

# CHEF'S INSPIRED LUNCH BUFFET \$24<sup>50</sup>/person

Available until 2pm • Add \$3<sup>99</sup> for Additional Hot Entrée

## INCLUDED

- Fresh Rolls & Butter
- Chef's Medley of Seasonal Hot Vegetables

## SELECT ONE HOT ENTRÉE

- Sirloin of Roast Beef, Horseradish, Gravy
- Braised Beef Shortribs with Root Beer Jus
- Bacon Wrapped Chicken with Savory Pesto Glaze
- Roast Pork Loin, Herb Crusted with Apple Chutney
- Tuscan Chicken with white wine, dill & capers
- Teriyaki Crusted Salmon
- Roast Turkey, Stuffing, Gravy and Cranberry Sauce
- Virginia Baked Ham

## SELECT TWO SALADS

- Fresh Greens Salad with Selection of Dressings
- Classic Caesar Salad
- Traditional Spinach Salad with Bacon & Egg
- Strawberry Spinach Salad
- Original Greek Salad
- Creamy Pasta Salad
- Thai Noodle Salad
- Roasted Beet Salad
- Marinated Vegetable Salad

## SELECT ONE HOT PASTA

- Butternut Squash Ravioli (choice of Pesto or Rose Sauce)
- Baked Tortellini (choice of Pesto or Rose Sauce)
- Vegetarian Lasagna

## SELECT ONE STARCH

- Garlic Whipped Potatoes
- Herb Roasted Baby Potatoes
- Scalloped Potatoes
- Cheddar & Onion Perogies
- Basmati Rice Pilaf

## DESSERT, COFFEE & TEA

- Assorted Pies & Squares
- Fresh Seasonal Fruit
- Freshly Brewed Coffee & Assorted Teas

## LUNCH BUFFETS

Available until 2pm

### LETHBRIDGE DELUXE DELI \$18<sup>50</sup>

- Assorted Deluxe Sandwiches on Artisan Buns, Focaccia, Croissants & Pitas
- Pinwheels & Vegetarian Wraps
- Soup of the Day
- Fresh Greens Salad
- Chef's Medley of Hot Vegetables & Herb Dip
- Fresh Fruit Display
- Assorted Squares & Sweets
- Freshly Brewed Coffee & Assorted Teas

### DOWNTOWN BURGER BUFFET \$19<sup>50</sup>

- Beef Burgers, Assorted Toppings (Cheese, Tomato, Onion, and Lettuce)
- Condiments
- Coleslaw
- Choice of ONE additional Salad
- Assorted Sweets & Treats
- Freshly Brewed Coffee & Assorted Teas

### CALIFORNIA WRAP BUFFET \$19<sup>50</sup>

Includes all of the following wraps:

- Chicken Fajita Wrap (Chicken, Salsa, Sour Cream, Sweet Peppers, Jalapeño Jack & Cheddar Cheese blended in a Tomato Tortilla)
- Indian Chickpea Wrap (Grilled Eggplant, Zucchini, Red Onion, Carrots & Chickpeas with a Cumin Coriander Roasted Red Pepper Humus spread in a Whole Wheat Tortilla)
- Smoked Turkey Wrap (Smoked Turkey, Sun-dried Cranberry, Lettuce, Tomato, Rosemary Mayonnaise in a Cheddar Tortilla)
- Strawberry Spinach Salad
- Creamy Pasta Salad
- Assorted Mini Fruit Tartlets & Cookies
- Flavored Water
- Freshly Brewed Coffee & Assorted Teas

### BBQ BEEF OR PULLED PORK \$19<sup>50</sup>

- Tender Slow Roasted Alberta Beef OR Pulled Pork, braised in LA Chef's Signature BBQ Sauce
- Bakery Fresh Kaiser Rolls
- Assorted Condiments
- Potato Salad
- Choice of ONE additional salad
- Assorted Squares & Sweets
- Freshly Brewed Coffee & Assorted Teas

## SALAD SELECTIONS

- Fresh Greens Salad
- Classic Caesar Salad
- Strawberry Spinach Salad
- Original Greek Salad
- Watermelon & Cucumber (Seasonal)
- Marinated Vegetable Salad
- Creamy Pasta Salad
- Thai Noodle Salad
- Roasted Beet Salad
- Roasted Squash Salad

\*Pricing is subject to a 16% Service Charge + 5% GST.

# THEMED LUNCHEON BUFFETS

Available until 2pm • Minimum 20 people

## SOUTH OF THE BORDER \$19<sup>99</sup>

- Seasoned Ground Beef OR Grilled Chicken Tortillas (*hard & soft*)
- Assorted Toppings (*Cheese, Lettuce, Tomato, Onion, Sour Cream and Salsa*)
- Mexican Rice
- Fresh Greens Salad
- Black Beans
- Assorted Sweets & Treats
- Freshly Brewed Coffee & Assorted Teas

## LITTLE ITALY BUFFET \$19<sup>99</sup>

- Choice of Traditional Meat Lasagna OR Baked 3 Cheese Ravioli in a Garlic Infused Cream Sauce
- Linguine with a Rose Sauce
- Caesar Salad
- Garlic Toast
- Tiramisu Cake
- Freshly Brewed Coffee & Assorted Teas

## ATHENA FEAST \$19<sup>99</sup>

- Beef OR Chicken Souvlaki (*choice of 1*)
- Grilled Pitas
- Oregano Scented Long Grain Rice
- Tzatziki Sauce
- Greek Salad
- Assorted Sweets & Treats
- Freshly Brewed Coffee & Assorted Teas

## SOUTHERN FRIED CHICKEN \$20<sup>99</sup>

- Home made Southern Fried Chicken
- Mashed Potato
- Mini Cheddar and Jalapeno Corn Bread
- Fresh Greens Salad
- Creamy Coleslaw
- Garlic & Olive Oil Green Beans
- Apple Crumble Squares
- Freshly Brewed Coffee & Assorted Teas

## EAST MEETS WEST \$19<sup>99</sup>

- Ginger Beef OR Sweet & Sour Chicken
- Fried Rice
- Stir Fry Vegetables
- Thai Noodle Salad
- Assorted Sweets & Treats
- Freshly Brewed Coffee & Assorted Teas

## UKRANIAN COMFORT FOOD \$19<sup>99</sup>

- Bratwurst Sausages
- Traditional Cabbage Rolls
- Homestyle Perogies with Cheese, Bacon & Onions
- Fresh Greens Salad
- Creamy Coleslaw
- Assorted Sweets & Treats
- Freshly Brewed Coffee & Assorted Teas

# PLATED LUNCHEONS

Available until 2pm • Dinner rolls with whipped butter, Chef's Medley of Hot Vegetables, chef's recommended starch, dessert platter and fresh brewed coffee & assorted teas. Add Salad Course \$1<sup>00</sup> • Add Plated Dessert Course \$1<sup>00</sup>.

## TUSCAN CHICKEN \$19<sup>99</sup>

- Roast Chicken breast & thighs in a white wine dill and caper sauce.

## BRAISED BEEF SHORT RIBS \$22<sup>99</sup>

- Slow Roasted Braised Beef with au jus.

## ROAST STRIPLOIN OF BEEF \$23<sup>99</sup>

- Tender Beef served with Rich Peppercorn Gravy & Horseradish.

## SESAME CRUSTED TERIYAKI

### SALMON \$19<sup>99</sup>

- Asian Marinated Filet of Salmon dressed with black & white sesame seeds, baked with lemon. Served with Roasted Pineapple and Teriyaki Sauce.

## STEAK SANDWICH) \$23<sup>99</sup>

(one done-ness for all)

- 6oz Sirloin Steak served on Garlic Toast, topped with Grilled Mushrooms.

## CHICKEN BALLONTINE \$20<sup>99</sup>

- Chicken breast stuffed with wild mushroom souffle, in a wine & cream sauce.



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