

Corporate Services

Morning Assortment

Fresh Baked

Chocolate Croissants / Fruit Danish / Assorted Cookies

Mini Muffins / Assorted Bagels served with cream cheese and fruit preserves.

Breakfast Continental

Vanilla and honey yogurt parfait with berries and granola

Croissant Panini with cheddar cheese omelette (available with bacon and/or ham)

Croissant Panini with smoked salmon, dill, chive whipped cream cheese and sprouts

Fruit Satays with assorted berries, melon and tropical fruit

Fruit salad assorted fresh cut fruit with lemon honey and mint dressing

Breakfast Buffet

Chive scrambled eggs, Diced Vegetable and potato hash, Smoked Bacon, Organic Toast

Fresh Fruit Platter

French Toast Station

Specialty Stuffed French Toast

Omelet Bar

Choice of vegetable, ham and cheese omelettes

Lunch Assortment

Mini Panini

Artisan petit rolls with smoked turkey, genoa salami, black forest ham, roast beef and classic mortadella served with sliced cheese, mixed greens and complimentary sauces.

Hot Panini

Your choice of slow cooked tender Roast Beef, Italian Porchetta, Veal, Chicken or Eggplant Parmigiana.

Served with Artisan Rolls and a choice of 3 toppings

Thats a Wrap

Assortment of white tuna salad, Italian egg salad and grilled vegetable goats cheese on whole wheat wraps

Spuntini (little bites)

Tomato & Bocconcini Satays with basil puree

Prosciutto wrapped Figs and ripe fruit

Stuffed Mushroom Caps with Thyme, garlic, parmigiano and breadcrumb crust

Classic Arancini with tomato, cheese and peas (also available in truffle porcini)

Focaccia

Mushroom Truffle focaccia with pan roasted wild mushroom melted mozzarella and truffle oil

Caramelized Onion focaccia with rosemary and goat cheese

'Rosso' Classic Plum Tomato focaccia with garlic and herbs

Grazing Platters

Assorted Raw Vegetable Crudite with Dips and dressings

Mixed Charcuterie of sliced cured genoa salami, cacciatore, sopresatta with marinated olives

Assorted sliced deli platter of mortadella, salami, roast beef, ham and oven roast turkey

Assorted sliced cheese platter of cheddar, havarti and provolone

Imported and domestic cheese platter, with dried fruit, crisps and almonds

Fresh Cut Fruit with mellon berries and tropical fruit

Salad Selections

La Cantina Potato Salad with bacon, green onion and herbs in a truffle sour cream dressing

Baby spinach with red onion and sliced strawberries in a lemon poppy seed dressing

Garden Salad with tomatoes and cucumbers, oregano dressing or balsamic dressing

Pasta Salad with grilled vegetables and basil pesto dressing

Chick Pea Salad with peppers and mint in lemon honey vinaigrette

Thiros Salad with cucumber, tomato, red onion, red peppers, Greek olives and feta cheese

Moroccan Couscous salad with dried fruit, fresh mint and toasted pine nuts

Quinoa Salad with sun dried tomatoes, spinach, capers and olives with salsa verde

Beet and goats cheese salad with tarragon pesto, pine nuts and olive oil

• LACANTINA •



Hot Lunch Favourites

Oven Roast Chicken with herb marinade

Atlantic Salmon with herb citrus butter

Eggplant Parmigianna

Italian Mac and Cheese

Classic Beef and Cheese Lasagna with tomato basil sauce

Rigatoni ala Vodka with bacon rose sauce

Oven Roast Potatoes

Veal Parmigianna

Steamed Vegetables

Roasted Root Vegetables

Saffron Rice with parmigianno and peas