



*Benoit office  
lunch catering*

*Menu 1*

*Caribbean Entrees Bowls \$16.50*

**PROTEINS:**

- Jamaican Jerk chicken (GF)*
- Caribbean Pulled Pork (GF)*
- Stir-fried Jerk Tofu (VG/GF)*

**SIDES:**

- Coconut rice & Beans (VG/GF)*
- Roasted Plantains (VG/GF)*

**SAUCES/GARNISHES (VG/GF):** *Spicy chipotle mango salsa, Cilantro chutney.*

- Fresh lemon wedges*
- Chopped cilantro*
- Toasted coconut flakes*

# *Benoit office lunch catering*

## *Menu 1*

*Salads \$11.50*

*-Caribbean Black Bean & Avocado Salad (VG/GF)*

## *Desserts*

*-Coconut milk tapioca VG/GF \$7.75*

*-Banana fruit \$2*

*-Chocolate chip cookie \$2.50*

*\* Minimum \$400 order  
minimum*



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*Menu 2*

*Mediterranean Entrees Bowls  
\$16.50*

**PROTEINS:**

- Marinated chicken Shawarma GF*
- Lebanese Meatballs Beef Kibbeh*
- Mediterranean Stir-fried Tofu (VG/GF)*

**SIDES:**

- Moroccan Couscous (VEG)*
- Mediterranean Garlic Rice (VG)*
- Roasted vegetables (VG)*

**SAUCES/GARNISHES (VG/GF):** *Tahini sauce,*

*Lemon juice olive oil,*

- *Fresh lemon wedges*

- *Chopped parsley*

- *Extra virgin olive oil drizzle*

- *Toasted sesame seeds*

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Menu 2*

*Salads \$11.50*

*-Tabouleh: tabbouleh with cucumber, parsley, mint,  
lemon vinaigrette (VEG)*

*Desserts*

*-Signature Chocolate mousse \$7.75*

*-Banana fruit \$2*

*-Chocolate chip cookie \$2.50*

*\* Minimum \$400 order  
minimum*



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*Menu 3*

*French Menu Entrees \$16.50*

*Pork Loin au jus with mash potatoes and glazed  
carrots (GF)*

*Chicken in white sauce with rice pilaf. (GF)*

*Roasted chicken with herbs au jus and roasted  
potatoes . (GF)*

*Tofu stew with miso white sauce and mushrooms  
(VG/GF)*

*\* Minimum \$400 order  
minimum*

# *Benoit office lunch catering*

## *Menu 3*

### *Salads \$11.50*

*-Countryside salad (GF): Ham, walnuts and cheddar mixed greens salad with Dijon dressing.*

*-Quiche Lorraine: Bacon, leeks, Swiss cheese, Mixed salad with Dijon dressing*

### *Desserts*

*-Signature Chocolate mousse \$7.75*

*-Banana fruit \$2*

*-Chocolate chip cookie \$2.50*

*\* Minimum \$400 order  
minimum*

# *Benoit office Lunch catering*

## *Menu 4*

### *Italian Menu Entrees \$16.50*

*-Lasagna Rolls (VEG option): With homemade Bolognese & Bechamel sauce gratine with cheese.*

*-Sicilian Meat Balls Marinara Sauce: homemade meatballs with fresh herbs, garlic & Breadcrumbs with our delicious tomato Marinara sauce. Served with fettuccine .*

*-Fettuccine al Pesto (VG ): delicately cooked fettuccine pasta bathed in our luscious sauce made from olive oil, garlic, basil.*

*\*Minimum \$400 order  
minimum*

# Benoit office lunch catering

## Menu 4

### Italian Salads \$11.50

**Caprese Salad (VEG):** Mixed greens, Cherry tomatoes, creamy fresh mozzarella cheese, and drizzled with extra virgin olive oil and balsamic glaze.

**Insalata Tricolore (VEG):** Mixed greens, juicy cherry tomatoes, and creamy avocado slices, all tossed together with a tangy lemon vinaigrette. Topped with shavings of sharp Parmesan cheese.

### Desserts

- Signature Chocolate mousse \$7.75
- Banana fruit \$2
- Chocolate chip cookie \$2.50

\* Minimum \$400 order  
minimum