



A Fine Fit
• catering & consulting •

LUNCH MENU

Lunch Package Prices - per person

Whether it be an informal family affair or business luncheon, A Fine Fit has got you covered! We are happy to find you the perfect menu items that fit with your particular group. Take a look at the package pricing and then the variety of options below. If you don't see what you're looking for, I would be happy to customize a menu for you! If anyone in your group has a special dietary concern, please let me know I will certainly accommodate at no extra charge.

Hot beef or pulled pork11.5
on a bun and salad

Wrap Platter and Salad11.5

Wrap platter, soup and salad13

Choose from a variety of wraps, soups and salads for a perfectly rounded lunch (wraps not pictured).

Soup, salad and homemade rolls10.5

Your choice of soup and salad from the menu below along with my signature butter rolls and whole grain rolls with whipped butter

Hot entrée and salad12.5

Your choice of a hearty hot entrée and salad for a completely satisfying lunch.

Add cold drinks or coffee and tea1.75

See below for description.

SALADS a la carte 5.0

Spinach and strawberry

Tender spinach with strawberries, candied pecans and honey balsamic vinaigrette.

Feta can be added upon request.

Mixed greens

With cucumber, julienned sweet peppers and slivered red onion tossed in your choice of house made vinaigrettes (blueberry, red wine or maple mustard)

Greek pasta salad

Farfalle pasta, tomato, cucumber, sweet peppers, chunks of feta and kalamata olives tossed in a red wine vinaigrette

Not your average Caesar

Fresh cut romaine, home baked croutons, house made lemon garlic dressing, topped with freshly shaved parmesan

Fall cole slaw

Shaved cabbage, apples, carrots, cranberries tossed in an apple cider vinaigrette. Topped with toasted sunflower seeds.

Thai mixed greens

With mandarin orange slices, redwing onion, toasted almonds and Thai vinaigrette.

Tropical green salad

Leafy greens, fresh pineapple, grapes, slivered red onion tossed in my sweet onion vinaigrette. Topped with toasted coconut.



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**HOT SANDWICHES a la carte 7.00
AND WRAP PLATTERS**

Slow roasted beef or pulled BBQ pork

Served with fresh multigrain Italian and kaiser rolls. Served with creamy horseradish, real mayonnaise, Dijon mustard and butter

Chicken fajita wraps

With house made salsa, cheddar, sour cream, cilantro and leaf lettuce

Chicken Caesar wraps

With my zesty lemon garlic dressing, crumbled bacon, cheddar, and Romaine

Chicken pesto wraps

With house made pesto, Monterey Jack cheese, tomato, red onion and leaf lettuce

Pink salmon wraps

With dilled cream cheese, slivered red onion and cucumber, spinach

Southwestern vegetarian wraps

With black beans, house made guacamole, salsa, cheddar, cilantro, sour cream and spinach

Roasted vegetable wraps

Roasted peppers, onions and mushrooms with herbed goat cheese, balsamic drizzle and spinach

Signature egg salad on rye or pumpernickel

Egg salad served on a bed of lettuce with either fresh rye or pumpernickel bread.

HOT ENTRÉE SELECTIONS

Pesto Penne with chicken and roasted vegetables

With homemade pesto, grilled chicken and roasted squashes, peppers and mushrooms. Baked with a bubbly layer of mozzarella.

Southwest shepherd's pie

Made with beef and pork, sweet peppers and the spices of the Southwest, layered with garlic mashed potatoes and topped with jalepeno Monterey Jack cheese. Cilantro on the side

Hearty beef lasagna

Layers of house made meat sauce, three cheeses, fresh basil and my own pesto cream sauce

Roasted vegetable lasagna

Layers of balsamic roasted squashes, mushrooms and peppers, house made tomato sauce, three cheeses and my own pesto cream sauce

Thai coconut chicken curry and basmati rice

Fresh made mildly spiced Thai curry slow roasted with peppers, squash and chicken Served with steamed basmati rice

Hearty beef chili or Vegetarian chili with sweet potato

Both chilis feature a delicious Southwestern spice blend, are loaded with veggies and can be spiced to your liking

Served with sour cream and cilantro

Turkey a la King with homemade biscuits

Chunks of turkey and vegetables simmering in a creamy Alfredo sauce

Served with homemade cheddar or buttermilk biscuits



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SOUP SELECTIONS

Gingered butternut squash soup

Roasted butternut squash simmered with vegetables, fresh ginger and garlic and blended smooth

With ginger infused whipped cream on the side, for swirling

Tomato vegetable minestrone

Chunks of veggies, kidney beans and fusilli simmered in a homemade tomato broth.

With fresh basil

Cream of broccoli cheddar

And classic soup, blended with cream and topped with cheddar

Chicken and wild rice

Roasted chicken, vegetables and wild and brown rice simmered in my homemade chicken broth, finished with fresh herbs

Canadian pea soup with smoked ham

A national treasure full of flavour, with veggies and fresh thyme

Cream of leek and potato with tarragon

A classic with a Fine Fit twist, fresh tarragon... and mouth-watering bacon!

Southwest Corn Chowder

A fresh take on corn chowder with cilantro and coconut milk.

Gluten and dairy-free

Curried pumpkin soup with toasted pumpkin seeds

Roasted pumpkin simmered with mirepoix and homemade chicken stock, spiced with sweet curry and blended

Sweet and spicy toasted pumpkin seeds on the side

DESSERTadd 3.00 per person

Loaves

Choose your favourites! Dark chocolate zucchini, apple crisp, rhubarb streusel, pina colada, banana nut, lemon poppy seed, raspberry orange, spiced pumpkin

Cookies

Big and chewy. Choose your favourites! Cranberry oatmeal, double chocolate chip, ginger snaps, almond shortbread, dark chocolate crinkles

Squares

Choose your favourites! Lemon shortbread bars, chocolate mocha brownies, raspberry coconut squares, butter tart bars

Gluten free options available

HOT AND COLD DRINKS

Coffee and tea

Organic, fair trade coffee

Red Rose and herbal teas, local loose leaf tea selections (International House of Tea)

Homemade iced tea or lemonade

Made with fresh lemons, lightly sweetened. Choose from strawberry or lemon