



Waterfront
EVENT & CONFERENCE CENTRE

LUNCH PACKAGES





LUNCH

30 MINUTES EXPRESS LUNCH PLATED OR BUFFET

ANY ENTREE \$29.95 + HST + 15% SERVICE CHARGE

****PRICES ARE FOR MONDAY- FRIDAY BETWEEN 11:00AM – 2:00PM ONLY****

INCLUDES FRESH BAKED ARTISAN BREADS FROM ACE BAKERY, COFFEE & TEA

SOUP/SALAD

(CHOICE OF ONE)

LOCAL GROWN GREENS

SPRING MIX, CHOPPED KALE, ICEBERG LETTUCE, CUCUMBERS, CHERRY TOMATOES,
JULIENNE CARROTS, GRAPE TOMATOES
SERVED WITH RASPBERRY, POMEGRANATE OR RANCH DRESSING

AWARD WINNING CARROT GINGER SOUP

LOCAL GARDEN VEGETABLE SOUP

MAIN ENTRÉE

(CHOICE OF ONE)

ROASTED SKIN-ON BONELESS CHICKEN W/ LEMON BASIL SAUCE

SERVED WITH SKIN-ON MASHED POTATOES

GRILLED BEEF SIRLOIN TIPS

SERVED WITH WILD RICE & ROASTED CARROTS

MEDITERRANEAN CHICKEN KEBOBS

SERVED WITH GREEK FRIES & YOGURT DILL SAUCE

ASIAN CHICKEN STIR FRY

ROASTED TOMATO & SPINACH VEGETARIAN LASAGNA

CHEF'S CHOICE DESSERT



LUNCH

GOURMET BUFFET LUNCH

\$26.95 + HST + 15% SERVICE CHARGE

**** PRICES ARE FOR MONDAY- FRIDAY BETWEEN 11:00AM – 2:00PM ONLY****

INCLUDES COFFEE & TEA

SOUPS/SALADS

(CHOICE OF TWO)

CALIFORNIA MIXED GREENS

CUCUMBERS, JULIENNE CARROTS, GRAPE TOMATOES,
SERVED WITH BALSAMIC OR RASPBERRY DRESSING

CHOPPED GREEK SALAD

BLACK OLIVES, RED ONIONS, CUCUMBER, CHERRY TOMATO,
FETA CHEESE, RED WINE & OLIVE OIL DRESSING

ASIAN NOODLE SALAD

CHOW MEIN NOODLES, CILANTRO, GREEN ONIONS, DICED RED PEPPERS,
DICED YELLOW PEPPERS, JULIENNE CARROTS, BALSAMIC VINEGAR, SOY SAUCE,
TOASTED SESAME SEEDS

ORZO SALAD

ORZO, RED PEPPERS, YELLOW PEPPERS, DICED CARROTS, DICED CELERY,
RED ONION, GREEN ONION, DRIED CRANBERRIES, LEMON JUICE OLIVE OIL VINAIGRETTE

THREE BEAN

CHERRY TOMATOES, ROASTED CORN, PEPPERS, FRESH PARSLEY & CITRUS VINAIGRETTE

LENTIL & QUINOA

TOMATOES, CUCUMBER, KALE, PARSLEY, CRANBERRY WITH LEMON CILANTRO OLIVE OIL DRESSING

ROASTED CARROT GINGER SOUP

BUTTER, ROASTED ORGANIC CARROTS, WHITE ONIONS, GINGER, CINNAMON,
NUTMEG, BROWN SUGAR, VEGETABLE STOCK

CLASSIC VEGETABLE SOUP

DICED RED PEPPERS, YELLOW PEPPERS, POTATOES, CARROTS, CELERY, ONIONS,
CHOPPED MUSHROOMS, TOMATOES, VEGETABLE STOCK & HERBS

ASSORTED PREMIUM KETTLE CHIPS

LUNCH

GOURMET BUFFET LUNCH

SANDWICH SELECTION

ONE SANDWICH PER PERSON
MAXIMUM 2 SANDWICH CHOICES- MINIMUM OF 10 PIECES

CALIFORNIA GRILLED CHICKEN CIABATTA BUN

BASIL PESTO, ROASTED RED PEPPERS, BALSAMIC GLAZED TOMATOES, SLICED AVOCADO & ROMAINE

CHICKEN PARMESAN

BREADED CHICKEN TOPPED WITH MARINARA & MELTED MOZZARELLA ON A CIABATTA BUN

CHICAGO BEEF & DIP FRENCH STICK

SHAVED ITALIAN ROAST BEEF, GRILLED PEPPERS, PORTOBELLO MUSHROOMS,
SPICY JARDINIÈRE, FONTINA CHEESE

IN HOUSE ROASTED TURKEY CLUB CIABATTA BUN

ROASTED TURKEY BREAST, BACON, ROMA TOMATOES, CRANBERRY SPREAD,
FONTINA CHEESE. GARLIC AIOLI

MEDITERRANEAN WRAP

GRILLED CHICKEN, CRISP LETTUCE, TOMATOES, CUCUMBER, RED ONION, FETA, CREAMY TZATZIKI

CLASSIC CHICKEN SALAD WRAP

DICED CHICKEN, CELERY, RED ONION, RED PEPPERS, SLICED ROMA TOMATOES,
FRESH ARUGULA, HOMEMADE MAYO

CHICKEN CAESAR WRAP

GRILLED CHICKEN BREAST, CRISP ROMAINE, SHAVED PARMESAN & CREAMY CAESAR DRESSING

GRILLED SUMMER VEGETABLE WRAP

RATATOUILLE, RED PEPPERS, YELLOW PEPPERS, EGGPLANT, ZUCCHINI,
ROASTED RED PEPPER SAUCE & CREAMY FETA CHEESE

*VEGETARIAN, CAN BE MADE VEGAN

DESSERT

GOURMET HOUSEMADE COOKIE



LUNCH

GOURMET POWER BOWLS

\$24.95 + HST + 15% SERVICE CHARGE

**** PRICES ARE FOR MONDAY- FRIDAY BETWEEN 11:00AM – 2:00PM ONLY****

SERVED ROOM TEMPERATURE WITH A BAG OF KETTLE CHIPS / INCLUDES COFFEE & TEA

MIN OF 10 BOWLS OF EACH

50 PEOPLE OR LESS—2 CHOICES

50 PEOPLE OR MORE—3 CHOICES

MEDITERRANEAN BOWL

CHICKPEA, ROMAINE, ARUGULA, CUCUMBERS, CHERRY TOMATOES,
PICKLE ONIONS, GOAT CHEESE & RED WINE VINAIGRETTE

OMG TABBOULEH BOWL

TABBOULEH, FALAFEL, HUMMUS, POMEGRANATE PICKLED ONIONS,
OLIVES, FETA, FRESH MINT & TAHINI VINAIGRETTE

MIAMI BEACH BOWL**

QUINOA, SWEET POTATO, BLACK BEANS, TOMATO, AVOCADO, RED ONIONS,
CORN, BABY KALE & LIME VINAIGRETTE

YUCATAN BOWL

BROWN RICE, TORTILLA CHIPS, CABBAGE SLAW, CORN, SALSA FRESCA,
AVOCADO CREMA, QUESO FRESCO & CHIPOTLE VINAIGRETTE

FARMERS HARVEST BOWL**

ROASTED BEETS, QUINOA, KALE, SWEET POTATO, RADISHES,
TOASTED SUNFLOWER SEEDS & APPLE GINGER VINAIGRETTE

**ADD 3OZ GRILLED CHICKEN BREAST TO ANY POWER BOWL
FOR AN ADDITIONAL \$4.95 PER GUEST**

** VEGAN