

## PROTEIN SALADS \$19

Served in individual recyclable bowls. Perfect for your next team appreciation or healthy lunch on the go!

Includes:

Individually Packaged

Large Cookie of The Day

Sealed Compostable Flatware

Minimum 10 per menu item

### THAI GINGER SHREDDED CHICKEN

Rice Noodle | Pickled Vegetables | Sambal Aioli | Cilantro Mint Salad | Soy Nut Lime Gremolata (Gluten-free; Dairy-free)

### LATIN SPICED FLANK STEAK

Greens | Tomato Radish Cucumber Salad | Cured Olive | Chimichurri (Gluten-Free; Dairy-free)

### VEGETARIAN COBB

Super Slaw | Hardboiled Egg | Goddess Dressing  
(Gluten-Free)



## SANDWICHES AND WRAPS \$19

### Individually Packaged Lunch Boxes or Buffet

Includes:

Chef's Selection Artisan Sandwich

Chef Inspired Seasonal Salad

Dessert of The Day

Minimum 10

Sealed compostable flatware

### A Sampling of Our Sandwiches and Wraps

Each day we offer a selection of delicious sandwiches and wraps from the list below. We make our sandwiches with local artisan breads and roast our meats in-house.

### SANDWICH & WRAP SELECTION

Maple Dale Aged Cheddar | Seasonal Chutney

Italian Charcuterie | Arugula | Olive Pesto

Chickpea Salad | Arugula | Roasted Pepper Aioli

Cheddar | Local Country Ham | Honey Dijon Mayo

Roast Beef | Aged Cheddar | Caramelized Onion Jam

Classic Herbed Egg Salad

Turkey Bánh Mì | Pickled Vegetables

**COLD PROTEIN BENTO BOX**

CHICKEN \$22

TOFU \$20

BEEF \$23

SALMON \$23

**Minimum 15 orders per menu item. Buffet also available.**

Tandoori Salmon or Chicken | Mango Mint Raita

Couscous Salad with Cucumber and Radish

Broccoli Cauliflower Super Slaw

Dessert of the Day

Maple Miso Salmon or Chicken

Pad Thai Noodle Salad

Vegetable Slaw with Ponzu

Dessert of the Day

Achiote Grilled Chicken or Flank Steak | Ancho Aioli | Chimichurri

Latin Couscous Salad with Corn and Black Beans

Southwestern Slaw

Dessert of the Day

**Each meal is presented in a compostable box and includes sealed compostable flatware.**



**INDIVIDUAL SNACKS**

**Minimum 10 orders per item.**

**CHEESE AND FRUIT BENTO BOX \$9.50 PER PERSON**

Selection of Artisan Cheese served with flatbreads and fruit

**FRESH FRUIT SALAD \$6 PER PERSON**

Presentation of select seasonal fresh fruit

**CHIPS AND DIP \$5**

Our Caramelized Onion Dip served with Kettle Chips

**CRUDITÉS \$6 PER PERSON**

A seasonal assortment of Fresh Vegetables with Hummus

**COOKIE - \$3**

Our delicious all-butter cookies

Chocolate Chunk, Ginger or Cranberry White Chocolate Oatmeal

**SCRATCH MUFFIN OF THE DAY \$3.50**

**GREEK YOGURT PARFAIT WITH EPICURIA GRANOLA \$6**

**APPLE CRANBERRY PUMPKIN ENERGY BITES \$3**

**BANANA CHOCOLATE ENERGY BITES \$3**



### DIETARY ACCOMMODATIONS

We will make every effort to accommodate clients with food allergies – please be as specific as possible about the allergens in question. However, please note that there is always a risk that allergens may be present and your guests need to be aware of this risk.

Note that our kitchen is not a nut-free facility and we cannot guarantee the absence of nuts or nut oils in our foods. Epicuria will not assume any liability for adverse reactions to foods consumed, or items with which an individual may come in contact, at any event we cater.

Please inquire about our seasonal vegan and gluten-free menu options.

Allergy Note: Please advise of all allergies. These are subject to a \$4 per person surcharge.

We cannot accommodate garlic, onion or citrus allergies.

### ADDITIONAL INFORMATION

We require a minimum food order of \$500 Tuesday through Thursday.

We provide all food packaging, bags, napkins and compostable cutlery for all lunch orders at no charge.

Delivery charges are \$35 for drop off in Ottawa. Surcharges may apply. A 18% event coordination service charge is applied to all orders.