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BREAKFAST
LUNCH
EVENTS

Payment Terms
and
Conditions



Phone: 604-357-3554
Fax: 604-357-3669
Kitchen
Direct:604-357-3926

Lunch Menu

Sandwich & Wrap

Vegetarian

CARAMELIZED PEAR & BRIE CROISSANT SANDWICH	Croissant, Pears, Brie Cheese, Balsamic Glaze, Lettuce	7.95
GRILLED VEGETABLE SANDWICH WITH GOAT CHEESE	grilled asparagus, roasted red bell peppers, goat cheese, mozzarella, lettuce, pesto on a multi grain baguette	7.95
TOMATO & BOCCONCINI SANDWICH	Tomatoes, buffalo milk mozzarella, fresh basil, balsamic glaze and green leaf lettuce on focaccia baguette	7.95

Seafood

SMOKED COD SANDWICH WITH DIJON MAYONNAISE	Smoked Alaskan cod, Dijon mayonnaise, cooked Egg and green leaf lettuce on country baguette	8.50
SHRIMP SALAD CROISSANT WITH AMARENA CHERRIES	Hand peeled shrimp, chopped cabbage, cocktail marmalade on home made croissant	7.95
SMOKED SALMON SANDWICH WITH HONEY-DILL SAUCE	Smoked salmon, honey-dill mayonnaise, fried capers, red onions and green leaf lettuce on multigrain bread	7.95
TUNA SALAD SANDWICH WITH SWEET CHILI SAUCE	Albacore tuna, diced red peppers, green onions, mayonnaise, sweet chili sauce, cheddar cheese and green leaf lettuce on multigrain baguette	6.95

Poultry

SMOKED GOOSE SANDWICH WITH CRANBERRY SAUCE	Thinly sliced goose breast, cranberry sauce & green leaf lettuce on home-made croissant	7.95
SANDWICH SMOKED TURKEY	Roasted turkey breast, brie cheese, cranberry confit & green leaf lettuce on multigrain bread	7.95
TUSCAN CHICKEN SANDWICH WITH ARTICHOKE	Roasted chicken breast, marinated artichokes, roasted Roma tomatoes, pesto sauce & green leaf lettuce on ciabatta baguette	7.95
CHICKEN MISO WRAP WITH ASIAN SLAW	Diced marinated chicken breast, grilled asparagus, Asian slaw, green leaf lettuce in spinach tortilla	7.95
SMOKED TURKEY WRAP WITH CURRIED COLESLAW	Sliced turkey breast, coleslaw, diced apples, raisin, curried mayonnaise in whole wheat tortilla	7.95
THAI CHICKEN WRAP WITH SESAME GINGER DRESSING	Sliced chicken breast, steamed noodles, red peppers, cabbage, green onions, cilantro, mint, ginger dressing & leaf lettuce in tortilla	8.95

Meat

ROASTED LAMB SANDWICH WITH OLIVE TAPENADE	Roasted Lamb, olive tapenade, buffalo mozzarella, tomatoes & green leaf lettuce on ciabatta bread	8.95
PORK SCHNITZEL SANDWICH	Breaded pork tenderloin, caramelized apples & green leaf lettuce on multigrain bread	6.95
PROSCIUTTO SANDWICH WITH BRIE CHEESE	Italian ham , brie cheese, and green leaf lettuce on ciabatta.	8.95
ROASTBEEF SANDWICH WITH DIJON AIOLI AND CRISPY ONIONS	Roasted beef strip-loin, crispy onions, capers, Dijon aioli and green leaf lettuce on ciabatta baguette	7.95

Entrée Size Salad

COBB SALAD	Chopped lettuce, bacon, egg, blue cheese, tomatoes, avocado and sliced chicken breast, red wine vinaigrette	9.95
SALAD NICOISE	Green beans, potatoes, egg, sliced red onions, olives, albacore tuna, balsamic vinaigrette	9.95
CHEF SALAD	Mixed greens, tomatoes, cucumber, egg, corn, sliced chicken breast,	9.95
CALIFORNIA SALAD	Mixed greens, cabbage, shredded lettuce, sliced apples, cranberries, roasted almonds and goat cheese with Dijon vinaigrette	9.95
THAI NOODLE SALAD	Steamed noodles, carrots, cabbage, red peppers, kale and cilantro in a sesame ginger dressing	9.95

CHICKEN CAESAR SALAD	Chopped romaine lettuce, sliced chicken breast, multigrain croutons, reggiano cheese, roasted garlic dressing	9.95
BABY SPINACH SALAD	Baby spinach, sun-dried tomatoes, buffalo mozzarella, roasted almonds and Dijon vinaigrette	9.95
Side Salad		
ITALIAN TOMATO SALAD	Diced tomatoes with onions, basil and buffalo mozzarella, balsamic vinaigrette	5.75
GREEK SALAD	Tomato, red peppers, cucumber, onion and black olives with balsamic dressing	4.75
GERMAN POTATO SALAD	German butter potatoes, vegetable stock and vinaigrette with chopped parsley	3.75
BEET SALAD	Cooked beets with goat cheese and a hint of caraway seeds	3.75
QUINOA SALAD	Quinoa, red peppers, cucumber, parsley, balsamic vinaigrette	3.75
MAROCCAN COUS COUS SALAD	Isreal cous cous, dried apricots, dates, walnuts, apple cider vinaigrette, hint of cumin	3.75
CARROT & PEAR SALAD	Shredded carrots & pears, goat cheese feta, honey citrus dresssing	3.75
ASPARAGUS SALAD	Steamed Asparagus with Roasted Sesame Dressing	3.75
THAI NOODLE SALAD	Steamed Noodles with Peppers, Carrots, Green Onions in Sesame Ginger Dressing	3.75
TOFU SALAD	Tofu, Carrots, Snowpeas, Cabbage in Asian Dressing	3.75
Soup (8oz portion)		
CREAMY POTATO LEEK SOUP	German butter potatoes & leeks, cream	4.75
CURRIED LENTIL SOUP	Lentils, carrots, onions & celery flavored with Indian curry	4.75
CREAM OF MUSHROOM	Fresh local mushrooms with chopped parsley	4.75
CARROT GINGER SOUP	Carrots, Onions, Cream And a Hint Of Ginger	4.75
CORN CHOWDER	Corn, Onions, Potatoes, Cream and Vegetable Stock with a hint of nutmeg	4.75
BUTTERNUT SQUASH SOUP	Roasted butternut squash, onions, vegetable stock & cream with a hint of nutmeg	4.75
CHICKEN VEGETABLE SOUP	Diced chicken, carrots, onions, green beans, celery and parsley	4.75
CLAM CHOWDER	Baby clams, diced celery, carrots, onions, German butter potatoes, cream and a hint of oregano	5.75

Add Bread & Butter 1.75

Desserts

DEHYDRATED FRUITS Apricots, Raisins, Dates, Goji Berries 3.50

VEGETABLE CRUDITE Seasonal Fresh Vegetables 3.25

FRUIT SALAD fresh seasonal fruits 3.50

FRUIT CRISP Fresh, seasonal, local fruit baked with oatmeal topping 3.75

NUTS & SEEDS A selection of roasted nuts and seeds 3.75

HOME-MADE PUDDING Daily inspired recipe 3.75

CRÈME BRULEE Seasonal flavor 3.75

ZESTY LEMON TART Butter, White Sugar, Flour, Eggs, Wheat Flour, Vanilla, Baking Powder, Lemon Juice, Gelatine, 3.25

APPLE ALMON TART Butter, White Sugar, Flour, Eggs, Wheat Flour, Vanilla, Baking Powder, Apples, Cinnamon 3.25

BLUEBERRY TART Butter, White Sugar, Flour, Eggs, Wheat Flour, Vanilla, Baking Powder, Almond, Blueberries, Cinnamon 3.25

HAZELNUT TART Butter, White Sugar, Flour, Eggs, Wheat Flour, Vanilla, Baking Powder, Lemon Juice, Gelatine, 3.25

MAPLE PECAN TART Butter, White Sugar, Flour, Eggs, Wheat Flour, Vanilla, Baking Powder, Corn Syrup, Maple Syrup, Brown Sugar, Pecans 3.25

CHOCOLATE BROWNIE Butter, Semi Sweet Chocolate, Eggs, Cocoa Powder, Baking Pwder, Walnuts, White Sugar, Vanilla 3.25

CHOCOLATE CHIP COOKIE Butter, Semi-Sweet Chocolate, Eggs, Baking Powder, Soda, Sugar White, Sugar Yellow, Vanilla Extrace, Flour 2.25

OATMEAL RAISIN COOKIE Sugar Yellow, White Sugar, , Butter, Milk, Eggs, Oats, Flour, Cranberries, Raisins, Baking Powder, Soda, Vanilla, Salt 2.25

PEANUT BUTTER COOKIE Peanut Butter, Butter, Yellow Sugar, White Sugar, Flour, Eggs, Salt, Baking Soda 2.25

Platters

CHOCRUTE PLATE Selection of sliced meats, pates & condiments 13.95

SEAFOOD PLATE Variety of cold seafood including lox, smoked cod and shrimp salad 13.95

VEGETABLE PLATE Selection of local fresh vegetables with hommuss dip 6.95

FRUIT PLATE Variety of fresh seasonal fruits 5.95

CHEESE PLATE

Selection of local cheeses and condiments

13.95

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