



## Corporate Lunch Menu

(Minimum of 10 people per order. Price includes disposable plates, cutlery & napkins.  
Delivery cost may apply.)

### Breakfast

**Minimum of 10 people per order.** Price includes disposable plates, cutlery & napkins. Delivery cost may apply.

#### **Menu #1 - "Boardroom Breakfast"**

Seasonal Fruit Salad  
Assorted Yogurt Cups  
Assorted Breakfast Pastries (*Scones, Muffins, Croissants, Banana Bread*)  
Bagels with Cream Cheese, Butter and Jam

#### **Menu #2 "A Cinnamon Girl Good Morning"**

Seasonal Fruit Salad  
Assorted Yogurt Cups with Granola  
Assorted Breakfast Pastries (*Scones, Muffins, Croissants, Banana Bread*)  
**Breakfast Bagels with Egg, Cheese and Bacon (served hot)**

### Cold Luncheon

**Minimum of 10 people per order.** Price includes disposable plates, cutlery & napkins. Delivery cost may apply.

#### **Menu #1 - "Cinnamon Girls Favorites"**

Baby Spinach Salad with Egg, Mushrooms, Red Onions, Bacon  
Curried Pasta Salad w/Green Apple, Grapes  
**Assorted Sandwich Platter** served on whole grain breads and wraps  
(*Roasted Chicken w/Cheddar, Chipotle Mayo; Roasted Chicken w/Provolone, Basil Mayo; Smoked Turkey w/Cheddar, Cranberry Mayo Apple; Ham w/Swiss, Pickle; Tuna Salad w/Sprouts; Grilled Vegetables w/Chickpea Hummus*)  
Dessert Platter with Fruit

#### **Menu #2 - "The Health Nut"**

Baby Spinach Salad with Dried Fruit, Nuts, Seeds and Low-Fat Vinaigrette  
Organic Quinoa Salad with Parsley, Mint, Tomato  
**Assorted Sandwich Platter** served on whole grain breads and wraps (**gluten-free bread** also available)  
(*Grilled Chicken w/Low-fat Mayo, Tomato, Sprouts; Curried Chicken w/Mango; Smoked Turkey w/Cranberry, Apple, Spinach; Tuna Salad; Grilled Vegetables w/Chickpea Hummus*)  
Seasonal Fruit Salad

### **Menu #3 “The New Yorker”**

Old Fashioned Potato Salad with Egg and Dill

Classic Coleslaw

**Assorted Deli Sandwiches** served on rye, bagels and kaisers and accompanied by pickles.

*(Corned Beef w/ Sauerkraut; BBQ Roast Chicken; Smoked Turkey w/ Swiss; Roast Beef w/ Caramelized Onions; Tuna Salad; Egg Salad; Cheese and Tomato)*

Dessert Platter with Fruit

### **Menu #4 “Bon Appétit”**

Nicoise Salad (tuna, green beans, egg, olives)

Green Lentil Salad with Tomato and Goat Cheese

**Assorted Sandwiches & Wraps** served on whole grain breads and wraps

*(Smoked Turkey & Brie; Chicken Cordon Bleu; Grilled Vegetable with Goat Cheese; Roast Beef w/ Blue Cheese, Caramelized Onions; Hard-cooked Egg and Tuna)*

Dessert Platter with Fruit

### **Menu #5 “In Denmark”**

Potato Salad with Mustard Dill Dressing

Roasted Beet Salad

**Assorted Open Faced Sandwiches** served on rye, pumpernickel and baguette.

*(Tuna w/olive: Smoked Salmon w/capers; Egg w/cucumber; Roast Beef w/Carmelized Onion; Smoked Turkey w/ Brie, Apple, Grapes)*

Dessert Platter with Fruit

### **Menu #6 “Ciao Italian”**

Caprese Salad (Tomato, Bocconcini, Spinach)

Orzo Pasta Salad with Basil and Sundried Tomato

**Italian Sandwich Platter** served on assorted crusty breads

*(Tuscany Chicken with Roasted Pepper and Tapenade; Tuna Salad with Provolone; Smoked Turkey w/Mozzarella and Basil; Prosciutto with Provolone and Tomato; Grilled Eggplant, Zucchini with Goat Cheese)*

Fruit and Biscotti Platter

### **Menu #7 “Queen St. Masala”**

Pineapple Mango Slaw

Basmati Rice Salad

**Grilled Tandoori Chicken Platter** with Cucumber Raita and Flat Bread (**available hot**)

Fresh Fruit Platter

Dessert Platter

## **Hot Luncheon**

**Minimum of 15 people per order.** Price includes disposable plates, cutlery & napkins. Hot food is served in disposable foil containers or arrangements can be made for chafing dishes. Delivery cost may apply.

### **Menu #1 “Cinnamon Girls Café Favourites”**

Soup du Jour

Village Greek Salad

**Assorted Hot Panini Sandwiches** on Ace multi-grain buns and wraps

*(Cajun Chicken Club with Bacon; Pesto Chicken with Tomato; Tuna Melt; Smoked Turkey with Cranberry Mayo, Apple, Cheddar; Grilled Mozzarella and Tomato)*

Dessert Platter with Fruit

## ***Menu #2 “Ole Mexico”***

Caesar Salad with Spicy Croutons

Black Bean and Corn Salad

Mexican Rice

### **Make your own tacos/fajitas**

(Fillings include: Steak, Chicken, Refried Beans, Shredded Cheese, Peppers, Onions, Sour cream, Salsa, Guacamole)

Dessert Platter with Fruit

## ***Menu #3 “Down South”***

Baby Spinach with Mandarin Oranges, Red Onion and Pecans

Sweet Potato Salad

Cheese and Onion Biscuits

**BBQ Pork OR Beef Brisket with Slaw on Crusty Buns** / Vegetarian Option Available

Dessert Platter with Fruit

## ***Menu #4 “In Athens”***

Tabbouleh

Village Greek Salad

Grilled Pita Bread

### **Grilled Lemon Chicken with Tzitziki**

Roasted Zucchini, Peppers, Eggplant and Potatoes

Dessert Platter

## ***Menu #5 “Oktoberfest”***

Fresh Breads and Butter

Garden Salad with Balsamic Dressing

Mixed Cabbage Slaw

Roasted Garlic Mashed Potatoes

**Grilled Sausages with Sauerkraut, Onions, Bacon**

Dessert Platter

## ***Menu #6 “Meat and Potatoes ”***

Fresh Bread and Butter

Tomato Jalapeno and Red Onion Salad

Sautéed Rapini with Slivered Garlic

Roasted Herbed Potatoes

**Grilled Flank Steak with Horseradish Cream Sauce**

Dessert Platter

## ***Menu #7 “Our Favourite Comfort Food”***

Caesar Salad with Homemade Croutons

Broccoli and Orange Salad with Poppy Seed Dressing

### **BBQ Chicken Wings**

Down Home Baked Pasta with Lots of Cheese

Chocolate Brownies

## ***Beverages***

Assorted juice, soft drinks, sparkling water

Coffee Tea Service