



**TMX Broadcast Centre**  
**Sample “Lunch” Menus**  
**from en Ville**



# BREAKFAST & LUNCH BREAKOUT SESSIONS MEETINGS & CONFERENCES



**To place your next corporate  
catering order;  
please contact us at:**

**[corporate@enville.com](mailto:corporate@enville.com)**

**416-533-8800**

## TMX Broadcast Centre Sample Menus from en Ville

Thank you for considering en Ville Event Design and Catering for your event needs at the TMX Broadcast Centre.

With over 33 years experience in catering and event coordination, en Ville has played an integral role in events of all sizes, formats, and goals. We'd be delighted to use our talents and skills to meet all of your needs and visions.

Enclosed are menus customized for TMX clients. It is by no means a comprehensive list of our menu items, simply a taste of our kitchen talents. We would love to discuss your ideas and your event further with you. Feel free to email or call us at your convenience.



## **The Hands-On Lunch - \$11.50**

*1 Assorted Sandwich/Wrap per guest, fillings may include:*

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### **Cranberry Chicken Apple**

Sliced Chicken, Ontario Granny Smith Apple, Dried Cranberries, Dijon Mayo

### **Grilled Salmon Avocado**

Cucumber, Seasonal Greens, Wasabi Mayonnaise

### **Line-Caught Tuna**

Chopped Cured Olives, Parsley, Basil, Lemon Aioli

### **Smoked Ontario Ham and Brie**

Shaved Smoked Ham, Spinach, Black Olive Tapenade, Mayonnaise,  
Kozlik's Dijon Mustard

### **Ontario Roast Beef**

Tomato, Arugula, Horseradish Mayonnaise

### **Roast Sweet Potato**

Salsa Verde Aioli, Feta, Beet Horseradish, Sprouts, Grated Carrots, Cucumber

### **en Ville Egg Salad**

Tomato & Arugula

### **Avocado Presto!**

Sliced Avocado, Roasted Sweet Potato, Fennel, Tomato, Pesto Aioli

*Gluten free sandwiches available upon request add \$1.25*

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### **Mini Pastries & Tartelettes**

Flourless Chocolate Cake, Profiteroles, Fresh Fruit and Berry Tartelettes,  
Strawberry Shortcake Bites, Double Chocolate Brownies, Apple Crumble Squares

### **Assorted en Ville Gourmet Cookies**

Lemon Butter, Nutella Hazelnut, Raspberry, Orange, Whipped Shortbread,  
Minted Chocolate Chip, Salted Oatmeal and Thyme

*Gluten free desserts available upon request add \$0.75*

## The Light "Plus" Lunch \$14.95

*1 Assorted Sandwich/Wrap per guest, fillings may include:*

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### Cranberry Chicken Apple

Sliced Chicken, Ontario Granny Smith Apple, Dried Cranberries, Dijon Mayo

### Grilled Salmon Avocado

Cucumber, Seasonal Greens, Wasabi Mayonnaise

### Smoked Ontario Ham and Brie

Shaved Smoked Ham, Spinach, Black Olive Tapenade, Mayonnaise,  
Kozlik's Dijon Mustard

### Ontario Roast Beef

Tomato, Arugula, Horseradish Mayonnaise

### Avocado Presto!

Sliced Avocado, Roasted Sweet Potato, Fennel, Tomato, Pesto Aioli

*Gluten free sandwiches available upon request add \$1.00*

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### Baby Kale and Farro

Artichokes, Grape Tomato, Bell Peppers, Feta, Dijon Olive Oil Vinaigrette

### Spinach Mandarin

Fresh Baby Spinach, Sweet Mandarins, Toasted Slivered Almonds,  
Tropical Vinaigrette

### Quinoa Power

Roasted Sweet Potato, Apple, Chopped Kale, Dried Cranberries, Pumpkin Seeds,  
Citrus Vinaigrette

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### Mini Pastries & Tartelettes

Flourless Chocolate Cake, Profiteroles, Fresh Fruit and Berry Tartelettes,  
Strawberry Shortcake Bites, Double Chocolate Brownies, Apple Crumble Squares  
or

### Assorted en Ville Gourmet Cookies

Lemon Butter, Nutella Hazelnut, Raspberry , Orange, Whipped Shortbread,  
Minted Chocolate Chip, Salted Oatmeal and Thyme

Add 1/2 portion Seasonal Fruit & Berries + \$2.75

*Gluten free dessets available upon request \$0.75*

## **The Boardroom "Plus" Lunch \$21.00**

*1 Assorted Sandwich/Wrap per guest, fillings may include:*

Ontario Smoked Turkey  
Aged Cheddar, Chipotle Mayo,  
Grilled Scallions

Grilled Salmon Avocado  
Cucumber, Seasonal Greens, Wasabi Mayonnaise

Italian "Sub" Wrap  
Lettuce, Italian Deli Meats,  
Pesto Parmesan Mayo, Provolone

Ontario Roast Beef  
Tomato, Arugula, Horseradish Mayonnaise

Roast Sweet Potato  
Salsa Verde Aioli, Feta, Beet Horseradish, Sprouts, Grated Carrots, Cucumber

Grilled Mediterranean Vegetable  
Baby Spinach, Ricotta Spread, Balsamic Vinegar

*Gluten free sandwiches available upon request \$1.00*

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### **Mezze Board**

Grilled Haloumi, Hummus, Roasted Artichokes, Grilled Vegetables, Baba Ghanouj,  
Olives, Caper & Chili Fried Cauliflower, Assorted Pita Breads

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### **Greek Orzo**

Orzo, Tomato, Cucumbers, Peppers, Feta, Kalamata Olives, Lemon,  
Oregano Olive Oil Dressing

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Lindt Chocolate Dipped Strawberries

### **Roasted Chickpea Mix**

Roasted Chickpeas, Wasabi Peas, Mixed Nuts, Almonds, Zaatar Spice

## **The Healthy Lunch \$16.50**

*Minimum order 8 bowls*

### **Energy Boost Bowl**

Oven-dried Cherry Tomatoes, Roasted Chickpeas, Peppery Arugula, Crumbled Goat Cheese, Thyme, Barley, Olive Oil

### **Fresh Mediterranean Bowl**

Tomatoes, Cucumber, Grated Carrots, Fresh Mint, Zaatar Herb Blend, Chickpeas, Lemon Tahini Dressing

### **Fiesta Fresh Bowl**

Tomato, Avocado, Radish, Corn, Black Beans, Lime Scented Brown Rice, Creamy Chipotle Lime Dressing

### **Thai Quinoa Bowl**

Steamed Quinoa, Carrots, Edamame, Scallions, Cilantro, Chopped Peanuts, Coconut Chili Lime Dressing

### **Ancient Grains Buddha Bowl**

Grains, Tofu, Sweet Potatoes, Miso Dressing, Cilantro Pesto, Chard, Grilled Onions

### **Sweet Potato Bowl**

Sweet Potato, Turmeric, Boiled Egg, Quinoa, Kale, Wilted Arugula, Spiced Nuts, Lemon Herb Dressing

### **Korean Noodle Bowl**

Gochujang Hot & Sour Dressing, Bean Sprouts, Napa, Green Onion, Red Pepper, Carrots, Snow Peas

### **Keto Bowl**

Baby Kale, Crispy Broccoli & Cauliflower, Grilled Zucchini, Spiced Crunchy Chick Peas, Peppers, Yogurt Lemon Dill Dressing

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### **Mini Pastries & Tartelettes**

Flourless Chocolate Cake, Profiteroles, Fresh Fruit and Berry Tartelettes, Strawberry Shortcake Bites, Double Chocolate Brownies, Apple Crumble Squares

### **Assorted en Ville Gourmet Cookies**

Lemon Butter, Nutella Hazelnut, Raspberry, Orange, Whipped Shortbread, Minted Chocolate Chip, Salted Oatmeal and Thyme

### **Seasonal Fruit & Berries**

*Gluten free desserts available upon request*



## The Hot Buffet

*All Hot Buffet Menu Items come with:*

Two Fresh Salads  
Up to Two Side Dishes Artisanal Rolls & Sweet Butter  
Two Cookies or Miniature Pastries

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Pan-Seared Chicken Breast \$23.00  
Sautéed Seasonal Greens, Creamy White Wine Sauce

All Ontario Chicken Breast \$23.00  
Local Mushroom Sauce, Herbs & Touch of Cream

Peruvian Roast Chicken \$21.50  
Garlic, White Wine, Vinegar, Sundried Paprika, Cumin, Pepper, and Oregano

Classic French Braised Beef Daube \$21.00  
Marinated in Red Wine, Carrots, Onions, Thyme, Orange Zest and Garlic

Grilled Flatiron Steak Tuscan Style \$23.00  
Rosemary, Garlic, Olive Oil, Vinegar, Sea Salt, and Ground Black Pepper

Maple Roast Atlantic Salmon \$24.00  
Roasted Vegetable Julienne

Baked Tilapia Fillet \$23.00  
Harissa Sauce, Lemon

Chana Masala \$18.50  
Tomato & Fragrant Indian Spices, Coriander

Traditional Beef Lasagne or Vegetable Ricotta Lasagne \$20.00  
Tomato, Mozzarella, Garden Vegetables  
*Lasagne Minimum 8 Orders*

Pasta Bolognese \$20.00  
Braised for 4 hours, Topped with Parmesan

### HOT SIDES

Turmeric Roast Sweet Potato Wedges  
Sweet and Yukon Gold Potato Marble Mash, Finished with Sour Cream and Chives  
Sesame Vegetable Stirfry – Vegan  
Lemon Salt Roasted Fingerling Potatoes  
Seasonal Vegetables the best the Chef can source



## Lunch Beverages

*Complete with beverage condiments and ice:*

en Ville Blend Fair Trade Coffee  
Regular / Decaf

Assorted Numi Teas & Tisanes

Juice (330mL)  
Apple, Orange, Grapefruit, Cranberry

Soft Drink (355mL)  
Coca Cola, Diet Coke, Sprite, Diet Sprite, Ginger-Ale, Nestea Iced Tea

ESKA Canadian Spring Water (500mL)

ESKA Canadian Sparkling Water (330mL)