



Catering menu-healthy options-lunch

(6 person minimum on all orders)

ASIAN STIR-FRY \$8.99 /person
A variety of vegetables stir fried in a sesame soy sauce with your choice of chicken, beef, vegetable or tofu served with white or brown rice. Gluten Free.

Steak **\$10.99** Chicken **\$9.99**
Tofu **\$8.99** Vegetable **\$8.99**

ATLANTIC SALMON FILLET \$12.99 /person
Fresh Atlantic Salmon Fillet with your choice of lemon thyme glazed, Caribbean seasoned, pomegranate orange glazed, or herb seasoned. Served with vegetable and starch of the day. Gluten Free Options Available.

Lemon Thyme glazed **\$12.99**
Caribbean seasoned **\$12.99**
Pomegranate orange glazed **\$12.99**
Herb seasoned **\$12.99**

GRILLED BONELESS CHICKEN BREAST \$8.99 /person

Fresh grilled chicken breast served with your choice of white or brown rice and roasted vegetable medley. Gluten Free.

GRILLED SALMON SERVED WITH ANY OF OUR HOUSE MADE SALADS \$12.99 /person

Fresh Grilled Salmon served on the side with any of our fresh made salads. Gluten Free Options Available.

GRILLED SHRIMP WITH QUINOA AND ROASTED VEGETABLES \$12.99 /person

Grilled jumbo Shrimp marinated with lemon juice, garlic, and fresh herbs and served with herbed Quinoa and roasted vegetable medley. Gluten Free.

GRILLED SIRLOIN STEAK TIPS \$11.99 /person

Grilled sirloin steak with your choice of seasoning: BBQ, Montreal Seasoning, Lemon Herb marinade, Teriyaki marinade or Buffalo sauce. Served with your choice of white or brown rice and roasted vegetable medley. Gluten Free.

HERBED ROASTED SPAGHETTI SQUASH \$8.99 /person

Oven roasted spaghetti squash season with fresh herbs and served with your choice of grilled Chicken, Salmon, Ahi Tuna, Shrimp. Gluten Free. Vegetarian with oven roasted vegetables.

Grilled Chicken **\$8.99**
Grilled Steak **\$11.99**
Grilled Ahi Tuna Steak **\$12.99**
Grilled Salmon **\$12.99**
Grilled Shrimp **\$10.99**
Roasted Vegetables **\$8.99**

contd.

JAMAICAN JERK CHICKEN WITH
MASHED SWEET POTATOES

\$8.99 /person

Our in house Jerk seasoned boneless chicken thighs oven roasted, topped with a drizzle of sweet mango puree and served with mashed sweet potatoes and cilantro lime seasoned white or brown rice.
Gluten Free.

LENTIL STEW AND RICE

\$7.99 per person

Our in house made lentil stew served with brown rice.
Gluten Free.

QUINOA KALE GLUTEN FREE POWER SALAD

\$8.99 per person

Sold by the pound this salad has been selling out in our cafe for years ! During the summer months the kale is picked from Chef Kelly's garden daily. Different varieties of kale, make for a delicious tender salad! Quinoa, kale, roasted butternut squash, chopped Gala apples, sun dried cranberries, toasted pumpkin seeds, gently tossed in a house balsamic vinaigrette.
Avocado is available to add for \$1.00 per pound up charge. Gluten Free.

TURKEY CHILLI WITH BROWN RICE

\$7.99 /person

Our homemade Turkey Chilli served over Brown Rice.
Gluten Free.