



Order your business lunches and meeting packages from us! We generally require a days' notice, however, we will strive to fill your last-minute order. Everything is made fresh and to order, and dietary restrictions can be accommodated. A minimum of 10 people is required per order. In order to better our environment, we use only compost-able plates and cups, and do not offer bottled water. Delivery is included in your price, as long as you're in Peterborough! Every effort is made to provide you with service that is on-time, with a lunch that is healthy and plentiful with nice variety.

All-Day Business Meeting Packages

Morning:

Choose from a selection of fresh-baked muffins, cheddar scones with preserves, croissants, Danish, Banana Bread and Coffee cakes, Fruits and Cheeses and coffee, tea, juices.

Lunch:

Please choose an option from our lunch or hot lunch menus, as seen below.

Break:

Baskets of Elaine's famous homemade cookies, Fruits, Coffee Cakes, hummus and pita wedges, feta and olive dip, cheeses and crackers, beverages, you choose your break!

Prices: \$18.50 per person with a sandwich lunch selection, \$22.50 per person with a hot lunch selection.

Lunch!

Sandwich platters consist of assorted sandwiches, wraps and buns with a variety of fillings, deli and roasted meats, and vegetarian options. Here are some BE favourites:

- * Flour tortillas filled with either grilled chicken breasts, grilled steak, or hummus, completed with salad greens, avocado, tomatoes, roasted sweet peppers, grilled zucchini, cheese and sprouts.
- * Other sandwiches include curried turkey salad with mango on multigrain with sprouts, Black Forest or Honey Maple ham and Swiss on Rye, egg salad and chives with celery on white, solid white tuna with Cheddar and tomato on croissants, Sockeye Salmon salad with dill on brown with sprouts.

Lunches are served with your choice of:

- * Vegetable tray with sour cream and herb chive dip -or-
- * Choice of: Green salad, New baby potato salad with coarse mustard and herbs, Mediterranean pasta salad or Caesar salad with sourdough croutons, -or-
- * Your choice of seasonal soup with crackers.

Lunches include:

Assorted small homemade brownies, squares, tarts and cookies, or a fresh fruit platter, beverages (not including bottled water), plates, cups, napkins and delivery. Taxes are additional. Price:\$10.50 per person.

Hot Lunches:

- * Hot lunches should be ordered at least a day in advance, except for quiches, which we make fresh daily.
 - * Vegetarian and/or beef lasagne with choice of Caesar or green salad, buns and butter, desserts and assorted beverages \$14.50 per person.
 - * Homemade quiches with a beautiful array of ingredients. Choose from Ham and Swiss, bacon and cheddar, broccoli and cheddar, grilled vegetable, or vegetarian with butter-braised leeks, mushrooms and sweet peppers, asparagus (seasonal). Quiche comes with a salad of organic field greens, citrus vinaigrette, nine grain honey rolls with butter, assorted desserts or fresh fruit tray, beverages \$14.50 per person.
 - * Herb-grilled fresh chicken breasts with cucumber yogurt raita, sliced and served with your choice of 2 salads (greens, Caesar, potato, pasta), nine grain honey rolls with butter, desserts and beverages \$15.50 per person.
- ** All prices are subject to change, depending on circumstances beyond our control. We strive to be flexible and we understand the time-sensitive nature of business meetings. If there is any special request, we will do our best to fulfill your needs. We also cater late afternoon or evening board dinners, please contact us to enquire about prices.