



Choice of one starter

(Additional starter \$6.00 per person)

Soup Selections

- Chef's Creation
- Vegetable Minestrone
- Cream of Forest Mushroom
- Beef Barley
- Thai Soup
- Your Soup Your Way

Spring Mix Garden Greens Salad

Traditional Greek Salad

Caesar Salad

Marinated Vegetable Salad

Crisp Vegetables & Dip

Metro Potato Salad

Spinach, Mushroom & Bacon Salad

Pasta Salad

Sea's Mango Salad

Caprese Salad

(Vine Ripe Tomatoes & Bocconcini Cheese)

Pickled Daikon Salad

Soya Bean Edamame garnished with goat cheese

Choice of one dessert

(Additional dessert \$6.00 per person)

Assorted Cakes

Assorted Cookies & Squares

Cheese Cake with Berry Topping

White Bernard Callebaut Chocolate Mousse

Cream Caramel

Cream Brulee

Traditional Tiramisu

Gluten Free Chocolate Cake

Chef's Daily Creations

Panna Cotta

Seasonal Fruit

Bread Pudding

Rice Pudding

Buffet Lunches
All buffets are for 1 hour 30 minutes

The Metro Lunch

Assorted Baguettes, Wraps & Kaisers
With a variety of filling including vegetarian
Relish Tray



Frog Friendly Coffee & Mighty Leaf Tea

\$25.00 per person

Build Your Own Deli Sandwich

Traditional & Italian Cold Cuts

Egg Salad

Tuna Salad

Roasted Vegetables

Assorted Cheeses

Relish Tray

Assorted Mustards & Mayonaisse

Fresh Rolls & Breads



Frog Friendly Coffee & Mighty Leaf Tea

\$23.00 per person

Wrapture

(Choice of Three Fillings)

Asian Chicken

Smoked Salmon

Roasted Vegetable

Chicken Caesar

Turkey Salad

Turkey Club

Tuna

\$25.00 per person

Boxed Lunch Sandwiches

One Sandwich per box

Ham & Cheese

Tuna Salad

Egg Salad

Turkey

Roast Beef

With Cookie & Seasonal Vegetable,

Fruit or Cheese

\$14.00 per person

All Buffet Lunches Includes a
Starter and Dessert Selection

Cold Lunch Selection

All sandwiches are individually wrapped for freshness

All prices are subject to change & 18% Gratuity & 5% GST



Hot Baguette (Choice of one protein)

Mild Italian Sausage
Thin Sliced Breaded Veal
Grilled Chicken Breast
Served with Baguette & Tomato Sauce
Frog Friendly Coffee & Mighty Leaf Tea
\$25.00 per person



A Taste of Italy

Baked Traditional Lasagna
Vegetarian Available Upon Request
Served with Garlic Bread
Frog Friendly Coffee & Mighty Leaf Tea
\$25.00 per person



Caesar Palace

Three Cheese Tortellini in a Cream Pesto Sauce
Veal Parmigiana with Tomato Sauce and
Provolone Cheese
Chef's Creation of Vegetable
Frog Friendly Coffee & Mighty Leaf Tea
\$35.00 per person



Asian Stir Fry (Choice of one protein)

Beef
Chicken
Tofu
Stir Fried Vegetables
Served with Steamed Rice
Frog Friendly Coffee & Mighty Leaf Tea
\$25.00 per person



The Romano

Pizza Pizza Pizza
Italiano • Margherita • Hawaiian
3 pieces per person
Frog Friendly Coffee & Mighty Leaf Tea
\$25.00 per person



Pasta Pasta Pasta

Traditional Lasagna
Spinach & Ricotta Stracci
Lobster Mac & Cheese
Served with Garlic Bread
Frog Friendly Coffee & Mighty Leaf Tea
\$30.00 per person



All Buffet Lunches Includes a
Starter and Dessert Selection

Hot Buffet Selection

All buffets are for 1 hour 30 minutes

All prices are subject to change & 18% Gratuity & 5% GST



All Buffet Lunches Includes a Starter and Dessert Selection

Hot Buffet Selection

All buffets are for 1 hour 30 minutes

The Metro Burger Inn

Choose 2 of the following:

Beef, Chicken Breast, Turkey, Salmon,

Grilled Portobello & Bison

Served with Kettle Potato Chips

& All the Fixins



Frog Friendly Coffee & Mighty Leaf Tea

\$25.00 per person

Santorini

(Choice of one protein)

Chicken Souvlaki

Beef Souvlaki

Greek Roasted Potatoes

Tzatziki & Hummus

Pita Bread



Frog Friendly Coffee & Mighty Leaf Tea

\$35.00 per person

(\$3 per person upcharge if choosing 2 proteins)

Al a carte Lunch Selection

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| Veal Panino - 4 Oz Veal On A Baguette With Roasted Peppers & Tomato Sauce | \$10.50 |
| Pulled Pork - Served On A Toasted Kaiser With Coleslaw | \$8.50 |
| Italian Sausage - Served On A Fresh Crusty Roll With Grilled Vegetables And Tomato Sauce | \$8.00 |
| Reuben - Served With Saurkraut & Swiss On Rye With A Dill Pickle And Dijon Mustard | \$8.50 |
| Grilled Vegetable Pannini Topped With Fontina Cheese | \$7.50 |



The Cattlemen

Choice “AAA” 6 oz Filet or 8oz New York Strip
or 10 oz Rib Eye Steak
With Peppercorn au jus
Chef’s Selection of vegetables & potato
\$40.00 per person

The Black Sheep

Half Rack of Lamb Served with a port reduction
Chef’s Selection of vegetables & potato
\$40.00 per person

The Prairies

Grilled Chicken Breast
with your choice of Saffron Cream or
Wild Mushroom Sauce
Chef’s Selection of vegetables & potato
\$35.00 per person

By The Sea

Atlantic Salmon
With a Lemon Dill Sauce
Chef’s Selection of vegetables & potato
\$38.00 per person

Veal Tenderloin

Veal Tenderloin on a portobello mushroom
with a saffron rice cake and ratatouille
Chef’s Selection of vegetables & potato
\$48.00 per person

The Chef’s Special

Tuna Tataki Salad
Half Lobster Tail served with pasta in a
tomato sauce & seasonal vegetables
Your choice of Dessert
\$45.00 per person

Full Service Lunches

All Full service Lunches are served with
Chef’s Selection of Soup or Garden Salad, Dessert, Frog Friendly Coffee & Mighty Leaf Tea

All prices are subject to change & 18% Gratuity & 5% GST