



## Lunch Menu 2011

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*The Ambrosia Conference & Event Centre is home to Chef Steve-Walker Duncan.*

*He is also host of the well known TV Series Flavours of the West Coast (CHEK-TV).*

*Chef Steve has a love for sustainable, local, healthy and delicious food.*

*You'll find numerous selections on this menu that are direct from his Flavours TV series.*

*Bon appétit!*

## **Welcome to the Ambrosia Conference & Event Centre**

- **Spectacular Corporate Events** □ **On-Site or Delivered Catering**
- **Distinctive Wedding Receptions** □ **Bridal Showers** □ **Cocktail Receptions**
- **Gourmet Gifts** □ **Cooking Classes** □ **Unique Private Dinner Parties**

Whether you are planning a formal dinner party, casual get together, corporate luncheon, cocktail reception or wedding, the Ambrosia Centre is Victoria's premier event and catering facility! We present all of the essentials to ensure that your event will be truly distinctive and memorable.

Our catering services and facility rental include:

- customized menus for any size party
- venue selection
- wine accompaniments
- wide variety of china & silverware
- glass & crystal stemware
- table linens
- decorative table settings
- professional service staff
- bartending service

We can provide through our network of suppliers:

- a wide variety of live entertainment options
- floral design
- full event planning
- valet and limousine

### **Dinner Parties & Cocktail Receptions**

Let us create a truly customized Ambrosia experience in the comfort of your own home or preferred venue. Extraordinary cuisine and exceptional service are just the beginning of what you will experience from Ambrosia Catering. If you are entertaining a party of *any size*, we will create a food and wine experience that will simply be unrivaled.

### **Delivered Catering & Corporate Events**

Ambrosia is the perfect solution when time is tight and you are trying to impress a client. We provide complete menu solutions that make setup (or drop off) incredibly easy. "Working" lunches will never be the same! Whether you are in need of the best boxed lunches, a beautifully presented buffet, or if you are hosting a special reception and require a fully catered affair, our professional catering team will seamlessly put forth a spectacular event leaving you with nothing to worry about except entertaining your guests!

### **Distinctive Weddings & Bridal Showers**

The personal attention that we offer in planning your wedding will immediately put you at ease. We can work with you to find the perfect location and to develop a customized menu and wine program that will perfectly augment your special day.

Whether you wish to have a formal sit down dinner or a free flowing dining extravaganza, Ambrosia will create a memorable wedding celebration that will be uniquely yours.

### **Special Requests**

The menus displayed are just some of the wonderful creations that our culinary team can create. Make an appointment for a consultation to design your own menu and discuss your favorite foods with our chef.

## WORKING LUNCH BUFFET #1

**\$13 per person**

### Sandwich & Wrap Selection\*

Shrimp Salad	Egg Salad
Roast Beef	Grilled Vegetables & Goat Cheese
Chicken Salad	Smoked Meat
Black Forest Ham & Cheddar Cheese	Salami & Sun Dried Tomato

(Sandwich selections may change daily, please specify any allergies or special requests)

\* 1½ sandwiches per person served on a selection of freshly baked breads, multigrain baguettes, Tortilla wraps and croissants with assorted chips & veggies

### Assorted Dessert Squares

*Served with fresh brewed coffee & a selection of individual teas*

## WORKING LUNCH BUFFET #2

**\$18 per person**

### Choice of Soup or Salad

### Fresh Sliced Fruit Platter

### Sandwich & Wrap Selection\*

Shrimp Salad	Egg Salad
Roast Beef	Grilled Vegetables & Goat Cheese
Chicken Salad	Smoked Meat
Black Forest Ham & Cheddar Cheese	Salami & Sun Dried Tomato

(Sandwich selections may change daily, please specify any allergies or special requests)

\* 1½ sandwiches per person served on a selection of freshly baked breads, multigrain baguettes, Tortilla wraps and croissants with assorted chips & veggies

### Desserts (Please Choose 1)

- Homemade Apple Strudel
- Lemon Mousse
- Marbled Chocolate Mousse with Shaved Chocolate
- Fresh Fruit Cocktail
- Assorted Dessert Squares

*Served with fresh brewed coffee & a selection of individual teas*

***Please allow a minimum of 72 hours notice to ensure availability.  
Menu offerings are based on seasonality of product and are subject to change.  
All prices subject to 15% Gratuity & 12% HST***

## **WORKING LUNCH BUFFET #3**

**\$21 per person**

**Organic Mixed Greens with House-made Dressings**

**Classic Caesar Salad**

**Choice of two entrées:**

- Beef Lasagna - layered house made meat sauce, pasta sheets & cheese with garlic toast
- Shepherd's Pie - ground beef & vegetables cooked in rich gravy under creamy mashed potato
- Turkey a la King – served with pasta in a light creamy Béchamel sauce
- Vegetarian Lasagna - baked layers of roasted vegetables, pasta sheets & cheese with garlic toast
- Vegetarian Primavera- selected vegetables gently tossed in tomato herb sauce

*Accompanied by fresh seasonal vegetables, bread, whipped butter & appropriate condiments*

Assorted dessert squares and cookies

*Served with fresh brewed coffee & an array of individual teas*

## **LIGHT PLATED LUNCH**

**\$19 per person**

**Ambrosia Garden Vegetable Soup**

*Freshly made vegetarian soup*

**Chicken Salad**

*Poached breast of chicken on mixed organic greens with watercress, tomato, avocado, goat cheese & Ambrosia honey mustard dressing*

**Fresh Fruit Parfait**

*Seasonal fruit, yoghurt and candied hazelnut praline*

*Served with fresh brewed coffee & a selection of individual teas*

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## PLATED LUNCHES

**2 course - \$22 per person**

**3 course - \$27 per person**

Create a two or three course plated lunch menu - chose one selection from each of the menu categories below (*multiple selections are available for an additional charge*) or consult with our chef to design a customized menu.

### **Appetizers**

**Ambrosia Salad** – organic greens, tomato, cucumber, carrot, egg, fresh herbs & raspberry vinaigrette

**Caesar Salad**- romaine lettuce, Caesar dressing, fresh croutons & Reggiano Parmigianno

**Roma Tomato Salad** – West Coast greens, Bocconcini & Balsamic vinaigrette

**Portobello Mushroom "Pizza" (add 1.50)**

Roast pepper puree, caramelized red onions, Bocconcini & artichoke hearts

**Smoked Chicken & Spinach Sauté (add 1.75)**

Tender house smoked chicken breast tossed with wilted spinach on nest of soba noodles in sesame dressing

**Ambrosia Vegetable Soup** – sundried tomato coulis & fresh herbed croutons

**Entrees** *Accompanied by fresh seasonal vegetables & potato, pasta or rice*

**Roasted Pork Loin** stuffed with Ambrosia sausage & apricots

**Thai Chicken Curry** coconut milk, fresh basil & jalapeno peppers

**Oven Roasted Chicken** with rich gravy and sage & onion dressing

**Baked Fillet of Wild Pacific Sockeye Salmon** served with fruit salsa

**Linguini Provencal** - sundried tomato, Kalamata olives, oregano, roasted garlic, fresh chives & parmesan cheese

### **Desserts**

**Ambrosia Apple Strudel** with Crème Chantilly

**Dark Chocolate Mousse** with shaved chocolate

**Fresh Fruit Cocktail** seasonal selection of freshly cut fruits

**Double Chocolate Brownie** & Bailey's whipped cream

**Black Forest Cake** (Add \$1.50) chocolate cake, fresh cream, black cherries & Kirsch

*Served with fresh brewed coffee & an selection of individual teas*

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## Platters & Baskets

(Serves approx...)

### Gourmet Dips & Artisan Breads

<i>Artichoke &amp; Spinach / Hoummous / Olive Tapenade /</i>	\$75	20 - 30
<i>Three Bean Salsa / Madras Curried Mango</i>	\$115	30 - 40
<i>Served with Artisan baguettes &amp; breads</i>	\$150	40 - 60

### Fresh Sliced Fruit Platter

<i>Seasonal local &amp; imported fruit (as available)</i>	\$50	10 - 15
	\$80	20 - 25
	\$110	30 - 40

### Fresh Garden Vegetables

<i>Carrots, Cauliflower, Broccoli, Peppers, Mushrooms, Cherry Tomatoes, Celery</i>	\$30	10 - 15
<i>with blue cheese &amp; Ranch style dips</i>	\$50	20 - 25
	\$75	30 - 40

### Roasted Seasonal Vegetable Platter

<i>Seasonal vegetables roasted whole in olive oil and drizzled</i>	\$50	10 - 15
<i>with balsamic syrup &amp; coarse sea salt</i>	\$85	20 - 25
	\$130	30 - 40

### Natural Pastures Comox Valley Brie

<i>Whole wheel baked in a savory crumb &amp; served piping hot with</i>		
<i>Sundried tomato &amp; garlic salsa and fresh baguette</i>	\$125	25 - 40

### Delicatessen Platter

<i>Assorted house-made and selected cured &amp; cold cut meats &amp; pates,</i>	\$95	10 - 15
<i>Condiments, pickles, sun dried tomatoes and assorted breads</i>	\$165	20 - 30
	\$220	30 - 40

### Domestic & Imported Cheese Platter

<i>Presented with pickles, chutney, fresh &amp; dried fruits and crisp breads</i>	\$95	10 - 20
	\$155	20 - 30
	\$230	30 - 50

### Local Artisan Cheese Tasting Platter

<i>Vancouver Island &amp; Gulf Islands cheeses presented</i>	\$125	10 - 20
<i>with Ambrosia pickles, chutneys, fresh &amp; dried fruits</i>	\$175	20 - 30
<i>and crisp breads</i>	\$250	30 - 50

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## AFTERNOON BREAKS

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Fresh Sliced Fruit Platter	\$55 serves 10-15
<i>Seasonal local &amp; imported fruit</i>	\$85 serves 20-25
	\$120 serves 30-40
Freshly baked mini muffins (assorted flavours)	\$1.35 each
Freshly baked large muffins (assorted flavours)	\$2.60 each
Freshly baked Fruit Danish	\$2.60 each
Freshly baked butter croissants	\$2.35 each
Freshly baked cookies	\$1.85 each
Assorted granola bars	\$2.25 each
Tortilla chips & house made tomato salsa	\$2.25 per person
Assorted bite sized dessert squares (4 pieces per person)	\$3.50 per person

### Beverages

Freshly brewed coffee (Regular or Decaffeinated)	\$25.00 serves 15-18
Traditional & herbal tea selection	\$25.00 serves 15-18
Fruit juice, pitcher (1.5L)	\$12.00
Fruit juice, individual bottle (300ml)	\$3.00
Fresh milk, pitcher (1.5L)	\$8.50
Soda pop cans (330ml)	\$2.50
Soda pop bottles (475ml)	\$2.75
San Pellegrino sparkling water (325ml)	\$2.95
Dasani still mineral water (475ml)	\$2.75

\* Pop, water & juices served on ice

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