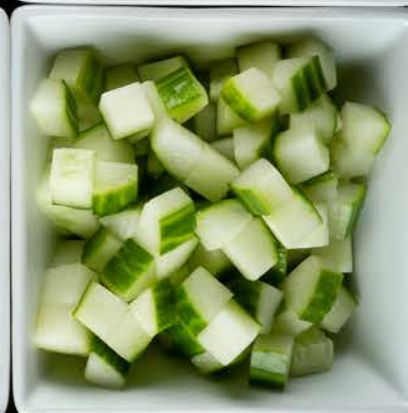


Craft Culinary

Lunch MENU

THE INTERNATIONAL CENTRE



*BYO (Bowl Your Own)
Customize Your Own
with a Selection of Proteins,
Healthy Grains, Vegetables,
Fruits, Pulses, Seeds & Cheeses
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MENU

Lunch

PLATED 3-COURSE À LA CARTE

Maximum Service Time of 2 Hours. Minimum of 20 Guests.

All Lunches include Soup or Salad, Entrée and Dessert with Freshly Baked Artisan Rolls with Butter, Freshly Brewed Regular & Decaffeinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey & Milk.

SOUPS AND SALADS

Select one (1) Soup or Salad:

Mulligatawny **hw** **vg** **gf**

Vegetarian Indian Spiced Lentil Soup

Leek and Potato **gf**

with Double Smoked Bacon

Parsnip and White Bean Purée **hw** **vg** **gf**

with Sage

Minestrone

with Italian Pork Sausage Meatballs

House-Smoked Ontario Chicken Noodle

(Gluten-Free Available with Pre-Order)

IC Custom Romaine Wedge

Farm Fresh Hard Boiled Eggs, Bacon, Croutons, Shredded Parmesan, Roasted Garlic, Lemon Pepper Dressing

Baby Arugula and Watercress Salad **hw** **v** **gf**

Candycane Beets, Roasted Celeriac, Feta, Smoked Honey Dijon Dressing

House Pickled Zucchini **hw** **vg** **gf**

Baby Spinach, Pumpkin Seeds, Flax, Craisins, Mint, Sherry Vinaigrette

Roasted Cauliflower **hw** **v** **gf**

Broccoli, Sliced Hard Boiled Eggs, Slivered Almonds, Baby Kale, Lemon Vinaigrette

Grilled Vegetable Antipasti **hw** **v**

Grilled Asparagus, Peppers, Zucchini, Carrots, Bocconcini, Olives, Grissini, Basil Purée, Balsamic Reduction, Micro Sprouts

Quinoa Tabbouleh **hw** **v**

Cucumbers, Tomatoes, Green Onions, Baby Leaf Lettuces, Sumac Pita Crisps

PROTEIN ENTRÉES

Select one (1) Entrée

Ontario Chicken Supreme / 52.50

Stuffed with Turkey Sausage, Mozzarella, Roasted Red Pepper and Oregano
Roasted Fingerling Potatoes, Baby Carrots and Cauliflower, Red Pepper Salsa Rossa

Ontario Lake Trout / 51.50 **hw** **gf**

Purple Potatoes, Shaved Fennel, Candycane Beets, Lemon-Dill Broth

Grilled Ontario AAA Sirloin / 52 **gf**

Horseradish Mash, French Beans, Roasted Shallots, Wild Mushroom Sauce

Grilled Atlantic Salmon Fillet / 52.50

Herb and Parmesan Barley Risotto, Garlic Broccoli, Roasted Garlic White Wine Cream Sauce

House-Smoked Ontario Omega-3 Pork Chop / 51.50 **gf**

Potato Gratin, Ontario Red Wine Braised Cabbage and Apples, Honey Mustard Jus

Vegetarian Entrée Options:

Cumin Scented Shredded Zucchini

Chickpea Tofu and Tempeh Cake **vg** **gf**

with Wilted Kale and Smoked Tomato Sauce

Vegan Shepherd's Pie **vg** **gf**

Lentil, Sweet Potato and Diced Root Vegetables, Mushroom Gravy

DESSERTS

Select one (1) Dessert

East Coast-Style Blueberry Peach Grunt

+ Add a Scoop of Vanilla Ice Cream / 4

Trio of Macarons

Zesty Lemon, Vanilla and Caramel, Raspberry Coulis

Mixed Berry Terrine, Blueberry Gelée, White Chocolate Shavings

Molten Chocolate Bomb, Passion Fruit Coulis

+ Add a Scoop of Caramel Ice Cream / 4

Red Velvet Cake, Cream Cheese Icing, Cherry Compote

Oreo Cheesecake, Chocolate Fudge Base

Gluten-Free and Dairy-Free Desserts Available with Pre-Order.



*Québec-Style
Split Pea and
Ham Soup*



*Maple Glazed
Roasted
Vegetables*

*Canadian Bacon
Brined Cornmeal
Crusted Pork Loin*

*Ontario
Rainbow
Beets &
Edamame
Salad*

*Whole Wheat
Mac and Cheese
with Ketchup*



*East Coast Berry Grunt
with Maple Whipped
Ice Cream*

Coast to Coast

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MENU

Lunch

CUSTOMIZED EXECUTIVE LUNCH BUFFET

The Informal / 43

Maximum Service Time of 2 Hours. Minimum of 20 Guests.

Menu selections include Homemade Kettle Chips tossed with Special Seasonings, Vibrant Display of Sliced Fresh Fruit & Berries, Freshly Brewed Regular & Decaffeinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey & Milk.

SOUPS AND SALADS

Select three (3) from the following items:

Smoked Chicken Noodle

Mulligatawny **hw** **vg** **gf**

Vegetarian Indian Spiced Lentil Soup

Leek and Potato **gf**

with Double Smoked Bacon

Parsnip and White Bean Purée **hw** **vg** **gf**

with Sage

Minestrone

with Italian Pork Sausage Meatballs

IC Custom Romaine Salad

with Farm Fresh Hard Boiled Eggs, Bacon, Croutons, Shredded Parmesan, Roasted Garlic, Lemon Pepper Dressing

Orzo Salad **v** **hw**

Black Olives, Cucumbers, Peppers, Sundried Tomatoes, Feta, Basil Vinaigrette

Organic Greens **vg** **gf**

with Chef's Array of Dressings

Barley Salad **hw** **vg**

with Dried Apricots, Cranberries and Pecans, Orange Balsamic Dressing

Three Rice Salad **hw** **vg** **gf**

Long Grain, Forbidden and Wild, Fennel, Red Onion, Peppers, Grapes and Sunflower Seeds, Tarragon Vinaigrette

Five Beans with Roasted Sweet Potatoes **hw** **vg** **gf**

Marinated Tempeh, Alfalfa Sprouts, Lime Chipotle Dressing

SANDWICHES, WRAPS & PIZZAS

Select five (5) from the following items:

Sandwiches

Montreal Smoked Meat

Jack cheese, Remoulade Sauce on a Light Rye Bun

Ham

Provolone, Arugula, Pesto Parmesan Spread on a Honey Flax Bun

Fresh Vegetarian **v**

Arugula, Pepered Havarti, Cucumber, Beet Hummus on a Whole Wheat Croissant

Roast Beef

Arugula, Cheddar, Blue Cheese & Horseradish Spread on Whole Wheat Onion Bun

Smoked Turkey

Arugula, Brie, Cranberry Relish on a Multigrain Bun

Smoked Salmon

Arugula, Red Onion, Lemon Caper & Goat Cheese Spread on a Multigrain Bun

Tortilla Wraps

Grilled Chicken **hw**

Sautéed Onions and Peppers, Arugula & Red Pepper Hummus in a Whole Wheat Wrap

Ham

Greens, Swiss Cheese, Sundried Tomato Pesto in a Whole Wheat Wrap

Traditional Waldorf Tuna

Greens on a Sundried Tomato Wrap

B.L.T.

Chicken Bacon, Lettuce, Tomato, Honey Mustard in a Spinach Wrap

Smoked Turkey

Greens, Havarti, Tomato Salsa in a Whole Wheat Wrap

Vegan **vg**

Greens, Chickpea Fritter, Beet Hummus in a Spinach Wrap

Minimum Customized Executive Lunch Buffet price of 43 dollars per guest.

2019-2020 The International Centre Event Catering Menu. Prices subject to change without notice. Tax and Facility Fee not included.

MENU Lunch

Pizzas

Bruschetta Pizza **v**

Fresh Tomato, Garlic and Torn Basil on a Whole Wheat Crust topped with Baby Arugula and Buffalo Mozzarella

Verde with Grilled Eggplant **v**

Green Zucchini, Broccoli, Grilled Eggplant, Oregano and Parsley with Olive Oil, Mozzarella and Parmesan on Whole Wheat Crust

Buffalo Chicken

Chicken, Red Onion and Pickled Jalapeño with Monterrey Jack Cheese on White Crust topped with Scallions and Crumbled Blue Cheese

Classic Pepperoni and Cheese

Traditional White Crust

**All specialty pizzas are made in-house.*

DESSERTS

Select two (2) from the following items:

Selection of Freshly Baked Cookies **v**

Lemon Crème Brûlée **gf**

Rocky Road Squares **gf**

Brownie Squares **vg gf**

Peanut Butter Torte **vg gf**

White Chocolate Cheesecake **gf**

with Fresh Berries in Shooter Glasses

Mini Apple Crumble Squares **v**

Mini Flourless Chocolate Truffle Squares **gf**

Gluten-Free and Dairy-Free Desserts Available with Pre-Order.

(Image)

Mixed Berry Terrine, Blueberry Gelée, White Chocolate Shavings and Molten Chocolate Bomb, Passion Fruit Coulis

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Tortilla Soup



Black Bean Rice



Churros



Mole



Pepita



Guacamole



Cuban Green Salad



Grilled Vegetable & Cheese Empanadas



Baked Salmon with Pepita, Cilantro and Jalapeño Pesto

Chicken Mole

MENU

Lunch

FIXED EXECUTIVE LUNCH BUFFET

Hot Stuff / 48.50

Maximum Service Time of 2 Hours. Minimum of 20 Guests.

Menu selections include Freshly Baked Artisan Rolls with Butter, Vibrant Display of Sliced Fresh Fruit and Berries Freshly Brewed Regular and Decaffeinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey & Milk. Surcharge applicable for any changes or substitutions.

Português

Kale and Potato Soup (vg) (gf)

Flaked Cod Salad (gf)

Chickpeas, Peppers, Tomatoes, Celery, Sherry Vinaigrette

Shredded Cabbage (gf)

Red Bean, Quinoa, Olives, Feta, Tomatoes, Red Wine Dressing

Churrasco-Style Piri Piri Chicken (gf)

Baked Whitefish (gf)

with Tomatoes, Lemon, Cumin, White Wine and Herbs

Smoked Paprika Roasted Potatoes (vg) (gf)

Zucchini, Eggplant, Red Peppers, White Onions (vg) (gf)

in Olive Oil and Thyme, with Slivered Roasted Almonds

Rice Pudding (v) (gf)

with Cinnamon in Mason Jars

Portuguese Egg Tarts

Nuevo Latino

Tortilla Soup (v)

Cuban Green Salad (vg) (gf)

Kale, Green and Snap Peas, Radish, Jicama, Hearts of Palm, Pumpkin Seeds, Cilantro, Lime Shallot Dressing

Grilled Vegetable and Cheese Empanadas (v)

Chicken Mole (gf)

Baked Salmon (gf)

with a Pepita, Cilantro and Jalapeño Pesto

Black Bean Rice (vg) (gf)

Roasted Zucchini, Onion, Poblano Pepper and Corn (vg) (gf)

with Cilantro

Churros

with Salted Caramel Sauce

Dulce de Leche Cheesecake

To Your Health (hw)

Roasted Cauliflower and Saffron Soup (vg) (gf)

Three Rice Salad (vg) (gf)

Long Grain, Forbidden and Wild, Fennel, Red Onion, Peppers, Grapes and Sunflower Seeds, Tarragon Vinaigrette

Five Beans with Roasted Sweet Potatoes (vg) (gf)

Marinated Tempeh, Sprouts, Lime Chipotle Dressing

Baked Atlantic Salmon (gf)

with Tomato Garlic and Caper Salsa

Roasted Herb Marinated Chicken

with Romesco Sauce (contains nuts)

Brown Rice Vegetarian Paella (vg) (gf)

Steamed Yellow Beans (vg) (gf)

with Roasted Corn

Mango Mousse and Raspberry Shooters (gf)

Assorted Individual Sorbet Cups (vg) (gf)

BYO (Bowl Your Own)

Make Your Own Bowl:

Protein (vg)

Moroccan Spice Chicken, Smoked Tofu, Sous Vide Cajun Flank Steak

Grains (vg)

Brown Rice, Ontario Barley

Vegetables and Fruits (vg) (gf)

Spinach, Kale, Shredded Heirloom Carrots, Grape Tomatoes, Cucumbers, Green Onions, Shredded Apple

Pulses (vg) (gf)

Chick Peas, Black Lentils, Edamame

Seeds (vg) (gf)

Pumpkin Seeds, Radish Seedlings

Cheeses (gf)

Shredded Cheese, Crumbled Feta

Dressings (gf)

Roasted Corn Salsa, Spicy Lemon Tahini, Avocado Buttermilk, Sherry Vinaigrette

Watermelon Salad (gf)

Drizzled with Honey Cinnamon Yogurt

Biscotti

Minimum Fixed Executive Lunch Buffet price of 48.50 dollars per guest.

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MENU

Lunch

Coast to Coast

Quebec-Style Split Pea and Ham Soup gf

Ontario Rainbow Beets and Edamame Salad v gf
with Fennel and Woolwich Goat Cheese,
Niagara Red Wine Vinaigrette

Baby Kale and Heirloom Carrot vg gf
Roasted Garlic, Sunflower Seeds, Maple Vinaigrette

Canadian Bacon Brined Cornmeal Crusted Pork Loin

Ontario Beef Short Ribs gf
Braised in Niagara Red Wine and Local Herbs

Whole Wheat Mac and Cheese v
with Ketchup

Maple Glazed Roasted Vegetables vg gf

Butter Tarts

East Coast Berry Grunt
with Maple Whipped Cream

Meat and Potatoes

Italian Wedding Soup

IC Custom Romaine Salad
with Farm Fresh Hard Boiled Eggs, Bacon, Croutons, Shredded
Parmesan, Roasted Garlic, Lemon Pepper Dressing

Shaved Cabbage and Brussels Sprouts vg gf
with Ontario Soy Beans, Pumpkin Seeds and Craisins,
Apple Cider Dressing

Extremely Slow Roasted Ontario Striploin gf
with Mushroom Sauce

Smoked Mustard Crusted Pork Loin

Classic Whipped Potatoes v gf

Roasted Zucchini v vg gf
with Tomatoes and Onions

Mini Carrot Caramel Stack

Mini Raspberry Blondie