



COLD LUNCH

MENU



pòtluck



ALLERGEN POLICY

While we strive to accommodate your allergy and dietary restriction requests, we cannot assure an entirely allergen-free environment. Some of our products are manufactured using shared equipment with dairy, eggs, nuts, wheat, and soy products.

Please note, that for severe allergies such as peanuts, we are not a nut-free facility and therefore cannot guarantee there won't be cross contamination.

Additional charges may apply to cover extra labor, specific ingredients, and personalized labeling.



VEGAN



VEGETARIAN



DAIRY FREE



NUT FREE



GLUTEN FREE

SIGNATURE WRAPS

Signature Wraps - Assorted Flour Tortillas - Minimum 2 per type

MEDITERRANEAN TUNA SALAD

\$15.00

Kalamata olives, capers, banana peppers, grilled onions & peppers, tomato

CRISPY CHICKEN & BACON

\$15.00

Chipotle mayo, swiss cheese, lettuce, tomato, peppercorn dressing

CRISPY SHRIMP

\$15.00

Cucumber, shredded carrot, lettuce, wasabi mayonnaise, wonton shrimps, sweet chili sauce, tortilla

ROAST BEEF THAI

\$15.00

Lettuce, carrot, basil, cilantro, tomato, cucumber, spicy peanut & sweet chili sauce

VEGAN ROAST CAULIFLOWER & ROMA TOMATO



\$15.00

Hummus, pickled onions, spinach

FALAFEL & COUSCOUS SALAD



\$15.00

Roasted chickpeas, tomato, cucumber, kalamata's, grilled onions, tzatziki

*Vegan alternative by excluding the tzatziki sauce

GREEK CHICKEN

\$15.00

Olives, grilled chicken, tzatziki, cucumber & tomatoes

SIGNATURE SANDWICHES

Assortment of Artisan Breads & Baguette - Minimum 2 per type

HAM & CHEESE

\$15.00

Shaved black forest ham, swiss cheese, Dijon, mayo, tomato, pickle

ROAST BEEF

\$15.00

Sundried tomato & pesto spread, grilled onion, tomato, arugula

TURKEY

\$15.00

Slow roast turkey breast, Emmental, cranberry mayo, green apple slaw

PESTO CHICKEN

\$15.00

Grilled chicken breast, pesto mayo, swiss cheese, tomato, spinach & arugula

EGG SALAD

\$15.00

Egg salad, dijon mayo, lettuce, tomato, pickles

GRILLED VEGETABLE



\$15.00

Sundried tomato & pesto cream cheese, sweet pepper, zucchini, tomato, onion, spinach

*Vegan alternative by excluding the cream cheese

Gluten free bread +\$2 | Individually labeled & wrapped + \$1

LUNCH BOXES & COMBOS



VEGAN



VEGETARIAN



DAIRY FREE



NUT FREE



GLUTEN FREE

Prices are per item, minimum order of 4 per item

DELUXE LUNCH BOX

\$25.00

Assortment of signature sandwiches & wraps (1 per box)
Apple
House baked cookie
Pop/juice or water.

EXECUTIVE LUNCH BOX

\$28.00

Signature sandwich or wrap,
Organic mixed greens with balsamic vinaigrette, herb croutons
House baked cookie
Pop/juice or water.

SANDWICH OR WRAP & DRINK

\$19.00

Signature sandwich or wrap,
Choice of bottled water, pop or juice

SANDWICH OR WRAP WITH DAILY SOUP

\$21.00

Signature sandwich or wrap accompanied by daily soup

TRADITIONAL TEA SANDWICHES | (MIN. 3)

\$38 PER DOZEN

Cucumber & Cream Cheese
Roast Beef
Egg Salad
Ham & Cheese
Vegetarian
Tuna

Gluten free bread +\$2 | Individually labeled & wrapped + \$1



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ENTRÉE POWER BOWLS

MEAT

HAWAIIAN BOWL | MIN. 6

\$28.00

Teriyaki grilled chicken breast, coconut flavoured jasmine rice, charred pineapple, red peppers & onion ringlets, crispy wontons

THAI CHICKEN BOWL | MIN. 4



\$28.00

Green curry chicken breast, jasmine rice, cucumber, sweet peppers, carrot, red cabbage, bean sprouts, basil, mint, cilantro, toasted peanut dressing

POTLUCK COBB BOWL | MIN. 4

\$28.00

Grilled chicken breast, bacon, 7-minute egg, kale, romaine, gem tomatoes, cucumber, croutons, grated parmesan, pepper corn dressing

ANCIENT GRAIN & STEAK BOWL | MIN. 4



\$28.00

Grilled spiced beef striploin, farro, roasted cauliflower & carrot, dried apricot, cucumber, apple cider vinegar & nutritional yeast vinaigrette

SEA FOOD

BAJA BOWL | MIN. 6

\$28.00

Grilled shrimp, spiced rice with black beans, roasted corn & cilantro, romaine chiffonade, grape tomatoes, red pepper, chipotle lime dressing

VEGETARIAN

FALAFEL BOWL | MIN. 4



\$24.00

Falafels, romaine, tomato, cucumber, sweet pepper, onion, kalamata's, mint, feta, tzatziki dressing

QUINOA BOWL | MIN. 4



\$24.00

Roasted cumin scented chickpeas, grilled broccoli, kale, carrot, raisins, dried cranberry, pumpkin seeds, citrus dressing

SPECIALTY SALADS

CREAMY NEW POTATO SALAD



\$7.00

Celery, carrot, pickles, egg, mayo

TOMATO & BOCCONCINI



\$7.00

Gem tomatoes, pesto, herb croutons

BROCCOLI COLESLAW



\$7.00

Red cabbage, carrot, raisins, and toasted almonds with ranch dressing

BLACK BEAN & CORN SALAD



\$7.00

Roasted corn niblets, sweet pepper, cucumber, gem tomatoes, chipotle dressing

TUSCAN PASTA SALAD



\$7.00

Orecchiette, black beans, fennel, gem tomatoes, parmesan, sundried tomato vinaigrette

TOASTED QUINOA



\$7.00

Grilled broccoli, kale, cilantro, carrot, raisins, sundried cranberries, pumpkin seeds, spiced citrus vinaigrette

FRESH GREEN SALADS

KALE CAESAR SALAD

\$7.00

Bacon bits, herb croutons, parmesan, garlic dressing

ASSORTED GREENS

\$7.00

Crisp vegetable garnish, sunflower seeds, balsamic vinaigrette

ARUGULA SALAD

\$7.00

Romaine, strawberries, spiced nut mix, crumbled goat cheese, citrus honey vinaigrette

Prices are per person, minimum order of 6 per salad



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COLD DRINKS

Prices are per person

ASSORTED BOTTLED FRUIT JUICE	\$3.50
Assorted Sun Rype Orange, Apple, and Grapefruit juices	
ESKA BOTTLED WATER	\$2.50
EARTH WATER - ALUMINUM BOTTLES	\$3.95
Enjoy your water in a more eco-friendly format. Comes in a re-usable or recyclable aluminum water bottle	
ASSORTED CANNED POP	\$3.50
Including an assortment of Coke, Coke Zero, Sprite, diet Ginger Ale and Ginger Ale	
SAN PELLEGRINO - FLAVOURED	\$3.50
Cans of Aranciata or Limonata San Pellegrino flavoured sparkling water	
SAN PELLEGRINO SPARKLING WATER	\$3.50
BUBBLY	\$2.75
Cans of Bubbly in assorted flavours	

DRINK DISPENSERS

ICED TEA CAMBRO DISPENSER	\$182
House-made iced tea served with sliced lemon and ice	
LEMONADE CAMBRO DISPENSER	\$182
Fresh, crisp lemonade with slices of fresh lemon	
ORANGE JUICE HALF-CAMBRO DISPENSER	\$91
SPARKLING LIMEADE DISPENSER \$85	\$85
LEMON WATER DISPENSER	\$25 - \$35
Refreshing, ice-cold water with sliced lemon	



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HOT DRINKS

COFFEE & TEA

CARAFE - SERVES 8-10 CUPS

\$35.00 PER CARAFE

Salt Spring Island Coffee - Decaf

Salt Spring Island Coffee

Red Rose and Assorted Teas

HALF CAMBRO - SERVES 40 CUPS

\$125 PER HALF CAMBRO

Salt Spring Island Coffee - Decaf

Salt Spring Island Coffee

Red Rose and Assorted Teas

Hot Apple Cider

CAMBRO - SERVES 80 CUPS

\$220 PER CAMBRO

Salt Spring Island Coffee - Decaf

Salt Spring Island Coffee

Red Rose and Assorted Teas

