

m e n u s

l u n c h



fine caterer

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gourmetcuisine

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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
- assorted chef's choice dessert

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
- assorted cakes and squares

visit asia market buffet

- hot & sour soup with bok choy
- bakery fresh assorted rolls & butter

- 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

- assorted mini cakes and fruits

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,*

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
- chef's choice dessert, fresh fruit pavlovas, chocolate pecan tarts

ottawa's little italy lunch buffet

- italian farm house minestrone with basil pesto and parmesan cheese
- bakery fresh assorted rolls & butter, grissini bread sticks

- 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 sole 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

- assorted italian desserts

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 kaiser with apple & raisins
- grilled vegetable baguette, leaf lettuce and kalamata olives served with horseradish,
- mustards and gherkins

- mini dessert pastries and fresh fruits

lifestyle cuisine lunch buffet

- creamless bermuda banana tomato bisque
 - organic baby greens, sun dried cherry, 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 smoothie shots, mini fresh fruit tarts
 - platters of sliced seasonal fruit

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 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 pepperoni, 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

luncheon menu

Bringing art to à la carte

all prices are **per person**

lunch menus include a minimum of 3 courses and must include a main course. all lunches are served with an selection of fresh baguette with oil and balsamic, fresh starbucks brewed coffee, decaffeinated coffee and exclusively blend of tazo teas.
minimum order 15 peoples

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soups

Beef barley soup

Beef consommé and rice vermicelli

Broccoli cheddar soup, garlic fresh cream

Cream of potatoes, fresh herbs oil

Cream of carrots, ginger and honey

Cream of mushrooms, curcuma oil

salads

deconstructed ceasar salad, smoked bacon, fresh parmesan shavings, garlic croutons and house dressing

baby spinach salad, served with mandarin oranges, roasted almonds, field berries and raspberry dressing

edamame beans and arugula salad, roasted walnuts and slices of radishes, yogurt and lemon dressing

mesclun and kale salad, cherry tomato, roll-up of carrot, cucumber. maple balsamic dressing

savoura tomatoes and bocconcini salad, balsamic reduction. fresh herbs coulis

main courses

locally sustainable trout fillet, blood orange and honey glazed, red quinoa, grapefruit and ginger emulsion

lemon and herbs atlantic salmon fillet,
lemon beurre blanc, green onions scented jasmine rice,
fresh vegetables

grain fed and oven baked chicken breast, wild mushrooms
and sweet pepper sauce

duck leg confit, warm beet salad, fingerling potatoes and mandarin,
porto and orange sauce

slowly roasted pork tenderloin, mustard and maple sauce. garlic and
thyme roasted potatoes, grilled seasonal vegetables

chowder of beef bourguignon in a puff pastry, mashed potatoes and
roasted root vegetables

siracha marinated tofu, vegetable pearl couscous olive tomato sauce,
cauliflower florets

salad entrees

the nature cobb

fresh seasonal greens and spinach, 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, shredded carrot,
broccoli florets, bean sprouts, mandarin orange segments,
sesame citrus soy dressing

desserts

three-layer chocolate fudge cake, chocolatebutter cream, field berries coulis

irresistible two-layer genoise cake, caramelized chocolate mousse and caramel,
raspberry coulis

lemon cheesecake tart, candied peach coulis

sugar tart, maple custard

a brownie cheesecake, made with a smooth blend of cheesecake cooked on a
brownie and covered with chocolate and caramel

white chocolate and butterscotch mousse

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