



**GOURMET  
CATERING CO.**

## CORPORATE LUNCH

### Salads

#### The Chop

Chopped cabbage, herbs, julienned vegetables, cucumbers, crispy chickpeas, feta cheese and champagne vinaigrette

#### The Gourmet

Greens, quinoa, Roasted delicata squash, crispy eggplant chips, harissa curried chickpeas, pickled onions, block of feta

#### The Nicoise

Greens, roasted potatoes, green beans, tomatoes, boiled egg, olives, champagne shallot vinaigrette

#### The Mezze

Greens, heirloom beets, grilled halloumi, cucumber, tomatoes, topped with fattoush chips

#### The Ceasar

Kale and brussel sprout salad with candied bacon, fresh corn, herbed brioche croutons, parmesan cheese, spiced yogurt caesar dressing

Add spicy grilled chicken breast, cedar planked salmon or falafel to any salad



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### **Sandwiches**

Premium ingredients, served on a variety of freshly baked buns and bread

#### **Turkey breast club**

Roasted Turkey breast, maple bacon, cheddar cheese, romaine, pesto aioli

#### **Rotisserie chicken**

Romesco sauce, manchego cheese and arugula

#### **Carne asada**

Marinated flank steak with chimichurri, roasted peppers and Havarti cheese

#### **Falafel**

pickled vegetables, herbs and hummus (vegan)

#### **Roasted vegetable wrap**

Peppers, leeks, squash, zucchini and goat cheese (veg)

#### **Caprese**

tomato, burrata, basil, spicy muffuletta aioli, balsamic glaze, arugula (veg)

#### **Korean short rib wrap**

Cilantro, cabbage, pickled daikon and carrots, cucumber and gochuchang sesame aioli





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### Bowls

#### Poke Bowl

Wild rice, edamame, diced cashew, avocado, green onion, mango with Ahi tuna or sushi grade salmon and soya ginger dressing

#### Sweet, Salty and Spicy Buddha Bowl

Brown rice, chickpea, broccoli, roasted maple carrots and mushrooms with spicy peanut sauce

#### Popeye Power Bowl

Quinoa, sweet potato, black beans, spinach, avocado with lime dressing

#### Jerk Bowl

Coconut rice, black beans, coleslaw, mango salsa and your choice of jerk chicken, salmon or veggies with a Jamaican patty

#### Mediterranean Bowl

Couscous, roasted beets, halloumi, avocado, spiced chickpeas, zucchini, eggplant and harissa dressing

#### Carne Asada Bowl

Mexican rice, marinated flank steak, pico de gallo, charred corn, avocado, tortilla strips and a cilantro lime dressing

\*Add grilled chicken breast/cedar planked salmon/spicy fried tofu to any bowl

\*All bowls and salads come with freshly baked dessert, napkins, and cutlery