Corporate Lunch Menu Options
2019
Sandwich Lunches

The Buy-In $12.70 per person

Marigolds and Onions’ Signature Salad
California organic greens and seedlings with slivers of roasted pear and crumbled Castello blue cheese. Dressed in balsamic raspberry vinaigrette.

Assorted Sandwiches and Tortilla Wraps
Prepared on a daily selection of rustic, wholegrain breads and rolls filled with an assortment of the following fillings...

- Solid White Albacore Tuna
  With diced green olives in a citrus mayonnaise.
- Chunky White Chicken Salad
  With Asiago aioli and roasted artichokes.
- Peppercorn Encrusted Sterling Silver Roast Beef
  Accented with roasted marinated tomatoes, arugula and creamy horseradish.
- Chopped Egg Salad
  With citrus mayonnaise, fresh sliced cucumber and watermelon radish.
- Grilled Herb and Citrus Chicken Breast
  With lemon aioli and spring mix greens.
- Black Forest Ham and Asiago
  Shaved and presented with radicchio, crisp cucumber ribbons, Asiago and sweet mustard.
- Smoked Turkey Breast and Cheese
  Shaved and accented with roasted pepper spread and jalapeno Havarti.
- Montreal Smoked Meat and Slaw
  With Poblano BBQ sauce and creamy coleslaw.
- Italian Cold Cuts
  Sliced mortadella, Genoa salami and sweet capicola with rocket lettuce and creamed artichoke Asiago.
- Roasted Vegetable and Feta
  Roasted sweet peppers, marinated oven dried tomatoes, baby spinach, crumbled feta and sundried tomato pesto.
- Asparagus Goat Cheese Wrap
  Roasted asparagus, crumbled goat cheese with peppery arugula and tomato petals.
- Havarti and Cucumber
  Spiced Havarti cheese, crispy cucumber, and creamy hummus.

A selection of Marigolds and Onions Fresh Baked Squares and Home-Style Cookies.
Bull Market

$15.90 per guest

Mini Red Potato "Salat"
A twist on an old-fashioned German favourite with mini red potato, pepper julienne and sweet peas in a creamy red wine caper dressing.

Pear and Pomegranate Greens
Romaine lettuce, baby arugula, cabbage, cucumber, fresh pears, pomegranate seeds. Roasted pear and maple dressing.

Assorted Sandwiches and Tortilla Wraps
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- **Solid White Albacore Tuna**
  With diced green olives in a citrus mayonnaise.

- **Chunky White Chicken Salad**
  With Asiago aioli and roasted artichokes.

- **Peppercorn Encrusted Sterling Silver Roast Beef**
  Accented with roasted marinated tomatoes, arugula and creamy horseradish.

- **Chopped Egg Salad**
  With citrus mayonnaise, fresh sliced cucumber and watermelon radish.

- **Grilled Herb and Citrus Chicken Breast**
  With lemon aioli and spring mix greens.

- **Black Forest Ham and Asiago**
  Shaved and presented with radicchio, crisp cucumber ribbons, Asiago and sweet mustard.

- **Smoked Turkey Breast and Cheese**
  Shaved and accented with roasted pepper spread and jalapeno Havarti.

- **Montreal Smoked Meat and Slaw**
  With Poblano BBQ sauce and creamy coleslaw.

- **Italian Cold Cuts**
  Sliced mortadella, Genoa salami and sweet capicola with rocket lettuce and creamed artichoke Asiago.

- **Roasted Vegetable and Feta**
  Roasted sweet peppers, marinated oven dried tomatoes, baby spinach, crumbled feta and sundried tomato pesto.

- **Asparagus Goat Cheese Wrap**
  Roasted asparagus, crumbled goat cheese with peppery arugula and tomato petals.

- **Havarti and Cucumber**
  Spiced Havarti cheese, crispy cucumber, and creamy hummus.

**Marigolds Assorted Mini Pastries**
Featuring a selection of French pastries, assorted tarts, home baked cookies and squares.
Growth Stock

$18.30 per person

Pasta Salad of the Day

Wild Greens
House greens with a julienne of heirloom carrots, cucumbers, and watermelon radish. Roasted pear, honey and balsamic vinaigrette.

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**Marigolds Assorted Mini Pastries**
Featuring a selection of French pastries, assorted tarts, home baked cookies and squares.

**Fresh Sliced Seasonal Fruit**
Garnished with fresh berries.
Hot Or Room Temperature Lunchsample menu

Insider trading  $23.60 per person

Romaine and Radish
Romaine lettuce, pickled watermelon radish, red radish, fennel, cucumber, carrot, broccoli. Herb citrus dressing.

Couscous Tabouleh Salad
Pearl couscous, green kale, parsley, mint, grape tomato, and cucumber. Dressed in a rice wine olive oil dressing

Santa Fe Chicken
Grilled breast of chicken in a chipotle adobo sauce sweetened with a touch of maple syrup.

Bakers Bread Basket
Served with creamery butter

Marigolds and Onions Sweet Treats
Assorted squares, bars, tarts and gourmet cookies

*option for alternative salad, gluten free and dairy free options available on all lunch orders
*hot meals require staff and rentals

Beverages
Pop, juice and flat mineral water. $1.75 per each
Plain and lemon sparkling water. $3.20 per each

Coffee & Tea in a Thermos (8 Servings per Thermos) $20.80 per thermos
Includes sugar, sweetener, tea bags, milk and cream, disposable coffee cups and stir sticks.

Coffee and Tea brewed on site $1.60 person
Includes sugar, sweetener, tea bags, milk and cream Additional cost for staff and rentals
À la Carte Menu – Trays and Snack Ideas

Price does not include disposables, staff charges, delivery or applicable taxes.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price per serving</th>
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<tbody>
<tr>
<td>Domestic Cheese Tray</td>
<td>$5.05</td>
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<tr>
<td>Garnished with grape clusters, strawberries, crackers and Raincoast crisp crackers.</td>
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<tr>
<td>Domestic and Imported Cheese Tray</td>
<td>$5.85</td>
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<tr>
<td>Garnished with grape clusters, strawberries, crackers and Raincoast crisp crackers.</td>
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<tr>
<td>Crudités and Dip Display</td>
<td>$4.00</td>
</tr>
<tr>
<td>Individual Bags of Chips and Pretzels</td>
<td>$1.90</td>
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<tr>
<td>Root Chips and Artichoke Dip</td>
<td>$4.55</td>
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<tr>
<td>Sweet potato, beets and carrots.</td>
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<tr>
<td>Smoked Salmon with Capers</td>
<td>$9.95</td>
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<tr>
<td>Red onion, cream cheese, lemon, rye and flatbreads.</td>
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</tr>
<tr>
<td>Tri-colour Tortilla Chips</td>
<td>$4.80</td>
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<tr>
<td>Sandwich Assortment</td>
<td>$6.35</td>
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<tr>
<td>on whole grain breads, rolls and tortillas.</td>
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<tr>
<td>Assortment of Sandwiches on Gluten-free Whole-grain Breads and Bagel Thins</td>
<td>$7.45</td>
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<tr>
<td>Grilled chicken, tuna salad, egg salad, roast beef and smoked turkey.</td>
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<tr>
<td>Gourmet Sandwich Selection</td>
<td>$9.50</td>
</tr>
<tr>
<td>Sandwich assortment on whole-grain breads, rolls and tortillas.</td>
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</tr>
<tr>
<td>Make Your Own Sandwich</td>
<td>$9.50</td>
</tr>
<tr>
<td>Sliced deli meats to including turkey breast, roast beef, ham, smoked meat, grilled BBQ chicken and Italian cold cuts. Dairy fillings to including egg, tuna, salmon and chicken salads. Accompanied by a generous assortment of sandwich condiments and bread.</td>
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<tr>
<td>Venetian Tramezzini Sandwiches</td>
<td>$17.00</td>
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<tr>
<td>Traditional thin Italian style tea sandwiches layered with our fresh fillings prepared daily on whole grain and traditional white. Shapes include triangles, ribbons and tortilla pinwheels.</td>
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<tr>
<td>Tortilla Pinwheel Tea Sandwiches</td>
<td>$18.05</td>
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A la Carte Menu – Lunch and Snack Ideas Continued

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**Available hot only

Soups (Minimum Order of 10 Portions)**

- Cream of Forest Mushroom
- Mediterranean Vegetable and Organic Farro Grain
- Puree of Tuscan Bean, Roasted Garlic and Basil
- Quinoa Minestrone
- Roasted Red Pepper, Tomato and Basil
- Split Pea & Smoked Turkey

$6.65 per serving

Kosher Meals

We offer a selection of breakfast, lunch and dinner options. 72 hours notice required.
Sweet Endings – Pastry Ideas

Assorted Cakes
Cakes are available in various sizes. Consult with customer service for more information.

Butter Shortbreads and Biscotti $1.60 per piece

Home-Style Cookies $1.05 per piece
Oatmeal raisin, chocolate chunk, double chocolate, white chocolate macadamia.

Assortment of Marigolds and Onions Fresh Baked French Pastries, Squares and Cookies $2.40 per piece

Assortment of Gluten-free Fresh Baked Squares and Cookies $2.65 per piece
Mandarin curd square, home style cranberry and white chocolate cookie, dark chocolate melt-away.

Cheesecake Lollipops $2.95 per piece

Chocolate Dipped Strawberries $2.95 per piece

Macaroon Donuts $2.95 per piece
Miniature almond macaroons, donut shaped and glazed with an assortment of fun toppings.

Traditional French Almond Macaroons $2.95 per piece

Individual Dessert Options (Minimum 24 Hours Notice)

$6.65 per serving
Price does not include disposables, staff charges, delivery or applicable taxes.

Classic New York Cheesecake
Silky creamed cheesecake with a graham crust and sour cream topping.

Tiramisu Parfait
Gluten-free lady fingers soaked in espresso and layered with mascarpone mousse and poached pears. Topped with a gluten-free chocolate biscuit.

Lemoncello
Flan shell filled with a caramelized tangy lemon curd with an oven-dried citrus stamp.

Peach Tart
Vanilla crust filled with layers of pastry cream and salted caramel. Topped with honey roasted peaches scented with thyme.