

Gluten-free Catering Menu



Chef's Cafe | Market



fresh . healthy . natural

Vegan Options Available

Gluten-Free LUNCH

Fair-trade Coffee

Local Coffee Roaster "ROSSO's Medium or Dark roast

\$17.99 per coffee canister

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Organic Assorted Tea

(we will provide you our tea box with special collections of organic tea)

\$2.50 per sachet

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Juices and Beverages

(assorted juices, water bottles and natural canned beverages)

Small \$2.29, Large \$2.99

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Fresh Fruit Platter

(seasonal fresh-cut fruit with berries)

\$3.50 per person

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Garden Vegetables and Dips

(seasonal fresh-cut vegetables with house-made dips)

\$2.85 per person

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Soup of the Day

(soups changes daily, and freshly made in the house everyday)

\$5.00 per person

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Assorted Gluten-free Cookie Platter

(assorted fresh baked cookies)

\$3.85 per person

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Gluten-free Brownie

(gluten-free brownie garnished with berries)

\$4.99 per person

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Gluten Free Dessert Platter

(chef's selections of gluten-free treats with berries)

\$4.50 per person

Appetizers & Snacks

Cold Tomato & Avocado Dip

(house-made fresh tomato and avocado salsa like dip with south-western spices and fresh lime juice, served with house-made gluten-free chips and toasts)

\$19.95 per platter

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Tomato & Feta Bruschetta

(house-made fresh tomato bruschetta on gluten-free crostini's with crumbled feta)

\$19.95 per platter

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Red Lentil & Chickpea Hummus

(house-made red lentil and chickpea hummus, extra virgin olive oil, fresh lime juice, served with house-made gluten-free chips and crispy pitas)

\$18.95 per platter

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Finger Sandwiches

(assorted cold sandwiches cut into bite sizes, this is a great choice for all kinds of meetings and parties)

\$25.95 per platter

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Hot Artichoke & Spinach Dip

(creamy hot artichoke & spinach dip made with cream cheese & goat cheese and baked in the oven, served with house-made chips and toasts)

\$26.95 per platter

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Chef's Signature Quesadilla

(roasted vegetables & chicken with lots of mozzarella and cheddar, pressed and grilled in flour tortillas)

\$36.95 per platter

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Chicken Skewers

(naturally raised chicken tenders skewered and cooked to the perfection, glazed with classic teriyaki)

\$35.95 per platter

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Marinated Spicy Pacific Prawn

(marinated with garlic, lime juice and olive oil, cooked to the perfection and served with house-made avocado tomato relish)

\$39.99 per platter

Salads & Platters

(Minimum 3 of Each)

Field Greens Salad

(fresh baby-head lettuces, grape tomato, cucumber, shaved radish, carrots with house-made dressings)

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Marinated Chickpea Salad

(baby arugula, grape tomatoes, feta and citrus vinaigrette)

\$4.00 per person

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Mixed Bean Salad

(mixed beans, cucumber, tomatoes, basil vinaigrette and grated parmesan)

\$4.00 per person

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Gluten-free Pasta Salad

(Penne pasta and sautéed vegetables in creamy italian vinaigrette with shaved grana padano)

\$4.75 per person

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Red Bliss Potato and purple Cabbage

(garlic and olive oil roasted red potatoes, and purple cabbage slaw, Italian parsley, fresh cracked pepper)

\$4.00 per person

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Spinach & Goat Cheese Salad

(baby spinach, quebec goat cheese, crisp apples, grape tomatoes, crispy bacon and almonds with aged-balsamic vinaigrette)

\$4.25 per person

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Caesar Salad

(romaine hearts, crispy bacon, roasted tomatoes, kalamata olives, and shaved parmesan)

\$4.25 per person

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Grilled Romaine Salad

(grilled baby romaines, feta, salsa fresca, kalamata olives and toasted nuts with sour -chardonnay vinaigrette)

\$4.25 per person

Kale & Beet Salad

(olive oil marinated kale, roasted beets, crispy chickpeas, zested parmesan with lemon chili vinaigrette)

\$4.25 per person

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Kale, Apple & Feta Salad

(fresh picked kale, crunchy apples, toasted pumpkin seeds, feta and cabernet vinaigrette)

\$4.25 per person

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Lemon Lentil Salad

(green lentil, fresh tomatoes, lemon chili vinaigrette, lemon zest and parmesan)

\$4.25 per person

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Arugula, Avocado & Mango Salad

(baby arugula, fresh avocado and mango in shallot and sherry vinaigrette)

\$4.25 per person

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Watermelon & Mint salad

(diced watermelon, baby arugula, fresh mint, shaved red onions, feta, aged balsamic reduction and extra-virgin olive oil drizzles)

\$4.25 per person

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Greek Salad

(fresh cut vegetables with feta and Kalamata olives, herbs in house-made greek dressing)

\$4.25 per person

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Organic Quinoa Salad

(baby arugula, sundried cranberries, toasted sunflower seeds, sweet bell peppers and grape tomatoes)

\$4.75 per person

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Tomato Bocconcini Salad

(bocconcini cheese, vine-ripened tomato, fresh cracked pepper, aged balsamic reduction, basil oil)

\$6.25 per person

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Marinated Mushrooms, Olives & Tomato Salad

(balsamic and olive oil marinated mushrooms and oven roasted tomato with olives and parmesan)

\$6.25 per person

Chicken, Spinach & Strawberry Salad

(grilled chicken breast, baby spinach, fresh strawberries, toasted pecans, feta, fig balsamic vinaigrette)

\$7.00 per person

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Chicken Nicoise Salad

(grilled chicken breast, french beans, kalamata olives, hard-boiled egg, red potato, tomato and balsamic)

\$7.00 per person

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Grilled Vegetable Platter

(olive oil and herb marinated and grilled asparagus, zucchini, eggplant, peppers, red onions, olives, tomato, mushrooms and artichokes with feta and balsamic reduction)

\$7.00 per person

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Cheese Platter

(selected domestic and imported cheese, dried fruits and nuts, berries, fruit preserves, house-made chips and gluten-free toasts and crackers)

\$10.20 per person

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Smoked Salmon Platter

(smoked salmon, baby greens, boiled egg, goat cheese, shaved red onions, capers, fresh lemon and extra virgin olive oil)

\$8.00 per person

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Charcuterie Platter

(Italian cured meats, domestic and imported cheeses, olives, dried fruits, house-made pickles, mustards and gluten-free crostini's)

\$10.20 per person

Flatbreads

Roasted Vegetables & Goat Cheese

(seasonal roasted vegetables, quebec goat cheese, caramelized onions, baby arugula, balsamic reduction)

\$11.25

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Avocado & Bruschetta

(creamy arugula pesto, fresh avocado, feta, house-made bruschetta, olive oil, balsamic reduction)

\$11.25

Maple Cured Ham & Pineapple

(creamy lemon ricotta, tomato concasse, roasted pineapple, maple cured ham, marinated kale, balsamic reduction)

\$11.95

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Chicken, Caramelized Onion & Brie

(garlic and olive oil marinated chicken, caramelized onion, brie, fresh tomato, mozzarella, baby arugula)

\$11.95

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Piggy Flatbread

(maple cured ham, apple-wood smoked bacon, prosciutto, mozzarella, baby greens)

\$11.95

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Chicken & Roasted Shitake Mushroom

(creamy arugula pesto, tomato concasse, roasted mushroom and caramelized onion)

\$11.95

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Roasted Sirloin & Parmesan

(slow roasted and shaved sirloin beef, sautéed onions and peppers, shaved parmesan, baby kale)

\$11.95

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Smoked Salmon Flatbread

(smoked salmon, shaved red onions, capers, lemon zest, goat cheese and zested parmesan)

\$13.95

Wraps

Garden Vegetable Wrap

(fresh raw vegetables with feta and house-made fresh bruschetta, house-made lemon chili aioli)

\$8.15 per person

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Roasted Vegetable Wrap

(garlic and arugula marinated chicken, lettuce and tomato, fresh avocado, house-made tomato aioli)

\$8.15 per person

Vegetable and Quinoa Wrap

(organic quinoa, kale, cucumber, tomato, roasted zucchini, iceberg lettuce)

\$8.45 per person

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Chicken and Avocado Wrap

(garlic and arugula marinated chicken, lettuce and tomato, fresh avocado, house-made spicy aioli)

\$8.95 per person

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Kale and Chicken Caesar Wrap

(garlic and olive oil marinated chicken, oven roasted tomato, house-made caesar and parmesan)

\$8.95 per person

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Chicken and Bacon Wrap

(garlic and arugula marinated chicken, lettuce and tomato, crispy bacon, roasted peppers, tomato aioli)

\$8.95 per person

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BLT Wrap

(apple-wood smoked bacon, romaine hearts, tomato, onion, aged cheddar, house-made spicy aioli)

\$9.15 per person

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Ham, Prosciutto and Goat Cheese Wrap

(black forest ham, thinly sliced prosciutto, iceberg lettuce, goat cheese, mustard aioli)

\$9.75 per person

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Pastrami & Tomato Wrap

(thinly sliced pastrami, fresh tomato, mozzarella, iceberg lettuce, basil aioli)

\$9.95 per person

Sandwiches

Tuna Sandwich (Cold)

(house-made tuna salad with lettuce, onion, tomato in marble rye, or multigrain slices)

\$8.45 per person

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Egg Salad Sandwich (Cold)

(house-made egg salad with lettuce, onion, tomato in marble rye, or multigrain slices)

\$8.45 per person

Roasted Vegetable Sandwich (Grilled Hot Sandwich)

(roasted asparagus, zucchini, eggplant, peppers, aged cheddar and roasted tomato and garlic aioli)

\$9.99 per person

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Italian Cold Cut Sandwich (Grilled Hot Sandwich)

(black forest ham, salami, prosciutto, mozzarella, tomato and spring mix lettuce)

\$10.95 per person

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Porchetta Style Roasted Pork (Grilled Hot Sandwich)

(house-roasted pork, caramelized onion and mushrooms, apple mustard, mozzarella, spring mix)

\$10.95 per person

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Roasted Beef Sandwich (Grilled Hot Sandwich)

(house-roasted sirloin, roasted pepper, fontina, iceberg lettuce, tomato, onion, horseradish aioli)

\$10.95 per person

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BCLT Sandwich (Grilled Hot Sandwich)

(roasted chicken breast, crispy bacon, iceberg lettuce, tomato, onion, house-made spicy aioli)

\$10.95 per person

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Montréal Smoked Meat Sandwich (Grilled Hot Sandwich)

(montreal style smoked beef brisket, sauerkraut, iceberg, fontina cheese)

\$10.95 per person

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Roasted Chicken, Caramelized Onion & Brie (Grilled Hot Sandwich)

(roasted chicken, caramelized onion, triple cream brie, lettuce, tomato and garlic aioli)

\$11.25 per person

Hot Pastas & Risotto

(Minimum 3 of Each)

Roasted Vegetable Rigatoni

(seasonal roasted vegetables with house-made oven roasted tomato sauce, fresh parmesan)

\$12.45 per person

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Roasted Sweet Pepper and Goat Cheese Spaghetti

(creamy roasted sweet red pepper sauce, asparagus, olives, goat cheese)

\$12.75 per person

Beef Sirloin Bolognaise

(house-made beef bolognaise, fresh tomato, zested fresh parmesan and herbs)

\$12.75 per person

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Creamy Arugula Chicken Penne

(garlic and olive oil marinated chicken with creamy arugula pesto sauce)

\$12.75 per person

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Seafood Linguine

(shrimp, bay scallop, calamari, clams, white cod in spicy rosé sauce)

\$13.95 per person

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Tomato, Mushrooms & Spinach Risotto

(sautéed mushroom, oven roasted tomato, baby spinach, parmesan and olive oil)

\$11.95 per person

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Roasted Veg & Goat Cheese Risotto

(seasonal roasted vegetables, quebec goat cheese, parmesan, olive oil and herbs)

\$12.25 per person

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Chicken & Ricotta Risotto

(garlic and olive oil marinated chicken, oven roasted tomato, parmesan and house-made creamy ricotta)

\$12.45 per person

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Prawn Risotto

(lemon and olive oil marinated prawns, roasted peppers, tomato bruschetta, olive oil and parmesan)

\$12.95 per person

Chef's Hot Lunches

(Minimum 8 of Each)

Organic Quinoa & Chicken

(organic quinoa and roasted vegetables, grilled natural chicken breast, mushroom demi-glace)

\$13.95 per person

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Grilled Alberta Sirloin

(6oz alberta beef sirloin, roasted red potatoes and vegetables, aged balsamic demi-glace)

\$13.95 per person

Pan Seared Atlantic Salmon & Organic Quinoa

(pan seared atlantic salmon, sautéed vegetables and organic quinoa, tomato ragout, herbs)

\$13.95 per person

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Roasted Little Piggy Loin

(whole loin of a little pig, pan roasted and then will get thrown in the oven to make sure it taste delicious, served with roasted market vegetables, potatoes and demi-glace)

\$13.95 per person

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Slow Roasted Baron of Beef

(slow roasted beef round to the perfection for 12 hours and sliced, served with roasted market vegetables, potatoes and demi-glace)

\$14.95 per person

Chef's Signature Lunch Package

3 Course Lunch

(\$36.50 per person, and minimum of 15 people)

Chef's Salad

(choose any of your favorite salad from the above salads)

Or

Chef's Day Soup

(please ask us about the chef's soup of the day)

Chicken Roulade w/ Mushroom Risotto

(sautéed spinach, oven roasted tomato, goat cheese and herbs wrapped in naturally raised chicken breast with creamy mushroom risotto)

Or

Roasted Beef Striploin w/ Roasted Red Potato

(mustard and shallot crusted slow roasted striploin w/ olive oil & herb marinated red -potatoes)

Or

Seared Atlantic Salmon w/ Tomato Risotto

(pan seared atlantic salmon with lemon beurre , and oven roasted tomato and spinach risotto)

Assorted Dessert Platter and Berries

(assorted cake, cookies, brownies and bars)

Or

Fresh Fruit Platter

(seasonal fresh-cut fruit with berries)
