



LUNCH

HALIFAX  
CONVENTION  
CENTRE



# PLATED LUNCH



## Standard Inclusions:

- *Stonehearth Bakery* Rolls & Creamery Butter
- *Java Blend Coffee Roasters* Coffee & Orange Pekoe Tea

## Soups | \$9.5

- Smokey Tomato & Sweet Fennel **VF**
- Spiced Butternut Squash & *Annapolis Valley* Cider **VF**
- Creole Vegan Corn Chowder **VF**
- Herbed *Eden Valley* Chicken & Wild Rice
- Mediterranean Vegetable & Quinoa **VF**

## Salads | \$11

- Arugula Salad with Grapes, Goat Cheese, Blistered Cherry Tomatoes, served with Rosemary Olive Oil & Red Wine Reduction Vinaigrette **GF/V**
- Sweet Potato & Spinach Salad with Pomegranate Seeds, & Toasted Almonds served with Creamy Honey Yogurt Dressing **GF/N/V**
- Kale & Radicchio Salad topped with Pecorino Cheese, Smoked Bacon Bits, & Brioche Crouton served with Caper Berry & Garlic Vinaigrette **GF**
- Root Vegetable & Charred Corn Succotash Salad with Black Garlic & Herb Dressing **DF/GF/VF**
- Celery Root & Squash Salad with Fresh Greens, and Seared Grape Tomatoes served with Caramelized Shallots Dressing **DF/GF/VF**

## The Main Event

- **Braised *Eden Valley* Chicken Thigh | \$27 **N****  
Served over Penne with Puttanesca Sauce, Toasted Pine Nuts & Parmesan Cheese
- **Roasted Pork Loin | \$27 **GF****  
Pork Loin Stuffed with Apple, Apricot and Sage Quinoa, Honey Thyme Jus  
Potato Mousseline  
Seasonal Vegetables
- **Marinated & Seared Chicken Breast | \$28 **GF****  
Roasted Garlic & Chunky Tomato Sauce  
Provençale Potatoes  
Seasonal Vegetables
- **Grilled *North Shore* Salmon Fillet | \$27 **GF****  
Edamame & Lemon Butter Sauce  
Blistered Cherry Tomatoes  
Roasted Cauliflower Wild Rice  
Seasonal Vegetables
- **Herb & Garlic Crusted *Maritime Beef* Striploin | \$28**  
Slow Roasted with a Confit Onions Demi  
Leek & Bacon Potato Cake  
Seasonal Vegetables
- ***Acadiana* Tofu Piccata | \$26 **V****  
Roasted Carrot Mousseline  
Seasonal Vegetables

**NS** LOCAL  
Suppliers

### EDEN VALLEY CHICKEN:

*Eden Valley producers supply the best quality poultry from their family farms, straight from Nova Scotia's Annapolis Valley to our kitchen.*

PICTURED: BRAISED EDEN VALLEY CHICKEN THIGH

ALL FOOD SELECTIONS HAVE A 25 PERSON MINIMUM ORDER  
UNLESS OTHERWISE NOTED. PRICES ARE SUBJECT TO CHANGE.

**DF** | Dairy-Friendly **GF** | Gluten-Friendly **N** | Nuts **VF** | Vegan-Friendly **V** | Vegetarian

# PLATED LUNCH

## The Sweetest Things | \$11

- Sour Cream Cheesecake with *Jost Tidal Bay* Rhubarb Compote & Strawberry Cream *V*
- *Acadian Maple* Tarte au Sucre with Cranberry Orange Coulis, Vanilla Chantilly *V*
- Cinnamon Milk Chocolate Pot de Crème with Smoked Pineapple Compote & Vanilla Bean Shortbread *V*
- Strawberry Mousse & Pistachio Dacquoise with Pomegranate White Chocolate Ganache & Strawberry Lemon Coulis *N/V*
- Dark Chocolate Sour Cream Torte with Milk Chocolate Ginger Chantilly & Mango Coulis *V*
- Dark Chocolate Avocado Mousse with Caramelized Pepitas & Berry Compote *GF/VF*

PICTURED: SOUR CREAM CHEESECAKE

ALL FOOD SELECTIONS HAVE A 25 PERSON MINIMUM ORDER  
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DF | Dairy-Friendly GF | Gluten-Friendly N | Nuts VF | Vegan-Friendly V | Vegetarian



# A QUICK BITE

## Lunch on the Run | \$42

Salad & Entrée served together; Dessert is pre-set.

Choose one from each category:

### Salads

- Cannellini Bean, Tomato & Olive Bruschetta Salad topped with Feta Cheese Crumble **V**
- Medley of Greens and Candied Butternut Squash topped with Balsamic Strawberry Vinaigrette **DF/GF/VF**
- Chimichurri Fingerling Potato & Chickpea Salad **GF/VF**
- Greek Quinoa Salad with *Riverview Herb* Oregano served with Charred Lemon Vinaigrette **DF/GF/VF**
- Valley Corn, Edamame & Grape Tomato Salad served with Creamy Chipotle Dressing **GF/V**

### Dessert

- Sweet Petites Platter **V**
- Coconut Tapioca Pudding with Mango Pâte de Fruit **GF/VF**
- Star Anise Infused Fruit Salad with Lychee Syrup **GF/VF**
- Orange Pekoe Panna Cotta with Lemon Jelly & Sugared Blueberry Scone Finger
- White & Dark Chocolate Bavaois with Hidden Caramel **V**

### Entrées

- Ancho Braised *The Pork Shop* Pork Shoulder with Rice & Black Beans
- *Eden Valley* Butter Chicken Thigh with Basmati & Dal Rice served with Grilled Naan Breadbasket
- *North Shore* Seared Salmon with Kimchi Rice & Bibimbap Sauce
- Falafel, Sweet Potato & Roasted Cauliflower on Brown Rice with a Tahini Drizzle **VF**
- Braised *Maritime Beef* Mac & Cheese

PICTURED: VALLEY CORN SALAD, BUTTER CHICKEN & CHOCOLATE BAVAROIS  
ALL FOOD SELECTIONS HAVE A 25 PERSON MINIMUM ORDER  
UNLESS OTHERWISE NOTED. PRICES ARE SUBJECT TO CHANGE.



# A QUICK BITE



## A Moment of Zen | \$40

- Buddha Bowl with Brown Rice & Lentils, Kale, Pickled Onion, Carrot, Red Cabbage, Sweet Potatoes, Tomatoes, Peppers, Crunchy Chickpeas, Marinated *Acadiana* Tofu *DF/GF/VF*

### Dressing

Choose one:

- Lemon Tahini *GF/VF*
- Roasted Sesame Miso *VF*
- Spicy Yogurt Sauce *GF/V*
- Cilantro Lime Vinaigrette *GF/VF*

### Cheese Adds On | \$2 per

- Feta Cheese
- Cheddar Cheese
- Vegan Cheese

### Protein Add On | \$2 per

- Hard-boiled Egg
- Marinated *Eden Valley* Chicken
- Braised Pulled *Maritime Beef*
- Poached *Sustainable Blue* Salmon
- *Louisbourg Seafoods* Cold Water Shrimp

### Pre-set Dessert

Choose one:

- Coconut Tapioca Pudding with Mango Patê de Fruit *GF/VF*
- Star Anise Infused Fruit Salad with Lychee Syrup *GF/VF*
- Sweet Petites Platter *V*
- Orange Pekoe Panna Cotta with Lemon Jelly & Sugared Blueberry Scone Finger
- White & Dark Chocolate Bavaois with Hidden Caramel *V*

**NS** LOCAL  
Suppliers

### ACADIANA SOY PRODUCTS:

Acadiana Soy makes some amazing plant-based foods that are all-natural and certified organic. One of their specialties is artisan-style tofu, made fresh in small batches using traditional techniques. Rich and creamy in texture, the flavor is out of this world.

PICTURED: BUDDHA BOWL

ALL FOOD SELECTIONS HAVE A 25 PERSON MINIMUM ORDER  
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DF | Dairy-Friendly GF | Gluten-Friendly N | Nuts VF | Vegan-Friendly V | Vegetarian

# A QUICK BITE

## Bagged Lunch To Go | \$39

*Includes Compostable Wood Cutlery & Napkins.*

*Choose one item from each category:*

### Salads

- Mediterranean Salad with Cucumber, Red Onion, Sweet Peppers, Cherry Tomato topped with Feta Cheese in Oregano Garlic Vinaigrette **GF/VF**
- Orzo Pasta Salad with Sundried Tomatoes & Roasted Olives **V**
- Fingerling Potato Salad, Egg, and *That Dutchman's Cheese* Gouda with an Artichoke & Kale Sour Cream Dressing **GF**
- Curried Cauliflower & Sweet Potato Salad with Raisins & Cilantro **GF/VF**

### Sandwiches

Served on Fresh Rustic Baked Bread or Wrap

*(GF options available)*

- Grilled, Marinated *Riverview Herb* & *Eden Valley* Chicken Wrap with a Mango Raisin Chutney Spread
- Italian Cold Cuts with Provolone
- Falafel Wrap with Crisp Veggies & Tahini Drizzle **VF**
- Shaved Roast Beef with Smoked Applewood Cheddar & Chipotle Aioli
- Smoked Turkey with a Medjool Date and Summer Savory Mustard on Ciabatta

### Dessert

- Quinoa, *Terra Beata* Cranberry, Almond & Pumpkin Seed Energy Bar **GF/N/VF**
- Ginger Sparkle & Dried *Terra Beata* Cranberry Cookie **V**
- Flourless Chocolate Cake with Chocolate Chunks **GF/V**
- Rice Krispy Square **GF/V**

### Assorted Cold Beverages

- *Goodmore & Solas* Kombucha
- Juices
- *Chill Street* Sodas
- Bubly

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#### RIVERVIEW HERBS:

*A year-round, family-run greenhouse specializing in fresh-cut culinary herbs and over 150 varieties of plants, Riverview Herbs helps our team enhance our dishes with a uniquely Nova Scotian flavour.*

PICTURED: BAGGED LUNCH TO GO

ALL FOOD SELECTIONS HAVE A 25 PERSON MINIMUM ORDER  
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# LUNCH BUFFETS



## STONE HEARTH BAKERY:

For over 40 years, Stone Hearth Bakery has provided Halifax with delicious, locally baked goods. They also provide learning, training, and employment pathways for those facing challenges to finding sustainable and meaningful work. Doing good tastes great, and we love working with this team.

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PICTURED: SANDWICH BUFFET

ALL FOOD SELECTIONS HAVE A 25 PERSON MINIMUM ORDER  
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## Standard Inclusions

- *Java Blend Coffee Roasters* Coffee & Assorted Teas
- Chef's Daily Vegan Soup

## Salad

Choose one:

- Caesar Salad with Sundried *Terra Beata* Cranberries, Zesty Ceaser Dressing, & Fresh Shaved Parmesan Cheese **V**
- Spinach Salad with Watermelon & *Acadian Maple* Balsamic Vinaigrette **VF**
- Quinoa Salad with Preserved Lemon Oregano Vinaigrette **VF**
- Herb & Black Garlic Marinated Five Bean Salad with *Riverview Herbs* Pea Shoots **VF**
- Maitland Green Salad, Pickled Red Onion, Roasted Sweet Potatoes with Dijonnaise Vinaigrette **GF/V**
- Crudit  Display with our Daily Dip Creation **GF/V**

## Dessert

Choose one:

- Assorted Cookies & Fruit Salad **V**
- Fruit Pies with Sugar Crust & Fruit Salad **VG**
- Sweet Petite **V**
- Whoopie Pies: **V**
  - Dark Chocolate Marshmallow
  - Carrot Cake with Cream Cheese
  - Banana Bread with Brown Butter Marshmallow
- Warm Seasonal Fruit Crisp with Chantilly Cream **GF/V**

## Sandwich Buffet | \$35

Choice of 4 sandwich flavours. Based on 2 per person (GF options available).

- Egg Salad with Roasted Sweet Pepper Harissa Mayonnaise **V**
- Shaved Roast *The Pork Shop* Pork with Roasted Garlic Aioli & Spiced Apple Butter
- *North Shore* Salmon & *Louisbourg Seafood* Cold Shrimp with Dill & Lemon
- Lemon Grass Beef Banh Mi
- Porchetta Loin, Basil & Sundried Tomato on Arugula with Roasted Garlic Spread
- Grilled Chicken Caesar with Double Smoked Bacon, Parmesan, & Caper Aioli
- Smoked Turkey, Triple Brie, Fig, & Apple Jam
- House-Cured Beef Brisket with a Sweet & Sour Carrot & Daikon Slaw
- Grilled Vegetables with Lentils & a Brown Rice Hummus Spread **VF**
- Spinach Wrap with Tomatoes, Grilled Artichokes, Roasted Pepper & Basil Spread **VF**

## Hot Entr e of the Day Buffet | \$37

Our chef's daily creation from our freshest seasonal ingredients. Your choice of *Eden Valley* Chicken, *Maritime Beef*, *The Pork Shop* Pork, or Fish. Includes:

- Chef's Choice Potato or Rice
- Seasonal Vegetables **GF**

+ Additional Hot Entr e \$7 per



# LUNCH BUFFETS

## Pizza Buffet | \$40

*Choose two:*

- Roasted Carrot, Honey, Cauliflower, Goat Cheese, & Pesto **V**
- Spicy **Eden Valley** Chicken, Sweet Peppers, & Three-Cheese
- **The Pork Shop** Double-Smoked Bacon, Pepperoni, Mushroom, & Mozzarella
- Barbecued Pork & Mozzarella
- Traditional Pepperoni & Cheese
- Grilled Vegetable & Feta **V**

+ Additional flavours \$6 per

## Build Your Own Taco Buffet | \$39

*Based on 2 tacos per person*

Soft Flour Tacos, Salsa Pico de Gallo, Sour Cream, Refried Beans, Cilantro, Jalapeño, Shredded Cheese, Diced Tomato, Shredded Lettuce & Lime Served with Mexican Rice

**GF/V**

*Choose two proteins:*

- Tijuana Ground Beef
- Drunken Chicken
- **AshMeg Seafoods** Blackened Fish
- Tex Mex Vegan

+ Additional proteins \$6 per

+ Guacamole \$2 per

## East Coast Buffet | \$42

*Served with our Chef's Selection of Rice or Potato, & Seasonal Vegetables*

*Choose one:*

- Cioppino Haddock & Baby Scallop in a Tomato Broth
- **Acadian Maple** & **Ironworks Rum** BBQ Boneless **Eden Valley** Chicken Thighs
- Beef Bourguignon with Mushrooms & Red Onions
- Slow Baked **Acadian Maple** Pork Roast with **The Pork Shop** Bacon & Rosemary Jus
- Traditional Corned Beef with Boiled Cabbage & Vegetables **GF**
- Mushroom & Spinach Lasagna **VF**

+ Additional selections \$7 per

## Sliders with Kettle Chips Buffet | \$38

*Based on 2 sliders per person*

*Choose two:*

- **Tony's** Haligonian Donair with Spicy Donair Meat, Onion, Tomato, & Donair Sauce
- Jerk Style Chicken with Pineapple Chutney
- Hot Smoked Salmon with Citrus Cream Cheese
- Beyond Meat "Meatball" Marinara **VF**
- Grilled Vegetables with Goat Cheese & Pesto **V**

+ Additional selections \$6 per

PICTURED: BUILD YOUR OWN TACO BUFFET

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