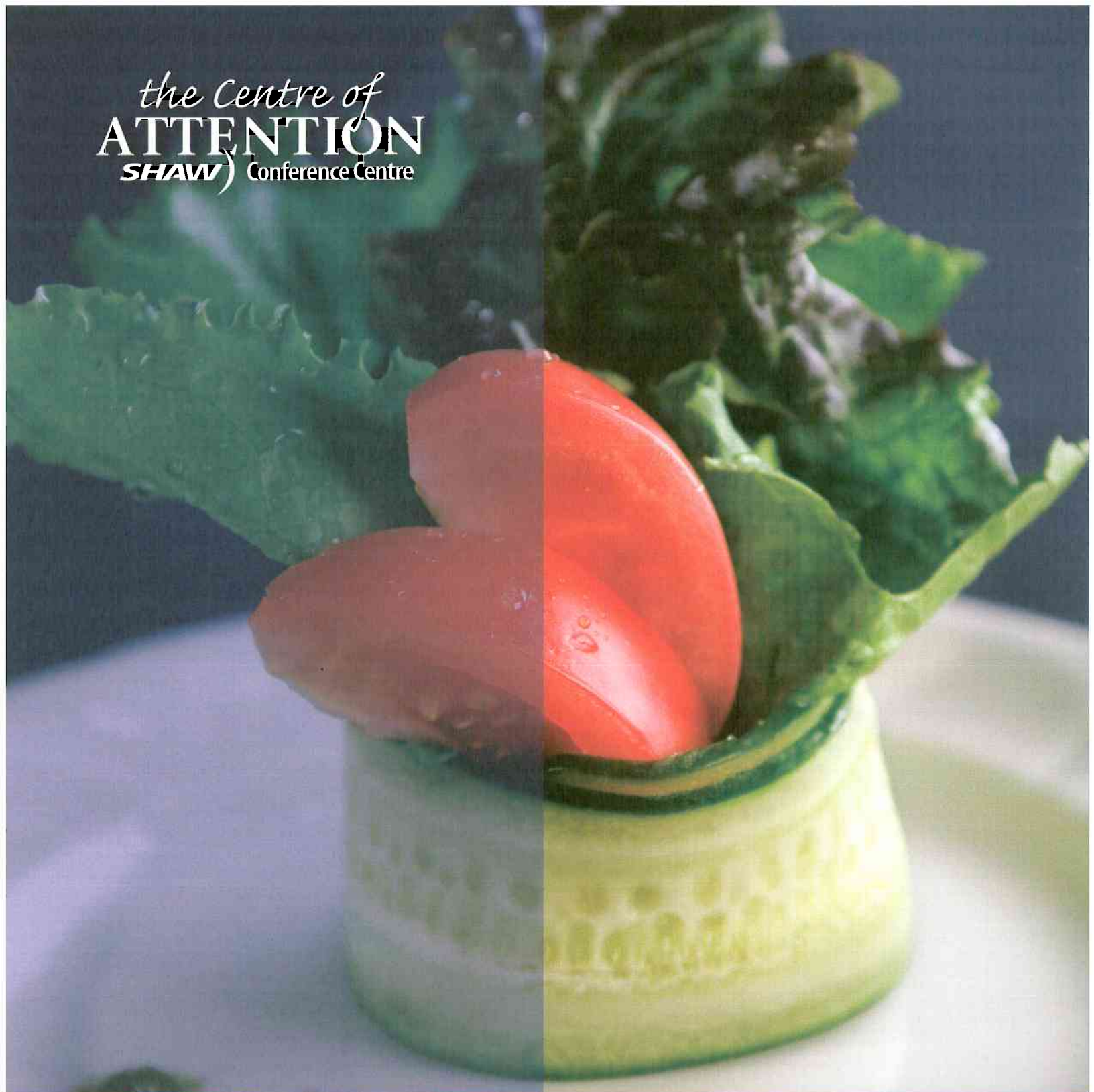


*the Centre of*  
**ATTENTION**  
*SHAW* Conference Centre



*Lunch Menu*

## Working Lunches

### Baguette Sandwiches

Mesclun Greens with House Dressing  
 Bavarian-Style Potato Salad

Marble Rye, Sun-dried Tomato, Multi Grain and French Baguette  
 (3 pieces per person)

Filled with the following selection

- *Valbella Ham, Mozzarella, Lettuce, Cilantro and Dijon Mustard*
- *Egg Salad, Cucumber and Carrot Julienne*
- *Tuna Salad, Red and Green Bell Pepper Julienne and Lettuce*
- *Turkey Roast, Sliced Onion, Sliced Tomato and Mayonnaise*

Fresh Fruit Salad  
 Assorted Squares and Cookies  
 Freshly Brewed Starbucks Coffee and a Selection of Premium Tazo Teas  
**\$19.95 per person**

### Deli Sandwiches

Mesclun Greens with House Dressing  
 Creamless Tomato Soup

- *Alberta Roast Beef with Lettuce, Horseradish Mayonnaise on Focaccia Bread*
- *Valbella Ham and Jalapeño Havarti with Honey-Mustard on Ciabatta Bread*
- *Tomato, Caramelized Onion, Grilled Zucchini and Roasted Peppers with Garlic Hummus on Naan Bread*

Citrus Fruit Salad  
 White and Dark Chocolate Brownies  
 Freshly Brewed Starbucks Coffee and a Selection of Premium Tazo Teas  
**\$22.50 per person**

### Southwestern

Tomato and Cucumber Salad with Minted Lime Dressing  
 Raw Vegetables with Dip

- *Tomato, Whole Wheat and Spinach Tortillas (3 pieces per person) filled with:*
- *Achiote Rubbed Arrossan Free Range Chicken*
- *with Chipotle Sour Cream and Rice Salad*
- *Alberta Roast Beef with Red Onion, Lettuce, Peppers and BBQ Mayonnaise*
- *Grilled Peppers, Zucchini, Tomato, Celery and Ranch Dressing*

Fresh Fruit Salad  
 Chocolate Cappuccino and Lemon Berry Cupcakes  
 Freshly Brewed Starbucks Coffee and a Selection of Premium Tazo Teas  
**\$24.25 per person**

Prices are subject to change and do not include 17% Gratuity or 5% GST

## Buffets

Minimum 25 people or \$2.75 additional charge per person

### Pizza Buffet

Traditional Caesar Salad  
Grilled Marinated Vegetable Salad with Balsamic Vinegar

Choice of two Pizzas from the following:

Margarita  
Pepperoni  
Hawaiian

Marinated Fresh Fruit  
Assorted Mini Pies  
(Apple Streusel, Lemon Meringue, Cherry, Pecan Chocolate)

Assorted Freshly Baked Rolls and Butter  
Freshly Brewed Starbucks Coffee and a Selection of Premium Tazo Teas  
**\$22.50 per person**

### Mexican Buffet

Vine-ripened Tomato and Bocconcini Salad  
Tossed Garden Greens with Italian Dressing


Orange and Achiote Marinated Chicken Breast  
Rice Pilaff with Roasted Corn

Marinated Fresh Fruit  
Pineapple Coconut Slice and Coconut Macaroons

Assorted Freshly Baked Rolls and Butter  
Freshly Brewed Starbucks Coffee and a Selection of Premium Tazo Teas  
**\$28.95 per person**

### Old Strathcona

Macaroni Salad  
Market Greens with House Dressing

 Old Fashioned Alberta Beef Pot Roast with Pan Gravy  
*Roasted Root Vegetables and Dirty Mashed Potatoes*  
CHEEMO® Perogies with Sour Cream, Bacon and Fried Onion

Citrus Fruit Salad  
Fresh Fruit Custard Tarts

Assorted Freshly Baked Rolls and Butter  
Freshly Brewed Starbucks Coffee and a Selection of Premium Tazo Teas  
**\$29.50 per person**

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# LUNCH MENU

## Italy Buffet

Romaine Lettuce with Balsamic Dressing  
Tomato Basil Salad

Pizza Margarita  
Chicken Breast "Picatta" with Tomato Sauce  
Penne Pasta and Roasted Vegetables Tossed in Olive Oil

Marinated Fresh Fruit  
Chocolate Tiramisu  
Biscotti

Focaccia Bread, Olive Oil and Butter  
Freshly Brewed Starbucks Coffee and a Selection of Premium Tazo Teas  
**\$29.50 per person**

## Alberta Buffet

Steak and Potato Soup  
Mixed Green Salad with Chefs Choice of Two Dressings

Alberta BBQ Beef *on a Bun*  
Roasted Potato  
Corn on the Cob with Sweet Butter  
Baked Beans with Molasses

Warm Apple and Field Berry Cobbler  
Marinated Fruit Salad

Freshly Brewed Starbucks Coffee and a Selection of Premium Tazo Teas  
**\$32.50 per person**

## Greek Buffet

Greek Salad with Lemon Oregano Vinaigrette  
Antipasto of Grilled Vegetables and Specialty Olives

Chicken Souvlaki with Tzatziki Sauce (2 per person)  
Garlic and Lemon Rice Pilaf  
Spanakopita Roll

Fresh Fruit Kabob with Honey Yogurt Fondue  
Mango Cream Cake with Fresh Strawberries

Assorted Freshly Baked Rolls and Butter  
Freshly Brewed Starbucks Coffee and a Selection of Premium Tazo Teas  
**\$31.50 per person**

## Additions

Cream of Mushroom Soup \$4.50  
Raw Vegetables with Dip \$3.75  
Penne Pasta with Sun-dried Tomato \$3.25  
Bavarian-Style Potato Salad \$3.25

Minestrone Soup \$4.00  
Tossed Market Greens \$3.95  
Assorted Fruit Yogurt \$4.50  
Sliced Fresh Fruit \$6.50

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## Lunch Boxes

### Salad Etc...

Large Caesar Salad with Focaccia Roll	\$8.75
Small Caesar Salad	\$4.15
Cole Slaw with Ginger Dressing	\$3.85
Crudités with Ranch Dip	\$3.25
Farfalle Pasta Salad with Tomato Basil Dressing	\$3.00
Potato Chips	\$2.50
Country Style Potato Salad	\$3.00
Tomato and Cucumber Salad with Feta Cheese and Italian Dressing	\$4.35
Tossed Salad with Sun-dried Tomato Dressing	\$3.25

<b>Chef Salad</b>	<b>\$8.75</b>
with Ham, Swiss Cheese and Turkey served on a Bed of Romaine Lettuce with Cucumber, Tomato and Italian Dressing	

### Sandwiches

Barbecued Chicken on a Baguette	\$7.25
Corn Beef on Russian Rye	\$7.25
Alberta Roast Beef <i>with Honey Mustard</i> on Marble Rye	\$8.50

The following are served on White and Multigrain Breads:

Egg Salad with Cucumber	\$5.95
Honey Ham and Cheddar Cheese	\$7.50
Tuna Salad with Sliced Tomato	\$6.75
Turkey with Lettuce & Roasted Peppers	\$7.25

### Wraps

Alberta Roast Beef <i>and Rice Salad</i> on a Cheese Tortilla	\$9.25
Turkey with Swiss Cheese and Lettuce on a Jalapeño Tortilla	\$9.75
Teriyaki Chicken and Thai Noodle Salad on a Spinach Tortilla	\$8.50
Baby Shrimp Salad with Lettuce on a Tomato Tortilla	\$10.50
Cream Cheese, Lettuce, Cucumber & Tomato on a Whole Wheat Tortilla	\$8.25
Cajun Chicken with Strawberry Salsa on a Cheese Tortilla	\$9.00

### Desserts

Brownies	\$3.95
Apple Streusel Tart	\$4.50
Freshly Baked Cookies	\$2.75
Rice Crispy Squares	\$4.25
Biscotti, Chocolate Dipped (2pc)	\$2.75
Whole Fruit	\$2.50
Fresh Fruit Salad	\$4.25

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## **Plated Luncheons**

*Entrée served with your choice of  
soup or salad and dessert*

### **Soups**

Italian Wedding Soup

Spicy Tortilla Soup

BLT Soup (Bacon, Leek and Tomato)

Tuscan White Bean and Garlic Soup

Roasted Banana Squash and Orange Soup with Serrano Cream

Creamless Tomato Soup with Basil Yogurt

Creamy Vegetable-Curry Soup with Garlic Croutons and Fresh Coriander

### **Salads**

(Recommended for a Pre-Set)

Antipasto Chopped Salad

Romaine, Mozzarella, Salami, Black Olives, Tomatoes, and White Balsamic Vinaigrette  
(Add \$1.50)

Panzanella Salad

Vine-ripened Tomato, Cucumber, Capers, Feta, Croutons and Basil Dressing

Romaine Lettuce and Spinach Leaves with Grapefruit Dressing

Vine-ripened Tomato, Cucumber and Red Onion Salad with Three Cheese Dressing

Vine-ripened Tomato, Haricot Verts and Baby Red Potato with Herb Dressing  
(Add \$1.50)

### **Other Salads**

(Not Recommended for Pre-Set)

Tossed Garden Greens

Ginger or Sun-dried Tomato Dressing

Traditional Caesar Salad

Croutons and Bacon Bits

## Main Courses

### **Moroccan Spice Rubbed Chicken Breast**

served on a bed of Orzo Pasta with Broccoli and Red Wine Sauce

**\$27.95**

### **Pan Roasted Chicken Breast**

with Parsnip-Potato Purée, Grilled Asparagus and Roasted Corn-Balsamic Vinegar Salsa

**\$26.95**

### **Sweet Soya Marinated Chicken Breast**

served with Teriyaki Sauce, Braised Bok Choy and Fried Soba Noodles

**\$27.50**

### **Lemon-Thyme Roasted Ardrossan Free Range Chicken**

served with Garlic Mashed Potatoes, Roasted Root Vegetables and Chicken Jus

**\$27.95**

### **Roasted Garlic-Mustard Chicken Breast**

with Black Bean and Tomatillo-Avocado Salsa

Southwestern Rice and Zucchini Provencal

**\$28.25**

### **Butter Chicken**

served over Basmati Rice with Broccoli

**\$28.95**

### **Ardrossan Free Range Chicken Tagine**

served with Dry Fruits, Root Vegetables and Couscous

**\$29.95**

### **Spinach and Sun-dried Tomato Pie**

served with Romaine Lettuce with Caesar Dressing

**\$22.95**

### **Mongolian Pembina Pork Loin**

with Hoisin Jus, Braised Red Cabbage and Dirty Mashed Potato

**\$27.50**

### **Navarin of Alberta Beef**

served with Buttered Linguini, Honey Carrots and Broccoli

**\$30.50**

### **Alberta Beef Shepherd's Pie**

served with Garlic Mashed Potatoes, Red Wine Sauce and Root Vegetables

**\$26.25**

### **Braised Beef Chuck Roast**

with Horseradish-Potato Purée, Broccoli and Gremolata

**\$28.50**

### **Alberta Bison Meat Loaf with Mushroom Sauce**

served with Mousseline Potato and Fresh Broccoli

**\$27.95**

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# LUNCH MENU

 **Ratatouille and Buttered *Pasta Time* Fettuccini**  
served with Butternut Squash Coulis  
**\$23.50**


**Vegetable Stir Fry with Green Tai Curry**  
served with Fried Rice and Chow Mein Noodles  
**\$23.95**

**Potato and Red Bell Pepper Spanish Tortilla**  
served with Marinara Sauce and Zucchini Provencal  
**\$24.50**

## Desserts

**Classic Tiramisu Coupe**  
Espresso Kahlua Chocolate Sauce and Chocolate Biscotti

**French Apple Custard Flan**  
Vanilla Crème Anglaise and Blackberry Drizzle

 **Orange Scented Semolina Cream Cake**  
*Ellerslie Saskatoon Berry Compote* and Raspberry Sauce

**Milk Chocolate Salted Caramel Tart**  
Vanilla and Strawberry Sauces

**Passion Fruit White Chocolate Cake**  
Green Apple Jelly  
Mango Coulis and Strawberries

**Southern Pecan Chocolate Pie**  
Bourbon Vanilla Sauce and Strawberries

**Key Lime Cheesecake**  
Chocolate Biscuit Crust and Mango Coulis

**Ginger Honey Mousse**  
Spiced Pumpkin Sponge drizzled with Dark Chocolate  
Ganache Raspberry Coulis

**Vanilla Raspberry Trifle**  
Sherry Soaked Citrus Sponge and Whipped Shortbread



*The Shaw Conference Centre is proud to feature local products*

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