

**m e n u s**

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l u n c h

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***fine caterer***

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**gourmetcuisine**

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# l u n c h

the art of working buffets

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## bringing art to lunch

- chef's soup of the day from the nature kettles, assorted bakery fresh rolls and butter
- salad of baby greens, candy cane radish slivers, cucumbers, grape tomatoes, mill street organic ale vinaigrette, tomato cucumber salad with oregano citrus dressing
- sundried tomato tortilla with smoked turkey, arugula, asiago and smoked tomato aioli  
spinach tortilla with grilled chicken caesar, sundried tomatoes and parmesan reggiano, whole wheat tortilla salmon salad wrap with spinach, grape tomatoes and lemon aioli, roasted vegetables with hummus, tabbouleh and artichoke in a spinach wrap
- chocolate mousse shots white pearls, guava mousse chocolate cups, pineapple cubes with grapes

## byward market lunch

- chef's soup of the day from the natures kettles, assorted bakery fresh rolls and butter
- red romaine caesar salad, oven dried tomatoes, parmesan cheese, whole grain croutons, anchovy dressing, tuna nicosia, organic rocket, heirloom tomato, haricot vert, 100km fingerling potatoes, kalamata olive nicosia, grilled vegetable antipasti, aged balsamic vinaigrette

### ***selection of sandwiches :***

- chicken waldorf salad, ontario brie, low fat yogurt dressing
- mini ciabatta, montreal smoked meat, sauerkraut, kosleck's mustard
- pretzel loaf, smoked salmon, watercress, dill cream cheese
- mini croissant, heirloom tomato, buffalo mozzarella
- garden basil & avocado, focaccia loaf, sliced fresh fruit platter

- canadian maple panna cotta, pistachio biscotti

## **rideau canal** ***build your own sandwich buffet***

- chef's soup of the day from the nature kettles
- selection of artisan breads and rolls
- ontario mesclun mixed greens, cherry tomatoes, carrot curls, beet wisps and shaved red onion, white balsamic and tarragon vinaigrette
- cucumber and tomato salad with fresh cilantro and ponzu vinaigrette
- black forest ham, roasted turkey breast, roast baron of beef, white albacore tuna salad
- balsamic grilled vegetables
- provolone, cheddar, chili havarti
- selection of lettuce, sliced tomato, pickles, hummus, red pepper spread, basil aioli, horseradish cream and local mustards
- hazelnut chocolate cake, raspberry mango shots, sliced fresh fruit platter

## **sparks street working lunch**

- chef's soup of the day from the nature kettles
- assorted bakery fresh rolls and butter
- baby spinach and radicchio with sundried figs, grape tomatoes, pumpkin seeds and balsamic vinaigrette
- jumbo shrimp, snow peas, endive and bell pepper salad, lemon tarragon vinaigrette

### ***selection assorted open face sandwiches:***

- prosciutto, asiago and strawberry on calabrese baguette
- smoked ham, arugula and mandarin with red currant jelly on onion bread
- smoked turkey, white cheddar, sliced apple and cranberry aioli on raisin walnut bread
- roasted red pepper, grilled zucchini and babaganoush, herbed focaccia
- hazelnut chocolate cake, raspberry mango shots, diced pineapple and sundried ontario strawberries

## visit asia market buffet

- bakery fresh assorted rolls & butter
- hot & sour soup with bok choy
  
- water chestnuts, mushrooms and scallions, mixed greens, daikon, carrot slivers, mandarin sections, won ton crisps and sesame ginger vinaigrette
- thai baby shrimp salad with cilantro, peppers, lemongrass chili vinaigrette, cucumber tomato and mango salad with fresh mint, mango vinaigrette
- 5 spice and ginger char siu chicken, spring onions & toasted sesame seeds, lemon grass-scented thai jasmine rice, black pepper beef with stir fried onion and capsicum, tofu vegetable hakka chow mein
  
- banana chocolate mousse, blood orange guava shots, honeydew melon with lychees

## executive sandwich buffet

- chef's soup of the day from the nature kettles
- assorted bakery fresh rolls and butter

### ***build your own cobb salad presentation:***

crisp local greens, diced blue cheese, eggs, bacon, crisp bosc ontario pears, spiced cashews, avocado, garden herb grilled organic chicken breast, in house buttermilk ranch dressing

- canadian cheese display, sliced fresh baguette, mission fig chutney, port poached pear spears, seasonal fruit display, herb garden mojito mint yogurt dip

### ***open faced mini sandwiches:***

- smoked tenderloin of beef with roasted poblano peppers, sweet onions and pommery mustard
- togorashi grilled 'ahi tuna with mango aioli and organic arugula
- roast turkey and gouda with roasted peppers, kawaira sprouts
- grilled vegetables and roasted red pepper hummus

- assorted macaroons, mini quebec sugar tarts, mini carrot cakes, lemon cream cheese frosting

## the art of salad

- garden vegetable soup
- assorted bakery fresh rolls and butter
  
- balsamic grilled vegetable platter, forest mushroom and artichoke salad, citrus quinoa and bell pepper salad, garden mint fruit salad, crisp local greens, baby arugula, organic spinach, curly endive and watercress
  
- *garden herb grilled organic chicken breast,*
- *jumbo poached shrimp*
- or
- *lemon balm poached salmon*
  
- organic cucumber, bell peppers, red onion, scallions, carrot curls, beet wisps, chopped eggs, bacon, crisp bosc ontario pears, snow peas, avocado, sun dried blueberries, grape tomatoes and sundried figs, toasted pumpkin seeds, spiced cashews
- in house buttermilk ranch dressing, niagara ice wine and gourmet honey vinaigrette, orange lavender dressing, white balsamic vinaigrette, diced blue cheese, aged ontario cheddar
  
- fresh fruit pavlovas, chocolate pecan tarts

## i am canadian buffet

- assorted bakery fresh rolls and butter
- gourmet's seafood chowder with shrimp, halibut, clams
  
- mixed baby greens, sundried strawberries, aged white cheddar, walnuts and mill street organic ale vinaigrette, roasted ontario corn and bell pepper
- orecchiette pasta salad, smoked tomato vinaigrette
- maple soy glazed west coast salmon with fennel orange salad and warm honey lime emulsion, thyme roasted chicken breast with chasseur hunter sauce, yukon gold potato au gratin
- fresh seasonal medley of vegetables
  
- nanaimo bar gateau, warm rhubarb apple cobbler, fresh cantaloupe with sun dried blueberries

## **ottawa's little italy lunch buffet**

- bakery fresh assorted rolls & butter, grissini bread sticks
- italian farm house minestrone with basil pesto and parmesan cheese
  
- caprese salad, vine ripened tomatoes, baby bocconcini and pesto vinaigrette
- caesar salad with sundried tomatoes, focaccia croutons and grana padano
- antipasto platter with olives, grilled zucchini, red green & yellow bell peppers, eggplant
- roasted chicken breast saltimbocca style, sage and prosciutto white wine jus with sautéed mushrooms
- basil pesto crusted tilapia filets, smoked tomato coulis and sautéed arugula, lemon and thyme roasted baby red potatoes
- baked vegetarian lasagna, layers of pasta, eggplant, peppers and tomato basil sauce, ricotta cheese
  
- chocolate cannoli's, tiramisu in chocolate cups, fresh cantaloupe with blueberries

## **water court buffet**

- chef's soup of the day from the nature
- kettles, assorted bakery fresh rolls and butter
  
- baby spinach leaf salad, roasted butternut squash, cucumber, sunflower seed dressing
- potato salad, cornichons, red onion, capers, scallions & dill mustard dressing
- chickpea salad with red onion, green and red peppers, arugula and chipotle vinaigrette
- shaved smoked turkey on whole grain ciabatta, lettuce, provolone salametti, tomato aioli
- black forest ham & aged cheddar on white ciabatta, garlic mustard aioli & tomato confit, tuna salad
- baguette, citron mayo, red onion, bell peppers, crisp greens, roasted ontario
- chicken salad on whole wheat kaiser with apple & raisins
- grilled vegetable baguette, leaf lettuce and kalamata olives served with horseradish, mustards and gherkins
  
- orange mandarin shots, lemon curd cake, cubed honeydew melon with dried cherries

## **box lunch #1**

tri-colored fusilli vegetable salad with grape tomato, kalamata olives, scallions, chives, asiago, tarragon vinaigrette

sandwich and wrap selections: five roasted vegetables with arugula, tomatoes and goat's cheese in whole wheat wrap **or** turkey, provolone, arugula cress and cranberry aioli on a whole wheat kaiser

includes: whole fresh fruit, assorted chips, gourmet cookies, crackers & cheese, soft drink beverage, condiments and cutlery

## **box lunch #2**

roasted vegetable salad with zucchini, tomatoes, eggplant, green and yellow peppers, tomato-chipotle vinaigrette with oregano

sandwich and wrap selections: flaked poached salmon with shaved red onion, baby spinach leaves, caper aioli in a flour tortilla **or** herb focaccia sandwich with mortadella, black forest ham, genoa salami, kozlik's mustard aioli, provolone cheese

Includes: Whole Fresh Fruit, Assorted Chips, Gourmet Cookies, Crackers & Cheese, Soft Drink Beverage, Condiments and Cutlery

## **lifestyle cuisine lunch buffet**

- creamless bermuda banana tomato bisque
  - organic baby greens, sun dried blueberries, grape tomatoes and toasted pumpkin seeds with cranberry orange vinaigrette
  - roasted vegetable and arugula salad with tomato chipotle dressing, ginger and orange
  - steamed lake erie whitefish, miso sauce, steamed baby bok choy
  - lemon and herb marinated boneless skinless chicken breasts, warm edamame tomato salad, crisp sage
  - steamed 7 grain rice with extra virgin olive oil and herbs
  - steamed seasonal vegetables
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- strawberry yogurt shots, mini fresh fruit pavlovas
  - platters of sliced seasonal fruit

## **living well lunch buffet**

- cucumber gazpacho,
- spinach salad, strawberries, toasted pumpkin seeds, local goat cheese, organic watercress tomato salad, balsamic vinaigrette,
- mango summer roll, peanut sauce,
- vegetable brown rice sushi roll, kaiware sprouts,
- roasted natural chicken breast broccolini, green bean mallow, butternut squash, curry sauce, buckwheat noodle stir-fry.
- carrots, organic bok choy and shiitake mushroom, almond butter crusted salmon, fresh corn, brown rice risotto and swiss chard, black bean
- glazed baby bok choy, whole grain carrot cake,
- whipped avocado and lime passion fruit cheesecake, salted caramel sauce



# luncheon menu

Bringing art to à la carte

all prices are **per person**

luncheon menus are a minimum of 3 courses and must include an entrée. all lunches are served with an assortment of freshly baked breads with butter, fresh starbucks brewed coffee, decaffeinated coffee and exclusively blended teas.

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## *soups*

**chef's homemade soup of the day**

**field and forest mushroom chowder with  
prairie grains, gourmet honey and clipped chives  
cream of ontario asparagus with smoked onion**

**rooftop garden herbs**

**bermuda banana tomato bisque**

**pepper pot vegetable chowder**

**leek and potato with lemongrass**

**forest mushroom and scallion broth**

**cream of carrot and ginger**

## *salads*

organic spinach and baby greens with sundried tomatoes, marinated artichokes, toasted pine nuts, cranberry maple vinaigrette

ontario apples, sun-dried golden raisins, toasted pecans and niagara ice-wine vinaigrette

organic baby greens with ontario grape tomatoes, fig slivers, toasted pumpkin seeds, shaved asiago and balsamic vinaigrette

baby organic greens with caramelized st. lawrence market mustard vinaigrette

mesclun greens and arugula with aged white cheddar, spiced pecans, sundried cherries and blueberries with champagne citrus vinaigrette

## ***entrées***

**tamarind-honey glazed  
sustainable local trout fillet, scarlet  
quinoa, red grapefruit  
and ginger emulsion**

**white balsamic & fennel glazed  
salmon, lemon chevril beurre blanc,  
red bliss butternut squash hash**

**tangerine glazed atlantic salmon filet,  
kaffir lime and mascarpone risotto,  
citrus essence**

**coriander and orange dusted ocean  
wise snapper, sweet red pepper  
essence, lemon herb pomme purée**

**oven roasted breast of grain fed  
chicken “ en venison ”,  
gourmet honey jus,  
shiitake mushrooms and  
sweet pepper risotto**

**chipotle sundried tomato crusted  
chicken breast, kalamata olive risotto  
and opal basil jus**

**ginger and lemongrass glazed  
chicken breast, warm ginger scented  
potato salad with citrus and julienne  
vegetables and asian greens**

**stonewall braised canadian beef  
short rib, buttermilk herb potato mash,  
braising jus reduction & caramelized  
pearl onions**

**smoked paprika rubbed aaa  
canadian sirloin steak, roasted yams,  
northern woods mushroom ragout**

**pepperberry roasted sirloin of beef,  
cabernet merlot jus and roasted  
shallot mash**

**Herb Roasted Beef Tenderloin,  
Blue Cheese Mash, Niagara Pinot Noir  
Jus**

## *salad entrees*

### **the nature cobb**

fresh seasonal greens  
and watercress, diced egg, tomato, red onions,  
avocado, bacon, grilled chicken, spiced pecans  
and scallions served with lemon herb vinaigrette

### **togorashi spiced ahi tuna loin**

organic arugula  
and mesclun greens, avocado and key lime  
dressing and tomato chili emulsion,  
basil peach chutney

### **sweet chili chicken salad**

shredded savoy cabbage,  
crispy noodles, scallions, crispy noodles,  
shredded carrot, broccoli florets, bean sprouts,  
mandarin orange segments,  
sesame citrus soy dressing

## *desserts*

**white chocolate and butterscotch mousse**

**mango passion fruit sorbet with raspberry coulis**

**chocolate cappuccino bavarian gateau**

**baked apple cranberry streusel with calvados anglaise**

**maple crunch cheese cake with frangelico cream**

**grand marnier citrus crème caramel**

**maple pecan pie with chocolate and vanilla bean sauce**

**espresso flourless chocolate cake, bailey's anglaise**

**fresh fruit flan with vanilla custard and wild berry coulis**

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# perfect

artful moments

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all prices are **per person**

minimum number of persons per station is 25.

**chef attendant required \$65 per hour (3 hour minimum).**



## **the art of the garden**

organic green salad tossed to order: romaine, spinach and spring greens, cucumbers, maui onions, tomatoes, black olives, shaved fennel, roasted mushrooms, local goat cheese, gorgonzola, bacon crumbles, garlic croutons. served with choice of mango vinaigrette, blue cheese vinaigrette or creamy mustard balsamic vinaigrette

*add grilled julienne chicken breast or seared pesto shrimp for an additional \$9 per person*

## **the art of the caesar**

island baby romaine, herb focaccia croutons, parmigiano reggiano cheese and caesar dressing

*add grilled julienne chicken breast or seared pesto shrimp for an additional \$9 per person*

## **the art of pho**

chefs making simmering noodle broths in the room: shredded chicken broth with soy, shaved beef strips in spiced star anise broth & seafood dumplings in sherry light soy broth, warm asian rice vermicelli noodles & thick rice noodles tossed with sesame oil

shredded cabbage, sliced shiitake mushrooms, baby bok choy, gai lan, water chestnuts, bean sprouts, snow peas & carrot, mint, basil leaves, lime wedges, thai bird chili peppers, fresh ginger, garlic, scallions and siriacha chili sauce

### **the art of gyro**

chef carved leg of lamb marinated in rosemary & garlic. served with: tzatziki, shredded romaine, cucumber, tomato, red onion. baskets of warm pita bread

### **the art of china**

deep water prawns, free-run chicken and air-dried chinese sausage, wok-fried with crisp asian vegetables & noodles, cilantro sprigs and toasted black sesame

### **the art of pasta**

spinach cheese tortellini and tri color fusilli, red onion, garlic, mushrooms, bell peppers, grilled artichokes, black olives, semi dried tomatoes, baby spinach leaves, fire roasted onion tomato basil sauce, roasted garlic alfredo cream sauce, parmesan cheese and chili flakes

*add on : smoked chicken breast and sautéed shrimp*

### **the art of poutine, poutine.**

hand cut yukon gold potato french fries & sweet potato fries, served in mini bamboo baskets, cheese curds, homemade gravy, ketchup & herb mayonnaise

*add on : braised short ribs and smoked chicken*

### **the art of smoked meat**

hot mini sandwiches on rye baguette made to order by one of our chefs. kosher deli dills, coleslaw and assorted kozlik's mustard in mason Jars, red & white checkered deli paper

### **the art of mac**

Mac and Cheese like only your mother can make. Top it with Meatloaf shards to make this a comfort culinary experience you will remember.

### **the art of grilling cheese**

it's the most traditional way we'll take bread and butter and fry it on two tabletop frypans and burners. your guests will select from: cheddar, swiss and mozzarella cheeses. they can even add diced tomatoes, onions and black olives. of course, there will be ketchup.

*add on : smoked chicken breast and sautéed shrimp*

## **the art of the mini burger**

*pre-selected choice of 2 types,*

beef stuffed with gorgonzola  
lamb, served with sweet minted yogurt  
veggie burger with grilled vegetable relish and arugula  
asian salmon burger with wasabi mayo  
turkey burger with lemon, roasted garlic and arugula  
all served with brioche slider buns

### **accompaniment station :**

confits ; pickled onion, smoky tomato,  
garden ; tomato, lettuce, onions, dill pickles, guacamole, tobacco onions, sautéed mushrooms,  
pickled jalapeños  
sauces ; kozlik mustard aioli, garlic aioli, chipotle mayonnaise, roasted pepper cream cheese

## **the art of mini pizza**

*(selection of two items/based on two pieces per person)*

roast pears, arugula, and prosciutto  
sautéed wild mushrooms, fontina  
caramelized onion, gorgonzola, thyme  
quattro fromaggi with mozzarella, ricotta, gorgonzola, parmesan  
roast peppers, eggplant, feta, sun dried tomatoes, spinach, and mozzarella  
margarita with tomato sauce, chopped tomato, basil, parmesan and mozzarella

## **the art of the oyster**

seasonal selection of the finest east & west coast oysters available served on the half shell  
with cocktail sauce, mignonette, horseradish, tabasco and fresh lemon. for a true experience  
enhance your reception with the addition of one of gourmet's own house shuckers to interact  
with and educate your guest as he opens their oysters.

*one shucker - 1-500 oysters (shucker only, cost of oysters priced as above)*

*shuckers - 501-1200 oysters (shucker only, cost of oysters priced as above)*

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# carving art

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## *carving stations*

maple smoked bone in ontario ham glazed in gourmet honey, maple grain mustard & apricot jus, mini portuguese roll

**500 serves 35**

beef wellington, beef tenderloin crusted with wild mushroom duxelle, wild rice pilaf and foie gras baked in puff pastry and served with truffle scented jus, onion and thyme jam

**550 serves 20**

roast striploin of alberta beef, assorted mustards and horseradish, fresh baked portuguese buns

**600 serves 25**

sea salt and 5-peppery crusted prime rib with creamy horseradish, grainy mustard and au jus, garlic rolls

**700 serves 30**

whole roast hip of canadian beef, assorted mustards and horseradish, fresh baked buns

**1850 serves 125**

Roasted Whole Ontario Turkey, Gourmet Cranberry Sauce and Savory Gravy, Fresh Baked Buns

**500 serves 20**



cedar plank maple whisky atlantic salmon accompanied by maple onion confit, manitoba wild rice quinoa pila

**500 serves 20**

kozlik mustard crusted rack of lamb, with roasted garlic and rosemary lamb jus

**85 per Dozen**

atlantic salmon coubliac baked in puff pastry with wild mushrooms, dill lemon butter sauce

**500 serves 20**

whole roasted baby suckling pig

**800 serves 30**

whole roasted lamb

**1100 serves 30**