

DINNERS

gf = gluten free

DF = dairy free

(Min order of 8 of each item required)

CHICKEN ENTREES

\$12.95

Cranberry & Orange **DF**

Sun Dried Cranberries simmered in a Ginger Orange Wine Sauce

Caribbean Chicken **gf DF**

With Mango Salsa

Prosciutto Stuffed Chicken **gf**

Stuffed with Basil, Mozzarella and Prosciutto in a Red Wine Tomato Sauce

Curry Butter Chicken **gf**

Tender pieces of Chicken Breast slow-cooked in an Indian Spiced Creamy Tomato Sauce
*Best served with Jasmine Rice

Chicken Marsala

Lightly Breaded Chicken Scaloppini with prosciutto, basil, Mushrooms, Garlic and Marsala Sauce.

Coq Au Vin **gf DF**

Tender Chicken simmered in a Wine Sauce with Herbs, Bacon, Mushrooms & Pearl Onions

Apple Rosemary and Caramelized Onion **gf**

with Creamy Apple Rosemary Sauce

Lemon Herbed Chicken **gf**

With Rosemary, Lemon and Garlic
Dairy free upon request

Hazelnut and Dried Fruit Stuffed Chicken

With Mango Glaze

BEEF, LAMB & PORK ENTREES

Beef Bourguignon **\$16.95 gf DF**

Tender Beef simmered in a Burgundy Red Wine Sauce with Button Mushrooms, Carrots & Pearl Onions

Beef Stroganoff **\$16.95 gf**

Beef Strips simmered in a Rich Beef Gravy with Shallots & Mushrooms. Finished with Cream

Caribbean Pork Tenderloin **\$12.95 gf DF**

With Mango Salsa

Rack of Lamb (Market Price)(Season) **gf DF**

Encrusted with Dijon and Rosemary
Complemented with Madeira Sauce.

WILD WEST COAST SALMON ENTREES

\$14.95

Whole or Individual Fillets Boned and Baked or Poached to perfection.

Complimented with choices of:

- Mustard and fresh Dill Sauce (cold) **gf**
- Maple and Creole mustard glazed **gf DF**

Salmon Wellington

SEASONAL MARKET PRICE

(Individual servings, min. servings.)

Wild West Coast Salmon Filets with a Lemon Herbed Cream Cheese & Spinach
Wrapped in a light golden Phyllo.

Halibut

SEASONAL. MARKET PRICE

Complimented with choices of:

- Thai Ginger **gf**
- Olive Caper **gf**
- Provencal **gf**

VEGETARIAN ENTREES

(Minimum of 8 servings required)

\$9.95

Vegetable Coconut Chickpea Curry **gf DF**

With Yellow, Green and Red Peppers, Onion, Green Peas, Coconut Milk and Cilantro
*Best served with Jasmine Rice

Black Bean Quinoa Chili **gf DF**

With Black Beans, Corn, Bell Peppers, Celery, Carrots and Cilantro

OTHER ENTREES

Jambalaya **\$14.95 gf DF**

With Chicken and Chorizo Sausage
Or

Paella **\$14.95 gf DF**

With Chicken, Chorizo Sausage and Prawns

Cook's Day Off

FINE FOODS & CATERING LTD.



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DINNER ENTREES AND DINNER PARTY MENUS

A SUMMER BUFFET DINNER

Caribbean Chicken  
with Mango Salsa

Maple Creole Salmon  
With a Mustard and Maple Glaze

Saffron Rice  

Strawberry Spinach Salad  
Fresh Spinach Leaves with Strawberries, Red Onions, Toasted Sunflower Seeds and Poppyseed Vinaigrette

Sweet Potato Salad 
Butternut Squash, Sweet Potatoes, Walnuts, Feta Cheese and Maple Vinaigrette

Fresh Baguette



\$32.95 per person
Based on groups of 12 or more

AN ELEGANT BUFFET DINNER



Hazelnut and Dried Fruit Stuffed Chicken
With mango glaze

Beef Stroganoff 
Beef Strips simmered in a Sauce with Shallots, Mushrooms and Cognac.
Finished with Cream



Broad Egg Noodles


Roasted Rosemary Potatoes  
Roasted to perfection with garden fresh Rosemary

Roasted Vegetables  
A Seasonal Mix of Vegetables Freshly Roasted

Spinach Mandarin Salad  
Fresh Spinach Leaves with Oranges, Red Onions, Toasted Sunflower Seeds and Poppyseed Vinaigrette
\$36.95 per person
Based on groups of 12 or more


AN ASIAN INSPIRED DINNER

Red Thai Coconut Curry Chicken  
With Limes Leaves, Bamboo Shoots, Bell Peppers, Carrots and Cilantro

Sweet and Sour Pork 
Tender Fried Pork and Pineapple in a Sweet and Sour Sauce.

Coconut Jasmine Rice  

Samosas
Indian-style Pastries filled with Vegetables, Herbs and Spices

Spinach Mango 
Fresh Spinach Leaves, Green Apple, Toasted Almonds and Coconut in Mango Dressing


Exotic Indian Platter
Fire-roasted Eggplant Dip, Apple Chutney, Cucumber Mint Raita and Almond Mint Dip surround by Papadums and Naan Crisps.

\$33.95 per person
Based on groups of 12 or more

A RUSTIC ITALIAN FEAST

Chicken Marsala
Lightly breaded Chicken Scaloppini with prosciutto basil Mushrooms, Garlic and Marsala Sauce.

Artichoke Lasagna
Artichokes, Sundried Tomato & Toasted Pine Nuts & Spinach in a Grainy Mustard Sauce, Parmesan & Mozzarella



Tomato and Bocconcini Salad 
Cherry Tomatoes, Baby Mozzarella, garden fresh Basil and Balsamic Syrup



Penne Feta Pasta Salad
with Sweet Peppers, Olives, Fresh Spinach and our Feta Dressing

Fresh Baguette


\$29.95 per person
Based on groups of 12 or more


CLASSIC FRENCH DINNER

Coq Au Vin  
Tender Chicken simmered in a Wine Sauce with Herbs, Bacon, Mushrooms and Pearl Onions

Beef Bourguignon  
Tender Beef simmered in a Burgundy Red Wine Sauce with Button Mushrooms, Carrots and Pearl Onions.

Lyonnaise Potatoes 
Thinly sliced potatoes with clarified butter and caramelized onions and garlic.

Green Beans Almondine 
Freshly steamed Beans with toasted Almond slices



Beet and Kale Salad 
With Pecans and goat cheese


French Baguette



\$35.95 per person
Based on groups of 12 or more

A VEGETARIAN ONLY DINNER

Chickpea Walnut Cakes 
With Sweet Potato, Walnuts, Chickpeas served with a Mint Almond Pesto

Quinoa & Black Bean Chili  
Black Beans, Corn, Peppers, Celery, Carrots, and Cilantro

Sweet Potato Salad 
Butternut Squash, Sweet Potatoes, walnuts, Feta Cheese and Maple Vinaigrette

Broccoli Coleslaw  
With Carrots, Dried Cranberries and Sweet Sauce.

Mediterranean Platter
Hummus, Tapenade, Caponata and Artichoke and Garlic Dip with Garlic Crostini and Parmesan Pita Points and Spiced Pita Chips

\$30.60 per person
Based on 12 or more
\$33.00 per person
Based on 8 guests