



Working Lunches

Create your own menu from our lunch or full catering menu or simply select one of the following. Please note soup & chowder is only available from October 1st - June 30th.

Sandwich

Min. 6

Assortment of Gourmet Sandwiches
Soup of the Day or Garden Salad
Sweet Tray- cookies & squares
\$12.95 pp

Quiche

Min. 8

Individual Quiche
(Lorraine or Broccoli & Cheddar)
Chickpea & Dill Salad with Lemon Vinaigrette
Garden Salad
Lemon Mousse Cheesecake
\$14.95

Lasagna

Min 8

Meat or Vegetarian Lasagna
Caesar Salad
Garlic Bread
Sweet Tray- cookies & squares
\$15.95

Stir Fry

Min. 10

Chicken, Beef or Pork Stir Fry tossed with fresh Vegetables in a Tangy Sauce served with rice
Fruit Almond Flan
\$12.95

Chicken Pot Pie

Min. 6

Individual Chicken Pot Pie
Garden Salad
Sweet Tray- cookies & squares
\$12.95 pp

Cold Protein Lunch

Min. 10

Sliced Chicken Breast with Mango Salsa
or
Poached Salmon with dill Sauce
Potato Salad
Lemon Chickpea Dill Salad
Baby Green Salad
Sweet Tray- Cookies & Squares
\$15.95

Cold Cuts Lunch

Min. 6

Sliced Breast of Chicken
Black Forrest Ham
Rare Roast Beef
Baguette & Condiments
Potato Salad or
Vegetable Pesto Pasta Salad
Baby Green Salad
Fruit Salad
\$14.95

Boxed Lunch

Min. 6

Gourmet Sandwich
Salad of the day
Apple or Orange
Cookie & Square
(substitute fruit for fruit salad with 1 dessert)
\$12.95

Crepe

Min. 8

Seafood, Chicken & Leek or Vegetarian
Seven Grain Salad or Rice
Spinach Salad
Fresh Fruit Tart
\$14.95

Chowder

Min. 10

Seafood Chowder
Classic Sandwiches
Sweet Tray- Cookies & Squares
\$14.95

Pasta

Min 10

Maple Glazed Chicken Curried Penne
or
Roasted Vegetable & Pesto Penne
Baguette
Baby Green Salad
Lemon Flan
\$14.95



Lunch Menu : Sandwiches

Gourmet Sandwiches - minimum order of 3 per variety

Baguette

Rare Roast Beef with Mustard, Mayo & Caramelized Onions. \$6.25

Multi grain

Black Forest Ham and Swiss \$6.25

Tuna Salad & Cucumber \$6.25

Roasted Vegetables, Aioli, Pesto \$6.25

Panini

Grilled Chicken, Roasted Red Pepper and Basil Pesto \$6.25

Soft Tortilla Wraps - minimum order of 3 per variety- white or whole wheat flour tortilla

California Chicken. \$6.95

Roast Beef & Caramelized Onions \$6.95

Roasted Vegetable \$6.95

Tuna & lettuce \$6.95

Tea Sandwiches - minimum order of 10 with a minimum of 3 per variety

Delicate party sandwiches, crusts off on whole wheat and/or white bread. Choice of egg & tomato, roast beef, cream cheese & cucumber, chicken salad, ham & cheese, shrimp & green onion, poached salmon salad or tuna salad \$4.95

Lobster \$9.95

Classic Sandwich Tray - minimum 10 people - 1½ sandwiches per person

per person. \$7.95

Egg Salad; Ham & Cheese; Roast Beef; Tuna Salad; Salmon Salad; Chicken Salad

Open Faced Sandwich Tray - 20 sandwiches

per tray. \$60.00

Smoked Salmon with Cream Cheese; Roasted Vegetables, Pesto & Feta Cheese;

Chicken, Pesto and Grilled Red Pepper; Roast Beef, Mustard and Caramelized Onions;

Baby Shrimp and Green Onion on Panini round. Perfect for reception or a few per person

with salad for light lunch.

Make Your Own Deli Sandwich Tray - minimum 10 people

per person. \$9.95

A selection of deli meats and cheeses accompanied with baguette bread, butter,

mustard, mayonnaise and pickles

Substitute deli meats with Chef's roast beef or grilled chicken. add \$2.00



Lunch Menu : Salads

Salads - minimum order of 6 portions. Many are lactose and gluten free, please inquire.

Oriental Noodle with Soy and Sesame Oil Dressing	\$2.95
Vegetable Pasta with Pesto Vinaigrette.	\$2.95
Red Potato Salad with Mayonnaise, Egg and Green Onion	\$2.95
Coleslaw	\$2.95
Roasted Root Salad, with Maple Vinaigrette	\$2.95
Chickpea Dill Salad with Lemon Vinaigrette	\$2.95
Lentil Chickpea Salad with Cumin Vinaigrette	\$2.95
Beet Salad with Vinegar & Oil	\$2.95
Seven Grain Salad with Asian Vinaigrette.	\$3.95
Fiesta Bean & Barley Salad with Honey Poppy Seed Vinaigrette	\$3.95
Tabbouli	\$3.95
Garden Salad with Dressing of Choice. -Mixture of greens, tomato, cucumber, peppers, carrot, zucchini and onion	\$3.95
Baby Green Salad- Mixture of baby greens with a sprinkling of julienned vegetables. . .	\$3.95
Greek Pasta Salad tossed in Greek Vinaigrette.	\$3.95
Traditional Greek Salad with Greek Vinaigrette.	\$4.95
Classic Caesar Salad.	\$4.95
Greek Salad with Romaine Lettuce and Greek Vinaigrette	\$4.95
Spinach Salad with Honey Bacon Dressing	\$4.95
Marinated Mushrooms with a Balsamic Vinaigrette	\$5.95
Fresh Fruit Salad (12 oz).	\$4.95
Composed Roasted Vegetable Salad with Balsamic Vinaigrette	\$4.95

Main Course Salads

Chicken Caesar (individually boxed).	\$11.95
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Choice of Dressings

Vinaigrette- Honey Poppy Seed, Lime Cilantro, Greek, Fruit or Balsamic



Lunch Menu : Soups & Pizzas

Soups - minimum order of 10 portions.

Servings are 12 oz each. For orders less than 10, try our soup of the day.

Puree of Roasted Squash and Roasted Shallot	\$4.95
Puree of Carrot with a hint of Ginger	\$4.95
Chicken Noodle with Vegetables	\$4.95
Cream of Winter Vegetable.	\$4.95
Lentil and Bacon.	\$4.95
Split Pea with Ham.	\$4.95
Beef and Barley.	\$4.95
Zucchini and Dill	\$4.95
Cream of Cauliflower and Broccoli with Cheese	\$4.95
Minestrone.	\$4.95
Cream of Tomato	\$4.95
Wild Mushroom	\$5.25
Seafood Chowder	\$6.95
Meat Chili	\$5.95
Vegetarian Chili	\$4.95

Crackers \$0.25 per packet; Crusty Rolls or Sliced Baguette \$0.75 each

Pizza - All of our Pizzas are prepared with our own delicious crust and sauces.

- 16" (8 slices). \$29.95
- Roasted Vegetables topped with Tomato Sauce & Feta Cheese.
- Californian topped with Pesto Cream, Chicken, Artichokes, Sun-dried Tomato & Swiss
- Hawaiian topped with Tomato Sauce, Ham, Pineapple, Peppers & Mozzarella.
- Mediterranean topped with Tomato Sauce, Italian Sausage, Red Onion, Black Olives, Tomato & Feta Cheese.
- Wild Mushroom topped with a rich Mushroom Ragout and Swiss Cheese.
- Chicken Barbecue topped with Barbecue sauce, Grilled Chicken, Peppers & Mozzarella



Lunch Menu : Beverages

Beverages- Our coffee is locally roasted fair trade organic.

Dasani Water (355ml) standard size for catering unless larger is requested	\$1.50
Dasani Water (591ml)	\$1.95
Fresh Brewed Coffee-Decaf, Columbian or Dark (by the 10 cup thermos)	\$18.00
Tea (by the 10 cup thermos)	\$18.00
Herbal Tea .- variety of tea bags with hot water- min . 6.	\$1.95
Milk (2%, or Skim 500 ml)	\$1.95
Chocolate Milk (500ml)	\$2.25
Juice (Orange, Apple, Cranberry- can).	\$1.95
Soft Drinks (assorted varieties- can)	\$1.95
Bottled Green Water (Limeflower, Lemongrass &Ginger, Citrus, Cranberry Orange, Elderflower)	\$2.55
Nestea (can).	\$2.25
Vitamin Water (bottle).	\$2.55

Something Sweet...

For Dessert and Sweet Tray Selections please refer to our menus under Bakewells on our website.

Placing Orders

To place an order please feel free to fax, email, or call. Should you wish to visit us in store to discuss your catering an appointment is recommended.

We kindly request a minimum of two days notice for all orders.

We recommend however allowing as much time as possible as some days book up well in advance.

Should you submit an order via fax, email or voice mail a confirmation is required. We will certainly entertain last minute requests when possible. Please note minimum orders throughout catering menu.

Please also advise us of any allergies or intolerances. While we can take great care to accomodate the preparation of nut free items we do work with nuts in our kitchen.

Paper Service & Packaging

Bonne Cuisine is proud to now offer biodegradable bamboo plates.

We provide disposable plates, soup bowls, napkins, disposable serving and eating utensils with catered meals for a charge of \$0.25 per person. Styrofoam cups are included in the coffee service price.

If catering trays are required a \$6.00 charge will be added per tray.

Delivery

Bonne Cuisine delivers from 7:00 am until 3:00 pm Monday to Friday.

Should you require delivery outside of these hours or during a previously booked time we can generally arrange for a courier. Standard deliveries in the downtown area are \$15.00.

Please call to inquire about deliveries to other locations. We put a lot of effort into delivering all orders as close to the requested time, however, due to traffic and weather. please allow a 15 minute window before and after your desired delivery time.

Methods of Payment

We accept cash, debit, Visa, Master Card and corporate cheques. We can invoice approved customers with payment due within 30 days. For private receptions down payment is required upon confirmation and balance due within 72 hrs following the function.

Cancellation- Bonne Cuisine requires 48 hrs cancellation notice.