



# Niagara Gourmet

Catering & Personal Chef Services

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## COLD LUNCHEON BUFFETS

### Thai Adventure

Thai Rare Beef Salad over Butter Lettuce, Asian Slaw with Chinese Lettuce and Rainbow Peppers  
Thai Noodle Salad with Spinach, Shredded Carrots and Peanut Dressing

### Pacific Rim Lunch Buffet

Oriental Chicken Breast, Rainbow Peppers and Napa Cabbage Salad  
Soba Noodle Salad with Sesame Seeds and Asian Vegetables

### Italian Inspiration

Lemon Garlic Chicken Breast  
Italian Pasta Salad with Artichokes & Roasted Peppers,  
Tuscan Bean Salad with Spinach and Sun Dried Tomato

### French Connection

Tuna Salad Niçoise, Fresh Tomato Wedges and Olives  
Provençal Potato Salad  
Green & Yellow Beans and Baby Carrots Vinaigrette

### Canadian Comfort

Chefs Salad with Ham, Chicken Breast, Cheddar, Tomatoes, Cucumber and Boiled Eggs  
Traditional New Red Potato Salad, Raw Vegetable Crudités with Sour Cream Dip

## HOT LUNCHEON BUFFETS

### Chicken Stroganoff

Chicken Strips with Sautéed Mushrooms in a Sour Cream Sauce  
Parsley Buttered Egg Noodles, Lemon Glazed Baby Carrots

### Teriyaki Beef

Tender Beef with stir-fried with Peppers, Water Chestnuts and Sow Peas  
Steamed Basmati Rice, Asian Slaw with Sesame Dressing

### East West Salmon

Maple and Soy glazed Salmon Filet  
Steamed Basmati Rice, Stir Fried Vegetables

### Pacific Rim Chicken

Chicken Stir Fry with Peppers, Mushrooms and Snow Peas  
Coconut Rice, Asian Slaw with Sesame Dressing

### Tuscan Chicken

Boneless Breasts with Artichoke Hearts, Olives, Mushrooms  
Rice Pilaf with Sweet Peppers & Onions, Italian Mixed Vegetable Salad

All buffet lunches come with rolls & butter plus choice of fresh fruit or daily selection of cookies, bars or squares.

*Cold Buffet Lunches: 10 – 20: \$14.50 pp, 21 – 30: \$13.95 pp, 31 – 50: \$13.50 pp*

Taxes extra.

We provide disposable plates, utensils and napkins. All of our lunches are specially prepared from the finest quality fresh ingredient. Therefore we request 72 hours advance notice.

Executive Service with china, cutlery, chaffing dishes and an attendant also available.