



GROUPS OF 17+

Lunch Menu

Sandwich Buffet

Pickle/veggie tray, dessert squares and/or cookies and choice of sandwiches (on regular bread, cut into four triangles)

- Groups of 100-200**.....\$8
- Groups of 200+**.....\$7.50

Lunch of the Day

Changes daily. Includes buns, butter, salad, entrée (chef's choice), side dish, hot veggies and assorted squares and/or cookies.

\$15

Salad, Cold Cuts & Cheese

Couscous salad (tomato, peppers, feta cheese, cucumber, couscous & Greek dressing), veggie tray, assorted sliced meats & cheeses, buns, mustard & mayo, and assorted squares and/or cookies.

\$13

Soup & Sandwich

Soup du jour, assorted Kaiser sandwiches, and assorted squares and/or cookies.

\$12

Salad & Open-Faced Sandwich

Open-faced smoked salmon on rye and open-faced roast beef and chicken on baguette, marinated vegetable salad and garden salad

\$15

Veggies & Sandwich

Pickle & veggie tray, large sandwich on Kaiser (meat, real cheese slice, lettuce) and dessert squares.

- 100+.....\$8.50
- 200+.....\$7.50



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Pasta Salad & Chicken Wrap

Penne salad with sundried tomatoes and a chicken wrap.

\$10

Pasta

Cheese bread, garden salad and penne pasta with fresh basil, onion, red pepper & sausage.

\$10

Lasagne

Garlic bread, Caesar salad, and lasagne.

\$10

Tossed Salad & House Quiche

Tossed salad and quiche made in house.

\$9.50

Healthy Choice Combo

Choice of one salad and one entrée

\$13

SALAD OPTIONS

- Greek Salad
- Caesar Salad (w. real bacon & croutons)
- Baby Spinach (w. mandarin oranges, bacon & sliced eggs)
- Brown Rice Salad with Apples & Cheddar
- Couscous Salad (Greek Salad with Couscous & Chickpeas)
- Endive Salad with Warm Goat Cheese & Apples
- Arugula Salad with Sugar Roasted Peaches (*seasonal)
- Quinoa Avocado Salad
- Quinoa Apple Walnut Salad
- Roasted Butternut Squash Salad with Pears
- Southwestern Quinoa Salad with Black Beans & veggies
- Tomato Watermelon Feta Salad



MAIN ENTRÉES – MEAT OPTIONS _____

- Chicken Breast (Seasoned, Oven Roast)
- Striploin Strips (Seasoned, Sautéed).....+ \$7.00

MAIN ENTREES - VEGAN CHOICES _____

- Cowboy Hot Pot (Baked Beans w. Vegetables & Potatoes)
- Creole Beans & Rice (Creole Beans & Salsa on Brown Rice)
- Marrakesh Curried Stew (Coconut & Vegetables w. Chickpeas on Rice)
- Lentils Bolognese (Marina Sauce with Spaghetti)
- Chili (Without Beef)
- Black Bean Stew (Black Beans & Corn on Rice)
- Stuffed Peppers (Couscous, Coconut, Almond & Chickpea Stufng)
- Stuffed Squash (Spaghetti or Acorn Squash stuffed with Apples, Celery, Chickpeas and Raisins)
- Lentils with Garam Masala, Coconut & Pomegranate Seeds on Rice (*seasonal)
- Roasted Squash w. Corn & Beans on Rice

SANDWICH BUFFET OPTIONS _____

- Roast Beef
- Ham & Cheese
- Chicken
- Smoked Turkey
- Summer Sausage
- Egg Salad



ADD-ONS

- Assorted house squares.....+ \$2.25

Minimum order of \$150 + tax and delivery for all options.

Special meals can be made to accommodate any dietary requirements – gluten, lactose, vegetarian, etc. Kid friendly meals are available upon request. Meals are subject to 15% gratuity and 13% HST. Prices are subject to change without notice until booking is confirmed.

See our FAQs for more information.