LUNCH

THE TRADITIONAL LUNCH BUFFET *minimum 10 people*  $13.50pp
Variety of Traditional Sandwiches or Wraps
Select a Salad
Mini Cakes & Squares
Fair Trade Organic Shade Grown Coffee & Numi Tea

THE GOURMET LUNCH BUFFET *minimum 10 people*  $15.50pp
Variety of Gourmet Sandwiches & Wraps
Select 2 Salads or Soup & Salad
Mini Cakes & Squares
Fair Trade Organic Shade Grown Coffee & Numi Tea

THE DELUXE LUNCH BUFFET *minimum 20 people*  $18.55pp
Variety of Gourmet Sandwiches & Wraps
Select 3 Salads or 1 Soup & 2 Salads
Sliced Fruit Platter
Mini Cakes & Squares
Fair Trade Organic Shade Grown Coffee & Numi Tea

THE DELI BUFFET *minimum 10 people*  $16.50pp
Selection of Breads, Meats, Cheeses & Veggies: chicken, black forest ham,
roast beef, tomatoes, sliced red onions, leaf lettuce, bell peppers, alfalfa sprouts, cheddar &
Swiss cheese, hummus, mustard & mayo
Gourmet Green Salad with variety of dressings
Assorted Cookies
Fair Trade Organic Shade Grown Coffee & Numi Tea
THE GOURMET SANDWICHES  $7.50ea
For gluten friendly bread add $1 per sandwich

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

Pesto Polo
Smoked chicken breast, bell peppers, leaf lettuce & pesto mayo on focaccia

Sunday Roast Beef
Shaved roast beef, Havarti, horseradish, Dijon mustard & leaf lettuce on multigrain French bread

West Coast Classic (Ocean Wise)
Smoked salmon, red onions, sprouts, capers & dill cream cheese on an onion poppy seed bagnat

Shrimp Salad
Baby shrimp with peppers, onion, lemon & dill mayo on fresh baked croissant

Turkey & Havarti
Chipotle turkey, bacon, Havarti cheese, leaf lettuce & tomato with guacamole & mayo on ciabatta bun

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

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

Spicy Bean Wrap Vegan
Mix of seasoned beans, diced vegetables & shredded romaine in a tortilla wrap

Mediterranean Vegan
Artichoke spread, roasted red peppers, hummus, grilled zucchini & sprouts on vegan bread

Fresh Veggy Vegan
Spinach, fresh tomatoes, shredded carrot, red peppers & red onions with avocado spread on harvest grain bread
THE TRADITIONAL SANDWICHES OR WRAPS $5.95ea
For gluten friendly bread add $1 per sandwich

Ham & Cheese, Roast Beef, Chicken, Egg Salad, Tuna, Vegetarian & Vegan

THE SALADS
Small serves 10-20 $38.95 | Medium serves 20-30 $58.95 | Large serves 30-40 $78.95

Gourmet Green Salad - Small, Medium or Large (GF/Vegan)
Julienne carrots, bell peppers, cucumbers & cherry tomatoes with a selection of dressings

Classic Greek - Small, Medium or Large GF
Kalamata olives, cucumbers, bell peppers, red onions, feta cheese, tomatoes, olive oil, oregano, garlic, parsley, lemon juice & zest

Spinach & Pickled Beet Salad – Small, Medium or Large GF
Bell peppers, red onions, candied pecans & goat cheese with a selection of dressings

Potato Salad – Small, Medium or Large GF
Steamed potatoes, bacon, green onions, roasted peppers, smoked paprika & grainy mustard vinaigrette

Asian Noodle Salad - Medium or Large
Chow mein noodles, julienne carrots, bell peppers, red onions, bean sprouts & baby corn with teriyaki sauce

Quinoa Salad - Medium or Large (GF/Vegan)
Fresh mint, parsley, lemon, peppers, onions, kale, grape tomatoes

Crisp Vegetable Salad - Medium or Large GF
Fresh seasonal vegetables with a poppy seed dressing

Fusilli Pasta Salad - Medium or Large
Peppers, grilled chorizo, parsley & sundried tomato pesto with asiago cheese

Coleslaw - Medium or Large GF
Julienne carrots, green onions, green cabbage, vinegar & mayo
THE SOUPS *minimum 10 people* $6.50pp
*Served with crackers*

**Harvest Butternut Squash GF**
Rich butternut squash simmered with cream and a blend of ginger, cinnamon and nutmeg

**Loaded Baked Potato**
Roasted potatoes, bacon & chives

**Vegan Vegetable (GF/Vegan)**
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

**Homestyle Chili (GF/Vegan)** $7.95pp
*Choose our beef or vegan option. Served with bread roll & butter*

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 & focaccia fingerling croutons served over crisp Romaine, parmesan cheese & served with focaccia & butter

**Chef’s Salad GF/ Vegan Option**
Crisp garden greens, celery, carrot sticks, tomatoes & cucumbers topped with shaved ham & sliced Swiss cheese served with focaccia & butter

**Quinoa & Roasted Vegetable Salad (GF/Vegan)**
Kale, roasted peppers, onion, chic peas, avocado & parsley lemon vinaigrette served with focaccia & butter

**West Coast Spinach Salad GF (Ocean Wise)** $11.95pp
Baby spinach, arugula, goat cheese & candied pecans topped with wild smoked salmon or prawns served with focaccia & butter
HOT LUNCH

THE CHEF’S CHOICE *minimum 15 people*
*Available Sept-Apr only*
Chef’s daily special hot entrée & sides
$13.95pp

THE RING LUNCH BUFFET *minimum 15 people*
Select Soup or Salad
Select 1 Entrée
Select Jasmine Rice, Roasted Potatoes, or Garlic Bread
Seasonal Vegetables
Mini Cakes & Squares
Fair Trade Organic Shade Grown Coffee & Numi Tea
$21.50pp

THE FINNERTY LUNCH BUFFET *minimum 15 people*
Select 2 Salads or Soup & Salad
Select 2 Entrées
Select Jasmine Rice, Roasted Potatoes or Garlic Bread
Seasonal Vegetables
Mini Cakes & Squares
Fair Trade Organic Shade Grown Coffee & Numi Tea
$27.50pp

THE LUNCH BUFFET ENTRÉE CHOICES

**Marinated Wild Salmon GF (Ocean Wise)**
Lemon & fresh herbs

**Dry Spiced Chicken Breast GF**
Memphis style rub

**Slow Roasted Pulled Pork GF Option**
Served with slider buns, angry onions & apple coleslaw

**Butter Chicken GF**
Marinated chicken thighs, slow braised in traditional butter chicken sauce

**Beef or Vegetarian Stir Fry (GF/Vegan)**
Local fresh vegetables sautéed in our black bean sauce with choice of sliced beef or tofu
Puttanesca Gnocchi
Pan seared Gnocchi, roasted peppers, zucchini & mushrooms in a caper & Kalamata olive tomato sauce. Finished with feta cheese

Baked Triple Cheese Tortellini
Tri-colored tortellini with asiago Alfredo sauce baked with house blend of cheese

Chicken or Tofu Red Thai Curry (GF/Vegan)
Spicy red curry slow cooked with coconut milk, peppers, mushrooms & onion. Option to substitute a side for rice noodles

THE A LA CARTE

Lasagna, Beef or Vegetarian $150.00ea
Full pan serves 18 pieces

THE HALAL MEALS $14.00ea
Ever changing, locally produced complete meals. Includes protein & side. Speak with Degrees Catering for meal availabilities

THE PIZZAS $26.50ea
8 slices per pizza
Gluten Free 6 slices per pizza

Mixed Cheese – House pizza sauce, premium mozzarella & cheddar GF Option
Hawaiian – House pizza sauce, ham & pineapple
Classic – House pizza sauce, pepperoni, mushroom & green pepper
Canadian – House pizza sauce, pepperoni, mushroom, bacon & mixed cheese
BBQ Chicken – House BBQ sauce, oven roasted chicken, roasted garlic, mushrooms, caramelized onions, red peppers, pineapple & mixed cheese
Greek – House garlic butter, lean ground beef, black olives, tomatoes, red onions, mozzarella & feta cheese
Vegetarian – House pizza sauce, mushrooms, white onions, green peppers, black olives, tomatoes & mozzarella cheese GF Option
Mediterranean – House pizza sauce, sundried tomatoes, spinach, artichoke hearts, red onions, black olives, red peppers, mozzarella, cheddar & feta cheeses GF Option
THE GREEK LUNCH minimum 15 people
Greek Salad GF
Hummus & Tzatziki with Pita
Select: Chicken GF, Beef GF or Vegetable Skewers GF
Red Onions, Tomatoes & Shredded Lettuce
Spanakopita
Greek Style Rice GF
Assorted Mini Dessert Squares
Fair Trade Organic Shade Grown Coffee & Numi Tea

$26.50pp

THE MEXICAN FAJITA LUNCH minimum 15 people
Soft Shell Flour Tortillas
Select 2: Sautéed Chicken GF, Rockfish (Ocean Wise), Tofu Vegan or Beef GF
Sautéed Bell Peppers & Onions GF
Shredded Lettuce, Salsa, Sour Cream & Cheddar Cheese GF
Mexican Rice & Beans (GF/Vegan)
Marinated Bean & Jicama Salad (GF/Vegan)
Fresh Sliced Fruit (GF/Vegan)
Fair Trade Organic Shade Grown Coffee & Numi Tea

$24.95pp

THE WEST COAST LUNCH minimum 15 people
Local Portofino Bread
Baby Kale Salad (GF/Vegan)
Select: Oven Roasted Wild Salmon GF (Ocean Wise), Herb Crusted Rockfish GF (Ocean Wise) or Slow Roasted Cowichan Valley Chicken Legs GF
Penne with Fresh Herbs, Sautéed Seasonal Vegetables & Garlic Olive Oil Vegan
Seasonal Vegetables GF
Assorted Mini Dessert Squares
Fair Trade Organic Shade Grown Coffee & Numi Tea

$26.50pp

THE BUILD YOUR OWN BURGER BUFFET minimum 15 people
Potato Salad GF
Beef GF or Quinoa (GF/Vegan) Burgers
Brioche Buns
Leaf Lettuce, Sliced Tomato, Cheddar Cheese Slices & Sautéed Onions GF
Dijon Mustard, Red Relish, Ketchup & Mayo
Assorted Mini Cheesecakes
Iced Tea or Lemonade

Add bacon for an extra $1.50 per person

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