

COOKANDETC

CATERING MENUS

SANDWICH & SALAD OPTIONS

PRICES ARE PER LUNCH BOX - INCLUDES A SALAD AND A DESSERT

Philly cheese steak (steak, cheese, sautéed peppers
and onions)
\$17.50

Chicken cutlet (breaded chicken breast with
cheese mayo lettuce, tomato and marinated eggplants)
\$17.50

Pulled pork (with a homemade slaw)
\$17.50

(V)Rainbow - Hummus , beets, shredded carrot, cucumber, spinach
and tomatoes
\$17.50

(V) Grilled Vegetable and Mozzarella
\$17.50

Proscuitto boccancini (lettuce, marinated eggplants)
available in Pannini or Wrap
\$17.50

(V) Caprese - fresh mozzarella, basil pesto and tomato slices)
Available in Pannini or Wrap
\$17.50

California Turkey (sprouts, lettuce, cucumber, tomato's)
Available in Pannini or Wrap
\$17.50

Smoked Salmon Lox (Cream cheese, lettuce, cucumber & Capers)
Available in Bagel or Wrap
\$17.50

Tuna Salad (lettuce, olives, tomatoes and onions)
Available in Pannini or Wrap
\$ 17.50

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MEAL SALAD OPTIONS

PRICES ARE PER LUNCH BOX - INCLUDES A DESSERT

Cheese tortellini, arugula & grilled chicken
salad (red onion & homemade vinaigrette)
\$ 20.00

Chicken Caesar - Romaine, croutons &
homemade Caesar dressing
\$ 20.00

Kale Beet & Salmon Salad - White Balsamic
vinaigrette
\$20.00

(Vegan) Baby Spinach, Lentil salad with carrot
& pomegranate) tahini & Olive oil dressing
\$20.00

ASIAN CORNER OPTIONS

PRICES ARE PER LUNCH BOX - INCLUDES A DESSERT

Sushi Box - 12 pcs (Variety of sushi and
sashimi)
\$20.00

Sushi Box (V) - 12 pcs (Variety of sushi and
sashimi)
\$20.00

Spicy Asian crab salad (lettuce, carrot,
cucumber, celery, spicy mayo vinaigrette)
\$ 20.00

Poke Bowl - Grilled chicken OR Grilled Tofu
\$ 20.00

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SIDE SALAD OPTIONS

Mixed greens

Baby Spinach & mushroom

Beets with goat cheese

Mediterranean Quinoa salad (fresh cucumber, red bell pepper, red onion, chickpeas, fresh parsley and a garlicky olive oil and lemon dressing)

Fennel Orange

Pasta salad (Italian style pasta, cherry tomatoes, bell peppers and olives)

Bean Salad (beans corn and hearts of palm)

Couscous salad (Greek style chopped cucumber, cherry tomatoes, chopped parsley, chopped basil, red onion, and feta cheese)

Greek Salad

Potato (creamy or non creamy)

DESSERT OPTIONS

Brownie

Chocolate chip cookie (reg, double choco, red velvet, white)

Sfogliatella (crusty pastry with a baked custard center)

Mini Tarts (fruit , lemon, key lime)

Heavenly taste biscotti (All dressed bite size)

Butter Cookies

Rice Crispy square

Amaretti

DRINKS OPTIONS

Bottled Water / Soft drinks / canned iced tea - \$1.50 /each

Pelligrino / sparkling water - \$3.00 / each