



**Gourmet Lunch Box 14.99\$ [M]**  
 Leafy salad  
 Chef's choice salad  
 Sandwich:  
 wrap **OR** baguette **OR** multigrain ciabatta  
 Dessert of the Day

**Miss Prêt Bento Box 16.99\$ [G] [L]**  
 2 Chef's choice side salads  
 Sliced organic protein on salad  
 (ex: organic grilled chicken breast,  
 salsa verde on arugula)  
 Fresh fruit salad

**Beverages**

Soft Drinks 2.25\$  
 Small / Big bottled water 2.25\$ / 4.00\$  
 Small / Big sparkling water 2.25\$ / 5.00\$  
 Kiju Organic Juice 3.99\$  
 Rise Kombucha 4.99\$  
 Organic juice spritzers 2.25\$  
 Jus Pur **OR** Joys of Living 10.00\$  
 (organic fresh cold-pressed juice)  
 Smoothies 4.50\$  
 V8 2.25\$  
 Flavoured San Pellegrino 2.75\$  
 Filicori Tea 3.50\$

**Filicori Coffee**

(includes disposable cups, milk,  
 cream, sugar & stir sticks)  
 32.00\$ for 12 cups **OR** 48.00\$ for 20 cups

**Simple Cold Buffet 16.50\$ [L] [M]**  
 1 Leafy salad  
 1 Chef's choice side salad  
 2 Sandwich choices:  
 wrap **OR** baguette **OR** multigrain ciabatta  
 Fresh fruit salad  
 Dessert of the day

**Gourmet Cold Buffet  
 Sandwich Platter 18.50\$ [L] [M]**  
 1 Leafy salad  
 2 Chef's choice side salad  
 3 Sandwich choices:  
 wrap **OR** baguette **OR** multigrain ciabatta  
 Fresh fruit salad  
 Dessert of the day

**Gourmet Cold Buffet  
 Lean n' Mean 18.50\$ [G] [L] [M]**  
 (no sandwiches)  
 1 Leafy salad  
 2 Chef's choice side salad  
 2 organic protein platters  
 (ex: organic grilled chicken breast & salsa verde,  
 organic salmon pave & salsa vierge)  
 Fresh fruit salad  
 Dessert of the day

**Gluten-Free Bread Available +1.00\$**

**Simple Hot Buffet 22.50\$ [G] [L] [M]**  
 1 Leafy salad  
 1 Chef's choice side salad  
 1 Hot organic protein  
 1 Hot side  
 (ex: roasted garlic mash, wild rice pilaf)  
 Fresh fruit salad  
 Dessert of the day

**Gourmet Hot Buffet 25.00\$ [G] [L] [M]**  
 1 Leafy salad  
 1 Side Salad  
 2 Hot organic proteins  
 1 Hot side  
 (ex: roasted garlic mash, wild rice pilaf)  
 Fresh fruit salad  
 Dessert of the day

**Add-Ons +3.00\$ / person**  
 Local cheese platter & accompaniments  
 (crackers, nuts, dried fruits, crustinis etc)  
 Local charcuteries platter & accompaniments  
 (olives, pickles, crustinis, mustard etc)  
 Fresh fruit platter  
 Gourmet bouchées  
 (list available on request)  
 Raw & vegan truffles [G] [L] [M]



[G] = gluten free | [L] = lactose free | [M] = vegetarian  
 Menu items subject to change based on seasonal availability  
 Minimum 6-person order for delivery  
 Eco-friendly plates, utensils & napkins included