

6625 Salish Drive,
Vancouver, BC V6N 4C4
Tel.: (604) 568-5044
catering@salishancatering.com
www.salishancatering.com



LUNCH

ENTREE SALADS: (Minimum of 10)

- Grilled Salmon , mixed greens, fiddleheads, roasted cherry tomatoes, dill dressing – \$16.95
- Candied Salmon Salad, arugula, goat cheese, cucumber, apples, dried cranberries, lemon, olive oil – \$16.95
- Grilled Chicken Caesar with parmesan shavings – \$15.95
- Shrimp Salad, spinach, feta, cherry tomatoes, cucumber, toasted hazelnuts, citrus dressing – \$16.95
- Grilled Beef, arugula, caramelized red onion, shaved fennel, peppers, honey dijon dressing – \$16.95
- Roasted Vegetable, quinoa, kale, toasted pumpkin seeds, balsamic , olive oil* – \$13.95
- Orzo, Roasted Eggplant, zucchini, hazelnuts, feta, basil, lemon , olive oil* – \$13.95

*Add Chicken \$2.50 PP *Add Prawns \$3.00 PP

SIDE SALADS : (Minimum of 10) \$5.95

- Salishan Mixed Greens: assorted vegetables, blackberry dressing
- Caesar: romaine, herbed croutons, shaved parmesan
- West Coast Potato Salad: Baby new potatoes, caramelized onion, peppers, with seaweed vinaigrette
- Beet : Apples, goat cheese, dandelion, red onion, parsley
- Greek: cucumber, peppers, tomato, feta, kalamata olives
- Quinoa: roasted yams, parsnips, potatoes, fresh herbs
- Pasta: Basil, tomatoes, peppers, onion, carrots, stinging nettle and basil pesto, parmesan
- Couscous: dried cranberries, hazelnuts, dandelion, mint, roasted tomatoes, cucumbers, feta
- Classic Potato Salad: with hard boiled eggs, pickles and green onions

SOUPS: (Minimum of 10) \$8.95 per person

- Seafood Chowder
- Wind-dried Salmon and roasted Corn Chowder
- Bacon and Clam Chowder

SOUPS: (Minimum of 10) \$7.95 per person

- Carrot and ginger
- Squash and Roasted root Vegetables
- Tomato seaweed
- Squamish Wild Mushroom
- Chicken or Vegetable Noodle Soup

Soups: All soups come with a side order of Bannock or baguette

6625 Salish Drive,
Vancouver, BC V6N 4C4
Tel.: (604) 568-5044
catering@salishancatering.com
www.salishancatering.com



LUNCH cont.

SANDWICHES: (Minimum of 10) \$8.50 per person

- Salmon salad, cucumbers, leaf lettuce, dill, lemon
- House Smoked Salmon, cream cheese, red onion, capers
- Turkey, brie, cranberry chutney,
- Egg Salad, arugula, celery, cucumber, green onion,
- Tomato, Bocconcini, cucumber, arugula, balsamic glaze, fresh basil oil
- Grilled veg, lettuce, tomato, cucumber, smoked paprika hummus
- Horseradish and rosemary crusted Roast beef
- Ham, caramelized apple, arugula, mustard
- Grilled chicken, basil mayo, roasted peppers,
- Curried Chicken, papaya, celery, raisins, banana chutney
- Salami, Roasted pepper, Havarti and dijon mustard

Gluten Free Bread add \$1.50

Soup or Salad Combo (Minimum of 10) \$14.95 Per Person

- Deli Platter: Variety of sliced deli meats, tomatoes, lettuce, cucumber, pickles, assorted sliced cheeses, variety of mustards and condiments.

Served with bannock and assorted breads (Minimum of 10) \$9.00 per person

BAGGED LUNCH

- Sandwich, Crudite with dip, dessert square and beverage - \$14.50

BOXED LUNCHESES: (Minimum of 10)

- Alder Grilled Salmon, tomato jam, bannock, salad, dessert square – \$19.95
- Rosemary and Horseradish crusted Flank Steak with Red onion Marmalade, coleslaw, bannock and dessert square – \$18.50
- Stinging Nettle Pesto marinated chicken, bannock, salad, dessert square – \$16.95
- Grilled Vegetables kebobs, quinoa and cucumber salad, hummus, bannock and dessert square – \$15.95

**All boxed lunches come with eco-friendly boxes, cutlery and napkins*

6625 Salish Drive,
Vancouver, BC V6N 4C4
Tel.: (604) 568-5044
catering@salishancatering.com
www.salishancatering.com



LUNCH cont.

COLD LUNCH PLATTERS (Minimum of 10)

The Chinook:

- Kelp Marinated, grilled salmon with roasted corn relish
Bannock or Baguette
Dandelion Salad – \$21.95

The Caribou:

- Grilled Flank steak with tomato jam
Bannock or baguette, West Coast potato salad – \$21.95

The Ucluelet:

- Licorice Tea Marinated Prawns with Lemon and Fiddlehead aioli
Bannock or baguette, Cous Cous Salad – \$19.95

The Stolo Valley:

- Seaweed Salad with roasted vegetables and red currant glaze
Bannock or baguette, Local bean salad – \$17.95

HOT LUNCHESES (Minimum of 10)

Seafood (Minimum of 10) \$23.00

- Wild West Coast grilled Salmon with roasted tomato jam
- Chinook Salmon Cakes w/ Seaweed tartar sauce
- In-house Alder smoked Salmon with a clove and elderberry spiced aioli

**All above come with herbed rice pilaf, choice of side salad and bannock*

Meat (Minimum of 10) \$22.00

- Slow roasted, spice-rubbed Beef Brisket with au jus and rosemary garlic potatoes:
requires two days notice
- Shepherds pie topped with whipped sweet potatoes
- Hearty Venison Stew with rice pilaf
- Venison Meatloaf, caramelized onion, tomato sauce and garlic mashed potatoes

**All above come with Bannock and choice of side salad*

6625 Salish Drive,
Vancouver, BC V6N 4C4
Tel.: (604) 568-5044
catering@salishancatering.com
www.salishancatering.com



LUNCH cont.

HOT LUNCHESES cont.

Chicken (Minimum of 10) \$21.00

- Kelp Marinated Grilled Chicken Breast with roasted vegetable cous cous
- Chicken Cacciatore on pasta
- Chicken Pot pie with lemon roasted potatoes
- Soy Lemon chicken with fried vegetable rice
- Curry chicken with coconut basmati rice

**All above served with choice of salad and bannock*

Tacos (Minimum of 10)

- Vegetarian Indian Tacos: 4 Bean chilli with loads of veggies and bursting with flavour.
Comes with all the fixin's : Bannock, sour Cream, Salsa, Shredded Lettuce, tomato and grated cheddar
YUM (One of our most popular items) \$15.95
- Indian Tacos: Hearty Beef Chilli with all the fixin's: Bannock, Sour Cream, Salsa, Shredded lettuce, tomato and grated cheddar \$17.95
- Fish Tacos with lime crema, southwestern slaw, and chipotle Pico de Gallo and Bannock \$17.95

**Above all served with choice of salad*

Pasta (Minimum of 10) \$18.95

- Seafood Linguini
- Spaghetti with meat sauce
- Classic Mac and cheese (oh so creamy)*
- Penne with basil pesto and roasted vegetables and tomatoes*
- Wild Mushroom Alfredo *

**Vegetarian*

**Add Chicken \$ 2.50*

**Add Prawns \$3.00*

**Above all served with choice of salad and bannock or garlic bread*

6625 Salish Drive,
Vancouver, BC V6N 4C4
Tel.: (604) 568-5044
catering@salishancatering.com
www.salishancatering.com



LUNCH cont.

HOT LUNCHES cont.

Vegetarian \$19.95

- Vegetarian Curry with coconut rice with house-made mango chutney
- Roasted Vegetable and chickpea stew
- Vegetable kebobs roasted lemon potatoes with raita
- Vegetarian Enchilada with salsa, sour cream and cheese
- Mediterranean Ratatouille stew with cous cous

**All above with choice of salad and bannock*

Desserts

- Assorted Jumbo cookies 2 PP – \$2.00
- Assorted tarts and squares 2 PP – \$3.00
- Variety of cookie, tarts and squares 2 PP – \$3.00
- Gluten free cookie, tarts and squares 2 PP – \$3.50
- Olalli West coast Berries Mousse \$3.50
- Fresh Berries with soap berry whip * Market price
- Lavender creme brûlée \$4.00
- Mini lemon meringue tarts \$2.50 each
- Mini Cinnamon Bannock 2 per person \$2.50
- Fruit Salad: 4.95 per person
- Fruit Kebob sm \$2.25 lg. \$4.00

Beverages

- Freshly Brewed Coffee: Push Pots 10-12 \$20.00
- Assorted Teas: Push Pots 10- 12 \$20.00
**Milk, cream and sugar included*
- Sparkling Water: \$2.95
- Soapberry Punch: \$2.95
- Assorted Juices and Soft Drinks : \$2.95