



the lazy Gourmet



Corporate Lunch Menu

2020



Sandwiches and Wraps

Selection varies seasonally, speak with an Event Planner for current selections.

Smoked Eggplant Wrap NF DF	\$9.5
Spinach, Grilled Red and Yellow Peppers, Grilled Zucchini and Chickpeas	
Spicy Beef and Grilled Pineapple Wrap NF	\$9.5
Chipotle Marinade, Bell Peppers, Romaine Lettuce and Lime Dressing	
Chicken Caesar Wrap NF	\$9.5
Crispy Chicken, Bacon, Romaine Lettuce and Creamy Caesar Dressing	
Chicken Waldorf Wrap	\$9.5
Romaine, Walnuts, Apples and Honey Mustard Dressing	
Mediterranean Vegetable NF DF V	\$9.5
Smokey Chickpea Spread, Lettuce, Tomatoes, Cucumbers and Black Olives	
Tuna Salad NF DF	\$9.5
Mayo, Lettuce, Dill and Cucumber	
Smoked Turkey NF DF	\$9.5
Caramelized Onion Mayo, Lettuce, Tomatoes and Apricot Date Chutney	
Grandfather Ham and Swiss Cheese NF	\$9.5
Grainy Mayo, Lettuce and Tomatoes	
Free Range Egg Salad DF V	\$9.5
Lettuce, Mayo and Cucumber	
BLT Sandwich	\$9.5
Chicken, Pesto Mayo and Sundried Tomato Caper Aioli on Baguette	
Classic Roast Beef NF	\$9.5
Smooth Dijon, Lettuce, Tomatoes, Grilled Onion and Jalapeño Havarti	





Cold Lunch Packages

Minimum order of 6

The Corporate Express

\$16

Selection of Sandwiches and Wraps
Fresh Sheet Salad
Selection of Seasonal Desserts

The Executive Lunch

\$18

Selection of Sandwiches and Wraps
Fresh Sheet Salad
Fresh Fruit Platter
Selection of Seasonal Desserts

Sandwich, Soup and Salad

\$18.5

Selection of Sandwiches and Wraps
Fresh Sheet Salad
Choice of Soup



Hot Lunch Packages

Minimum order of 6

Mexican

\$18

Green Salad with Chopped Apples, Pepitas and Chipotle Lime Dressing
Beef, Chicken or Vegetarian Burrito
Chips and House-Made Salsa

Pad Thai

\$18.5

Mixed Greens with Asian Vegetables, Crisp Wontons and Cilantro Ginger Dressing
Tofu or Chicken Pad Thai
Spring Rolls

Southeast Asian

\$19

Mixed Greens with Marinated Eggplant, Crispy Chickpeas and Coconut Lime Dressing
Thai Green Curry with Chicken or Tofu
Coconut Rice

Cannelloni

\$20

Classic Caesar Salad
Braised Short Rib or Spinach and Ricotta
Parmesan Herb Garlic Bread

Greek

2 skewers per person \$17 3 skewers per person \$21

Romaine Salad with Peppers, Tomatoes,
Cucumbers, Feta Cheese and Greek Dressing
Chicken, Beef or Falafel Skewer
Greek Rice
Pita Bread with Tzatziki

Lighter Lunch

\$19

Individual Quiche: Ham and Camembert or Wild Mushroom, Spinach and Feta
Mixed Greens with Fennel Poached Pears and Cranberry Vinaigrette
Warm Dijon Potato Salad
House-Made Breads with Whipped Butter
Lemon Parfaits



Hot Lunch Packages

Minimum order of 6

Taco Station

\$18

Romaine Salad with Grape Tomatoes, Cilantro, Corn, Cucumbers and Chipotle Lime Honey Vinaigrette
Build Your Own Pork, Fish or Vegetarian Tacos with all of the fixings
Seasonal Churros

Chili Package

\$16.5

Crispy Coleslaw
Beef or Chickpea Chili
Corn Bread with Whipped Butter
Chili Brownies

Indian Package

\$23

Romaine Salad with Yellow Peppers, Tomatoes and Mint Yogurt Dressing
Baby Spinach Salad with Chickpeas, Curried Cauliflower, Roasted Peppers and Mango Chutney Dressing
Jenny's Butter Chicken with Jasmine Rice
Baked Naan Bites with Raita

Italian Package

\$25

Italian Chopped Salad with Romaine, Chickpeas, Olives, Artichokes and Sundried Tomato Dressing
Parmesan Crusted Chicken with Fire Roasted Tomatoes
Salsa Verde Potatoes
Green Beans with Slivered Almonds

Shanghai Noodle Boxes

\$17

Mixed Greens with Asian Vegetables, Crisp Wontons and Cilantro Ginger Dressing
Steak or Vegetarian Noodle Boxes with Seasonal Vegetables and House Sauce
Vegetarian Spring Rolls



Build Your Own

Minimum order of 10 guests

Sandwich Bar **\$12.5**

Assorted Sandwich Fillings (Roast Beef, Smoked Turkey, Grandfather Ham, Free Range Egg Salad, Tuna Dilled Salad, Chicken Waldorf)
Mustards, Mayos and Sauces
Lettuce, Onion, Roma Tomatoes and Cucumber Slices
Assorted Cheeses
House-Made Breads

Pasta Bar **\$22**

Choice of Pasta (Penne or Rotini)
Choice of Sauce (Classic Tomato, Creamy Alfredo, Herbed Rosé)
Grilled Vegetables
Sliced Grilled Chicken
Shaved Parmesan Cheese
Classic Caesar Salad
Garlic Bread

Pita Bar **\$19**

Fresh Pitas
Falafel Bites and Pulled Chicken
Hummus and Tabbouleh
Roasted Red Peppers, Pickled Red Onions, Shredded Lettuce
Feta Cheese and Guacamole
Classic Caesar Salad

Bibimbap Bowl DF NF GF **\$18**

Crispy Chicken or Bulgogi Beef
Sushi Rice, Shiitake Mushrooms, Bean Sprouts, Shredded Nori, Shredded Carrots,
Sautéed Baby Spinach, Soy Sauce, 60 Degree Egg, Gojuchang Sauce and Sweet Soy



Power Bowls

- Falafel Bowl** **NF GF V** **\$18**
Falafel with Spinach, Pickled Beets, Roasted Carrots, Homemade Lebaneh, Couscous and Spicy Zataar Citrus Vinaigrette
- Moroccan Bowl** **DF GF V** **\$18**
Spiced Sweet Potato Wedges, Crispy Chickpeas, Roasted Broccoli, Pickled Red Onions, Brown Rice and Date Tahini Dressing
- Vege-licious Bowl** **DF NF GF V** **\$18**
Roasted Eggplant, Squash, Cauliflower, Kale, Tomatoes, Black Bean and Quinoa Mix, with Maple Mustard Apple Cider Vinaigrette and Pumpkin Seeds
- Hawaiian Chicken Bowl** **NF GF** **\$18**
Grilled Pineapple, Sautéed Spinach, Edamame and Onions Served Over Sushi Rice with Sriracha Aioli
- Tuna Poke Bowl** **\$18**
With Crispy Tofu, Avocado, Dried Seaweed Flakes, Crispy Wontons, Sesame Seeds and House Poke Sauce



Entrées

Minimum order of 6 per type. Served cold

Grilled Wild Salmon Teriyaki DF NF	\$16
Thai Rice Noodle and Grilled Vegetables	
Bento Box - Maple Glazed Salmon	\$20
Asian Rice Noodle Salad, Japanese Crab Salad, Green Salad and Orange Slices	
Bento Box - Chicken Gado Gado	\$20
Asian Rice Noodle Salad, Japanese Crab Salad, Green Salad and Orange Slices	
Pesto Grilled Jumbo Prawns DF	\$16
On Penne Salad with Tomato Basil Dressing and Grilled Vegetables	
Lemongrass Grilled Chicken Breast DF GF	\$16
Spicy Peanut Sauce on a Bed of Mixed Greens with Mango-Chili Vinaigrette and Grilled Vegetables	





Lunch Platters

Garden Vegetable Presentation

with Seasonal Dips

s **\$39** m **\$65** | **\$95**

Fresh Fruit Presentation

s **\$45** m **\$80** | **\$120**

European and Domestic Cheese Platter

with Fresh Baked Baguettes and Crackers

s **\$60** m **\$90** | **\$130**

Fresh Fruit and Cheese Platter

with Fresh Baked Baguettes and Crackers

s **\$65** m **\$100** | **\$140**

Sushi Maki Presentation

per piece (minimum order of 50 pieces) **\$2**



Green Side Salads

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	



Entrée Salads

- Kale and Romaine Caesar Salad** **NF V** **\$13**
Root Vegetable Chips, Crispy Capers and Lemon
Add Chicken: \$ 6.5
- Lazy Gourmet Cobb Salad** **NF DF GF** **\$16**
Salmon, Bacon, Smashed Avocado, Charred Corn, Cherry Tomatoes,
Hard Boiled Eggs and Caper Vinaigrette
- Mediterranean Chicken Salad** **GF** **\$15**
Quinoa, Kale, Spinach, Pickled Red Onions, Candied Almonds, Feta Cheese
and Mediterranean Dressing
- Thai Beef Salad** **DF GF** **\$16**
Romaine, Napa Cabbage, Cherry Tomatoes, Orange Segments, Bell Peppers, Shredded Carrots,
Cilantro, Green Onions, Peanuts and Tamarind Dressing





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

