



Émotions Catering

Lunch ~ Cold Buffet Selections (salad and sandwich)

The Gourmet Sandwich Experience

Garden Fresh Greens with Dried Cranberries, Mandarin Slices, and Poppy Seed Dressing

~ *Selection of Sandwiches* ~

Thai Chicken Wrap with Bean Sprouts, Red Peppers and Peanut Dressing

Roast Beef on a Ciabatta Bun with Horseradish Mayonnaise, Swiss Cheese and Iceburg Lettuce

Ham with Brie Cheese, Sliced Apples and Honey Mustard on a French Roll

Individual Triple Chocolate Mousses and Cheesecake Slices

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The Boardroom Wrap

Spinach with Strawberries, Sliced Mushrooms and a Creamy Poppy Seed Dressing

~ *Selection of Sandwiches* ~

Multicolored Sliced Peppers and Herb Cream Cheese Wrap

Breaded Chicken Strips Wrap with Tomatoes, Lettuce, Red Onion and a Chili-Garlic Mayonnaise

Ham and Brie Cheese Wrap with a Pineapple, Red Pepper and Onion Salsa

Selection of Cheesecake Slices

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The Lighter Fare

Garden Fresh Greens with Cucumber Slices, Red Pepper Slivers and a Sweet Balsamic Vinaigrette

~ *Selection of Sandwiches* ~

Roasted Turkey Breast with Swiss Cheese, Charred Red Onions and Pesto Mayonnaise

Mediterranean Grilled Vegetables with Basil and Feta Cheese Wrap

Chicken Caesar Wrap with Romaine Lettuce, Bacon and a Creamy Parmesan-Dijon Dressing

Beautifully Arranged Fruit Platter and an Assortment of Cookies

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The Traditional

Classic Potato Salad with Pickles, Celery, Carrots, Eggs and a Creamy Mayonnaise

Assortment of Sandwiches cut into Triangles

Fillings include: Egg and Chives, Cream Cheese and English Cucumber, Chicken Cumin Salad,

Ham and Cornichons, Tuna Salad and Salmon Salad

Assorted Gourmet Dessert Squares



Émotions Catering

Lunch ~ Cold Buffet Selections (soup and sandwich)

Hearty Lunch

Minestrone Soup

~ Selection of Sandwiches ~

Roast Pork on a Ciabatta Bun with a Spicy Creamy Coleslaw

Submarine Sandwich with Spicy Genoa Salami, Ham, Provolone Cheese, Romaine Lettuce
and a Mayo-Yogurt based sauce with Roasted Red Peppers and Garlic

Mediterranean Grilled Vegetables with Basil and Feta Cheese Wrap

Selection of Cheesecake Slices

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The Executive

Carrot and Potato Soup

~ Selection of Sandwiches ~

Cumin Spiced Chicken Breast with Black Beans,

Corn and a Ranch-Avocado Dressing wrapped in a Soft Tortilla

Roast Beef on a Ciabatta Bun topped with Greens and a Chipotle Aioli

Sliced Baguette Stuffed with Artichokes, Spinach, Sundried Tomatoes and Herbed Cream Cheese

White Cakes with a Butterscotch Pecan Sauce

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The VIP

Chicken Chili Chowder

~ Selection of Sandwiches ~

Roast Beef with Sriracha Sauce, Greens and Havarti Cheese

Roasted Garlic Hummus and a Medley of Vegetables served in Pitas

Smoked Meat on Rye Bread with Spicy Mustard

Selection of Cupcakes with Buttercream Icing

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Grand Deli Lunch

Herbed Butternut Squash Soup

~ Selection of Sandwiches ~

Chicken Salad with Walnuts and Celery in a Dijon-Mayonnaise served on Croissants

Spiced Rubbed Turkey Wraps with Tomato Salsa, Lettuce, Cheddar Cheese and Smoked Paprika Aioli

Pitas stuffed with Eggplant, Roasted Peppers, Tomatoes and Cucumbers

Selection of Gourmet Dessert Squares and Cookies



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Lunch ~ Hot Buffet Selections

Business Class Buffet

Spinach with Strawberries, Sliced Mushrooms and a Creamy Poppy Seed Dressing
Filet of Salmon topped with Shrimp and a Peppercorn Sauce
Steamed Long Grain Rice
Mixed Vegetables with Herbed Butter
Selection of Cheesecake Slices

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Asian Buffet

Asian Cabbage Salad with sliced Mushrooms, toasted Almonds and Soy Vinaigrette
Roasted Pork Tenderloin Medallions with a Brown Sugar Lemon-Ginger Sauce
White Rice with Green Onions, Peas and Lemon
Selection of Cheesecake Slices

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Grand Buffet

Fresh Greens with slices of Cucumbers, Red Pepper Slivers and a Basil-Balsamic Vinaigrette
Chicken Breast topped with Bruschetta, Bacon and Spiced Gouda
Rice Pilaf with Sweet Peas, Red Pepper and Toasted Almonds
Vanilla and Chocolate Cupcakes topped with Buttercream Icing

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Italian Buffet

Caesar Salad with Bacon and Garlic Croutons tossed with a Dijon-Parmesan Vinaigrette
Roasted Chicken Breast stuffed with Prosciutto and Provolone Cheese
topped with a Sundried Tomato Cream Sauce
Roasted Potatoes with Garlic and Herbs
Rolls with Butter
Fruit Salad in a Ginger Infused Syrup



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Lunch ~ Hot Buffet Selections (continued)

Fajita Buffet

Chicken Strips in a Jerk Marinade grilled with Peppers and Onions
Warm Flour Tortillas
Tomato Salsa, Cheddar Cheese, Guacamole and Sour Cream
Spanish Rice with Sweet Corn and Black Beans
Assorted Gourmet Dessert Squares and Cookies

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Comfort Food Buffet

Cabbage Salad with Sliced Green Peppers and Onions in a Sweet Celery Seed Vinaigrette
Morsels of Tender Chicken in a Creamy Swiss Cheese Sauce with Red and Green Peppers
Savoury Puff Pastries
Medley of Fresh Vegetables with Herbs
Assorted Gourmet Dessert Squares and Cookies

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Canadian Buffet

Garden Fresh Greens with Dried Cranberries, Mandarin Slices and Poppy Seed Dressing
Sliced Oven Roasted Ham with Apple Mustard Glaze
Rice Pilaf with Sweet Peas
Carrots with Herbed Butter
Mini White Cakes with a Canadian Whisky Butterscotch Pecan Sauce

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Pasta Express

Caesar Salad with Crisp Bacon and Garlic Croutons tossed with Dijon-Parmesan Vinaigrette
Grilled Chicken Breast and Penne Pasta tossed with Sautéed Vegetables
in a Parmesan Alfredo Sauce with Sundried Tomatoes
Toasted Garlic Bread
Tropical Fruit Kabobs served with an Orange Cream Dip and a Strawberry Yogurt Dip



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Lunch Menu Accompaniments or Break Options

Cheese Platter

A Delicious Selection of Cheddar, Havarti, Gouda and Emmentaler
Served with Crackers and Fruits
Small (serves 10 - 18)
Medium (serves 20 – 33)
Large (serves 35 – 40)

Fresh Fruit Platter

A Display of Fresh Seasonal Fruits
Small (serves 10 - 18)
Medium (serves 20 - 33)
Large (serves 35 - 40)

Vegetables Platter

Selection of Fresh Garden Vegetables served with Ginger-soy Aioli and Roasted Red Pepper & Feta Dip
Small (serves 10 - 18)
Medium (serves 20 - 33)
Large (serves 35 - 40)

Pita Crisps and Dips

Seasoned Pita Crisps served with Roasted Garlic Hummus and Baba Ghanouj Dip
(serves 15)

Pretzels, Nuts, Yogurt covered Raisins and Dried Fruits

A Healthy Morning or Afternoon Snack
(serves 15)

Pâté Platters

Assortment of Pâtés served with Nuts, Grapes and Baguettes
(serves 15)

An Assortment of Slices of Cheesecakes

Pumpkin Cheesecake, Tangy Lemon Poppy Seed Cheesecake, White Chocolate Ginger Cheesecake
Tuttle Cheesecake, Peanut Butter Cheesecake and New York Style Cheesecake

Chilled Beverages

A Selection of Juices, Bottled Water and Soft Drinks

Coffee and Tea Service

Regular and Decaffeinated Coffee and a Selection of Tea



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Breakfast

The Continental

Assorted Gourmet Muffins and Fruit Loaves
Croissants and Bagels served with Jam, Butter and Cream Cheese
A Display of Fresh Fruits
Selection of Juices
Tea and Coffee

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The Eye Opener

French Toast served with Maple Syrup
Pork Sausages
A Display of Fresh Fruits
Selection of Juices
Tea and Coffee

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The Original

Scrambled Eggs with Cheddar Cheese, Onions, and Red and Green Peppers
Grilled Potatoes sprinkled with Paprika
Slices of Mustard Glazed Ham
A Display of Fresh Fruits
Selection of Juices
Tea and Coffee



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Breakfast Menu Accompaniments

Individual Yogurts

Assortment of Various Flavoured Yogurts

Selection of Bagels

Served with Butter, Preserves and Cream Cheese

Selection of Gourmet Muffins

Banana Coconut, Applesauce Spiced, Cinnamon Blueberry,
Carrot Pineapple, Chocolate Date, Raspberry Almond

Selection of Slices of Fruit Loaves

Banana Chocolate Chip, Cranberry Orange, Pumpkin and Zucchini Chocolate

Baked Goods Platter

Strudels, Danishes, Mini Cinnamon Buns

Gourmet Cookies (can be served with a platter of fruit)

Toffee and Chocolate, Oatmeal Raisin, Peanut Butter, Triple Chocolate,
Mint Supreme, Cranberry and White Chocolate, Smarties, and Molasses Crinkle

Assortment of Dessert Squares

Mint Brownies, Black Forest Squares, Lemon Squares, Bourbon Pecan Tarts,
Lemon Cashew Diamonds, Rocky Road Squares, Nanaimo Bars