

# LUNCH

## THE TRADITIONAL LUNCH BUFFET

**\$12.95pp**

Variety of Traditional Sandwiches or Wraps  
 Select a Salad  
 Cakes & Squares  
 Fair Trade Organic Shade Grown Coffee & Numi Tea

## THE GOURMET LUNCH BUFFET

**\$14.95pp**

Variety of Gourmet or Traditional Sandwiches  
 Select 2 Salads or Soup & Salad  
 Cakes & Squares  
 Fair Trade Organic Shade Grown Coffee & Numi Tea

## THE DELUXE LUNCH BUFFET *minimum 20 people*

**\$17.95pp**

Variety of Gourmet or Traditional Sandwiches  
 Select 4 Salads or 1 Soup & 3 Salads  
 Sliced Fruit Platter  
 Cakes & Squares  
 Fair Trade Organic Shade Grown Coffee & Numi Tea

## THE DELI BUFFET *minimum 10 people*

**\$15.50pp**

Selection of Breads, Meats, Cheeses & Veggies: chicken, black forest ham, roast beef, tomatoes, sliced red onions, leaf lettuce, bell peppers, alfalfa sprouts, cheddar & Swiss, hummus, mustard & mayo  
 Gourmet Greens with variety of dressings  
 Assorted Cookies  
 Fair Trade Organic Shade Grown Coffee & Numi Tea



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**THE GOURMET SANDWICHES****\$7.25ea***For gluten free bread options add \$1 per sandwich***Montreal Stacker**

Montreal smoked beef, horseradish, Dijon mustard, leaf lettuce &amp; Swiss cheese on a pretzel bun

**Pesto Polo**

Smoked chicken breast, bell peppers, spring mix salad &amp; pesto mayo on focaccia

**Sunday Roast Beef**

Shaved roast beef, Havarti, horseradish, Dijon mustard &amp; leaf lettuce on multigrain ciabatta

**West Coast Classic**

Smoked salmon, red onions, capers &amp; dill cream cheese on an onion poppy seed bagnet

**Turkey & Havarti**

Smoked turkey, Havarti cheese, leaf lettuce &amp; tomato with cranberry mayo on a croissant

**Tuscan Deli**

Genoa salami, capicola, provolone cheese, red onions, roasted red peppers &amp; sundried tomato pesto mayo on focaccia

**Mexican Beef Wrap**

Shredded spiced short rib, cilantro slaw with chipotle mayo in a tortilla wrap

**Caribbean Chicken**

Jerk spiced chicken breast, grilled peppers, lettuce, pineapple jerk mayo on multigrain baguette

**Spicy Bean Wrap V**

Mix of seasoned beans, diced vegetables &amp; shredded romaine in a green tortilla

**Mediterranean V**

Artichoke spread, roasted red peppers, hummus, grilled zucchini &amp; sprouts on vegan bread

**Portobello**

Grilled marinated Portobello mushroom, goat cheese, spinach, red onion, relish &amp; leaf lettuce on a rye &amp; grains bagnet

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**THE TRADITIONAL SANDWICHES OR WRAPS****\$5.50ea***For gluten free bread options add \$1 per sandwich***Ham & Cheese, Roast Beef, Chicken, Egg Salad, Tuna, Vegetarian & Vegan****THE SALADS****Small serves 10-20 \$34.95 | Medium serves 20-30 \$54.95 | Large serves 30-40 \$74.95****Gourmet Green Salad - Small, Medium or Large GF V**

Julienne carrots, bell peppers, red onions &amp; cherry tomatoes with a selection of dressings

**Classic Greek - Small, Medium or Large GF**

Kalamata olives, seeded cucumbers, bell peppers, red onions, feta cheese, tomatoes, olive oil, oregano, garlic, parsley, lemon juice &amp; zest

**Spinach Salad - Small, Medium or Large GF V**

Bell peppers, red onions, cherry tomatoes &amp; mushrooms with a selection of dressings

**Potato Salad - Medium or Large GF**

Steamed potatoes, julienne carrots, pickles, celery, green onions, eggs &amp; mayo

**Asian Noodle Salad - Medium or Large**

Chow mein noodles, julienne carrots, bell peppers, red onions, bean sprouts &amp; baby corn with teriyaki sauce

**Tabbouleh with Quinoa Salad - Medium or Large GF V**

Fresh mint, parsley, lemon, peppers onions, cucumbers, grape tomatoes

**Crisp Vegetable Salad - Medium or Large GF**

Fresh seasonal vegetables with a poppy seed dressing

**Fusilli Pasta Salad - Medium or Large**

Peppers, Kalamata olives, feta cheese, pesto vinaigrette

**Coleslaw - Medium or Large**

Julienne carrots, green onions, green cabbage, vinegar &amp; mayo



**THE SOUPS *minimum 6 people*****\$6.25pp***Served with crackers***Harvest Butternut Squash GF**

Rich butternut squash simmered with cream and a blend of ginger, cinnamon and nutmeg

**Tomato Bisque**

Traditional made with cream and butter, seasoned with onions and finished with a hint of basil

**North Atlantic Clam Chowder**

Made with clams and potatoes, garnished with celery in a pearl white cream sauce

**Creole Chicken Gumbo GF**

Louisiana-style gumbo made with diced tomatoes, okra, chicken, green peppers and rice

**Vegan Vegetable GF V**

Made with carrots, tomatoes, Great Northern beans and red lentils

**Wicked Thai Chicken**

Blend of chicken, rice, peppers and lemongrass, enhanced with the flavour of coconut in a spicy broth

**THE HEALTHY SALADS****\$10.95pp***Choose any of our light meal salads for a lunch alternative to sandwiches***Chicken Caesar Salad Bowl**

Cajun grilled chicken breast &amp; focaccia fingerling croutons served over crisp Romaine, parmesan cheese &amp; served with focaccia &amp; butter

**Chef's Salad GF Option**

Crisp garden greens, celery, carrot sticks, tomatoes &amp; cucumbers topped with ham &amp; Swiss served with focaccia &amp; butter

**West Coast Spinach Salad GF Option**

Baby spinach, arugula, goat cheese &amp; candied pecans topped with wild sockeye salmon or prawn skewer served with focaccia &amp; butter

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## HOT LUNCH

**THE CHEF'S CHOICE** *available Sept-Apr only* **\$13.95pp**  
 Chef's daily special hot entrée & sides

**THE RING LUNCH BUFFET** *minimum 15 people* **\$19.95pp**  
 Select Soup or Salad  
 Select 1 Entrée  
 Select Rice, Potatoes, or Garlic Bread  
 Chef's Choice Seasonal Vegetables  
 Mini Cakes & Squares  
 Fair Trade Organic Shade Grown Coffee & Numi Tea

**THE FINNERTY LUNCH BUFFET** *minimum 15 people* **\$25.95pp**  
 Select Soup & Salad  
 Select 2 Entrées  
 Select Rice, Potatoes or Garlic Bread  
 Chef's Choice Seasonal Vegetables  
 Mini Cakes & Squares  
 Fair Trade Organic Shade Grown Coffee & Numi Tea

### THE LUNCH BUFFET ENTRÉE CHOICES

**Gremolata Crusted Wild Market Salmon GF**  
 Herb marinated

**Herb Roasted Chicken GF**  
 Sundried cranberry demi-glaze

**Slow Roasted Pork Loin GF**  
 brined, herb mustard crusted slowly roasted with a reduced red wine and fig jus

**Beef or Vegetarian Stir Fry GF V**  
 Local fresh vegetables sautéed in our black bean sauce with choice of sliced beef, tofu or soya chicken

**Beef or Vegetarian Lasagna**  
 Slow baked with 3 types of cheeses and fresh tomato sauce

**Puttanesca Gnocchi**  
 Pan seared Gnocchi, roasted peppered, zucchini, mushrooms in a caper and Kalamata olive tomato sauce. Finished with feta cheese

**Potato Crusted Cod**

Tomato, artichoke &amp; caper ragout

**THE PIZZAS****\$26.50ea***8 slices per pizza**Gluten Free 6 slices per pizza***Ham & Pineapple, Mushroom & Pepperoni, Southwest Chicken, Vegetarian or Greek****THE GREEK LUNCH *minimum 15 people*****\$25.95pp**

Greek Salad

Hummus &amp; Tzatziki with Pita

Chicken Souvlaki or Beef Skewers with Onions, Tomatoes &amp; Shredded Lettuce

Spanakopita

Greek Style Rice or Lemon Potatoes

Assorted Mini Dessert Squares

Fair Trade Organic Shade Grown Coffee &amp; Numi Tea

**THE MEXICAN FAJITA LUNCH *minimum 15 people*****\$23.95pp**

Soft Shell Flour Tortillas &amp; Corn Tortilla Chips

Select 2: Sautéed Chicken, Fish (White Cod or Snapper), Tofu or Beef

Sautéed Bell Peppers &amp; Onions

Tomato Salsa, Sour Cream &amp; Cheddar Cheese

Mexican Rice &amp; Beans

Fresh Sliced Fruit

Fair Trade Organic Shade Grown Coffee &amp; Numi Tea

**THE WEST COAST LUNCH *minimum 15 people*****\$23.95pp**

Local Portofino Bread

Baby Kale Salad

Select: Oven Roasted Market Salmon, Herb Crusted Rockfish, Thai Curried Market Mussels &amp; Clams or Slow Roasted Cowichan Valley Chicken Legs

Puttanesca Gnocchi

Roasted Baby Nugget Potatoes

Seasonal Vegetables

Assorted Mini Dessert Squares

Fair Trade Organic Shade Grown Coffee &amp; Numi Tea

*While we strive to ensure our GF foods are safe for your consumption,  
we cannot safeguard against possible cross contamination*

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