

Minimum Purchase of 4 Boxes or Bowls of Your Choice

# Lunch Box Menu

Spring - Summer 2026

Additional Fees: Taxes | Delivery | Allergies / Food Restrictions  
Served in biodegradable and compostable tray by BIOGO | Biodegradable ustensils and napkin

## The Executive

Each box contains: protein of choice, mixed green salad, pasta or grain salad of the day, cheese, dried fruits, sauce and dressing on the side, dessert of the day



28.95 Executive | Salmon Filet



29.95 Executive | Salmon Tartare



31.95 Executive | Grilled Shrimps | 2 x 3



28.95 Executive | Chicken Breast



27.95 Executive | Vegan or Vegetarian Box of the Day



34.95 Executive | Duck Breast  
SOLD IN PAIR ONLY



32.95 Executive | Roast Beef

## The Corporate Sandwiches

Each box contains: 1 Sandwich, vegetaqbles & dip, salad and dessert of the day  
Minimum 2 of the Same Kind Without Additional Fees



### The Corporate | 23.95

- Pulled Pork Burger | Pulled pork, coleslaw, pickle, lettuce, and BBQ sauce
- Egg Sandwich | Brioche bun, eggs, shallot, spinach, cucumber, celery, and mayonnaise
- Ham and Cheese Sandwich | Brioche bun, ham, Comté cheese, lettuce, and Dijon mustard sauce
- Chicken Wrap | Pulled chicken, Gruyère cheese, red bell peppers, and spinach
- Vegan Wrap | Honey-soy glazed tofu, carrot, red cabbage, and lettuce

### The Corporate Plus | 25.95

- Salmon Burger | Salmon, mango salsa, fried onions, lettuce, spicy mayonnaise
- Chicken Ciabatta | Chicken, caramelized onions, Brie cheese, arugula, herb mayonnaise
- Roast Beef Ciabatta | Beef, caramelized onions, Oka cheese, arugula, tarragon mayonnaise
- Tuna Ciabatta | Tuna, sundried tomato pesto, roasted Cubanito pepper, Swiss cheese, lettuce, mayonnaise
- Chicken Banh Mi Ciabatta | Chicken, pickled vegetables, cilantro, spicy mayonnaise
- Tofu Banh Mi Ciabatta | Glazed tofu, pickled vegetables, cilantro, spicy mayonnaise

## Poke Bowl

Each bowl contains: protein, white rice, mixed green salad, vegetables and sauce on the side  
Dessert not included



25.95 Poke Bowl | Chicken Breat



25.95 Poke Bowl | Salmon Tataki



25.95 Poke Bowl | Tuna Tataki

## Meal in a Bowl

Each bowl contains: protein, mixed green salad, pasta or grain salad, sauce and dressing on the side  
Dessert not included



22.95 Meal Bowl | Chicken Breast



22.95 Meal Bowl | Salmon Filet



25.95 Meal Bowl | Grilled Shrimps | 2 x 3



26.95 Meal Bowl | Smoked Salmon



27.95 Meal Bowl | Duck Breast  
SOLD IN PAIR ONLY



20.95 Meal Bowl | Eggs | 2



20.95 Meal Bowl | Glazed Maple syrup Tofu

### Beverages | 3.00 per unit

- V-8 | Vegetable cocktail
- Oasis juice | Apple, cranberry, orange
- Pepsi | Coke | 7 Up | Ginger Ale | Regular & diet
- Fuze | Ice tea | 355 ml
- Kando water | Canned Spring water | 355 ml
- Bubly sparkling water-flavoured | 355 ml
- Perrier sparkling water | 330 ml
- 6.25 Perrier sparkling water | 750 ml
- 5.25 Spring water | 1.5 L

### Coffee Thermos | Regular

- Includes: Milk, cream, sugar, compostable cups, wooden coffee sticks
- 28.95 Coffe thermos | 10 cups
- 60.95 Coffe thermos | 24 cups
- 113.95 Coffe thermos | 50 cups
- 37.95 Compostable coffee thermos | 12 cups

### Hot Water Thermos & Tea

- 2.75 Tea assortment Including: milk, sugar, compostable cups, wooden coffee sticks
- 7.50 Hot water thermos | 10 cups
- 10.00 Hot water thermos | 24 cups
- 36.35 Compostable hot water thermos | 12 cups
- Includes: 12 tea bags, milk, sugar, compostable cups, wooden coffee sticks

### Desserts

- 5.50 Fresh fruit salad
- 4.95 Chef's pastry
- 3.00 Almond sea salt chocolate clusters
- 3.00 Home made cookies | Chocolate-pecans | Oats-cranberries-oranges | Oats-raisins
- 4.50 Chocolate brownie square | Gluten & lactose free