

Geffen Lunch

LUNCH MENU

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PLEASE HAVE A LOOK AT OUR LUNCH MENU

Lunch



At Work Lunch

\$20.00

Minimum order of 5/\$20.00 per person. Selection of assorted sandwiches and wraps. Selection includes: - Roast beef with cheddar, lettuce and tomatoes - Smoked turkey with Havarti cheese, lettuce and tomatoes - Honey ham with Swiss cheese, lettuce and tomatoes - Local egg salad - Albacore tuna salad - Vegetarian with cream cheese Choice of: Homemade soup creation Or Crisp Vegetables and ranch dip Or Tossed gourmet greens with veggie garnish and balsamic vinaigrette on the side Cookies and Squares Assorted cold juices, pop and diet pop Or freshly brewed: Source coffee and teas. This lunch is also available in individual boxes. Feel free to add additional people.



Board Room Express Luncheon

\$17.00

Minimum order of 10/ \$17.00 per person - All our sandwiches are prepared fresh daily - Selection Includes: - Assorted sandwiches and/or wraps paired with artisan green salad dressed with balsamic vinaigrette - Assorted sandwiches and/or wraps paired with soup de jour combo. Our sandwich selection: - Cranberry multi-grain, whole wheat, dark rye and sourdough - Honey ham, Swiss cheese, tomatoes and lettuce - Slowly roasted Black Angus beef, cheddar, tomatoes and lettuce - Smoked turkey, creamy Havarti cheese, lettuce and tomatoes - Albacore tuna salad, chives, sweet red peppers, cool cucumber and leaf lettuce - Free-range Farmer's Ben egg salad with green onion - Vegetarian with pesto, (nut-free) stacked fresh crisp veggies and lettuce (no onions) Feel free to add additional people.



Build Your own Burger Luncheon

\$28.00

Minimum order 10/ \$28 per person - One burger per person - Selection Includes: - Our 100% juicy Alberta beef Fire river burger grilled to perfection; or Grilled 5oz chicken breast (G/F) or Beyond meat Veggie burgers - Homemade potato salad or Crisp Caesar salad - Gourmet mix greens salad with balsamic vinaigrette or Coleslaw salad - Basket with fresh Kaiser Buns (gluten-free buns are also available for \$2.00 extra per bun) - Platter with all the fixings: Lettuce, sliced tomatoes, sliced red onion, sliced cheddar cheese and pickles. - Condiments: Mayonnaise, ketchup, mustard and relish - Assorted Cookies and Squares. Beverages: Freshly brewed "Source" coffee, local, organic and carbon neutral or Tazo Teas - Assorted Bubly and Assorted Coca Cola Pop. Minimum order of 10/\$28.00 per person. Feel free to add additional people.



Build Your Own Taco & Fajita Buffet

\$25.00

Minimum order 10/ \$25.00 per person. Selection Includes: - Crisp corn taco Shells and Assorted soft Tortilla Shells - Chili Spiced Ground Beef Seasoned to Perfection OR Chili Seasoned Chicken - Mexican Rice garnished with sweet peppers and green onions - Shredded Lettuce, Diced Tomatoes, Diced Onions, pickled banana Peppers - Grated Monterey Jack and cheddar Cheese - Salsa, Avocado Dip, Sour Cream - Assorted Cookies and Squares - Assorted juice, pop and carbonated water. Feel free to add additional people.



Curry In a Hurry Luncheon - 48h in Advance*

\$28.00

Kindly give us 48 hours to prepare - Minimum order 10/ \$28.00 per person - Selection Includes: - Our delicious from-scratch curry chicken OR vegetarian curry with chicken peas OR tofu - Steamed Jasmine rice - Raita yogurt dip and warm pita bread - Fresh spinach salad with chickpeas, veggie garnish and mango cilantro vinaigrette on the side - Freshly baked cookies and squares - Assorted Bubly & Coca-cola pop and diet pop. Minimum order of 10/\$28.00 per person. Feel free to add additional people.



Geffen Deli Wrap

\$27.00

Minimum order 10/ \$27.00 per person. Selection Includes: - Our Soup Creation - Tossed Gourmet Green Salad with Balsamic Vinaigrette - Potato Salad - Greek salad (please indicate 1 salad choice only) - Selection of Wraps: Chicken Caesar - Thai chicken with sweet Thai sauce - Basil Pesto Vegetarian (Nut Free) - Mildly Spiced Mexican with chicken, salsa cheese and greens - Assorted Squares and cookies - Assorted cold juices, pop and carbonated water. Feel free to add additional people.



Gourmet Wraps With Salad or Soup

\$17.00







Minimum order 10/ \$17.00 per person. Selection Includes: - Thai noodle chicken with Satay sauce - Pesto cream cheese vegetarian - Chicken Caesar with tomatoes and parmesan cheese - Mildly spiced Mexican chicken with salsa, cheese, lettuce. - Salad choices: - Artisan mix greens with veggie garnish and balsamic vinaigrette - Fresh spinach salad with boiled eggs, mushrooms and vegetable garnish - Russian style potato salad with chipotle mayo, sautéed onion and red pepper - southwest potato salad with chipotle mayo, sautéed onion and red pepper - Asian noodle salad with soy ginger vinaigrette and julienne vegetables. Feel free to add additional people.



Have It Your Way Sandwich Buffet





\$27.00

Minimum order 10/ \$27.00 per person - Selection Includes: - Homemade Soup of the week - Platter of Sliced Smoked Ham, Smoked Turkey, and roast beef - Tuna Salad and Egg Salad - Sliced Fresh Vegetable Platter including Tomatoes, Cucumber and Lettuce - Sliced Cheese Tray, Cheddar and Swiss - Basket of Assorted Breads (Multigrain, Brown and Sourdough) - Butter, Mayonnaise & mustard - Assorted Pickles and Olives - Gourmet Island Mixed Greens with Balsamic Vinaigrette - A Selection of Cookies and squares - Assorted cold juices, pop and carbonated water. Feel free to add additional people.

	Lasagna Luncheon <div>\$30.00</div> <p>Minimum order 9/ \$30.00 per person - Minimum order 9/15/18 (due to pan sizes) - Selection Includes: - Gourmet Tossed Greens with balsamic Vinaigrette - Your Choice of: - Italian Meat Lasagna with Mozzarella and Cottage Cheeses - Hearty Vegetarian with Eggplant, Zucchini, Peppers, mushrooms and Garlic with the Perfect Tomato Sauce - Chicken and Spinach Lasagna - Garlic Bread - Cookies and Squares. Upgrade your dessert: - Spring & summer: Triple berry - Peach Crumble with whip cream on the side. Fall - Winter: Pear and ginger crumble with whip cream on the side. \$4.50 extra per person. Beverages: Assorted Bubly and Assorted Coca Cola Pop OR Freshly brewed "Source" local organic and carbon-neutral coffee and a selection of teas</p>
	Protein Power Luncheon <div>\$25.00</div> <p>Minimum order 10/ \$25.00 per person. Selection Includes: - Oriental Chicken Salad: Gourmet mix greens, fresh vegetable garnish, and teriyaki marinated chicken breast cooked to perfection, toasted cashew nuts and sesame seeds. Accompanied with a soy-ginger vinaigrette. * Salad Dressing on the side - Romaine-Toasted almond and tuna Salad: Crisp Romaine Lettuce, sliced Granny Smith Apples, sharp Cheddar Cheese, Toasted almonds, Vegetable Garnish and Tuna Fish - Accompanied with Fresh Herb vinaigrette. * Chicken or tuna can be substituted - Assorted cookies and squares. Add fresh fruit salad \$3.00 extra. Beverages: Local Fair Trade, organic and carbon neutral "Source" Coffee and Tazo Teas OR Assorted Bubly and Assorted Coca Cola pop. Feel free to add additional people.</p>
	Que Pasa? Quesadilla Luncheon <div>\$25.00</div> <p>Minimum order 10/ \$25.00 per person. Selection Includes: - Chicken quesadilla with cheese, sautéed peppers and onions - Mexican rice pilaf - Toss mix greens with veggie garnish and balsamic dressing on the side OR Crisp Caesar salad garnished with crouton and parmesan cheese - Salsa and sour cream on the side - Assorted Cookies and Squares - Beverages: - Freshly brewed local, organic, carbon neutral "Source" Coffee and Tazo Teas - Assorted Bubly and Assorted Coca Cola Pop. Minimum order of 10/\$20.00 per person. Feel free to add additional people. These 10 inch stacked quesadillas have been a hit with all of our customers.</p>
	Satay Coming Your Way Buffet <div>\$28.00</div> <p>Minimum order 10/ \$28.00 per person. Selection Includes: - Skewered chicken and/or beef (1X 4 Oz skewers per person) - Vegetable skewers - Add Extra skewer for \$8.00 per person. Choice of sauces: Sweet & spicy Thai - Peanut sauce - Teriyaki sauce - Pesto (one sauce per choice of protein) - Rice pilaf garnished with sweet peppers and green onion - Artisan mix green salad with our balsamic vinaigrette - Assorted squares & cookies. Freshly brewed "Source" Coffee, local, organic and carbon neutral and Tazo Tea OR Assorted Bubly & Assorted Coca Cola Pop and diet pop. Minimum order 10/ \$28.00 per person. Feel free to add additional people.</p>
	Souvlaki Luncheon <div>\$28.00</div> <p>Minimum order 10/ \$28.00 per person. Selection Includes: - Greek seasoned chicken Souvlaki skewers with tzatziki dip on the side - Greek Salad lightly dressed with Feta and Kalamata Olives - Grilled pita bread with hummus to dip - Lemon rice pilaf - Assorted Cookies and Squares. Beverages: - Freshly brewed "Source" local, organic, carbon-neutral Coffee, and Tazo Teas Or Assorted Bubly & assorted Coca Cola pop and diet pop. Feel free to add additional people.</p>
	The Full Enchilada <div>\$25.00</div> <p>Minimum order 10/ \$25.00 per person. Kindly give us 48 hours to prepare. Selection Includes: - Beef and/or chicken enchiladas with black beans, zesty tomato sauce, and cheese baked in the oven - Served with a side of salsa and sour cream on the side - Artisan mix greens with balsamic vinaigrette - Assorted cookies and squares - Selection of cold drinks, juice, pop and diet pop OR local, organic, carbon-neutral "Source" coffee and tea. Minimum order of 10/\$25.00 per person. Feel free to add additional people.</p>

Hot Lunch Bowls

Served in individual bowls, minimum 5 per selection.
Kindly give us 48 hours to get ready for these delicious, fresh fall bowls.
Enjoy😊

	Chicken Burrito Bowl <div>\$19.00</div> <p>Mexican rice, chipotle seasoned roasted and sliced chicken, black beans, corn, diced tomatoes, and cheese. Salsa and sour cream on the side. Add guacamole \$1.50 per person. (2 oz portion cups)</p>
	Comfort Bowl <div>\$19.00</div> <p>Our creamy mashed potatoes, crispy four chicken tenders, kernel corn, honey glazed carrots and gravy on the side.</p>
	Middle Eastern Bowl <div>\$19.00</div> <p>Herbs & olive oil couscous, crispy falafel patties, cucumbers, tomatoes, peppers, red onions, and black olives salad with a vinaigrette. Drizzled with authentic tahini on top.</p>
	Salmon Rice Bowl <div>\$22.00</div> <p>Steamed rice, seared salmon in an Asian marinade, julienne cucumbers, carrots, cabbage, and green onions. Drizzled with sriracha mayo and sesame seeds.</p>