



Exceptional Luncheons

PERFECT FOR CORPORATE AND INFORMAL GATHERINGS

COLD ENTRÉES

Grilled fennel and cumin crusted chicken breast
Israeli cous cous salad with sundried tomato pesto
Mixed greens with shaved fennel and black olives, roasted garlic dressing
Choice of dessert
- \$18.50 -

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Pan roasted asian style salmon fillet
Soba noodle salad with carrot and daikon and a jalapeno and ginger dressing
Sautéed rapini
Choice of dessert
- \$19.50 -

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16-spice grilled chicken and shrimp
Succotash salad (fava beans, corn, peppers, fingerling potatoes and oven roasted tomatoes)
Mixed greens and chipotle dressing
Choice of dessert
- \$20.00 -

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Tandoori spiced salmon or chicken breast
Curried cauliflower and chickpea salad
Mixed greens with lemon curry vinaigrette
Choice of dessert
- \$21.00 -

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Grilled flank steak with ras el hanout spice crust, with Essence quick pickled vegetables
Quinoa corn and pistachio pilaf
Mixed greens with pomegranite dressing
Choice of dessert
- \$22.00 -

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Minimum \$250.00 required for delivery; free delivery and set up for all orders over \$700.00 (before tax).

Rentals and platters can be arranged. Taxes, catering coordination fee, service rentals extra.

48 hrs notice required for orders. Subject to date availability.

Servers can be arranged with a minimum food order of \$500.00

Please express your interest and we will provide assistance in assessing your needs.



essencecatering.ca
613.850.4776

we love food. we love style.



Exceptional Luncheons (cont'd)

HOT ENTRÉES

Braised beef short ribs with herb and wild mushroom papardelle noodle
Mixed greens with maple balsamic vinaigrette
Dessert of the week
- \$30.00 per person -
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Braised chicken in coconut curry sauce and bok choy
Coconut rice pilaf
Dessert of the week
- \$26.00 per person -
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Mariposa farms duck ragout and lemon herb tagliatelle
Mixed greens with goat cheese and roasted garlic dressing
Dessert of the week
- \$28.00 per person -

ADD ONS

Essence cheese platter

Only the best artisan cheese from Quebec and Ontario served
with house made toasts, crisps and chutneys
- \$6.50 per person -

Essence sushi platter

A beautiful display of our offbeat but always tasty and meticulously
prepared selection of maki and futomaki rolls and nigiri
- \$50.00 / minimum 40 pieces -

Fire roasted salsa and chips

- \$3.75 per person -
- with guacamole \$5.75 per person -

Spreads and toasts

Our selection of black olive tapenade, roasted garlic and white bean spread
and sundried tomato spread. All served with our own crisps and toasts.
\$3.50 per person



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