



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. **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

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

cool

still water 2.50
our water bottle is made from post-consumer plastic

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

	Entrée / Complete*
chick pea fritters VG, GF – (omit feta for DF/VE) morrocan vegetable ragout, fresh herbs, crumbled feta	15.50 / 20.50
tofu pad thai VG, GF rice noodles, vegetables, crushed peanuts	15.50 / 20.50
stuffed grilled eggplant 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!

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

boardroom sandwiches (each)	8.10	
boardroom + side or salad or soup combo		13.25
boardroom complete lunch combo (sandwich, side or salad; dessert and drink)	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) may include: cinnamon swirls, mini filled croissants, raspberry and apple turnovers, maple pecan trellis	3.75
breakfast breads (1 1/2 per person) may include: muffins: blueberry-bran, peach caramel, strawberry cream cheese, lemon honey basil scones: cranberry-orange, apple-cheddar, raspberry white chocolate, herb & yam	3.75
traditional desserts (3 per person) may include: salted toffee, pecan chocolate chunk, black forest and coconut caramel squares, double chocolate brownies, lemon and nanaimo bars	4.00
house baked cookie	1.95
sliced fruit platter GF / VG / VE seasonal and local saanich peninsula fruit when available	4.00
patisserie (3 per person) madeleines, palmiers, macarons, éclairs, petit fours, dipped strawberries	4.00
fruit flan (each) lemon curd, fresh fruit, apricot glaze	4.00
artisan cupcakes (each) *minimum order of 10 chef selection of flavoUrs may include cardamom-brown butter, raspberry-lavender, preserved lemon-pistachio, caramel-sea salt.	4.00
gluten free options GF / VG provided by origins bakery, breakfast breads, dessert, cookie, granola bar	3.00

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