



Breakfast

Option A – Organic Fair Trade Coffee, Tea, Juice, Assorted Baking Tray, Fruit Tray **8** per person

Option B – Organic Fair Trade Coffee, Tea, Assorted Baking, Steel Cut Oatmeal, Yogourt, Apple Mash, Fruit Salad, Assorted Nuts and Seeds **10** per person

Option C – Organic Fair Trade Coffee, Tea, Assorted Baking, Yogourt, Apple Mash, Fruit Salad, Assorted Nuts and Seeds, Egg Muffins (Ground turkey, peppers and onions baked in a muffin cup **OR** Vegetable Frittata with choice of feta, goat or cheddar cheese) **12** per person

Appetizers

Turkey (or local beef) Meatballs – **3** per person

Proscuitto-Wrapped Melon – **2** per person

Spanakopita – **2⁵⁰** per person

Bruschetta – **2** per person

Guacamole, Tomatoes, or Pesto – **3** per person

Brie-Stuffed Puff Pastry – **3** per person

Kale Chips – **1** per person

Sandwiches & Wrap Trays **8** per person

An assortment of the following:

Wild Salmon Sandwich	Spicy White Bean & Artichoke Wrap
Chicken Sandwich	Chicken Salad Wrap
Egg Salad Sandwich	Falafel Wrap
Olive & Artichoke Sandwich	Greek Chicken Wrap
Black Bean Sandwich	Sweet Potato Quinoa Wrap
Rosemary Chicken Wrap	Spicy Chicken Wrap
The Velgicious Wrap	

Soups **5** per person

Roasted Sweet Potato	Mediterranean Chicken
Hearty Vegetable	Spicy Tomato
Cabbage	White Bean & Spinach
Broccoli Cashew	Roasted Red Pepper
Cauliflower Walnut	Carrot Apple
Curried Lentil with Roasted Cauliflower	Maple Carrot
Split Pea	Lebanese Vegetable
Roasted Vegetable	Butternut Squash
Black Bean	Gluten-free Chicken Noodle

Salads

Large 9 per **Side 5** per

Green House ^G	Greek Chickpea	Three Bean
Mom's Quinoa ^G	Honey-Gingered Beets	Jimbo Slaw
Greek ^G	Carrot, Date, & Feta	

Stew

8 per person

Turkey & Black Bean Chili	Veggie Chili
Lentil Quinoa	Beef Stew
Sweet Potato Lentil	Lamb Stew

Entrees

14⁵⁰ per person

Butter Chicken	Gluten Free Lasagna
Chicken Curry	Sesame Chicken or Tofu
CN Pad Thai	Spicy Yellow Chicken Curry
Chicken Souvlaki	Sweet & Sour Chicken
Turkey Burgers	Turkey Quinoa Meatloaf
Jerk Chicken	

Special Trays

Fruit Tray – **3** per person

Veggie Tray – **2⁵⁰** per person

Lunch Combos

Option A – Assorted wraps and sandwiches + choice of salad **12** per person

Option B – Assorted wraps and sandwiches + choice of salad + choice of hot soup **13** per person

Option C – Assorted wraps and sandwiches + choice of salad + stew or chili **14** per person

Desserts

Baking tray – An assortment of baking which can include gluten free and vegan options. **2⁵⁰** per person

Drinks

Assorted Spritzers and Sodas – **2** per person

Juice Or Homemade Seasonal Iced Tea – **2⁵⁰** per person

Coffee Carafe & Tea Service – **2** per person