

# The Lunch Menu Spring - Summer



## HORS-D'OEUVRES

Assorted cheese and cracker tray (GF crackers available)

Cucumber bite with cream cheese and tomato (GF)

Cucumber bites with smoked salmon  
& cream cheese (GF)

Devilled eggs (GF)

Chicken satay (GF)

Italian skewers

Puffed pastry with mushrooms

Fruit platter (GF)

Vegetables & dip or mini crudité cups (V, GF)

## SOUP

Award winning roasted autumn squash  
and apple soup (V, GF)

Award winning comfort soup - potato, sausage,  
bacon, ham, carrots

Chicken noodle

Gingered & turmeric carrot soup (V, GF)

Roasted roma tomato bisque

Potato leek with bacon

Split pea and ham

## SALADS

### Asian cucumber (V,GF)

Light and refreshing salad made with cucumbers, carrots, and a variety of Asian-inspired ingredients.

### Broccoli & red pepper (V, GF)

Very colourful and flavourful salad. broccoli, red pepper, apples, pumpkin seeds topped with a house vinaigrette.

### Caprese (GF)

Made with fresh mozzarella, tomatoes, basil, olive oil, and balsamic vinegar. It is usually served as an appetizer or side dish. The salad is often garnished with a sprinkle of salt and pepper.

### Caesar (GF if omitting croutons)

A classic salad made with romaine lettuce, croutons, parmesan cheese, bacon, topped with our house caesar dressing.

### Chickpea (V, GF)

Chickpea salad is a delicious and nutritious salad made with chickpeas, diced tomatoes, cucumbers, red onions, bell peppers, parsley, mint, and a dressing of olive oil, lemon juice, and garlic. It is a great source of plant-based protein and fibre.

### Garden (V, GF)

Mixed greens, tomatoes, cucumbers, carrots, and house vinaigrette.

### German potato (GF)

Red skinned potatoes, red onion, bacon, parsley, warm vinaigrette dressing.

### Greek (GF) or greek pasta

Fresh tomatoes, cucumbers, red onions, feta cheese, olives, and house dressing (pasta).

Our pasta salad is made with fresh vegetables, carrots, tomatoes, cucumbers, peppers, topped with your choice of a mayonnaise-based dressing or our house vinaigrette.

### Roasted beet (V, GF)

Our caramelized beets sit on a bed of either mixed greens or spinach, topped with goat cheese, oranges, red onions with a citrus dressing.

### Quinoa (V, GF)

Cooked quinoa with carrots, tomatoes, cucumbers, peppers with our house dressing.

### Watermelon and cucumber (GF)

Fresh watermelon, cucumber, feta cheese, and a simple dressing of olive oil, lemon juice, and herbs.



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## SANDWICHES

*Sandwiches are served in either wraps, buns, sliced bread*

**Ham & cheese** - Ham, cheese and Dijon mustard with mixed greens

**Chicken salad** - mixed greens, apples, grapes and cranberries

**Smoked turkey or chicken** - mixed greens, pesto mayo and cheese.

**Roast beef** - Dijon mustard with mixed greens

**Tuna salad** - tuna, Crisp apples, fresh cilantro and mixed organic greens.

**Egg salad** - Organic free-range eggs, fresh chopped chives, salt and pepper to taste

**Mixed vegetables** - Grilled vegetables, home made hummus and fresh mixed greens. (V)

## LUNCH ENTRÉE

Baked chicken alfredo ziti served with garlic bread

Gourmet macaroni & cheese

Chilli served with a side bun

Crustless quiche (GF)

Chickpea and lentil curry (V)

Pulled pork or pulled chicken with coleslaw

**Grazing boards (vegetarian or VG) or Charcuterie board**

*Priced per person - \$16.95  
Individual cups - \$7.95*

## DESSERT

All packages include a dessert assortment, such as squares, pies, cookies, cupcakes, and cheesecakes in mason jars.

*\*Choices or substitution may occur and will be left to the discretion of Yummy Mummy's Kitchen. Unless specified by the client.*

## PRICING

*Minimum 10 people for lunch packages*

### Package 1

Choose 1 salad or 2 hors-d'oeuvres, assorted sandwiches and dessert  
\$17.95

### Package 2

Choose 2 salads or 1 salad and 1 soup or 4 hors-d'oeuvres, assorted sandwiches and dessert  
\$19.95

### Package 3

Choose 2 salads or 1 salad and 4 hors-d'oeuvres, 1 lunch entrée and dessert  
\$23.95

### Package 4

Choose 2 salads, 2 lunch entrées and dessert  
\$26.95

### Package 5

Choose 2 hors-d'oeuvres, 2 salads, 2 lunch entrées and dessert  
\$29.95

## BEVERAGES

*\$2.50 per person for beverages*

Coffee  
Assorted Teas  
Assorted juices

## ADDITIONAL ITEMS

*\$3.50 per person*  
Disposable plates, cups, utensils, napkins cutlery



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