



Lunch

Gourmet Sandwiches

Artisanal Cheeses with Housemade Jams
Potato Salad
Niçoise Salad

Grilled Chicken & Smoked Gouda *with tomato basil aioli on focaccia*
Roast Beef *with sauteed mushrooms, roma tomatoes, lettuce,
onion marmalade, blue cheese & chipotle aioli on brioche*
Smoked Salmon & Dilled Cream Cheese
*with watercress, chopped eggs,
honeycrisp apples & capers on fresh bagels*
Falafel & Eggplant Caponata *with piquilla peppers & torshi pickles on ciabatta*

Fresh Baked Cookies, Brownies & Lemon Bars
Freshly Brewed Coffee & Tea

Wrap It Up

Mesclun Greens with Grape Tomatoes, Julienne Carrots,
Sun-dried Cranberries & Raspberry Vinaigrette
Vegetable Crudité & Relish Tray
Atlantic Smoked Salmon *with dilled cream cheese & red onion*
Curried Chicken Wrap
Teriyaki Beef Wrap
Falafel & Smoked Eggplant Wrap

Home-Baked Squares & Cookies
Freshly Brewed Coffee & Tea



RCR
HOSPITALITY
GROUP



Yes we can!

Tel: 902.454.8533 www.rcr.ca

All prices are subject to a customary 17% taxable service charge and 15% applicable HST.



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Drop & Go 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 & Tea

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

Southern BBQ Luncheon

Lemonade & Iced Tea
Cornbread
Baked Beans
Potato Salad & Dill Pickles
Pulled Chicken & Pulled Pork Sandwiches
Freshly Carved Beef Brisket
Key Lime Pie
(Minimum 30 people)

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
Freshly Baked Rolls
Mille-feuille of Phyllo Pastry filled with Strawberries,
Lychee and Mango Yogurt Cream
and garnished with crème anglaise
Freshly Brewed Coffee & Tea
(Minimum 30 people)

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Taste of Nova Scotia

Corn Chowder
(Substitute Nova Scotia Seafood Chowder, add \$2.00)
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 & Tea

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 & Tea

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 & Tea

Based on a minimum of 30 guests.

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