



105 – 37 Advance Road, Etobicoke, Ontario, M8Z 2S6
416.738.0754 | www.aphroditecooks.com

Corporate Lunch Menu

Express Lunch - Sandwich Platter: (1 sandwich per person) – on white or multigrain sandwich bread

Egg Salad with Cucumbers, Sprouts and Arugula
Tuna Salad with Tomatoes, Sprouts and Arugula
Ham and Swiss with Dijon Mustard and Arugula
Turkey and Swiss with Dijon Mustard and Arugula
Mixed Greens Salad with Cucumbers, Grape Tomatoes and Balsamic Vinaigrette

\$14.50 per person

Executive Meeting # 1- Bistro Sandwich Platter: (1 sandwich per person) – on assorted bread and buns

Roasted Red Peppers and Goat Cheese, Pesto and Arugula
Brie and Watercress with Lemon Aioli
Turkey with Swiss Cheese and Dijon Mustard
Roast Beef with Swiss Cheese and Horseradish Mayonnaise
Mixed Greens Salad with Cucumbers, Grape Tomatoes and Balsamic Vinaigrette

\$16.50 per person

Executive Meeting #2 - Gourmet Sandwich Platter (1 sandwich per person) - on assorted bread and buns

Roasted Red Peppers and Goat Cheese, Pesto and Arugula
Grilled Chicken with Roasted Red Peppers and Pesto Mayo
Oven Roasted Turkey Breast with Swiss Cheese, Tomato, Arugula
Roast Beef with Swiss Cheese, Tomato and Arugula and Horseradish Mayonnaise
Mescaline Salad with Balsamic Vinaigrette

\$18.50 per person

Executive Meeting #3 - Signature Sandwich Platter (1.5 sandwiches per person) - on assorted bread and buns

Hummus and grilled vegetables, with Arugula
Almond and Cranberry Chicken Salad with Arugula, Sprouts and Cucumbers
Smoke Salmon with Herb Cream Cheese, Arugula, Sprouts and Cucumbers
Prosciutto with Sundried Tomato, Olives and Artichoke Tapenade, Goat Cheese and Arugula
Mixed Greens Salad with Balsamic Vinaigrette

\$20.00 a person

All lunches include disposable wooden tray and bowls, serving utensils and disposable plates, cutlery and napkins

Add-Ons

Additional Salads – minimum or of 10 portions

1. Creamy Pesto Pasta Salad with, Smoked Mozzarella, Tomatoes and Spinach - \$3.50 a per person
2. Sesame Soba Noodle Salad with Crisp Julienne Vegetables - \$3.50 per person
3. Couscous, with Almonds and Dried Apricots with Mint and Parsley - \$3.50 per person
4. Dill and Green Onion Baby Potato Salad - \$3.50 per person
5. Mediterranean Pasta Salad - \$3.50 per person
6. Quinoa Salad with Sunflower Seeds, Pumpkin Seeds, Dried Cranberries, Carrots, Red Peppers, Radishes and Cilantro - \$3.50 per person (gluten free and vegan)
7. Baby Spinach Salad with Pumpkin Seeds, Roasted Sweet Potato and Goat Cheese with Honey White Wine Vinaigrette

Fresh Fruit Tray \$3.50 a person

Assorted Cookie Tray \$2.50 a person

Platter of Assorted Squares \$2.50 a person

Assorted Drinks (bottled water and pop) \$1.50 per person

Delivery:

Under 5km from Aphrodite Cooks 37 Advance Rd
Etobicoke and Mississauga

no charge
\$20.00

Aphrodite Cooks

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Downtown Toronto, East York, North York
and Scarborough

\$30.00