



### Sandwiches and Wraps:

\$6.50 each

#### Sandwiches

White | Rye | Whole Wheat | Multigrain  
Bread

filled with

Roasted Deli Turkey | Egg Salad | Chicken  
Salad | Corned Beef |  
Black Forest Ham & Swiss Cheese

#### Whole Wheat Wraps

Philly Cream Cheese & Shaved Beef |  
Mango Chicken Curry | Basil Pesto Tuna  
with Sun dried Tomatoes | Tarragon  
Roasted Root Vegetables

### The Lunch Bell Bundle:

\$13.00 per person

A variety of our wraps and /or sandwiches  
served with pickles, your choice of Caesar  
salad, house salad or vegetables & dip, and  
a sweet selection for desert

#### Salads:

Caesar | Spinach | House | Southwestern  
Quinoa | Mediterranean

Small Bowl \$40.00 (serves 10-12)

Large Bowl \$60.00 (serves 20-25)

#### Cheese Platter:

Assortment of domestic cheeses & crackers

Regular (serves 8-12) \$40

Medium (serves 15-20) \$56

Large (serves 25-30) \$78

#### Vegetable Platter:

Your garden favourites served with our  
homemade dip

Regular (serves 8-12) \$30

Medium (serves 15-20) \$40

Large (serves 25-30) \$60

#### Fresh Fruit Platter:

Fresh seasonal fruit served with yogurt dip

Regular (serves 8-12) \$35

Medium (serves 15-20) \$45

Large (serves 25-30) \$65

### Hot Appetizers:

Sold and priced by the dozen (Min. 2 dozen)

Tomato Bruschetta \$16.00

Chicken Satay Skewers \$20.00

Spanakopita \$22.00

Individual Beef Wellingtons \$25.00

Lobster Phyllo Rolls \$28.00

Crab & Brie in Phyllo \$28.00

### Hot Entrees:

Deep Dish Meat Lasagne \$70 per tray  
(20-24 Pieces)

Deep Dish Veggie Lasagne \$70 per tray  
(20-24 Pieces)

Self-Serve Roasted Chicken Dinner:  
6 oz oven roasted chicken breasts, garlic  
mashed potatoes,  
seasonal vegetables, and bread rolls  
\$18.00 per person

### Dessert/Sweets:

Ask about our daily selection of in house  
prepared desserts and delicious sweets.

Cakes| Pies| Pastries

Special requests can be accommodated with  
notice.

Paper goods and cutlery are supplied,  
serving utensils are available for an  
additional charge.

### Ordering Guidelines

\* 48 hours notice is ideal, with less time we  
will do our best to accommodate your needs.

\* Please call ahead and speak to our Chef  
for seasonal specialties, dietary concerns,  
and consultations.

\* 24 hours notice is required to cancel orders.

\* Menu and Prices are subject to change.

\* Prices do not include tax.

\*Free Delivery on orders over \$100 before  
taxes available throughout Winnipeg

# FEEDING CHANGE