

# PASTA BAR LUNCHES

Minimum Order of 8 is Required

**DIETARY MEALS ARE PACKAGED INDIVIDUALLY AND CLEARLY LABELLED**  
**\$3.50 per person is added for all dietary requirements.**

*Groups of 8 or more select one pasta / Groups of 20 or more select two pastas*  
*Groups of 30 or more select three pastas*

*Our gourmet pasta bar lunches are served with our crisp house garden salad, home-made focaccia or ciabatta bread, and a combination of chilled bottled water/pop.*

## (EPB#1) Entrée Pasta Bar Selections

### **Baked Pasta Lasagna Style or Baked Pasta Florentine**

*Our popular baked pasta with either seasoned beef or ricotta cheese & spinach in our tomato basil sauce*

### **Baked Tortellini Rosa & Chicken**

*Baked cheese tortellini with grilled chicken, peas & seared mushrooms in a tomato basil cream sauce*

### **Rotini Rustica with Sausage**

*Oven roasted sausage, seared sweet peppers and onions with rotini pasta in our fresh tomato basil sauce.*

### **Blackened Chicken Pasta Alfredo**

*Blackened Chicken with Grape Tomatoes, Sautéed Mushrooms, tossed with Pasta Alfredo*

### **Linguine Chicken Primavera**

*Linguine pasta with seared vegetables, grilled chicken in an olive oil & garlic sauce*

### **Sweet & Spicy Thai Chicken Noodles**

*Noodles tossed with seared Asian infused vegetables & grilled chicken in an olive oil & garlic glaze*

### **Penne Arrabbiata**

*Penne pasta tossed in our authentic spicy tomato basil sauce with seared mushrooms & spinach*

### **Potato & Cheddar Perogies**

*Potato & cheddar stuffed perogies tossed with sautéed caramelized onions & bacon...served with sour cream*

### **Ravioli Bolognese**

*Ravioli tossed in a fresh "Bolognese" sauce...our fresh tomato basil sauce with seasoned beef*

### **Rotini Pesto Alfredo Chicken**

*Rotini pasta with seared julienne vegetables & grilled chicken tossed in a roasted pepper pesto Alfredo sauce.*

### **Baked Rigatoni Rosa**

*Baked rigatoni pasta in a tomato cream sauce with three cheeses, spinach & homemade meatballs*

**\$18.75 per person excluding taxes and delivery (\$30)**

*Substitute for our Caesar, Greek or California salad for an additional \$1.50 per person*

## **HOT ENTRÉE LUNCHEs**

### **Minimum Order of 8 is Required**

*All our gourmet entrée lunches are served with our crisp house garden salad, home-made focaccia or ciabatta bread and a combination of chilled bottled water/pop along with an additional side of your choice.*

**DIETARY MEALS ARE PACKAGED INDIVIDUALLY AND CLEARLY LABELLED**

**\$3.50 per person is added for all dietary requirements.**

### **SEARED CHICKEN ENTREES**

*Prepared with boneless & skinless seared Halal chicken breasts*

**SC#1 Piccata**...artichokes in a lemon wine sauce | **SC#2 Tuscan**...with a roasted pepper & basil cream sauce

**SC#3 Primavera**...sautéed peppers, mushrooms zucchini, diced tomatoes in a light wine sauce

**SC#4 Lemon Herb**...lemon herb chardonnay sauce | **SC#5 Mediterranean**...sautéed mushroom wine sauce

### **BREADED CHICKEN ENTREES**

*Prepared with boneless & skinless breaded Halal chicken breasts*

**BC#1 Parmigiana**...breaded and topped with our fresh tomato basil sauce, parmigiano and mozzarella cheese

**BC#2 Florentine**...topped with a tomato basil sauce, seared spinach & mozzarella

**BC#3 Thai**...with caramelized onions, peppers & napped with a sweet & spicy Thai glaze

**BC#4 Rustic Chicken**...with sautéed mushrooms in a chardonnay cream sauce

### **BEEF ENTREES**

*Prepared with in-house slow roasted beef, then thinly shaved*

**BE#1 Rosemary Garlic**...braised in a rosemary garlic jus | **BE#2 Beef Au Jus**...classic w/ mushrooms

**BE#3 Teriyaki**...with mushrooms, peppers & onions | **BE#4 Asian Pepper**...with sweet peppers & onions

## SIDES

*Select one of the following*

Pasta with ricotta & spinach in olive oil & garlic | Pasta Rosa | Pasta Florentine w/ tomato sauce  
Oven roasted potatoes | Red skin mashed potatoes | Mediterranean potatoes w/ olive oil & herbs  
Risotto Pomodoro | Broccoli Mushroom Rice Casserole | Steamed or Stir-Fried rice & vegetables  
Vegetable Samosa | Sweet Corn | Baby Carrots | Peas & mushrooms | Chef's seasonal choice

**\$19.25 per person plus taxes and delivery (\$30)**

In-house baked cookie \$2.00 | Additional Side, Dessert tray or Butter tart \$3.50

*Substitute the garden salad for our Kale, Greek, Caesar or California Salad for an additional \$1.50 per person*

## HOT COMBINATION ENTRÉE LUNCHES

**Minimum Order of 8 is Required**

*All of our gourmet entrée lunches are served with home-made focaccia or ciabatta bread and a combination of chilled bottled water/pop*

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### **(E#1) Tandoori or Butter Chicken**

*Seared quarter chicken Tandoori style or in a butter chicken sauce. Served with East Indian flavored potato/vegetable/chickpea/rice medley, vegetable samosa and grilled pita points.*

### **(E#2) Not Your Mom's Meatloaf**

*Our home-made meatloaf is filled with our sauteed vegetable mix. Served with our creamy red skin mashed potatoes and vegetable side.*

### **(E#3) Mexican Braised Chicken Enchiladas**

*Flavours of Mexico in our braised chicken enchilada served with our famous Mexican baked rice, mixed bean cilantro salad and tortilla chips, salsa and sour cream.*

### **(E#4) BBQ Pulled Pork or Pulled Chicken Sandwich**

*Slow roasted BBQ pulled pork on a gourmet pretzel bun served with our famous Mac and Cheese and creamy coleslaw.*

### **(E#5) Authentic Homemade Italian Lasagna (available in trays for 9, 14 & 18)**

*Our delicious meat lasagna or vegetarian lasagna with seared vegetables, ricotta cheese and spinach... made with fresh pasta sheets and served with a Caesar salad and mozzarella garlic ciabatta bread.*

**(E#6) Artesian Pasta Rolls or Stuffed Shells**

Two meat or spinach and ricotta rolled filled pasta sheets baked in a light tomato sauce served with a seasonal vegetable and Italian tossed salad. Substitute with stuffed pasta shells... available with the same fillings.

**(E#7) Honey Garlic Chicken**

Lightly battered strips of chicken, tossed with a home-made honey garlic ginger glaze. Served with a stir-fried vegetable rice, Asian slaw and vegetable eggrolls.

**(E#8) Grilled Chicken Souvlaki Skewer**

Skewers of marinated grilled chicken served with Lemon scented rice, tzatziki sauce, Greek salad and garlic pita

**(E#9) Stuffed Chicken**

Focaccia bread & vegetable stuffing filled chicken breast braised in a light wine sauce. Served with red skin mashed potatoes, glazed carrots & corn.

**(E#9) Jerk Chicken (NEW)**

Jerk marinated Chicken Breasts served with our Toasted Coconut Rice mixed with Beans, a Jamaican Beef Patty, and our Mango Salsa.

**(E#10) Breaded Chicken Schnitzel with Lemon (NEW)**

Chicken Scallopini Breaded and Fried, served with Caramelized Onion Scalloped Potatoes and Garlicky Green Beans.

**\$19.25 per person plus taxes and delivery (\$30)**

In-house baked cookie \$2.00 | Additional Side, Dessert tray or Butter tart \$3.50