAST **D**

Sundried tomatoes, olives and feta cheese

MOROCCAN VEGETABLE COUSCOUS STRUDEL **G**

Harissa cream garnish

STEAMED VEGETABLE MEDLEY **V**

SEVEN GRAIN RICE PILAF **G V**

SHIRAZI SALAD **V**

Tomato, cucumber, red onion, cilantro and mint with a champagne and olive oil vinaigrette

ARUGULA AND WATERMELON SALAD **D**

With reduced balsamic vinegar and feta cheese

CAESAR SALAD **D G**

With croutons, Parmesan and traditional dressing

D -Contains Dairy, G -Contains Gluten, N -Contains Nuts, V - Vegan

— FRIDAY JANUARY 18 —

GROUND BEEF FAJITAS

Seasoned ground beef and all the traditional garnishes

CHIPOTLE PULLED CHICKEN ENCHILADAS **D G**

Four cheese and cilantro cream glaze

VEGETARIAN TACOS **V**

Seasoned veggie ground and grilled vegetables

SPANISH RICE **V**

ROASTED SQUASH, ZUCCHINI AND PEPPERS **V**

SPINACH SALAD **D**

With berries, goat cheese, almonds and house dressing

CAESAR SALAD **D G**

With croutons, Parmesan and traditional dressing

Salsa, Sour Cream, Guacamole, Diced Tomatoes, Shredded Lettuce, Cheddar Cheese and Soft Flour Tortillas!

D -Contains Dairy, G -Contains Gluten, N -Contains Nuts, V - Vegan