



**truffles EXPRESS**

**2017**

**Thank you for choosing Truffles Express  
for your next FRESH & CONVENIENT LUNCH.**

**ORDERING**

For your convenience, Truffles Express menu orders may be placed 24 hours a day online [www.truffles catering.net](http://www.truffles catering.net). **Save \$15 when you order online!**  
During our business hours of Monday to Friday 9:00 am - 5:00 pm orders can also be placed by phone at 250.544.0200 or email: [yummy@truffles catering.net](mailto:yummy@truffles catering.net)

Orders placed by 2 pm will be ready for next day delivery. For Monday deliveries or deliveries following holidays, orders must be placed by 2 pm on the last business day prior to the delivery.

For orders for Saturday or Sunday please contact our office as minimum values and delivery fees apply.

**QUALITY**



Truffles Catering endeavours to use locally sourced and sustainable ingredients wherever possible and use suppliers of Ocean Wise products. We are certified as a Vancouver Island GREEN business.

Truffles' culinary team uses only meat and fish prepared and cooked fresh by ourselves to ensure the highest quality and best flavour in all our Express sandwich and entrée selections.



= ocean wise products

**ALLERGY & SPECIAL DIETARY RESTRICTIONS**

Many of our menu items and dishes can be modified to meet allergy and dietary requirements (a surcharge may apply). Please contact Truffles directly with any questions.

*\*If using online ordering, please make clear dietary / allergy notes in the delivery section on the checkout page.*

- GF = gluten free
- VG = vegetarian
- VE = vegan
- DF = dairy free

**BEVERAGES**

<b>cool still water</b>	2.50
our water bottle is made from post-consumer plastic	
<b>assorted juices</b>	2.50
apple, orange	

**san pellegrino** 3.15  
sparkling, aranciata orange, lemonata, blood orange, grapefruit

**soft drinks** 2.10  
coke, diet coke, sprite, ginger ale, root beer, iced tea, fresca

**hot**  
**coffee-to-go** 23.50  
96oz (12 cups) house ground level ground coffee and decaf

**tea-to-go** 23.50  
96oz (12 cups) selection of numi organic tea

## CONTINENTAL BREAKFASTS

\*minimum order of 10 per cuisine selection please

**classic continental** 12.75  
fresh seasonal sliced fruit GF / VG / VE / DF  
selection of breakfast breads + pastries VG  
selection of apple / orange juice  
level ground coffee + organic tea

**healthy start** 14.75  
granola / yogurt / dried fruit / seasonal fresh berries VG  
selection of breakfast breads + pastries VG  
selection of apple / orange juice  
level ground coffee + organic tea

**european continental** \*NEW MENU ITEM\* 16.75  
ham and cheese biscuits + butter croissants VG  
artisan cheese VG/GF  
fruit skewers VE/GF  
selection of apple / orange juice  
level ground coffee + organic tea

## HOT BREAKFAST

### classic breakfast

15.75

\*minimum order of 10 please

scrambled eggs GF / VG

grilled ham OR sausage OR bacon DF/ GF

hashbrowns GF / VG / VE / DF

fresh seasonal sliced fruit GF / VG / VE

selection of apple / orange juice

level ground coffee and tea leaves organic tea

### breakfast sandwiches

5.75

\*minimum order of 6 of each please

english muffin with a choice of the following 3 options

-bacon, egg, cheddar

-sausage, egg, cheddar

-tomato, egg, cheddar VG

### signature breakfast sandwiches

7.50

\*minimum order of 6 of each please

-croissant, egg, avocado, prosciutto, tomato chutney, herb aioli

-brioche, egg, brie, roasted red pepper, herb aioli VG

-brioche, sausage, egg, tomato, arugula, goat cheese

### add ons

see our selection of baked good, platters and beverages

## LUNCH ENTREES

\*minimum order of 8 per selection, unless otherwise specified

Entrée /Complete\*

<b>green curry</b> west coast seafood, potato, eggplant, bell pepper, lemongrass, cilantro, basmati rice	15.50 / 20.50
<b>chorizo penne</b> roasted peppers, tomato-pesto sauce, heavy cream, arugula, fresh herbs, garlic bread	15.50 / 20.50
<b>chicken fricassee</b> braised chicken legs and thighs, butternut squash and leek sauté, seared gnocchi	15.50 / 20.50
<b>pork schnitzel</b> roasted potatoes, braised cabbage, peppercorn gravy	15.50 / 20.50
<b>chicken parmesan</b> grilled chicken, tomato sauce, parmesan cheese, risotto cake VG - option available (substitute chicken with eggplant )	15.50 / 20.50
<b>sweet black bean beef stir fry</b> asian vegetables, sweet chili sauce, chow mein VG/VE - option available (substitute chicken with tofu or extra vegetables)	15.50 / 20.50
<b>lasagna</b> VG - option available meat lover's or vegetarian with roasted vegetables; spinach and ricotta, mozzarella and served with herb garlic bread	15.50 / 20.50
<b>butter chicken</b> GF mild curry sauce, basmati rice, naan and mango chutney VG/VE - option available (substitute chicken with tofu or extra vegetables)	15.50 / 20.50

\*complete lunch includes your choice of beverage and dessert

## SPECIAL DIETARY LUNCH ENTREES

These can be ordered as one off individual meals when ordering other hot entrée items. They will be served on china, and due to the fact they are individually packed (unless you order for your whole group) may require some reheating.

Some additional modifications are available as noted for each dish, if ordering online please ensure that any adjustments required are communicated in the “note” section.

\*minimum order of 1 per selection, unless otherwise specified  
(must be ordered in conjunction with other hot entrees)

	<b>Entrée / Complete*</b>
<b>chick pea fritters</b> VG, GF – (omit feta for DF/VE) morrocan vegetable ragout, fresh herbs, crumbled feta	15.50 / 20.50
<b>tofu pad thai</b> VG, GF rice noodles, vegetables, crushed peanuts	15.50 / 20.50
<b>stuffed grilled eggplant</b> VG, GF house made, spinach & ricotta filled, smoked tomato sauce	15.50 / 20.50

## DESSERT

### traditional desserts

may include: salted toffee, pecan chocolate chunk, black forest and coconut caramel squares, double chocolate brownies, lemon and nanaimo bars

### sliced fruit

selection of season sliced fruit and berries

\*complete lunch includes your choice of  
beverage and dessert

## SALADS AND SIDES

Enjoy one of our sides and salads to compliment your sandwich, wrap or hot lunch entrée. They are fresh, inventive and packed with flavor. Even the dressings we make ourselves. Available as a side or as a full meal salad. Enjoy!

	<b>Side /Full</b>
<b>gathered greens</b> GF / VE / VG / DF quinoa, strawberries, red onion, sunflower seeds, flower petals, white balsamic vinaigrette	5.75 / 9.00
<b>garden salad</b> GF / VE / VG / DF beets, carrots, red onion, grapes, sunflower seeds, white balsamic vinaigrette	5.75 / 9.00
<b>caesar</b> VG romaine, croutons, parmesan cheese, caesar dressing, crispy capers	5.75 / 9.00
<b>cobb salad</b> GF romaine, green beans, egg, cherry tomatoes, avocado, prosciutto, blue Claire, white balsamic vinaigrette	5.75 / 9.00
<b>succotash</b> GF / VG edamame, bell peppers, beans, corn, herbs, arugula, buttermilk dressing	5.75
<b>heirloom tomato caprese</b> GF / VG baby mozzarella, basil, fresh cracked pepper, extra virgin olive oil, balsamic reduction	5.75
<b>yam &amp; sweet potato salad</b> GF / VG *min. 6 arugula, caramelized onion, goat cheese	5.75
<b>marinated kale &amp; caramelized cauliflower</b> GF / VG *min. 6 garbanzo beans, roasted tomato, fresh herbs	5.75
<b>rice noodle snow pea salad</b> VG / DF *min. 6 wok fried green beans, crisp snow peas, red bell peppers, roasted mushrooms, hoisin glaze, sesame	5.75
<b>fruit &amp; cheese</b> GF / VG sliced fruit, island cheeses, artisan crackers (gluten free crackers available upon request)	7.50
<b>garden vegetables</b> GF / VG / VE local seasonal vegetables, herb-artichoke dip	4.75

### add a protein to any salad

grilled chicken breast / grilled wild bc salmon / seared tofu

5.50

## SANDWICHES

Our sandwiches are made with the freshest of ingredients. We do not use processed meat, we cook and prepare meats ourselves. Prepared on a selection of artisan rolls, buns, baguettes and assorted wraps. We offer gluten free bread for a \$1 surcharge. All wraps available upon request.

<b>boardroom sandwiches (each)</b>	8.10
<b>boardroom + side or salad or soup combo</b>	13.25
<b>boardroom complete lunch combo (sandwich, side or salad; dessert and drink)</b>	18.65

## BOARDROOM SANDWICH SELECTION

gluten free bread available add \$1.00

If using online ordering please make clear notes about substitutions in the tab on the right of each item ordered.

### roasted vegetable hummus wrap **VE**

caramelized onions, eggplant, zucchini, red pepper, asparagus, local mixed greens, smoked paprika hummus

### falafel wrap **VG**

smoked paprika hummus, tzatziki, pickled vegetable slaw, local mixed greens, goat feta

### egg **VG / DF**

sliced hard boiled egg, cucumber, red onion, alfalfa sprouts, roasted pepper aioli

### bc oceanwise salmon **DF**

fresh vegetable slaw, daikon sprouts, togarashi mayo, tari sauce

### old fashioned ham and cheddar

sharp english cheddar, local mixed greens, tomato, balsamic relish

### chicken avocado wrap **DF**

prosciutto, tomato, arugula, pesto aioli

### tandoori chicken wrap **DF**

cilantro, carrot, cucumber, daikon sprouts, curry lentils

### rainbow wrap **VG**

beets, carrots, grilled pear, avocado, pea shoots, alfalfa sprouts, feta.

### blt

prosciutto, vine ripened tomato, arugula, pesto aioli

### roast turkey sandwich

grape relish, goat cheese, cucumber, alfalfa sprouts, dijon aioli

### slow roasted beef

blue claire, marinated artichokes, roasted pepper aioli, arugula

### delicatessen

deli meats, olive tapenade, parmesan, pesto aioli

## TRUFFLES HOUSE MADE SOUPS (per person) \*minimum 8 please

6.50

All our soups are made in house and served with hearty bread and butter.

### roasted butternut squash & coconut **GF / VG / VE / DF**

### tomato basil soup **GF / VG / VE / DF**

### cream of mushroom **VG**

## TREATS & PASTRIES

### breakfast pastries (1 1/2 per person)

3.75

may include: cinnamon swirls, mini filled croissants, raspberry and apple turnovers, maple pecan trellis

### breakfast breads (1 1/2 per person)

3.75



may include:

**muffins:** blueberry-bran, peach caramel, strawberry cream cheese, lemon honey basil

**scones:** cranberry-orange, apple-cheddar, raspberry white chocolate, herb & yam

**traditional desserts (3 per person)** 4.00

may include: salted toffee, pecan chocolate chunk, black forest and coconut caramel squares, double chocolate brownies, lemon and nanaimo bars

**house baked cookie** 1.95

**sliced fruit platter GF / VG / VE** 4.00

seasonal and local saanich peninsula fruit when available

**patisserie (3 per person)** 4.00

madeleines, palmiers, macarons, éclairs, petit fours, dipped strawberries

**fruit flan (each)** 4.00

lemon curd, fresh fruit, apricot glaze

**artisan cupcakes (each) \*minimum order of 10** 4.00

chef selection of flavoUrs

may include cardamom-brown butter, raspberry-lavender, preserved lemon-pistachio, caramel-sea salt.

**gluten free options GF / VG** 3.00

provided by origins bakery, breakfast breads, dessert, cookie, granola bar

## WORK PLACE RECEPTIONS

Here are just a few suggestions for those office events, whether it is a retirement, birthday or other event. Please feel free to contact us directly for other options. The items below can be ordered directly on line if you would like to discuss other catering need please contact one of our event planners at 250.544.0200

\*minimum order of 10 per reception please

**light reception #1** 19.75

**canapés (3pp)**

shrimp & melon, balsamic reduction

pan seared polenta, herb chèvre and bell pepper marmalade

**meat and cheese**

deli shaved meats and comox valley cheeses may include: goat cheese, brie, smoked cheddar, raclette, bleu claire, flatbreads and crackers.

**garden vegetables**

local seasonal vegetables, herb-artichoke dip

**high tea sandwiches**

crustless finger sandwiches wild salmon lox bagel, brie & cucumber, prosciutto-tomato & mozzarella, smoked pastrami & raclette, asparagus pinwheels & fresh herb cream cheese.

**light reception #2** 25.75

**canapés (3pp)**

spanakopita

shrimp & melon, balsamic reduction

pan seared polenta, herb chèvre and bell pepper marmalade

**antipasto spreads**

herb-artichoke dip, tomato bruschetta, red pepper-chick pea spread, flat breads and crackers

**garden vegetables**

local seasonal vegetables, herb-artichoke dip

**coast sushi**

wild bc salmon, sesame coriander crab, shrimp, albacore tuna, pickled ginger, wasabi and soya sauce

**meat and cheese**

deli shaved meats and comox valley cheeses may include: goat cheese, brie, smoked cheddar, raclette, bleu claire, flatbreads and crackers.

**patisserie** (2pp)

madeleines, palmiers, macarons, eclairs, petit fours and dipped strawberries

**INDIVIDUAL PLATTERS**

servings per platter are approximate 35-40 bites

**meat and cheese**

90.00

deli shaved meats and comox valley cheeses may include: goat cheese, brie, smoked cheddar, raclette, bleu claire, flatbreads and crackers.

**coast sushi**

50 pieces 65.00

wild bc salmon, crab, shrimp, albacore tuna, pickled ginger, wasabi, soya sauce

**garden vegetables**

55.00

local seasonal vegetables, herb-artichoke dip

**mezze platter**

80.00

marinated feta, olives/pistachio crusted goat cheese, popcorn chick peas, artichokes, grilled squash, spring onions, smoked paprika hummus, flat breads and crackers

**root vegetable chips**

75.00

yellow and red beetroot, sweet potato, yam, parsnip, yukon gold potato

**polenta fries**

75.00

spicy tomato sauce, wilted spinach, shaved parmesan

**high tea sandwiches**

\$32 per dozen (min 3 dz)

wild salmon lox bagel/ brie – cucumber, prosciutto + tomato – mozzarella, smoked pastrami – raclette, asparagus pinwheels – fresh herb cream cheese

**antipasto spreads**

55.00

herb-artichoke dip/ tomato bruschetta/ red pepper-chick pea spread/ flat breads + crackers

**wild salmon lox**

110.00

lemons/ capers/ sweet red onions/ dill cream cheese/ artisan breads + crackers

**decorated fresh sliced fruit**

60.00

honeydew/ cantaloupe/ watermelon/ kiwi/ pineapple/ grapes/ saanich peninsula berries when available