



# Émotions Catering

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## Lunch ~ Cold Buffet Selections (salad and sandwich)

### **The Gourmet Sandwich Experience**

Garden Fresh Greens with Dried Cranberries, Mandarin Slices, and Poppy Seed Dressing

~ *Selection of Sandwiches* ~

Thai Chicken Wrap with Bean Sprouts, Red Peppers and Peanut Dressing

Roast Beef on a Ciabatta Bun with Horseradish Mayonnaise, Swiss Cheese and Iceburg Lettuce

Ham with Brie Cheese, Sliced Apples and Honey Mustard on a French Roll

Individual Triple Chocolate Mousses and Cheesecake Slices

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### **The Boardroom Wrap**

Spinach with Strawberries, Sliced Mushrooms and a Creamy Poppy Seed Dressing

~ *Selection of Sandwiches* ~

Multicolored Sliced Peppers and Herb Cream Cheese Wrap

Breaded Chicken Strips Wrap with Tomatoes, Lettuce, Red Onion and a Chili-Garlic Mayonnaise

Ham and Brie Cheese Wrap with a Pineapple, Red Pepper and Onion Salsa

Selection of Cheesecake Slices

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### **The Lighter Fare**

Garden Fresh Greens with Cucumber Slices, Red Pepper Slivers and a Sweet Balsamic Vinaigrette

~ *Selection of Sandwiches* ~

Roasted Turkey Breast with Swiss Cheese, Charred Red Onions and Pesto Mayonnaise

Mediterranean Grilled Vegetables with Basil and Feta Cheese Wrap

Chicken Caesar Wrap with Romaine Lettuce, Bacon and a Creamy Parmesan-Dijon Dressing

Beautifully Arranged Fruit Platter and an Assortment of Cookies

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### **The Traditional**

Classic Potato Salad with Pickles, Celery, Carrots, Eggs and a Creamy Mayonnaise

Assortment of Sandwiches cut into Triangles

Fillings include: Egg and Chives, Cream Cheese and English Cucumber, Chicken Cumin Salad,

Ham and Cornichons, Tuna Salad and Salmon Salad

Assorted Gourmet Dessert Squares



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## Lunch ~ Cold Buffet Selections (soup and sandwich)

### Hearty Lunch

Minestrone Soup

*~ Selection of Sandwiches ~*

Roast Pork on a Ciabatta Bun with a Spicy Creamy Coleslaw

Submarine Sandwich with Spicy Genoa Salami, Ham, Provolone Cheese, Romaine Lettuce and a Mayo-Yogurt based sauce with Roasted Red Peppers and Garlic

Mediterranean Grilled Vegetables with Basil and Feta Cheese Wrap

Selection of Cheesecake Slices

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### The Executive

Carrot and Potato Soup

*~ Selection of Sandwiches ~*

Cumin Spiced Chicken Breast with Black Beans,

Corn and a Ranch-Avocado Dressing wrapped in a Soft Tortilla

Roast Beef on a Ciabatta Bun topped with Greens and a Chipotle Aioli

Sliced Baguette Stuffed with Artichokes, Spinach, Sundried Tomatoes and Herbed Cream Cheese

White Cakes with a Butterscotch Pecan Sauce

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### The VIP

Leek Soup

*~ Selection of Sandwiches ~*

Roast Beef with Curry Sauce, Roasted Red Peppers and Rosemary

Roasted Garlic Hummus and a Medley of Vegetables served in Pitas

Blackened Fish, Celery, Shredded Carrots and Cabbage wrapped in a Soft Tortilla

Selection of Cheesecake Slices

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### Grand Deli Lunch

Herbed Butternut Squash Soup

*~ Selection of Sandwiches ~*

Chicken Salad with Walnuts and Celery in a Dijon-Mayonnaise served on Croissants

Spiced Rubbed Turkey Wraps with Tomato Salsa, Lettuce, Cheddar Cheese and Smoked Paprika Aioli

Pitas stuffed with Eggplant, Roasted Peppers, Tomatoes and Cucumbers

Selection of Gourmet Dessert Squares and Cookies



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## Lunch ~ Hot Buffet Selections

### **Business Class Buffet**

Spinach with Strawberries, Sliced Mushrooms and a Creamy Poppy Seed Dressing  
Filet of Salmon topped with Shrimp and a Peppercorn Sauce  
Steamed Long Grain Rice  
Mixed Vegetables with Herbed Butter  
Selection of Cheesecake Slices

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### **Asian Buffet**

Asian Cabbage Salad with sliced Mushrooms, toasted Almonds and Soy Vinaigrette  
Roasted Pork Tenderloin Medallions with a Brown Sugar Lemon-Ginger Sauce  
White Rice with Green Onions, Peas and Lemon  
Selection of Cheesecake Slices

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### **Grand Buffet**

Fresh Greens with slices of Cucumbers, Red Pepper Slivers and a Basil-Balsamic Vinaigrette  
Chicken Breast topped with Bruschetta, Bacon and Spiced Gouda  
Rice Pilaf with Sweet Peas, Red Pepper and Toasted Almonds  
Vanilla and Chocolate Cupcakes topped with Buttercream Icing

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### **Italian Buffet**

Caesar Salad with Bacon and Garlic Croutons tossed with a Dijon-Parmesan Vinaigrette  
Roasted Chicken Breast stuffed with Prosciutto and Provolone Cheese  
topped with a Sundried Tomato Cream Sauce  
Roasted Potatoes with Garlic and Herbs  
Rolls with Butter  
Fruit Salad in a Ginger Infused Syrup



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## Lunch ~ Hot Buffet Selections (continued)

### **Fajita Buffet**

Chicken Strips in a Jerk Marinade grilled with Peppers and Onions  
Warm Flour Tortillas  
Tomato Salsa, Cheddar Cheese, Guacamole and Sour Cream  
Spanish Rice with Sweet Corn and Black Beans  
Assorted Gourmet Dessert Squares and Cookies

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### **Comfort Food Buffet**

Cabbage Salad with Sliced Green Peppers and Onions in a Sweet Celery Seed Vinaigrette  
Morsels of Tender Chicken in a Creamy Swiss Cheese Sauce with Red and Green Peppers  
Savoury Puff Pastries  
Medley of Fresh Vegetables with Herbs  
Assorted Gourmet Dessert Squares and Cookies

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### **Canadian Buffet**

Garden Fresh Greens with Dried Cranberries, Mandarin Slices and Poppy Seed Dressing  
Sliced Oven Roasted Ham with Apple Mustard Glaze  
Rice Pilaf with Sweet Peas  
Carrots with Herbed Butter  
Mini White Cakes with a Canadian Whisky Butterscotch Pecan Sauce

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### **Pasta Express**

Caesar Salad with Crisp Bacon and Garlic Croutons tossed with Dijon-Parmesan Vinaigrette  
Grilled Chicken Breast and Penne Pasta tossed with Sautéed Vegetables  
in a Parmesan Alfredo Sauce with Sundried Tomatoes  
Toasted Garlic Bread  
Tropical Fruit Kabobs served with an Orange Cream Dip and a Strawberry Yogurt Dip



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## Lunch Menu Accompaniments or Break Options

### **Cheese Platter**

A Delicious Selection of Cheddar, Havarti, Gouda and Emmentaler  
Served with Crackers and Fruits  
Small (serves 10 - 18)  
Medium (serves 20 – 33)  
Large (serves 35 – 40)

### **Fresh Fruit Platter**

A Display of Fresh Seasonal Fruits  
Small (serves 10 - 18)  
Medium (serves 20 - 33)  
Large (serves 35 - 40)

### **Vegetables Platter**

Selection of Fresh Garden Vegetables served with Ginger-soy Aioli and Roasted Red Pepper & Feta Dip  
Small (serves 10 - 18)  
Medium (serves 20 - 33)  
Large (serves 35 - 40)

### **Pita Crisps and Dips**

Seasoned Pita Crisps served with Roasted Garlic Hummus and Baba Ghanouj Dip

### **Pretzels, Nuts, Yogurt covered Raisins and Dried Fruits**

A Healthy Morning or Afternoon Snack

### **Pâté Platters**

Assortment of Pâtés served with Nuts, Grapes and Baguettes

### **An Assortment of Slices of Cheesecakes**

Pumpkin Cheesecake, Tangy Lemon Poppy Seed Cheesecake, White Chocolate Ginger Cheesecake  
Tuttlet Cheesecake, Peanut Butter Cheesecake and New York Style Cheesecake

### **Chilled Beverages**

A Selection of Juices, Bottled Water and Soft Drinks

### **Coffee and Tea Service**

Regular and Decaffeinated Coffee and a Selection of Tea



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## Breakfast

### The Continental

Assorted Gourmet Muffins and Fruit Loaves  
Croissants and Bagels served with Jam, Butter and Cream Cheese  
A Display of Fresh Fruits  
Selection of Juices  
Tea and Coffee

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### The Eye Opener

Sugar-Crusted French Toast with Honeyed Apples  
Pork Sausages  
A Display of Fresh Fruits  
Selection of Juices  
Tea and Coffee

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### The Original

Scrambled Eggs with Cheddar Cheese, Onions, and Red and Green Peppers  
Grilled Potatoes sprinkled with Paprika  
Slices of Mustard Glazed Ham  
A Display of Fresh Fruits  
Selection of Juices  
Tea and Coffee



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## Breakfast Menu Accompaniments

### Individual Yogurts

Assortment of Various Flavoured Yogurts

### Selection of Bagels

Served with Butter, Preserves and Cream Cheese

### Selection of Gourmet Muffins

Banana Coconut, Applesauce Spiced, Cinnamon Blueberry,  
Carrot Pineapple, Chocolate Date, Raspberry Almond

### Selection of Slices of Fruit Loaves

Cranberry Orange, Pumpkin, Zucchini Chocolate and Banana Walnut

### Baked Goods Platter

Honey Glazed Croissants with Chocolate Drizzle, Scones and Danishes

### Gourmet Cookies (can be served with a platter of fruit)

Toffee and Chocolate, Oatmeal Raisin, Peanut Butter, Triple Chocolate,  
Mint Supreme, Cranberry and White Chocolate, Smarties, and Molasses Crinkle

### Assortment of Desserts

Mint Brownies, Black Forest Squares, Lemon Squares, Bourbon Pecan Tarts,  
Lemon Cashew Diamonds, Rocky Road Squares, Nanaimo Bars