

6625 SALISH DRIVE, VANCOUVER, BC V6N 4C4

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## LUNCH MENU

\*Disposable fee \$2.00 per meal.

### Entree Salads

(Minimum of 10). All meals include a piece of bannock bread.

- Grilled salmon, mixed greens, fiddleheads, roasted cherry tomatoes, house dressing – \$23.95
- Grilled chicken caesar with parmesan shavings – \$20.95
- Grilled beef, arugula, caramelized red onion, shaved fennel, peppers, honey dijon dressing – \$20.95
- Roasted vegetable, quinoa, kale, toasted pumpkin seeds, house dressing\* – \$19.95

### Side Salads

(Minimum of 10) \$6.95

- Salishan mixed greens: assorted vegetables, stinging nettle dressing
- Caesar: romaine, herbed croutons, shaved parmesan
- West Coast potato salad: baby new potatoes, sea asparagus caramelized onion, peppers, with seaweed vinaigrette caper's dressing
- Beet salad: apples, goat cheese, dandelion, red onion, parsley, pumpkin seeds
- Greek salad: cucumber, peppers, tomato, feta, kalamata olives
- Quinoa salad: roasted yams, parsnips, cranberry, fresh herbs, feta
- Pasta salad: basil, tomatoes, peppers, onion, carrots, stinging nettle and basil pesto,

- Classic potato salad: with hard-boiled eggs, pickles and green onions

## Soups

All soups come with a side order of bannock or a baguette.

(Minimum of 10) \$12.95 per person.

- Seafood chowder
- Wind-dried salmon and roasted corn chowder
- Bacon and clam chowder

(Minimum of 10) \$10.95 per person

- Three sister soup (vegan)
- Spiced squash soup (vegan)
- Creamy tomato seaweed (vegetarian)
- Squamish wild mushroom (vegetarian)
- Chicken or vegetable noodle soup

## Sandwiches

(Minimum of 10) \$12.95 per serving

- 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, smoked cheddar, arugula, mustard

- Grilled chicken, basil mayo, roasted peppers

\*Gluten-free bread add \$1.50

**Soup or Salad and Sandwich Combo (Minimum of 10) \$19.95 Per Person served with deli meats.**

## **Bagged Lunch**

- Deli meat sandwich, whole fruit, and bottled water – \$19.95

## **Boxed Lunches**

(Minimum of 10)

- Alder grilled salmon, tomato jam, bannock, salad – \$24.95
- New York strip loin with red onion marmalade, coleslaw and bannock – \$22.95
- Stinging nettle pesto marinated chicken, herb aioli, bannock, salad – \$20.95
- Grilled vegetable kebobs, quinoa and cucumber salad, hummus, bannock – \$19.95
- \*Disposables not included, extra fee of \$2.00 per serving.

## **Hot Lunches**

### **Seafood**

(Minimum of 10) \$27.00

- Wild West Coast grilled Salmon with roasted tomato jam
- Chinook salmon cakes w/ seaweed tartar sauce
- In-house Alder smoked salmon with smoked tomato jam

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

### **Meat**

(Minimum of 10) \$25.00

- Slow roasted, New York strip with au jus and rosemary garlic potatoes: \*requires two days notice\*
- Shepherds pie topped with whipped sweet potatoes & parsnip
- 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

## Chicken

(Minimum of 10) \$25.00

- Kelp marinated grilled chicken breast with roasted vegetable quinoa
- Chicken cacciatore on pasta
- Chicken potpie with lemon roasted potatoes
- Curry chicken with coconut basmati rice
- Slow roasted chicken thigh w/ hunter sauce on a creamy bacon & wild herb potato risotto

\*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
- Crispy Fish Tacos with lime crema, shaved cabbage slaw, and salsa and Bannock \$21.95

## Pasta

(Minimum of 10) \$20.95

- 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 \$ 3.00
  - Add Prawns \$4.00

\*Above all served with a choice of salad and bannock

## **Vegetarian \$20.95**

- Vegetarian Curry with coconut rice with house-made mango chutney
- Three sisters hearty stew
- Vegetable kebobs roasted lemon potatoes with stinging nettle green goddess
- Vegetarian Enchilada with salsa, sour cream and cheese
- Mediterranean Ratatouille stew with quinoa
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\*All above with a choice of salad and bannock

## **Desserts**

- Assorted Jumbo cookies – \$4.00
- Assorted tarts and squares – \$5.00
- Variety of cookies, tarts and squares 2 PP – \$5.00
- Gluten-free cookies, tarts and squares – \$5.00
- Olalli West coast Berries Mousse \$7.95
- Fresh Berries with soapberry whip \* Market price
- Mini lemon meringue tarts \$4.00 each
- Double Chocolate Cake w/ chocolate cream cheese icing \$7.95
- Zucchini cakes with lemon cream cheese icing \$7.95
- Mini Cinnamon Bannock 2 per person \$3.95
- Fruit Salad: 6.95 per person

- Fruit Kebob Sm \$3.50 Lg. \$5.00
- Beverages
- Freshly Brewed Coffee: Push Pots 10-12 \$25.00
- Assorted Teas: Push Pots 10-12 \$25.00 \*Milk, cream and sugar included
- Sparkling Water: \$2.95
- Soapberry Punch: \$3.95
- Assorted Juices and Soft Drinks: \$2.95