



GF GLUTEN FREE
DF DAIRY FREE
V VEGETARIAN
VGN VEGAN

LOCAL ingredients

Truffles Express offers locally sourced and sustainable ingredients prepared daily. We are proudly certified as a Vancouver Island GREEN business.

PLACING orders

CALL 250-544-0200, EXT. 1,
to place your order.

Phone lines are open 9:30 am–
3:30 pm, Monday–Friday.

Please place your order by **12:00 pm**
the business day before your
event. When ordering for a Monday
delivery, cut off is at **12:00 pm** on
the Friday beforehand.

For deliveries outside of normal
working hours (**8:30 am–4:00 pm**), a
surcharge is applied.

Prices are subject to applicable
TAX and a **15%** operations fee.
Orders under **\$150** will have a
delivery charge of **\$12.50**

DIETARY needs

Many of our menu items can be
modified to meet allergy and
dietary requirements (a surcharge
may apply). Please contact Truffles
directly with any questions.

Hot Breakfast Selections

minimum order of 10

Classic Breakfast **GF (EXCEPT PASTRIES)**

Scrambled eggs, Hertel grilled ham, maple sausage or thick cut bacon, country fried potatoes with herbs, seasonal selection of sliced fruit, fresh baked pastries and breakfast breads, apple and orange juice, Level Ground coffee and selection of premium Metz teas
..... **\$16.75 per person**

Breakfast Sandwiches

minimum 4 per selection

House baked parmesan herb biscuit, aged cheddar and Island free run egg

Choice of:

Bacon

Sausage

Tomato **V**

..... **\$6.50 per sandwich**

Cold Breakfast Selections

Classic Continental **V**

Seasonal selection of sliced fruit, fresh baked pastries and breakfast breads, apple and orange juice, Level Ground coffee and selection of premium Metz teas
..... **\$14.50 per person**

Truffles Continental **V**

Greek yogurt with fresh Gobind Farms berries, caramelized white chocolate and almond granola, selection of fresh baked muffins, apple and orange juice, Level Ground coffee and selection of premium Metz teas
..... **\$16.00 per person**

Healthy Start **VGN**

Overnight oats with maple syrup, banana, chia seeds, soymilk, topped with dried fruit and pumpkin seeds, fruit skewers of melons, pineapple and strawberry, apple and orange juice, Level Ground coffee and selection of premium Metz teas
..... **\$16.00 per person**

Make It a Boxed Breakfast

cold selections only

..... **\$3 each**

Hot Lunch Selections

minimum order of 10 per selection

COMPLETE LUNCH INCLUDES A SOFT DRINK & DESSERT

Mac & Cheese

Fontina, aged sharp cheddar, gruyere, golden parmesan
crispy pork gratin

Entrée **\$15.50**
Complete..... **\$21.50**

(GF & VGN MODIFICATIONS AVAILABLE UPON REQUEST)

Grilled Chicken Parmesan **GF**

Rosstown Farms chicken breast, rustic tomato-basil
sauce, pan seared risotto, shaved grana Padano

Entrée **\$15.50**
Complete..... **\$21.50**

Lasagna

Meat lover's or vegetarian; spinach ricotta & mozzarella,
served with garlic & herb toasted baguette

Entrée **\$15.50**
Complete..... **\$21.50**

Butter Chicken **GF/DF**

Rosstown Farms chicken breast, mild curry sauce,
basmati rice, toasted naan & mango chutney

Entrée **\$15.50**
Complete..... **\$21.50**

(VEGAN OPTION AVAILABLE. SUB CHICKEN FOR TOFU)

Moroccan Stew **GF/VGN**

Chickpeas, Sun Wing tomato vegetable ragout, Du Puy
lentils, cilantro, pappadum crisps

Entrée **\$15.50**
Complete..... **\$21.50**

(ADD CHICKEN, BEEF OR SHRIMP) \$6.00

Smoked Cedar Plank Salmon **GF**

Yukon gold baby potatoes, crème fraiche fresh dill and
fennel, preserved lemon, Long View Farms asparagus

Entrée **\$16.50**
Complete..... **\$21.50**

(SEASONALLY AVAILABLE MAY-JUNE)

Power Bowls

minimum order of 10 per selection

served individually in eco containers

Haida Gwaii Albacore Tuna Poke Bowl **GF/DF**

Sticky rice, dashi broth, pickled edamame, crisp
vegetables, avocado, sweetened soy reduction,
toasted sesame seeds

..... **\$15.00**

Buddha Bowl **GF/VGN**

Sticky rice, braised red cabbage, tofu, avocado, daikon,
kimchi, cucumber, green onions, cilantro, dashi

..... **\$13.00**

(ADD CHICKEN, BEEF OR SHRIMP) \$6.00

Bistro Boxes

minimum order of 10 per selection

served individually in eco containers

Healthy Break **GF/V**

Aged white cheddar, hard boiled free run egg, almond
butter, apple wedges, carrot & celery sticks

..... **\$9.00**

Greek 'Souvlaki' **v**

House made falafel, roasted Greek salad, tzatziki, pita,
crumbled feta

..... **\$10.00**

Charcuterie Snack Box

Selection of cured meats, Island cheese, crisp vegetables,
smoked paprika hummus, grapes, candied almonds,
marinated olives, crackers

..... **\$12.00**

Boardroom Sandwiches

- Boardroom sandwiches **\$8.75**
 Boardroom Combo **\$13.35**
(CHOICE OF SOUP OR SALAD)
 minimum order of 10 for soup
- Boardroom Complete Lunch Combo **\$17.50**
(SANDWICH, SOUP OR SALAD, COOKIE, SOFT DRINK)
- Individually boxed lunch **add \$3.00 each**

Hertel's Cured Ham & Aged Cheddar

Topsoil Urban Farmed greens, house made tomato-balsamic chutney, Dijon aioli

BC Wild Salmon Wrap **DF**

Ocean wise, marinated vegetable slaw, green onion, cucumber, spicy mayo, alfalfa sprouts

Rosstown Farms Chicken

Avocado Wrap **DF**

Tomato, bacon-onion jam, Topsoil Urban Farmed greens, dijon aioli

Slow Roasted Beef

Guinness cheddar, arugula, balsamic onion jam, roast pepper aioli

House Smoked Brisket

Gouda, arugula, vegetable slaw, bread & butter pickles, roasted pepper mayo

Moroccan Tabbouleh Wrap **VGN**

Roasted sweet potato and cauliflower, baby tomatoes, Topsoil Urban Farmed greens, smoked paprika hummus

Fresh Vegetable Wrap **V**

Beets, carrots, compressed pear, avocado, pea shoots, alfalfa sprouts, feta, dijon aioli, Topsoil Urban Farmed greens

Gluten Free Bread

Substitution..... **add \$2.00 per sandwich**

Gluten Free Dessert

Substitution..... **add \$2.00 per combo**

Salads

Gathered Greens **GF/VGN**

Top Soil Urban Farms greens, shaved fennel, orange segments, sweet and salty pecans, radish, candy cane beets, champagne vinaigrette

- Side **\$5.00**
 Full **\$9.00**

Caesar Salad **V**

Romaine, croutons, parmesan cheese, caesar dressing, crispy capers

- Side **\$5.00**
 Full **\$9.00**

Truffles 'Staff' Salad **V**

Top Soil Urban Farms greens, tabbouleh, fresh vegetable slaw, free run hard boiled egg, goat cheese, white balsamic vinaigrette

- Full **\$11.00**

Sprouted Lentil Salad **GF/VGN**

minimum order of 6 per selection

Grilled radicchio and kale, baby frisse, puffed quinoa, toasted sunflower seeds, cucumber, tomato, fresh basil, roasted cashew vinaigrette

- Side **\$5.50**
 Full **\$10.00**

Spring Vegetable Pasta Salad **V**

minimum order of 6 per selection

Sea shell pasta, roasted Sun Wing cherry tomatoes, baby arugula, summer squash, Grana Padano, basil-butter milk dressing

- **\$5.50**

Yukon Gold Potato Salad **GF/VGN**

minimum order of 6 per selection

Sun-dried tomatoes, pimento, sweet onion, celery hearts, Italian parsley, extra virgin olive oil, red wine vinegar, sea salt

- **\$5.50**

Bento Salad **VGN**

minimum order of 6 per selection

Soba noodle, bell pepper, snap peas, purple cabbage, cilantro, sesame, sweetened soy

- **\$5.50**

Add Protein (100g) to Any Salad

- Gilled Chicken **\$6.00**
 Pan seared wild BC salmon **\$6.00**
 Seared tofu **\$6.00**
 Grilled flank steak **\$6.00**

House Made Soups

minimum order of 10 orders of soup per selection

Roasted Butternut Squash GF/VGN
Coconut milk, apple, ginger
..... **\$5.50**

Tomato Basil GF/VGN
Leeks, roasted fennel & bell peppers
..... **\$5.50**

Office Snacks

minimum order of 6 per selection
served individually in eco containers

Root Vegetable Chips GF/VGN
Yukon gold potato, yams, sweet potato, carrots red and golden beets
..... **\$5.00 per person**

Energy Bites GF/VGN
3 small bites per person: peanut butter, gluten free oats, semi-sweet chocolate, espresso
..... **\$5.00 per person**

Something More

minimum order of 6 per selection
available in recyclable containers only

Fresh Sliced Fruit GF/VGN
Selection of melons, kiwi, pineapple, grapes, Saanich Peninsula berries
..... **\$4.00**

Filled Croissants
House baked, with sundried tomato pesto and choice of:
Hertels' smoked ham and swiss or spinach, feta and toasted pine nuts
..... **\$6.00**

Garden Vegetables GF/V
Seasonal vegetables, smoked paprika hummus, herb artichoke dip
..... **\$5.00**

Fruit & Cheese GF/V
Sliced fruit, chevre, aged cheddar, brie, balsamic glazed crostini
..... **\$7.50**

Yogurt Parfaits v
Greek yogurt, fresh Gobind Farms berries, caramelized white chocolate & almond granola
..... **\$4.00**

Fruit Skewers GF/V
Melons, pineapple, strawberry, vanilla bean Greek style yogurt
..... **\$4.00**

Overnight Oats GF/VGN
Gluten free oats, maple syrup, banana, chia seeds, soy milk, topped with dried fruit and pumpkin seeds
..... **\$4.00**

Gluten Free Crackers
..... **add \$2.00 per portion**



Sweets

Lemon Blueberry Bar v

Fresh lemon and blueberries provide a perfect sweet and tart balance

..... **\$5.00**

Traditional Desserts v

3 per person

May include; salted toffee, pecan chocolate chunk, black forest and coconut caramel squares, double chocolate brownies, lemon+ nanaimo bars

..... **\$4.00**

Assorted Fresh Baked Cookies v

..... **\$2.00**

Chia & Flax Super Bars GF/VGN

Gluten free oats, buckwheat groats, sesame butter, semi-sweet chocolate, Madagascar vanilla

..... **\$4.00**

Gluten Free Options GF/V

Provided by Origin bakery:

Breakfast breads, granola bar..... **\$4.00 per item**

Dessert..... **\$4.00 per item**

Truffles Signature Brownie v

Milk chocolate sour cream icing

..... **\$5.00**

The "Best" Carrot Cake v

Pineapple, pecans and cream cheese icing

..... **\$6.00**

Cold Beverages

Eska Still Water

..... **\$3.00**

Assorted Juices

Apple, Orange

..... **\$3.00**

San Pellegrino

Sparkling, Aranciata Orange, Limonata, Blood Orange, Grapefruit

..... **\$3.50**

Soft Drinks

Coke, Diet Coke, Sprite, Ginger Ale, Root Beer, Iced Tea

..... **\$2.25**

Hot Beverages

Coffee-To-Go

96oz (12 cups)

Level Ground coffee & decaf

..... **\$24.50**

Tea-To-Go

96oz (12 cups)

Selection of Premium Metz Tea

..... **\$24.50**