



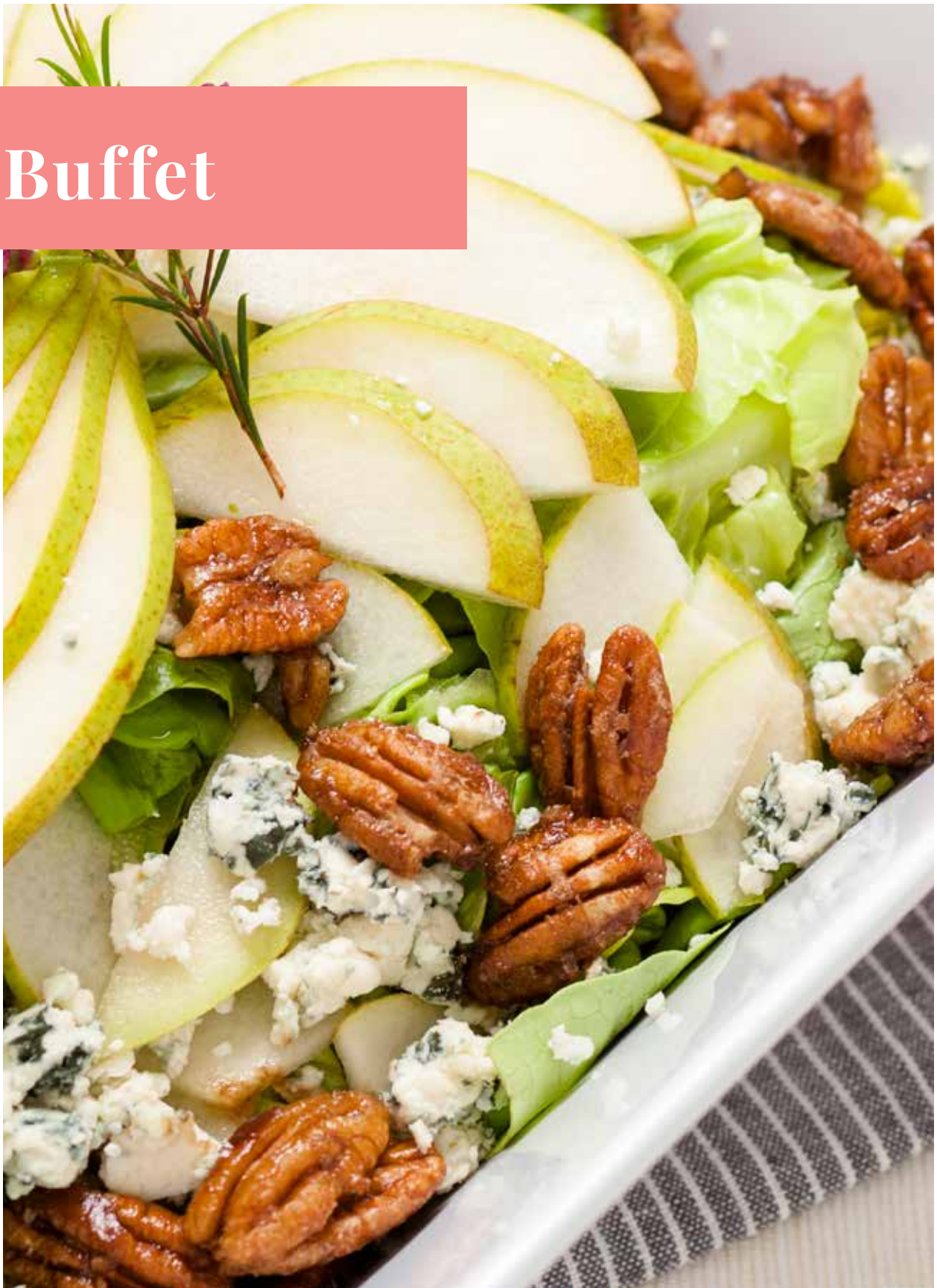
the lazy Gourmet



Corporate Dinner Menu

2020

Buffet



Green Side Salads

Minimum order of 6

BLT Salad DF GF \$5

With Chopped Romaine, Bacon, Tomatoes, Croutons and Sweet Onion Dressing

Baby Spinach Salad V GF \$6.5

Grilled Peaches, Candied Walnuts, Soft Blue Cheese and Summer Peach Dressing

Butter Lettuce Salad V GF per cup \$8

Candied Pecans, Sliced Pears, Soft Blue Cheese and Balsamic Dressing

Baby Spinach Salad V GF NF \$6

Red and Yellow Beets, Pink Grapefruit, Salt Spring Island Goat Cheese and Caramelized Orange Dressing

Classic Caesar Salad V GF NF \$4.5

House-Made Croutons and Parmesan Cheese

Mixed Greens V GF NF DF \$4.5

Cucumber, Cherry Tomatoes and Balsamic Vinaigrette



Specialty Side Salads

Minimum order of 6

Kale Panzanella Salad V NF DF	\$6.5
With Red Onion, Tomato, Belgian Endive Kale, Parsnips, Peppers, Pitas and a Red Wine Vinaigrette	
Crispy Coleslaw V GF NF DF	\$4
Farro Salad NF	\$6.5
With Citrus Dressing and Shredded Parmigiano	
Cherry Tomato, Bocconcini and Fresh Basil Salad V GF NF	\$8
Kale, Brussels Sprout, Cauliflower and Butternut Squash Salad V GF NF	\$8
With Lemon Parmesan Vinaigrette	
Traditional Greek Salad V GF NF	\$8
Cucumber, Cherry Tomatoes and Balsamic Vinaigrette	
Chicken and Mango Salad GF NF DF	\$12
Red Onion, Peppers and Cilantro	



Hearty Side Salads

Minimum order of 6

Warm Potato Salad GF \$8
With Bacon Vinaigrette

Tuna Nicoise Salad Platter NF DF GF per person \$15
With Seared BC Albacore Tuna, Mixed Greens, Marinated New Potatoes,
Fried Caperberries and a Light Asian Vinaigrette

Tuscan Pasta Salad NF V \$6
Orecchiette Pasta, Peppers, White Beans, Green Beans, Roasted Red Onions,
Parmesan Vinaigrette

Wild Rice and Grains Salad DF V \$6.5
Sundried Cranberries, Toasted Silvered Almonds and a Citrus Vinaigrette

Italian Potato Salad NF DF GF V \$5
With Bacon Vinaigrette

Rotini Pasta Salad V \$6
Spanish Olives, Artichoke Hearts and Sundried Tomato Pesto Dressing

Orzo Salad NF DF V \$6
Asparagus, Bell Peppers and Basil Vinaigrette



Mains

Minimum order of 6

POULTRY

Sake Lime Marinated Chicken

Served Over Mexican Potatoes or Rice

Sweet Chili Chicken with Gremolata

Served Over Jasmine Rice

Butter Chicken

Over Long Grain Basmati Rice

Soy Shallot Marinated Chicken

With Brown Butter Mushrooms served over Roasted Potatoes

Herb Roasted Chicken

Served Over Parmesan and Truffle Gnocchi with Wild Mushroom Au Jus

Lemon Lavender Chicken

Over Jeweled Lemon Cous Cous



MEAT

Seared Flank Steak

Served with Cherry Tomato Confit and Chimichurri Sauce
Served over UBC Farm Smashed Potatoes

Pinto Marinated Lamb Chop

With Salsa Verde Potatoes

Ancho Chili Flat Iron Steak

Served Over Peppers And Onions

Pork Loin

With Marsala Sauce

SEAFOOD

Seared Ling Cod

With Charamoula Sauce

Banana Leaf Wrapped Miso Glazed Cod **NF DF GF**

With Pineapple Jalapeño Salsa over Coconut Rice

Pistachio Crusted Halibut

Served over Coconut Rice

Sous Vide Wild BC Salmon

With Lemon Tarragon Butter Over Black Forbidden Rice

Spicy Tamarind Glazed Salmon

Served Over Sesame Sticky Rice



Sides

Minimum order of 6

Artisan Ravioli

Butternut Squash with Beurre Blank and Crushed Hazelnuts Wild Mushroom with Truffle Cream Sauce

Buffalo Cauliflower with Dill Yogurt Dip

Caramelized Roasted Root Vegetables

UBC Farm Smashed Potatoes

Coconut Rice

Black Forbidden Rice

Fresh Citrus Asparagus

Served at room temperature

Green Beans with Japanese Sesame Dressing

Served at room temperature

Grilled Vegetables with Balsamic

Herb Roasted Seasonal Vegetables

Khao Mok Rice

Roasted Garlic Mashed Potatoes

Sambal Green Beans

Spinach and Mushroom Gratin

Wild Mushroom Risotto Cakes

Plated





Salads

Minimum order of 6

Argula Salad

Field and Roasted Tomatoes, Bocconcini, Sweet Grilled Leeks, Asparagus and Herb and Ginger Dressing

Harvest Salad

With Greens, Cinnamon, Roasted Yams, Hemp Seeds Roasted Pears and Pear Ginger Vinaigrette

Red and Yellow Beet Carpaccio Salad

With Baby Spinach, Pink Grapefruit, Salt Spring Island Chèvre and Caramelized Orange Dressing

Argula Salad

With Grilled Peaches, Prosciutto, Blue Cheese and Balsamic Reduction

Kale Panzanella Salad

With Red Onion, Tomato, Belgian Endive, Kale, Parsley and Pepper with Pitas and a Red Wine Vinaigrette

Edible Garden

Beets In Textures, Heirloom Carrots, Butternut Squash Purée, Cauliflower Purée, Olive Soil, Goat Cheese Croquette with Champagne Vinaigrette



Meat

Minimum order of 6

Herb Roasted Chicken

Served over Parmesan and Truffle Gnocchi with Wild Mushroom Jus and Roasted Seasonal Vegetables

Cornish Game Hen

With Apple Walnut Gastric, Fig Puree, Sweet Potato Hash, Micro Greens

Striploin Steak

Mustard Peppercorn Demi on Vol-Le-Vent with Mashed Potatoes and Heirloom Carrots

Braised Beef Shortrib

On Truffle and Wild Mushroom Gnocchi, Parmesan Cream, Citrus Asparagus

Middle Eastern Braised Lamb Shank

Accompanied by Cauliflower Purée, Roasted Cherry Tomatoes and Asparagus

Lamb Tenderloin

With Fried Goat Cheese Bites on Chickpea Polenta





Seafood and Vegetarian

Minimum order of 6

Sous Vide BC Salmon

With Leek and Lemon Risotto Cake, Lemon Tarragon Butter, Spinach and Heirloom Carrots

Sous Vide Wild Salmon

With Basil Pesto, UBC Farm Smashed Fingerling Potatoes, Bok Choy and Roasted Cherry Tomatoes

Seared Citrus Tuna Steak

With Black Forbidden Rice, Sauteed Spinach and Heirloom Carrots

Kale and Pesto Crusted Halibut

With Leek and Lemon Risotto Cake with Heirloom Carrots

Banana Leaf Wrapped Miso Glazed BC Cod **NF** **DF** **GF**

With a Jalapeño and Pineapple Salsa with Coconut Rice

Citrus Salmon with Risotto Pea and Mascarpone Cake

Dill Vinaigrette garnished with Micro Greens and Shallot Pearls

Grilled Cauliflower Steak

On Kale with Fig and Quinoa Ragout, Candied Olive and Lemon Vinaigrette

Seared King Oyster Mushrooms

With Saffron Risotto, Crispy Kale and Roasted Grape Tomatoes





Desserts

Minimum order of 6

BC Apple Crumble

With Caramel

Salted Caramel Whiskey Cake

With Toffee Soil, Dulce De Leche Cream and Mascerated Blackberries

Mango Raspberry Pannacotta

With Mini Floral Doughnut

Black Sesame Dessert Bomb





Daily Meeting Packages

Priced per person. Minimum order of 6

MENU 1

\$59

Breakfast

Selection of Muffins, Scones and Croissants
Jam and Butter
Fruit Skewers
Orange Juice
Coffee and Tea

AM Break

Luscious Lemon Loaf Slices
Peanut Butter Protein Balls
Infused Water Station
Coffee and Tea

Lunch

Executive Lunch Package:
Sandwiches and Wraps
Green Salad
Fruit Platter
Cupcakes
Assorted Beverages

PM Break

Mini Croissant Sandwiches
Study Bars
Cookies
Coffee and Tea
Infused Water Station





Daily Meeting Packages

Priced per person. Minimum order of 6

MENU 2

\$78

Breakfast

Breakfast Platter:

- Hard Boiled Eggs
- Tomatoes
- Deli Meats and Cheeses

Fruit Platter

Coffee and Tea

Orange Juice

AM Break

Mini Croissant Sandwiches :

- Almond Butter and Banana

Mini Stuffed Croissants:

- Tomato Basil
- Ham and Cheddar

Fruit Skewer

Coffee and Tea

Infused Water

Lunch

Executive Lunch Package:

- Sandwiches and Wraps
- Green Salad
- Fruit Platter
- Cupcakes

Assorted Beverages

PM Break

Mini Croissant Sandwiches

Study Bars

Cookies

Coffee and Tea

Infused Water Station

