

# LUNCH PACKAGES

## 30 MINUTE EXPRESS PLATED LUNCH

Any Entree **\$19.95** plus HST & 15% Service Charge

**\*\* Prices are for Monday- Friday between 11:00am – 2:00pm only\*\***  
*Includes Fresh Artisan Breads from Ace Bakery, Coffee, Tea & Chefs Choice Dessert*

### **Soups/Salads** *Choice of One*



#### **Baby Kale Caesar Salad**

Crisp Baby Kale, Shaved Fennel, House made Herbed Breadcrumbs, Parmesan Cheese, Roasted Garlic Dressing

#### **Local Grown Salad Greens**

Fresh Local 100km Greens with your choice of dressing; House made Balsamic, Raspberry & Pomegranate, Honey Mustard or Greek.

#### **Shaved Brussels Sprouts & Couscous Salad**

Sweet California Raisins, Toasted Almonds, Lemon Cream Dressing

#### **Award Winning Carrot Ginger Soup**

Roasted Organic Carrots, fresh Ginger & Crème Swirl

#### **Garden Vegetable & Lentil Soup**

Aromatic Root Vegetables, Green Lentils in a Vegetable Broth



### **Main Entrée** *Choice of One*

#### **Roasted Skin-On Boneless Chicken**

Lemon Basil Sauce, Skin-On Mashed Potatoes, Seasonal Local Vegetables

#### **Grilled Beef Sirloin Tips**

Mushroom & Roasted Onion Gravy with Wild Rice & Roasted Carrots.

#### **Mediterranean Chicken Kebobs**

Fresh Greek Yogurt/Mint Spread with Warm Swiss Chard & Greek Fries

#### **Asian Chicken Stir Fry**

Noodles Served with a Toasted Cashew Crumble

#### **Crusted Pork Loin**

Whole Grain Mustard Sauce, Cauliflower Puree & Green Apple/Fennel Slaw

#### **Maple Glazed Salmon Kebabs**

Wild Rice & Citrus Salad

#### **Chicken Bruschetta Flatbread**

Grilled Chicken Breast, Grape Tomato & Balsamic Glaze, Shaved Parmesan Cheese

#### **Beef Short Rib Flatbread**

Caramelized Onions, Crumbled Goat Cheese, Julienne Scallions

#### **Grilled Vegetable Flatbread**

Roasted Tomato Salsa & Crumbled Feta, Cilantro Cream

#### **California Grilled Chicken Panini Sandwich,**

Basil Pesto, Roasted Red Peppers, Avocado Slices, Balsamic Roasted Tomato Served With Vegetable Chips



*All Entrees must be the same other than dietary meals  
Room rental fees will apply  
Prices are subject to change without notice*



THE WATERFRONT  
BANQUET & CONFERENCE CENTRE

*Eat Good... Feel Good...*

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# LUNCH PACKAGES

## GOURMET LUNCH BUFFET

**\$21.95** plus HST & 15% Service Charge

**\*\* Prices are for Monday- Friday between 11:00am – 2:00pm only\***

Room Rental Fees will apply. Min. of 25 people.

Prices are subject to change without notice

### **Soups/Salads** *Choice of two*

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#### **Baby Kale Caesar Salad**

Crisp Baby Kale, Shaved Fennel, House made Herbed Breadcrumbs, Parmesan, Roasted Garlic Dressing

#### **Local Grown Salad Greens**

Fresh Local 100km greens with your choice dressing; House made Balsamic, Raspberry & Pomegranate, Honey Mustard or Greek.

#### **Warm Smashed Potato Salad**

New potatoes, Roasted Root Vegetables, Lemon Herb Dressing



#### **Award Winning Carrot Ginger Soup**

Roasted Organic Carrots, fresh Ginger & Crème Swirl

#### **Garden Vegetable & Lentil Soup**

Aromatic Root Vegetables, Green Lentils in a vegetable broth

#### **Asian Noodle Salad**

Noodles tossed with Scallions, Peppers, Carrots, Red Onion in our Homemade Low-Fat Rice Wine Vinaigrette

#### **Individual Crudités & Dip**

Organic Heirloom Carrots, Crisp Celery, Broccoli, Grape Tomato with Lemon Cream Dressing



### **Main Entrée** *choice of one*

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#### **Mediterranean Chicken Kebobs**

with Greek yogurt dill sauce

#### **Chicken Bruschetta Flatbread**

#### **Slow Roasted Beef Brisket Sliders (3)**

on a House Baked Pretzel Bun

#### **Roasted Skin-on Chicken Breast**

with Lemon Basil Sauce



#### **Pan-Seared Salmon with Corn Relish**

House made Grilled Angus Beef Burgers, with Caramelized Onions & White Cheddar

#### **Garden Fresh Asparagus Risotto**

Honey Rosemary Roasted Chicken Breast

### **Main Sides** *choice of two*

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Classic Penne with Homemade Red Sauce

Brown Rice Pilaf

House Cut Seasonal Vegetable Medley

Skin-on Garlic Mashed Potatoes

Rosemary Garlic Roasted Potatoes

### **Desserts** *choice of one*

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Assorted Gourmet Cookies

Platter of Fruit Kebobs with Caramel Sauce

French Crepes with Berries with Vanilla

Bean Ice Cream & Whipped Cream

### **Self Serve Refreshment Station** *Included with any buffet*

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Premium Gourmet Coffee

Decaffeinated Coffee

*Variety of Herbal & Regular Tea*

*Fruit Infused Water*



THE WATERFRONT  
BANQUET & CONFERENCE CENTRE

*Eat Good... Feel Good...*

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# LUNCH PACKAGES

## PANINI SANDWICH BUFFET

**\$18.95** plus HST & 15% Service Charge

**\*\* Prices are for Monday- Friday between 11:00am – 2:00pm only\*\***

**Add \$4.50 per person for Dinner**

Minimum of 5 Sandwiches Per Item. Includes Coffee/Tea

*Room Rental Fees Will Apply. Min. of 15 people.*

*Prices are subject to change without notice*

### Grilled Panini

*Choice of Three*

#### California Grilled Chicken

Basil Pesto, Roasted Red Pepper, Avocado Slices,  
Balsamic Roasted Tomato

#### Grilled Summer Vegetable

Ratatouille of fresh vegetables,  
with a roasted red pepper sauce

#### Classic Italian

Prosciutto, Genoa Salami, Roasted Red Peppers,  
Soft Mozzarella, Fresh Baby Spinach & Garlic  
Aioli

#### Chicago Beef & Dip

Shaved Italian Spiced Roast Beef, Grilled  
Peppers & Portobello Mushrooms, Spicy  
Jardinière & Fontina Cheese.

#### Turkey Cranberry & Fontina

Roasted Turkey Breast with homemade  
Cranberry Spread, Fontina Cheese &  
Garlic/Sage Aioli

#### French Ham & Gruyere Cheese

Shaved Country Ham, Gruyere Cheese & Whole  
Grain Mustard Béchamel Sauce

#### Organic Heirloom Tomato

Sliced Heirloom Tomatoes, Soft Mozzarella  
Cheese, Black Olive Spread & Fresh  
Spinach/Basil

### Soups & Salads

*Choice of Two*

#### California Mixed Greens

Balsamic or Raspberry Dressing

#### Shaved Brussels Sprout & Couscous Salad

Sweet California Raisins, Toasted Almonds,  
Lemon Cream Dressing

#### Classic Greek Salad

Assorted Greens, Olives, Onion, Cucumber,  
Cherry Tomato, Feta Cheese

#### Asian Noodle Salad

Noodles tossed with Scallions, Peppers, Carrots,  
Red Onion in our  
Rice Wine Vinaigrette

#### Roasted Chicken Noodle Soup

#### Roasted Carrot Ginger Soup

#### Classic Vegetable Soup

### Desserts

*Choice of One*

#### Assorted Italian Pastries

#### Fresh Fruit Salad

French Crepes with Berries & Whipped  
Cream



# LUNCH PACKAGES

## CLASSIC SANDWICH BUFFET

**\$18.25** plus HST & 15% Service Charge

\*\* Prices are for Monday- Friday between 11:00am – 2:00pm only. Add \$4.50 per person for Dinner  
Minimum of 5 Sandwiches Per Item  
Room Rental Fees will apply. Min. of 15 people.

### **Ciabattas & Wraps**

*Choice of Three*

**Classic Chicken Salad**  
*Fresh Arugula, Sliced Roma Tomatoes, Homemade Mayo*

**Baked Brie Cheese**  
*Sliced Apples, Dried Cranberries & Arugula Greens*

**Grilled Summer Vegetable**  
*Ratatouille of Fresh Vegetables, with a Roasted Red Pepper Sauce and Soft Mozzarella*

**Steak & Arugula**  
*Hand-carved Medium Rare Sirloin of Beef with horseradish mayo, Fontina cheese, Arugula & Balsamic Roasted Tomato*

**Asian Chicken Wrap**  
*Grilled chicken, Asian-inspired slaw, toasted cashews with cilantro mayo*

**Turkey Club**  
*Roasted Turkey Breast with crispy Prosciutto Bacon, Roma Tomatoes, Sliced Avocado, Boston Lettuce & Classic Aioli*

**Moroccan Veggie Wrap**  
*Mediterranean Roasted Vegetables with a light blend of Spices, Hummus, Lettuce and Carrots*

**Cajun Grilled Chicken**  
*Boston lettuce, Red onions, Tomatoes, shredded cheddar with creamy salsa*

### **Soups & Salads**

*Choose Two*

**California Mixed Greens**  
*Balsamic or Raspberry Dressing*

**Shaved Brussels Sprouts & Couscous Salad**  
*Sweet California Raisins, Toasted Almonds, Lemon Cream Dressing*

**Classic Greek Salad**  
*Assorted Greens, Olives, Onion, Cucumber, Cherry Tomato, Feta Cheese*

**Asian Noodle Salad**  
*Noodles tossed with Scallions, Peppers, Carrots*

**Roasted Carrot Ginger Soup**

**Classic Vegetable Soup**

### **Desserts**

*Choose One*

**Assorted Italian Pastries**

**Fresh Fruit Salad**

**French Crepes with Berries & Whipped Cream**

