



SAVOURY

Entrees - July 3rd through 9th

Vietnamese Style Fish Cake | Rice Noodle Salad \$14 DF GF
Jerk Pork Tenderloin | Sweet Potato with Cilantro Pesto \$13 GF DF
Honey Mustard Roasted Chicken with Dill | Seasonal Side \$14 GF DF
BBQ Beef Brisket Bowl | Smoked Cheddar Smashed Potatoes | Corn | Cilantro \$12 GF
Moroccan Vegetable Bowl | Couscous | Chickpea | Feta | Lemon Tahini \$13

Entrees - July 10th through 16th

Salmon with Feta, Lemon and Garlic | Side Salad \$14.50 GF
Roasted Chicken with Charmoula Vinaigrette | Choice of Side \$14 GF DF
Pasta Tavola Mushroom Ravioli \$12
Pulled Pork Bowl | Mixed Grains | Black Bean | Ancho | Smoked Cheddar \$12
Butter Chicken Bowl | Basmati Rice | Chickpea Salsa \$12 GF

Entrees - July 17th through 23rd

Lebanese Chicken | Orange Beet Salsa | Choice of Side \$14 DF GF
Indian Spiced Flank Steak | Curried Potato Salad \$14 GF DF
Poached Salmon | Green Beans with Hazelnut and Orange \$14.50 DF GF
Thai Tofu Curry Bowl | Basmati Rice | Vegetable Julienne \$10 GF DF
Miso Salmon | Soba Noodles | Greens | Ponzu \$13 DF

Entrees July 24th through 30th

Spinach and Feta Stuffed Chicken | Choice of Side \$14 GF
Trout | Tarragon Mustard Vinaigrette | Choice of Side \$14.50 GF DF
Slow Cooked BBQ Beef Brisket | Choice of Side \$14 GF DF
Korean BBQ Tofu | Vegetable Noodle Bowl \$12 GF DF
Moroccan Salmon Bowl | Roasted Vegetables | Kale | Chermoula \$13 GF DF

SUMMER SALADS AND BOWLS

PROTEIN SALAD BOWLS

\$9-\$10.50 each

Thai Chicken | Rice Noodles | Greens | Nuoc Cham GF DF
Latin Flank | Greens | Cucumber & Tomato | Ancho | Chimichurri GF DF
Moroccan Beef | Chickpea | Pickled Turnip | Feta | Olive | Tahini Dressing GF
Moroccan Vegetable | Chickpea | Cauliflower | Pickled Turnip | Feta | Olive | Tahini Dressing GF
Marinated Tuna Nicoise | Potato | Green Bean | Tomato | Olive Lemon Caper Vinaigrette GF DF
Thai Rice Noodle | Pickled Vegetables | Sambal Aioli | Edamame | Carrot | Nuoc Cham GF DF
Egg Nicoise | Potato | Green Bean | Tomato | Feta | Olive Lemon Caper Vinaigrette GF
Red and Golden Beet | Hall's Apple | Feta | Greens | Maple Cider Mustard Dressing GF
Miso Salmon | Soba Noodles | Greens | Ponzu DF



SEASONAL SALADS

\$4.25 OR 3 FOR \$12

Moroccan Couscous Salad with Lemon Tahini Dressing DF

Pad Thai Noodle Salad DF

Roasted Potato Salad with Smoked Cheddar and Grainy Mustard Dressing GF

Tomato and Heirloom Beet Salad with Pickled Radish and Feta GF

Grilled and Roasted Vegetable Salad with Corn GF DF

Thai Grain Salad with Basil and Mint GF

COLD PICK UP BUFFET \$28

Minimum 12 guests

Whiskey Molasses Salmon

Grilled Flank Steak with Green Chile Sauce

Roasted and Pickled Beet Salad with Feta and Arugula

Potato Salad with Whole Grain Mustard and Grilled Onions

Grilled and Roasted Vegetable Salad with Corn and Basil

Strawberry Rhubarb Galettes, Butter Tarts and Nanaimo Bars

SWEET

Squares Brownie, Lemon, Date, Seasonal Selections

Cookies Ginger, Chocolate Chip, Peanut Butter, Oatmeal
Cranberry White Chocolate

Minis Tarts, Macaroons, Shortbread

Cakes Chocolate Ganache, Carrot Cream Cheese

Tarts and Pies Choose from our daily selection

Lunch to Go:

Assorted Sandwiches and Wraps

Seasonal Salads, Protein Salads and Soups

Entertaining and Gifts

Grain crisps, Cheese Bites, Decorated Shortbread,

Jams and Chutneys, Candied Nuts, Savory Dips

Always Available

Sandwiches, Soups, Quiches, Savory Pies, Frozen Foods, Vinaigrettes,
Savory Dips, Whole Roasted Chickens, Carrot Cake, Chocolate Cake, Cookies, Squares, Granola,
Muffins, Cheese Scones, Fruit Scones

Artisan Products

Seed to Sausage Charcuterie, Pascale's Ice Cream,
Ishina Indian Cuisine, Tavola Pasta,
Alaska Maple Syrup, Nats Bread, Bread n' Roses Bread,
Humming Bird Chocolate, Fraktals



STATIONARY PLATTERS

Artisan Cheese Platter \$120/\$60

A selection of artisan cheese.

May include Noble, smoked blue, Grey Owl, Clos St.. Ambroise
Accompanied by house chutney, candied nuts and dried fruit.

Served with sea salt crostini, baguette and grain crisps

Crudité Platter \$45

A seasonal assortment of fresh vegetables
with our house curry dip and beet hummus

Epicuria Savoury Dips and Flatbread Platter \$60

Selection may include caramelized onion, smoked salmon,
fig and olive dip, Tuscan cheese, lemon artichoke, or beet hummus

Served with house sea salt crostini, baguette and grain crisps

Please call to inquire or email catering@epicuria.ca

Platters serve: Large 25-30 guests / Small 12-15 guests

Presented on bamboo platters.

Locally inspired Charcuterie Platter \$135/\$70

A selection of Seed to Sausage charcuterie,
duck prosciutto, rabbit terrine, duck rillettes and prosciutto.

Seasonal chutney, mustard and cornichons

Served with house sea salt crostini, baguette and grain crisps

Fish Platter \$160/\$80

Smoked salmon, candied salmon,

house smoked trout rillettes and chili garlic shrimp

Capers berries, cream cheese, dill, red onion and cornichons

Served with house sea salt crostini, pumpernickel and grain crisps

Vegetarian Sushi Platter \$100/\$55

Selection of vegetarian maki rolls

Served with Ginger Soy Dipping Sauce, Pickled Ginger and Wasabi

75/40 Rolls (not available Sunday)

Mini Dessert Platter \$55

Selection of chocolate caramel sea salt shortbread, lime coconut macaron,
carrot cake pop, and maple cream cheese tart. 36 pieces



EPICURIA CLASSICS

Chicken Pot Pie \$17.50
Curried Turkey Pie \$17.50
Lamb Feta Pie \$17.50
Tourtière \$16.50

Roasted Lemon Rosemary Chicken \$9.75
Chicken Marbella \$9.75
Indian Coconut Chicken \$9.75
Thai Chicken Curry \$9.75

Lamb Shank with Mushroom Bolognese \$13
Veal Meatballs with Artichoke and Olive \$9
Mushroom Asiago Strudel \$9.50
Italian Meatloaf \$9
Shepherd's Pie \$8.25
Vegetarian Chili \$6
Moroccan Lamb Tagine \$12
Beef Bourguignon \$10

Lasagna Bolognese \$18
Veal or Spinach Cannelloni \$7.25
Bolognese Sauce \$11

LOCAL ARTISAN PRODUCTS

Tavola Pasta

Meat Lasagne \$11.50
Vegetarian Lasagne \$11.50
Mushroom Ravioli \$16.99
Chicken Sage Ravioli \$16.99
Meat Ravioli \$14.99
Butternut Squash Ravioli \$16.99

Ishina Indian Dishes

Baingan Bharta \$10
Beef Curry \$10
Butter Chicken \$11
Chicken Korma \$11
Chicken Tikka Masala \$12
Channa \$7
Lamb Rogan Josh \$13
Naan Bread \$5
Saag Paneer \$10

Pascale's Ice Cream \$14