



Captain's Choice



Mixed Garden Greens

Crisp greens, English cucumbers, ripe Roma tomatoes and fresh baked croutons, served with our zesty Balsamic vinaigrette

White Bean Pesto Salad

A delightful mix of tender white beans, fresh tomatoes, sundried tomatoes, and roasted garlic tossed in a light basil pesto

Seven Grain Salad

A hearty blend of 7 different types of grains! Yellow lentils, wheatberry, couscous, green mung beans, brown rice, navy beans, spelt, black turtle beans, served with red peppers in a light curry vinaigrette

Assorted Tasty Breads

Bakery fresh loaves, gourmet rolls, flatbreads and crisps accompanied by a selection of Mediterranean dips and real whipped butter

Roast Beef

This juicy and flavourful AAA roast beef is aged for 28 days, hand carved, and served au jus with grainy mustards & horseradish

Braised and Herbed Chicken Breast

A juicy and flavourful chicken breast rubbed with a blend of garden-fresh herbs, spices and a squeeze of lemon

Roasted Garlic Mashed Potatoes

Buttery Yukon gold mashed potatoes infused with the flavours of roasted garlic, extra virgin olive oil and spring onions

Garden Fresh Vegetables

A flavourful medley of baby carrots, broccoli and cauliflower lightly steamed and tossed with wild mushrooms and fresh garden herbs

Sweet Endings

A deliciously tempting selection of gourmet cakes, tortes, fresh-baked cookies and a bounty of seasonal fresh fruits

**Freshly brewed regular & decaffeinated coffee
orange pekoe & assorted herbal teas.**

\$29.95 per person



Our chef reserves the right to make any substitutions depending upon quality of ingredients.

All prices are subject to 5% GST, 8% PST & 15% House Service Charge. Effective July 1, 2010, all prices are subject to 13% HST and 15% House Service Charge.

Price subject to change without notice
2010