



# Lunch

## Build Your Own Sandwich

- Soup of the Day
- Vegetable Crudité & Pickle Tray
- Smoked Turkey, Sliced Roast Beef & Black Forest Ham
- Sliced Cheese
- Shredded Iceberg Lettuce & Sliced Tomatoes
- Grain Mustard & Mayonnaise
- Freshly Baked Whole Wheat Bread & Rolls
- Cookies and Squares
- Freshly Brewed Coffee & Selection of Teas
- (Substitute Seafood Chowder, additional charge)

## Wrap It Up

- Mesclun Greens with Grape Tomatoes, Julienne Carrots, Sun-dried Cranberries & Raspberry Vinaigrette
- Vegetable Crudités & Relish Tray
- Spinach Wrap *filled with Roasted Vegetables, Pesto Glazed Feta, Cucumber and Falafel Frites*
- White & Whole Wheat Wraps *filled with Smoked Turkey, Roast Beef or Black Forest Ham*
- Cheddar Cheese, Lettuce, Tomato & Dijon Mustard*
- Sun-dried Tomato Wrap *filled with Chorizo Sausage, Arugula Spanish Onion & Cilantro Lemon Pepper Dressing*
- Garlic Herb Wrap *filled with Teriyaki Stir-fried Flank Steak, Sprouts, Shiitake Mushrooms, Cabbage, Scallions & Wasabi Mayonnaise*
- Home Baked Squares & Cookies
- Freshly Brewed Coffee & Selection of Teas



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*Yes we can!*

Tel: 902.454.8533    [www.rcr.ca](http://www.rcr.ca)

All prices are subject to a customary 16% taxable service charge and 13% applicable HST.



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## **Executive Lunch in a Bowl**

Chilled Thai Pasta Salad  
Braesola wrapped Melon Balls  
Asparagus Spears drizzled with Molasses Emulsion  
Chilled Poached Jumbo Shrimp with Hoisin Sauce  
Smoked Salmon Florette  
(Non-seafood alternates available upon request)  
Dark and White Chocolate, Mango & Passion Fruit Mousses in Martini Glasses  
Freshly Brewed Coffee & Selection of Teas

## **Boxed Lunch**

Seasonal Whole Fresh Fruit  
Smoked Turkey Wrap  
Baby Bell Cheese, Granola Bar  
Greek Pasta Salad  
Vanilla Biscotti, Double Chocolate Fudge Square  
San Pellegrino or Evian

## **The Mediterranean**

Hummus, Eggplant Spread & Tabbouleh  
Pita Bread, Crisps & Crostini  
Sliced Mortadella, Salami, Prosciutto & Melon  
Asparagus Spears drizzled with Vinaigrette  
Assorted Chilled Dolmas Filled with Rice,  
Ground Lamb Meat & Fresh Herbs  
Baklava & Rose Water infused Rice Pudding  
garnished with Roasted Nuts  
Freshly Brewed Coffee & Selection of Teas

## **Build Your Own Chef's Salad**

Romaine, Mesclun, Iceberg & Radichio Greens  
Sliced Cucumber, Roma Tomatoes, Red & Green Peppers, Shredded Carrot,  
Sliced Boiled Eggs, Toasted Pine Nuts, Sun Dried Cranberries  
Pickles, Olives, Pearl Onions, Scallions & Beets  
Black Forest Ham, Smoked Turkey, Roast Chicken, Roast Beef,  
Monterey Jack Cheese  
Garlic Croutons  
Ranch, Buttermilk and Balsamic Dressings  
Mille-feuille of Phyllo Pastry filled with Strawberries,  
Lychee and Mango Yogurt Cream  
and garnished with crème anglaise  
Freshly Brewed Coffee & Selection of Teas

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## **Taste of Nova Scotia**

Corn Chowder  
(Substitute Nova Scotia Seafood Chowder for an additional charge.)  
Tossed Garden Salad  
Homemade Fish Cakes, Crispy Baked Chicken  
Garlic Mashed Potatoes, Seasonal Vegetable Medley  
Freshly Baked Biscuits  
Nova Scotia Blueberry Grunt  
Freshly Brewed Coffee & Selection of Teas

## **Executive Lunch**

Soup of the Day  
Selection of Freshly Baked Breads & Butter  
Assorted Seasonal Fresh Vegetables  
Vine-ripened Tomato & Queso Fresco Cheese Salad  
Assortment of Steamed Dim Sum  
Poached Atlantic Salmon  
with citrus banana beurre blanc  
Chicken Jalfrezi  
Pan-seared chicken breast with fresh ginger,  
Asian spices & tomato sauce  
Seasonal Vegetable Medley  
Jasmine-scented Basmati Rice  
Tropical Fruit Kebabs on Sugarcane Skewers  
Lemon Lime Pavé with Raspberry Coulis  
Freshly Brewed Coffee & Selection of Teas

## **Sicilian**

Antipasto Bar  
Including sliced Prosciutto, Genoa Salami, Mortadella,  
Marinated Artichoke Hearts, Mushrooms, Olives,  
Red & Green Pepper Relish and Sliced Fresh Melon  
Caesar Salad  
Choose two Entrees  
Italian Roasted Chicken  
Spaghetti & Meat Balls  
Baked Lasagne Bolognese, Rigatoni Alfredo  
Sautéed Vegetable Primavera  
Focaccia Garlic Bread & Crostini  
Tiramisu with Fresh Berries  
Cannolis filled with sweetened Ricotta and Berries  
Freshly Brewed Coffee & Selection of Teas

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