

Entrée Salad Bowls

| EARTH SALAD BOWL quinoa, avocado, sweet potato, edamame, shredded beets, kale, cherry tomatoes, broccoli, dried cranberries, citrus dijon vinaigrette | \$12.50 |
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| ZEN SALAD BOWL edamame, kale gomae, brown rice, baby spinach, carrots, sweet potato, miso sesame vinaigrette | \$11.50 |
| CLEANSE SALAD BOWL organic greens, shredded beets, avocado, marinated mushrooms, shredded carrot, cabbage, toasted almonds, white balsamic vinaigrette | \$12.50 |
| SOBA SALAD BOWL cold soba noodles, carrots, green onion, daikon, broccoli, edamame, black sesame, creamy sesame cashew sauce, boiled egg | \$11.50 |
| CANCÚN SALAD BOWL brown rice and kale, black beans, roasted corn, grilled peppers, avocado, pico de gallo, salsa verde, crispy tortilla, cilantro | \$12.50 |
| PHUKET THAI SALAD BOWL Quinoa, spinach, cabbage, cashews, cilantro, julienne peppers, toasted coconut, house made peanut sauce | \$11.50 |

ADD ONS:

Add Grilled Wild Salmon - \$9

Add Grilled Chicken breast - \$5

Add Marinated Tempeh - \$4

Add Tofu - \$3

Add Falafel - \$3

Add half avocado - \$2

Poke

DC TUNA POKE SALAD BOWL

\$14

blackened albacore tuna, organic greens, avocado, tomatoes, marinated artichokes, roasted corn, pea shoots, edamame, boiled egg and miso sesame dressing

WEST COAST SALMON POKE RICE BOWL

\$15

sesame soy marinated salmon, edamame, cucumber, pickled carrots, kale gomae, brown rice and yuzu vinaigrette



Express Cold Lunch Packages

min 10 guests

CLASSIC COLD LUNCH \$13.50 per guest

ASSORTMENT OF SANDWICHES & WRAPS

Includes an assortment of freshly made sandwiches and wraps, including:

CHICKEN CLUB WRAP

herb marinated chicken breast, tomato, romaine hearts and rosemary aioli on a whole wheat wrap

CHILLIWACK SMOKED HAM SANDWICH

with house made mustard, cornichon aioli, 2 year aged white cheddar and lettuce on a whole wheat Kaiser

HERBED ROAST BEEF SANDWICH

with tomato, horseradish aioli, demi glace, red onion and tomato on house baked baguette loaf

RUSTIC GRILLED VEGETABLE WRAP (VEGAN)

with grilled eggplant, zucchini, roasted peppers, tomatoes, organic greens and balsamic reduction on spinach wrap

ORGANIC FIELD GREEN SALAD

mesclun greens, cucumber, cherry tomato, carrots, radishes, toasted sunflower seeds and balsamic vinaigrette

FRESH FRUIT SALAD

with citrus and mint





SOUP AND SANDWICH \$15.50 per guest BOARDROOM LUNCH

ASSORTMENT OF SANDWICHES & WRAPS

Includes an assortment of freshly made sandwiches and wraps, including:

JERK CHICKEN SANDWICH

marinated jerk chicken with spinach, crunchy carrot slaw and rosemary aioli on ciabatta bread

SMOKED TURKEY WRAP

with bacon, tomato, romaine and house made buttermilk ranch on a spinach tortilla wrap

GENOA DELI SANDWICH

genoa salami & mortadella, pesto aioli, roasted peppers, tomato and spinach on focaccia bread

FALAFEL WRAP (VEGAN)

house made falafel with hummus, grilled zucchini, kale & tomato in a whole wheat wrap

CHOICE OF SOUP:

ROASTED BUTTERNUT SQUASH

with turmeric and caramelized onion

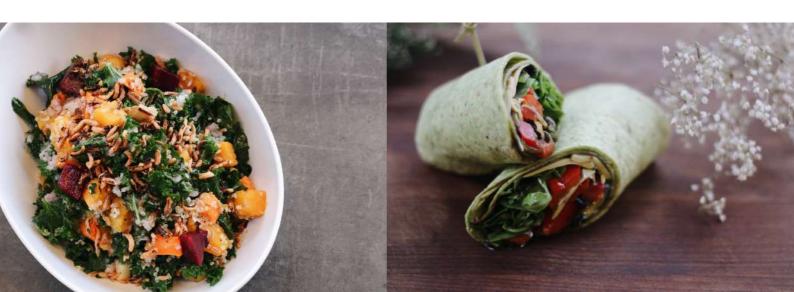
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SEASONAL MONTHLY ROTATING SOUP

Please enquire

ANCIENT GRAIN SALAD

with kale, roasted root vegetables, truffle vinaigrette and puffed wild rice



EXECUTIVE LUNCH

ASSORTMENT OF SANDWICHES & WRAPS

Includes an assortment of freshly made sandwiches and wraps, including:

ALBACORE TUNA SANDWICH

marinated albacore tuna, cornichon aioli, tomato and arugula on house baked baguette

WILD BC SALMON WRAP

with lemon dill aioli, tomato, cucumber and romaine in a whole wheat wrap

HERBED ROAST BEEF SANDWICH

with tomato, horseradish aioli, demi glace, red onion and tomato on house baked baguette loaf

RUSTIC GRILLED VEGETABLE WRAP (VEGAN)

with grilled eggplant, zucchini, roasted peppers, tomatoes, organic greens and balsamic reduction on spinach wrap

CHOICE OF SOUP:

ROASTED BUTTERNUT SQUASH

with turmeric and caramelized onion

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SEASONAL MONTHLY ROTATING SOUP

Please enquire

DC SIGNATURE SLOW ROASTED CINNAMON PEAR SALAD

with Okanagan goat cheese, organic greens, toasted pumpkin seeds and balsamic vinaigrette

ASSORTED SEASONAL DESSERT BARS

made in house by our pastry team



A la carte sandwiches & wraps: \$8.75 each

WILD BC SALMON WRAP

with lemon dill aioli, tomato, cucumber and romaine in a whole wheat wrap

ALBACORE TUNA SANDWICH

marinated albacore tuna, cornichon aioli, tomato and arugula on house baked baguette

JERK CHICKEN SANDWICH

marinated jerk chicken with spinach, crunchy carrot slaw and rosemary aioli on ciabatta bread

SMOKED TURKEY WRAP

with bacon, tomato, romaine and house made buttermilk ranch on a spinach tortilla wrap

GENOA DELI SANDWICH

genoa salami & mortadella, pesto aioli, roasted peppers, tomato and spinach on focaccia bread

FALAFEL WRAP (VEGAN)

house made falafel with hummus, grilled zucchini, kale & tomato in a whole wheat wrap

CHICKEN CLUB WRAP

herb marinated chicken breast, tomato, romaine hearts and rosemary aioli on a whole wheat wrap

CHILLIWACK SMOKED HAM SANDWICH

with house made mustard, cornichon aioli, 2 year aged white cheddar and lettuce on a whole wheat Kaiser

HERBED ROAST BEEF SANDWICH

with tomato, horseradish aioli, demi glace, red onion and tomato on house baked baguette loaf

RUSTIC GRILLED VEGETABLE WRAP (VEGAN)

with grilled eggplant, zucchini, roasted peppers, tomatoes, organic greens and balsamic reduction on spinach wrap

A la carte salads: \$4.25 each

min 6 servings

DC SIGNATURE SLOW ROASTED CINNAMON PEAR SALAD

with Okanagan goat cheese, organic greens, toasted pumpkin seeds and balsamic vinaigrette

PROVENÇALE POTATO SALAD

with roasted vegetables, black olives and herbs in red wine vinaigrette

MISO SOBA SALAD

cold soba noodles with angel hair vegetables, black sesame, green onion and miso sesame vinaigrette

ROASTED ROOT VEGETABLE AND TRUFFLE SALAD

with kale, ancient grains, roasted root vegetables, truffle vinaigrette and puffed wild rice

KALE CAESAR SALAD

with kale and romaine hearts, house made Caesar dressing, herb croutons, shaved parmesan and lemon

SHAVED BRUSSEL SPROUT SALAD

with red cabbage, kale, cranberries, green apple, toasted pumpkin seeds & citrus Dijon vinaigrette



LAVENDER ORANGE AND ALMOND SALAD

organic greens with lavender infused orange segments, toasted almonds, dried Okanagan cherries, fennel and apple vinaigrette

ISRAELI COUS COUS SALAD

with edamame, roasted corn, cured onion, cherry tomatoes, arugula and tahini harissa vinaigrette

BEET SALAD

shaved and roasted beets, carrot, Okanagan goat cheese, pearl barley, dried cranberries, organic greens and red wine vinaigrette

WILD MUSHROOM & TRUFFLE PASTA SALAD

roasted wild mushrooms with arugula, shaved parmesan, orrechiette pasta and truffle vinaigrette

QUINOA AND BEAN SALAD

quinoa with kidney beans, chick peas and black beans with apple vinaigrette and puffed wild rice

ROASTED SWEET POTATO SALAD

with honey Dijon dressing, roasted tomatillos, grilled peppers, baby spinach and toasted pumpkin seeds



Individual Boxed Lunches

BOXED LUNCH #1

\$15 per guest

Any sandwich or wrap, field green salad & cookie

BOXED LUNCH #2

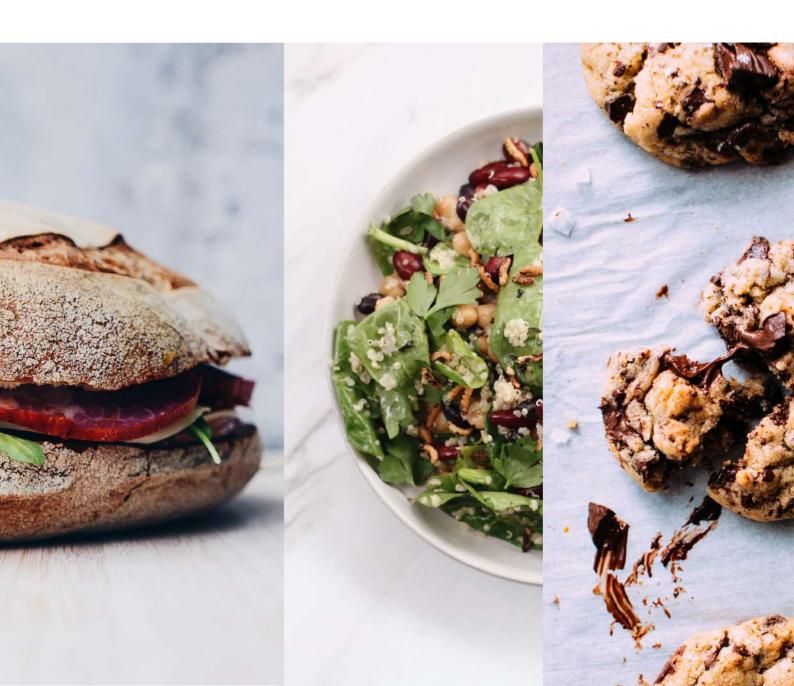
\$16 per guest

Any sandwich or wrap, choice of Kale Caesar or Slow Roast Cinnamon Pear Salad & dessert bar

BOXED LUNCH #3

\$18 per guest

Any sandwich or wrap, choice of Kale Caesar or Field green salad, fruit salad & cookie



Boardroom Platters

Small: 10-20 guests / Medium: 20-35 / guests / Large: 35-50 guests

DC SIGNATURE CHARCUTERIE DISPLAY

\$75/\$130/\$180

A selection of locally sourced and house made cured meats and terrines. Served with house made mustard, smoked castelvetrano olives, seasonal pickles and sliced baguette

ARTISAN CHEESE DISPLAY

\$75/\$130/\$180

A seasonal and carefully crafted selection of artisan cheeses with spiced pecans, house made confitures, dried fruits and sliced baguette

VEGETABLE ANTIPASTO DISPLAY

\$50/\$95/\$115

Marinated olives, grilled peppers, artichokes, balsamic mushrooms, grilled eggplant, marinated feta and house made pepperonata dip. Served with sliced baguette

WILD BC SMOKED SALMON DISPLAY

\$80/\$135/\$185

Wild BC Smoked salmon & maple salmon candy presented with cured onions, capers, lemon, dill cream cheese and sliced baguette

VEGETABLE CRUDITÉ DISPLAY

\$45/\$80/\$100

A selection of fresh seasonal cut vegetables arranged around house made roasted garlic hummus and buttermilk ranch dips

ARTISAN BREAD DISPLAY

\$40/\$75/\$95

A selection of artisan breads, served with seasonal infused butter, aged balsamic vinegar and extra virgin olive oil

FRESH FRUIT DISPLAY

\$45/\$80/\$100

An assortment of fresh cut seasonal fruits

Desserts

| ASSORTED FRESHLY BAKED COOKIES | \$2.75 |
|---|--------|
| ASSORTED SEASONAL DESSERT BARS Made in house by our pastry team | \$3.00 |
| MACARON DE PARIS | \$2.00 |
| DC RAW & VEGAN ENERGY BAR With dates, ginger, raw cacao, shredded coconut | \$4.00 |



Beverages

FRESHLY MADE SMOOTHIES (12 OZ): \$5.50 EACH

min 6 / flavour

RAW CACAO

Almond mylk, banana, cacao, dates, hemp hearts

FULL GREEN

Green apple, kale, pineapple, spirulina, lemon, ginger

HAWAIIAN SUNSET

Coconut water, young coconut meat, banana, pineapple, lime, almond mylk

BERRY BLISS

Strawberries, blueberries, raspberries, beets, banana, lemon, coconut milk

MATCHA MOOD

Matcha powder, almond mylk, banana, figs, chia seed



BOTTLES

BOYLAN'S ALL NATURAL CANE SUGAR SODAS

\$3.00

SAN PELLEGRINO

\$3.00

FRUIT JUICE CARAFES (2 LITRES)

\$26

Apple Juice Orange Juice Grapefruit Juice

INFUSED WATER

\$50 each

Adds an elegant touch to meetings and reduces waste. Includes glass dispenser and biodegradable cups. Each dispenser serves approximately 30 guests

- Citrus and Ginger
- Strawberry and Basil
- Cucumber and Mint
- Lavender and Raspberry



TIMBERTRAIN COFFEE

Vancouver-roasted premium coffee. Includes cream, raw sugar, biodegradable cups and stir sticks.

- 10 Cup Thermal Pushpot \$23
- 55 Cup Urn \$115
- 100 Cup Urn \$180

ASSORTED STASH PREMIUM TEAS & HOT WATER

Served with milk, raw sugar, and biodegradable cups and supplies

- 10 Cup Thermal Pushpot \$15
- 55 Cup Urn \$59
- 100 Cup Urn \$99

