



Waterfront  
EVENT & CONFERENCE CENTRE

# LUNCH PACKAGES



# LUNCH

## 30 MINUTES EXPRESS LUNCH PLATED OR BUFFET

**\$31.95 + 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

**\$28.95 + 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

## BUILD YOUR OWN POWER BOWLS

**\$27.95 + HST + 15% SERVICE CHARGE**

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

SERVED WITH A BAG OF KETTLE CHIPS

INCLUDES COFFEE & TEA

ALL INGREDIENTS SERVED BUFFET STYLE

### GREENS & GRAINS

ROMAINE LETTUCE, BROWN RICE, QUNIOA

### SIGNATURE TOPPINGS

CHICKPEAS, ROASTED SWEET POTATOES, SLICED RADISHES, GRILLED CORN,  
DICED CHERRY TOMATOES, SLICED CUCUMBERS, PICKLED RED ONIONS,  
CRUMBLLED FETA, SLICED GRILLED CHICKEN BREAST

### BOWL DRESSINGS

RED WINE VINAIGRETTE, APPLE GINGER VINAIGRETTE,  
BALSAMIC VINAIGRETTE

