

LUNCH BOX MENU

Minimum of 4 Boxes or Bowls of Your Choice

Additional Fees: Taxes | Delivery | Allergies / Food Restrictions
Served in biodegradable and compostable tray by BIOGO | Biodegradable ustensils and napkin
2026 - 2027

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



29.95 Executive | Salmon Filet



29.95 Executive | Salmon Tartare



29.95 Executive | Grilled Shrimps | 2 x 3



29.95 Executive | Chicken Breast



34.95 Executive | Duck Breast
SOLD IN PAIR ONLY



34.95 Executive | Roast Beef



29.95 Executive | Vegan or Vegetarian Box of the Day

Minimum 2 of the Same Kind Without Additional Fees

The Corporate Sandwiches

Each box contains: 1 Sandwich, vegetables & dip, salad and or pasta salad, dessert of the day

The Corporate 23.95

- Nicoise tuna on ciabatta: tuna mayonnaise, topped with tomato, lettuce, Kalamata olives and hard-boiled
- Ham and Comte on a baguettine with mustard sauce: ham, butter, mustard, Comte cheese and lettuce
- Caprese on ciabatta: tomato, buffalo mozzarella, arugula, pesto and chili oil
- Curry lemon chicken wrap: curry- and lemon-seasoned chicken, tomato, fried jalapeno, cilantro, yogurt and lettuce



The Corporate Plus 25.95

- Roast beef burger: roast beef, onion jam, ranch sauce, arugula and smoked cheddar
- Turkey, bacon and Brie baguette: turkey, crispy bacon, Brie and cranberry jelly
- Saumon fumé sur pain multigrain : saumon fumé, sauce tartare au yuzu, oignon mariné, concombre et laitue
- Fried enoki mushroom and vegetable burger: green onion, tofu spread, julienned crunchy vegetables and lettuce

Poke Bowl

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



26.95 Poke Bowl | Chicken Breat



26.95 Poke Bowl | Salmon Tataki



23.95 Meal Bowl | Chicken Breast



23.95 Meal Bowl | Salmon Filet



26.95 Poke Bowl | Tuna Tataki



23.95 Meal Bowl | Glazed Maple syrup Tofu



23.95 Meal Bowl | Grilled Shrimps | 2 x 3

Desserts

- 3.00 Home made cookies: Chocolate-pecans, Oats-cranberries-oranges, Oats-raisins
- 5.50 Fresh fruit salad
- 4.95 Chef's pastry
- 3.00 Almond sea salt chocolate clusters
- 4.50 Chocolate brownie (gluten free, lactose free)



26.95 Meal Bowl | Roast Beef

To Come

24.95 Meal Bowl | Budda
Sweet & sour marinated tofu, lettuce, brown rice, sweet potato, chick peas, cabbage, edamames and sesamy sauce

Cold & Hot Beverages

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 canned spring water 355 ml
- Bubly flavored sparkling water 355 ml
- Perrier sparkling water | 330 ml
- 6.25 Perrier sparkling water | 750 ml
- 5.25 Spring water | 1.5 L

We are proud to sponser and serve Café Union coffee, roasted in Montreal with passion and expertize for over a century.

Coffee Thermos | Regular

- Includes: Milk, cream, sugar, compostable cups, wooden coffee sticks
- 29.95 Coffe thermos | 10 cups
 - 62.95 Coffe thermos | 24 cups
 - 115.95 Coffe thermos | 50 cups
 - 38.95 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
- 36.85 Compostable hot water thermos | 12 cups
Includes: 12 tea bags, milk, sugar, compostable cups, wooden coffee sticks