



the Lazy Gourmet



Lunch Menu

2022



Wraps

Selection varies seasonally, speak with an Event Planner for current selections.

Smoked Eggplant Wrap	NF DF	\$11
spinach, grilled red and yellow peppers, grilled zucchini and chickpeas		
Spicy Beef & Grilled Pineapple Wrap	NF	\$11
chipotle marinade, bell peppers, romaine lettuce and lime dressing		
Chicken Caesar Wrap	NF	\$11
crispy chicken, bacon, romaine lettuce and creamy caesar dressing		
Chicken Waldorf Wrap		\$11
romaine, walnuts, apples and honey mustard dressing		

Deli Sandwiches

Selection varies seasonally, speak with an Event Planner for current selections.

Mediterranean Vegetable	NF DF V	\$11
smokey chickpea spread, lettuce, tomatoes, cucumbers and black olives		
Tuna Salad	NF DF	\$11
mayo, lettuce, dill and cucumber		
Smoked Turkey	NF DF	\$11
caramelized onion mayo, lettuce, tomatoes and apricot date chutney		
Grandfather Ham and Swiss Cheese	NF	\$11
grainy mayo, lettuce and tomatoes		
Free Range Egg Salad	DF V	\$11
lettuce, mayo and cucumber		
Classic Roast Beef	NF	\$11
smooth dijon, lettuce, tomatoes, grilled onion and jalapeño havarti		



Entrée Salads

Minimum order of 6 per type

Kale & Romaine Caesar Salad NF V \$19 add chicken **\$6.5**
root vegetable chips, crispy capers and lemon

Lazy Gourmet Cobb Salad NF DF GF \$19
salmon, bacon, smashed avocado, charred corn, cherry tomatoes,
hard boiled eggs and caper vinaigrette

Thai Beef Salad DF GF \$19
romaine, napa cabbage, cherry tomatoes, orange segments, bell peppers,
shredded carrots, cilantro, green onions, peanuts and tamarind dressing

Asian Kale Salad \$19
sweet chili crispy tofu, carrots, roasted cashews, radish, green onion, cilantro,
creamy tamarind dressing

Chicken Caesar Salad NF \$19
grilled chicken, parmesan cheese, house-made croutons with focaccia toast

Fattoush Salad NF V \$19
falafel, crispy pita, cucumbers, onions, parsley, chickpeas, mint, tomatoes, feta,
za'atar, lemon vinaigrette

Honey Grilled Chicken Salad DF GF NF \$19
mixed greens, crispy red onions, citrus segments, toasted sunflower seeds,
caramelized orange dressing

Kale & Romaine Caesar Salad GF NF V \$19
root vegetable chips, crispy capers, lemon

Maple Salmon Salad DF GF \$19
sesame maple salmon, blueberries, candied almonds, red onion, kale, spinach,
champagne vinaigrette





Green Side Salads

Minimum order of 6 per type

BLT Salad DF GF \$6

with chopped romaine, bacon, tomatoes, croutons and sweet onion dressing

Baby Spinach Salad V GF \$6.5

grilled peaches, candied walnuts, soft blue cheese and summer peach dressing

Butter Lettuce Salad V GF per cup \$8

candied pecans, sliced pears, soft blue cheese and balsamic dressing

Baby Spinach Salad V GF NF \$6

red and yellow beets, pink grapefruit, Salt Spring Island goat cheese
and caramelized orange dressing

Classic Caesar Salad V GF NF \$4.5

house made croutons and parmesan cheese

Mixed Greens V GF NF DF \$4.5

cucumber, cherry tomatoes and balsamic vinaigrette

Speciality Side Salads

Minimum order of 6 per type

Kale Panzanella Salad V NF DF \$6.5

with red onion, tomato, Belgian Endive kale, parsnips, peppers, pitas
and a red wine vinaigrette

Crispy Coleslaw V GF NF DF \$4

Farro Salad NF \$6.5

with citrus dressing and shredded parmigiano

Cherry Tomato, Bocconcini & Fresh Basil Salad V GF NF \$8

Kale, Brussels Sprout, Cauliflower and Butternut Squash Salad V GF NF \$8
with lemon parmesan vinaigrette

Traditional Greek Salad V GF NF \$8

cucumbers, tomatoes, red onion, black olives, feta, greek dressing

Chicken and Mango Salad GF NF DF \$12

red onion, peppers and cilantro



Hearty Side Salads

Minimum order of 6 per type

Warm Potato Salad **GF**

with bacon vinaigrette

\$8

Tuna Nicoise Salad Platter **NF DF GF**

with seared B.C albacore tuna, mixed greens, marinated new potatoes, fried caperberries and a light Asian vinaigrette

per person **\$15**

Tuscan Pasta Salad **NF V**

Orecchiette pasta, peppers, white beans, green beans, roasted red onions, parmesan vinaigrette

\$6

Wild Rice and Grains Salad **DF V**

sun dried cranberries, toasted silvered almonds and a citrus vinaigrette

\$6.5

Italian Potato Salad **NF DF GF V**

with bacon vinaigrette

\$5

Rotini Pasta Salad **V**

Spanish olives, artichoke hearts and sundried tomato pesto dressing

\$6

Orzo Salad **NF DF VG**

asparagus, bell peppers and basil vinaigrette

\$6





Pastas

Minimum order of 6 per type

Seafood Penne	NF	\$15
spinach, grilled red and yellow peppers, grilled zucchini and chickpeas		
Chicken Rigatoni	NF	\$11
chipotle marinade, bell peppers, romaine lettuce and lime dressing		
Penne Carbonara	NF	\$11
crispy chicken, bacon, romaine lettuce and creamy caesar dressing		
Classic Spaghetti and Meatballs		\$11
Rotini with Roasted Vegetables	NF V	\$10
in a saffron cream sauce or a curry tomato sauce		
Vegetarian Penne	DF V	\$11
fennel, basil, pine nuts and tomatoes		
Penne Dijonnaise with Chicken	NF	\$11

Casseroles

All casseroles feed 8 guests

Squash and Cauliflower Lasagna	DF	VG	\$105
Vegetarian Lasagna			\$99
Chicken & Fontina Lasagna			\$99
Tomato Basil Seafood Lasagna			\$99
Beef Bolognese Lasagna			\$99
Jenny's Eggplant Parmesan			\$99
Baked Three Cheese Macaroni			\$75
Chicken Pad Thai			\$85
Tofu Pad Thai			\$70
Southwest Shepherds Pie			\$99



