



MENU OPTIONS

SALADS

Middle Eastern Couscous Salad:

Couscous with oranges, spinach and vegetables with a balsamic orange vinaigrette

Greek Pasta Salad:

Pasta with all the traditional Greek fixings

Summer Garden Salad:

Summer vegetables such as green beans, tomatoes, peppers and broccoli tossed in a parmesan Dijon vinaigrette

Mexican Rice Salsa Salad:

Rice, corn, black beans seasoned with a mild salsa vinaigrette

Margarita Pasta Salad:

Cold pasta salad with corn, onion, peppers tossed with a creamy lime vinaigrette

Spring Vegetable Potato Salad:

Potatoes, green beans and other seasonal vegetables marinated in a Dijon vinaigrette

Pesto Tortellini Salad:

Cheese filled tortellini tossed with sundried tomatoes, fresh tomatoes, green onions with a pesto vinaigrette

Spinach and Orange Salad:

Crisp spinach topped with oranges, red onion and almonds served with a honey lemon yogurt dressing

Gourmet Green Salad:

A variety of lettuce topped with seasonal vegetables and fruits served with one of our vinaigrettes

Cauliflower and Lemon Salad:

Chunks of cauliflower, tomatoes and sliced lemons marinated in a light lemon vinaigrette topped with black olives

Sesame Cole Slaw:

Cabbage, carrot and onion marinated in a sesame poppy seed dressing (optional topping of peanuts)

Greek Salad:

Chunks of peppers, tomatoes, red onion and feta cheese marinated in a homemade Greek dressing

Three Bean Salad:

A mix of beans, tomatoes, onions and feta cheese with a light lemon tomato dressing

Moroccan Carrots:

Lightly cooked carrot chunks marinated in a spicy cumin parsley dressing

Caesar Pasta Salad:

Pasta, tomatoes, bacon, artichokes & croutons with a creamy Caesar dressing

SOUPS

Tomato Orange Basil

Mushroom and Wild Rice

Corn Chowder with Herbs

Herbed Creamy Chicken and Pasta

Chicken, Spinach and Tortellini

Minestrone

Sausage, Tomato and Chick Pea

SANDWICHES

Tabouleh and Roasted Red Pepper

Roast Beef with Horseradish Mayo

Ham and Swiss

Egg Salad

Tuna Wraps

Pastrami and Dijon

Apple, Walnut and Cream Cheese

Roasted Red Pepper and Chevre

Chicken and Pesto

Curried Chicken Salad

ENTREES

Chicken Pot Pie:

Chunks of chicken breasts, potatoes, carrots and lots of other vegetables in a light cream sauce topped with buttermilk biscuits and baked until golden brown

Swedish Meatballs:

Meatballs served in a creamy dill sauce

Sweet and Sour Meatballs:

Meatballs served in a "not traditional" sweet and sour sauce

Country Chicken:

Whole chicken breasts lightly breaded, cooked in a tomato curry sauce and topped with raisins and almonds

Stuffed Peppers:

Green peppers stuffed with rice and ground beef topped with mozzarella and baked in tomato sauce

Garlic Poached Chicken:

Cold sliced poached chicken served with a garlic mayo

Maple Orange Chicken:

Cold sliced chicken breast with a maple orange glaze

Sausage and Penne Alfredo:

Red onion, peppers, Italian sausage with penne pasta baked in a white wine Alfredo Sauce

Baked Toupee Ham:

Cold sliced toupee ham served with homemade plum chutney

Spinach Stuffed Chicken:

Chicken breasts stuffed with spinach and mushroom, cut into thick slices and served with a light Dijon cream sauce

Stuffed Pork Tenderloin:

Pork tenderloin rolled with spicy salami and cheese, baked and sliced into individual portions

Louisiana Smothered Chicken:

Lightly breaded chicken breasts with a light Cajun caramelized onion and tomato sauce

Chicken or Pork Normandy:

Chicken breast or pork tenderloin strips cooked in a light apple cream sauce

Quiche:

A variety of flavours including broccoli, bacon and leek, mushroom or Italian sausage

Stuffed Crepes:

Crepes stuffed with your choice of either chicken and broccoli curry or chicken and mushroom Swiss

Beef Burgundy:

Chunks of beef, mushrooms, onions and zucchini in a red wine tomato sauce

Baked Fusilli with Meatballs:

Fusilli pasta with meatballs and chunks of mushrooms with a red wine tomato sauce topped with Mozzarella and baked until golden

**** Roasted Top Sirloin:***

A slow roasted sirloin of beef with a unique blend of seasonings and spices

* BY SPECIAL ORDER FOR GROUPS OF 20 OR MORE

D'OEURVES AND PLATTERS

~Cold~

Fruit and Cheese Tray:

A variety of cheeses and seasonal fruit served with crackers

Vegetable Tray:

All the traditional vegetables served in a country basket with a homemade dip

Pate Tray:

A wine mushroom pate chilled in decorative mold and served with crackers

Roasted Red Pepper Dip:

A flavourful dip served with corn chips or baked pita wedges

Garlic Shrimp:

Cold poached shrimp marinated in a garlic sauce

Smoked Salmon Rounds:

Smoked salmon rolled in tortillas with lemon dill cream cheese, cut into thick slices

Hummus Platter:

Freshly made hummus served with spicy pita wedges

Pesto Chicken Rounds:

Cold sliced chicken breasts stuffed with pesto served on skewers

Spinach Dip:

Freshly baked pumpnickel hollowed out and filled with spinach dip

California Torte:

A cream cheese and chevre mold layered with pesto and roasted red peppers, served with crackers

Salmon Mousse:

Salmon, whip cream and a slight hint of dill set in a mold served with crackers

Squares:

A variety of bite size treats to meet the sweet tooth of the crowd

Spinach Squares:

A light crust with red pepper, onion & spinach baked, served cold cut into small squares

Spinach Roulade:

Rolled with ham, cheese and spiced cream cheese

~Hot~***Phyllo Pastries:***

Layers of phyllo filled with a variety of choices; wild mushroom, pesto cream cheese, spinach and mushroom

Mini Quiches:

Bite sized quiches with a variety of fillings such as spicy sausage, broccoli, red pepper, ham

Peanut Chicken Strips:

Strips of chicken breasts marinated in a Thai peanut sauce

Hot Artichoke Dip:

Rounds of baguette topped with artichoke dip and baked until golden brown

Curried Lamb Turnovers:

A light curried lamb mixture stuffed into a cream cheese pastry

Mushroom Turnovers:

Fresh mushrooms creamed with sour cream baked in a cream cheese pastry

SAMPLE MENU

~Appetizer~

California Torte

or

Salmon Mousse

~Main Course~

Louisiana Chicken

or

Stuffed Crêpes

~Salad~

Green Salad with Lemon Buttermilk Dressing

or

Sesame ColeSlaw

~Dessert~

Annapolis Valley Apple Torte

or

Chocolate Raspberry Torte