



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 JANUARY 21 --

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, mayo and Dijon cider vinaigrette

CLASSIC CAESAR SALAD **D G**
With croutons, parmesan and traditional dressing

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

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

-- TUESDAY JANUARY 22 --

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 vegetables in plum tomato sauce

QUINOA AND LENTIL PILAF **V**

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

GARDEN SHELL PASTA SALAD **G D**
With julienne vegetables, peas 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 JANUARY 23 --

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

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

-- THURSDAY JANUARY 24 --

BREADED COD LOIN **G**

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

GRILLED SIRLOIN 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**

MOROCCAN QUINOA SALAD **N V**

With dried fruit, nuts and cinnamon in a cilantro vinaigrette

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 JANUARY 25 --

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 JANUARY 28—

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**

MOROCCAN QUINOA SALAD **N V**

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

SHIRAZI SALAD **V**

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

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--TUESDAY JANUARY 29--

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**

GARDEN SHELL PASTA SALAD **D G**
With julienne vegetables, peas 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 JANUARY 30--

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

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— THURSDAY JANUARY 31 —

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 FEBRUARY 1 --

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

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

CLASSIC CAESAR SALAD **D G**

With croutons, parmesan and traditional dressing

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– MONDAY FEBRUARY 4 –

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

CLASSIC POTATO SALAD

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

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—TUESDAY FEBRUARY 5 —

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 FEBRUARY 6--

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

SPINACH SALAD **D N**

With berries, goat cheese, almonds and house made vinaigrette

ROASTED BEET SALAD **D N**

With goat cheese, dill and candied pecans

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-- THURSDAY FEBRUARY 7 --

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

ROASTED SUNCHOKE AND JICAMA SALAD **V**
With a sunflower and sesame seed vinaigrette

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 FEBRUARY 8--

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 FEBRUARY 11 --

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

GARDEN SHELL PASTA SALAD **D**

With julienne vegetables, peas and hardboiled eggs in a yogurt Dijon dressing

ROASTED BEET SALAD **D N**

With goat cheese, dill and candied pecans

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-- TUESDAY FEBRUARY 12 --

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 FEBRUARY 13--

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**

CHERRY TOMATO AND BOCCONCINI SALAD **D**

With zesty pesto dressing

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 FEBRUARY 14--

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

GARDEN SHELL PASTA SALAD **D**

With julienne vegetables, peas and hardboiled eggs in a yogurt Dijon dressing

ARUGULA AND WATERMELON SALAD **D**

With reduced balsamic vinegar and feta cheese

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-- FRIDAY FEBRUARY 15 --

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 FEBRUARY 18 --

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 FEBRUARY 19--

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

ROASTED BEET SALAD **D N**

With goat cheese, dill and candied pecans

MIXED GREENS SALAD **V**

With house-made vinaigrette

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-- WEDNESDAY FEBRUARY 20 --

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 FEBRUARY 21 --

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

GARDEN SHELL PASTA SALAD **D**

With julienne vegetables, peas and hardboiled eggs in a yogurt Dijon dressing

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--FRIDAY FEBRUARY 22--

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 FEBRUARY 25 --

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**

CLASSIC CAESAR SALAD **D G**

With croutons, parmesan and traditional dressing

GARDEN SHELL PASTA SALAD **D**

With julienne vegetables, peas and hardboiled eggs in a yogurt Dijon dressing

ROASTED BEET SALAD **D N**

With goat cheese, dill and candied pecans

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--TUESDAY FEBRUARY 26 --

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

PROVENCE TOMATOES **D**

With fresh herb crumb topping

CANDIED BUTTERNUT SQUASH

ORZO PASTA QUATTRO 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 FEBRUARY 27 --

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 FEBRUARY 28--

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**

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

-- FRIDAY MARCH 1 --

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

MIXED GREEN SALAD **V**

With a house-made vinaigrette

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-- MONDAY MARCH 4 --

HOISIN GLAZED CHICKEN

With ginger seared enoki and shimeji mushrooms

MAPLE TERYAKI SALMON

With toasted sesame crust

ASIAN STIR FRY VEGETABLES AND TOFU **G V**

SPICE ROASTED CAULIFLOWER **V**

BROWN RICE AND SCALLIONS **V**

MOROCCAN QUINOA SALAD **N V**

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 **N V**

With hazelnuts and citrus cilantro vinaigrette

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--TUESDAY MARCH 5--

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

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

DINNER BUNS AND BUTTER **D G**

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

--WEDNESDAY MARCH 6 --

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 MARCH 7 --

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 MARCH 8 --

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

KALE SALAD **D**

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

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