

[LUNCH]

BUFFET

One soup selection Two salad selections One protein selections Three vegetable selections One starch selections Assorted desserts

SOUPS

CREAM OF MUSHROOM

Cremini & white mushrooms, roasted garlic, shallots, fresh parsley, chives

TOMATO BASIL

Roasted tomatoes, fresh basil, garlic cream, cinnamon paprika oil

PROTEIN

ENGLISH BEEF STEW

Alberta beef, Yukon gold potatoes, carrots, mixed herbs

BAKED CHICKEN BREAST

Roasted garlic and herb rub, basil and thyme cream sauce, fresh parsley

BEEF SHEPHERD'S PIE

Alberta Beef, assorted vegetables, cheese mashed potatoes

BAKED SALMON

BC Salmon fillet, truffle oil, fresh tarragon rub, garlic and basil cream sauce, charred lemon

BUTTER CHICKEN

Tandoori baked chicken breast, tomato cream sauce, fenugreek leaves, aromatic curry blend, fresh cilantro

BEEF BRISKET

Slow braised Alberta beef, mustard honey sauce, rosemary and garlic rub

THAI COCONUT CHICKEN

Chicken Breast, coconut milk, lemongrass, carrots, beans, green peas, zucchini

VEGETABLES

GRILLED ZUCCHINI

Crushed pepper, Olive Oil

GLAZED CARROTS

Honey, dehydrated thyme

BROCCOLI

Cinnamon powder, Sea Salt

ROASTED BEETS

Olive oil

ITALIAN MINISTRONE

Assorted Vegetables, fresh thyme, small shell pasta

CREAM OF ROASTED PEPPER & TOMATO

Roasted bell peppers, baked tomatoes, fresh basil & aromatic herbs

SALADS

CAESAR

Parsley thyme crouton, Parmesan crisp, romaine lettuce, smoked Caesar

ARTISAN

Spring Greens, strawberries, goat cheese, toasted almonds, rainbow tomatoes, orange honey dressing

GREEK

Feta cheese, cucumber, tomato, red onion, olives, Greek dressing

ARUGULA & KALE

Toasted pumpkin seeds, grape tomatoes, shredded carrots, roasted peppers, pear and mango slaw, goat cheese, balsamic honey dressing

APPLE BROCCOLI SLAW

Julienne apples, apple cider vinegar, tomatoes, raisins, fresh mint

RICE NOODLE

Rice vermicelli, sesame seeds, seared tofu, green onion, carrot sticks, red cabbage, toasted peanut and Thai dressing

QUINOA CHICKPEA

Wild quinoa, garbanzo peas, rainbow tomatoes, green onions, lemon herb dressing

STARCH

YUKON GOLD POTATOES

Roasted potatoes, sea salt, olive oil, dehydrated rosemary and thyme

PEA PILAF

Roasted cumin, basmati rice, green peas, bay leaf, ground cinnamon

MASHED POTATOES

Scallions, parmesan cheese