



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 Starbucks Coffee & Tazo Teas

### Wrap It Up

Mesclun Greens with Grape Tomatoes, Julienne Carrots,  
Sun-dried Cranberries & Raspberry Vinaigrette  
Vegetable Crudité & Relish Tray  
Spinach Wrap *filled with roasted vegetables, pesto glazed feta, cucumber and falafel fries*  
Atlantic Smoked Salmon *with dilled cream cheese & red onion*  
Curried Chicken Wrap  
Teriyaki Beef Wrap  
Falafel & Smoked Eggplant

Home-Baked Squares & Cookies  
Freshly Brewed Starbucks Coffee & Tazo Teas



RCR  
HOSPITALITY  
GROUP



*Yes we can!*

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

All prices are subject to a customary 17% taxable service charge and 15% applicable HST.  
Prices are subject to change. All prices are guaranteed 90 days prior to the function.



# Lunch

## 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 Starbucks Coffee & Tazo 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

## 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 Starbucks Coffee & Tazo Teas

(Minimum 30 people)

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

All prices are subject to a customary 17% taxable service charge and 15% applicable HST.  
Prices are subject to change. All prices are guaranteed 90 days prior to the function.

**RCR  
HOSPITALITY  
GROUP**



*Yes we can!*



# Lunch

## 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 & 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 & 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 & Selection of Teas

*Based on a minimum of 30 guests.*

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

All prices are subject to a customary 17% taxable service charge and 15% applicable HST.  
Prices are subject to change. All prices are guaranteed 90 days prior to the function.



*Yes we can!*



# Lunch

## Served Lunches

Choose one item from each section:

### Appetizers

**Gazpacho** with crème fraîche dusted with cinnamon

**Baby Beet & Buttermilk Soup**

**Leek & Potato Soup**

**Tomato Basil Soup**

**Vegetarian Minestrone**

**Nova Scotia Creamy Seafood Chowder** (Additional)

**Insalata Caprese**

sliced fresh buffalo mozzarella, tomatoes, fresh basil & drizzled with olive oil

**Fresh Garden Salad with Roasted Garlic & Raspberry Vinaigrette**

**Caesar Salad** with crisp romaine, parmesan, & herbed croutons

**Greek Pasta Salad** with mixed greens, feta, & olives tossed with bowtie pasta

**Tender Arugula Leaf Salad** with seasonal mesclun greens,

sun-dried cranberries & crumbled feta

### Entrées

**Chicken Parmigiana**

lightly breaded baked breast of chicken with parmesan and Mozzarella cheese, served with Fettuccine Alfredo

**Sautéed Chicken Angelo**

breast of chicken sautéed with mushrooms, sun-dried tomatoes, artichoke hearts, black olives

and dry white wine, served with saffron scented roasted garlic and rosemary potatoes

**Beef Bourguignon**

tender pieces of beef tips braised with earthen mushrooms & red wine, served over egg noodles

**Chicken Cordon Bleu**

chicken breast filled with black forest ham, Swiss cheese & tarragon, chef's potato

and vegetable of the day served with a roasted garlic cream sauce

**Pan-fried Blackened Haddock**

North shore haddock blackened in a cast iron pan with creole spices,

served with pineapple-orange salsa and basmati rice

**Atlantic Salmon**

ginger glazed & pan seared, smokey BBQ sauce, garlic risotto

**Caribbean Jerk Seasoned Chicken Breast**

served with Peas Pillau and Tangy Mango Salsa

**Slow Braised Hanger Steak**

with forest mushroom sauce & mashed potatoes

**Vegetarian Wellington**

sautéed seasonal vegetables wrapped in phyllo pastry served with a tomato-basil sauce

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

All prices are subject to a customary 17% taxable service charge and 15% applicable HST.  
Prices are subject to change. All prices are guaranteed 90 days prior to the function.



*Yes we can!*



# Lunch

## Served Lunches

### Desserts

**Choice of Pie** ~ Pecan, Lemon Meringue or Blueberry

**Traditional Annapolis Valley Apple Crisp** with Ice Cream

**Tiramisu** with fresh berries

**Fresh Berries Palmier**

Puff pastry triangles filled with fresh berries & pastry cream

**Chocolate Mousse**

Black & white chocolate mousses, garnished with fresh berries

**Lemon & Lime Pavé**

Lemon & lime flavoured custard square, with a cookie crumb crust garnished with candied citrus peel

**Coconut Meringue Pie** with passion fruit custard & fresh berries

Freshly Brewed Starbucks Coffee & Tazo Teas

Minimum 30 guests or a labour charge will apply.

**RCR  
HOSPITALITY  
GROUP**



*Yes we can!*

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

*All prices are subject to a customary 17% taxable service charge and 15% applicable HST.  
Prices are subject to change. All prices are guaranteed 90 days prior to the function.*