



truffles

— EXPRESS —

GF GLUTEN FREE

DF DAIRY FREE

V VEGETARIAN

PB PLANT-BASED

LOCAL ingredients

Truffles Express offers locally sourced and sustainable ingredients prepared daily. We are proudly certified as a Vancouver Island GREEN business. Most items are served buffet style in recyclable boxes with compostable tongs. We make every effort to reduce waste!

PLACING orders

Order online at truffles catering.net/corporate-lunches or email events@truffles catering.net to place your order.

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 larger orders, **3 business days** notice is required.

For deliveries outside of normal working hours (**8:00 am–3:00 pm**), a surcharge is applied.

Prices are subject to applicable **TAX** and a **18%** operations fee.

Orders **\$125** or more qualify for delivery, a delivery charge of **\$12.50** will apply to all orders.

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 Beverages

Coffee-To-Go

96oz (12 cups)

Level Ground coffee or decaf

..... \$25.50

Tea-To-Go

96oz (12 cups)

Selection of Premium Metz Tea

..... \$25.50

Hot Breakfast Selections

Minimum order of 10.

Available for delivery from 9am on.

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, freshly baked pastries and breakfast breads, assorted juices

..... \$21.00 per person

Denver Hash Bowl **GF**

Hashbrowns, Island ham, Sun Wing tomato, scallions, peppers, poached free run egg, cheddar cheese

..... \$16.00 per person

Breakfast Sandwiches

minimum 4 per selection

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

Choice of:

Bacon

Sausage

Tomato **v**

..... \$6.95 per sandwich

Cold Breakfast Selections

Minimum order of 6.

Available for delivery from 8am on.

Classic Continental **v**

Seasonal selection of sliced fruit, freshly baked pastries and breakfast breads, assorted juices

..... \$15.50 per person

Truffles Continental **v**

Greek yogurt with fresh Gobind Farms berries, caramelized white chocolate and almond granola, selection of freshly baked muffins, assorted juices

..... \$17.00 per person

Healthy Start **PB**

Overnight oats with maple syrup, banana, chia seeds, soy milk, topped with dried fruit and pumpkin seeds, fruit skewers of melon, pineapple, strawberry, and assorted juices

..... \$17.00 per person

Something More

Minimum order of 6 per selection.

Available in recyclable containers only.

Fresh Sliced Fruit **GF/PB**

Selection of melon, kiwi, pineapple, grapes, Saanich Peninsula berries

..... \$6.50

Filled Croissants

choice of:

Hertel's smoked ham and Swiss or

spinach, feta and sundried tomato pesto **v**

..... \$6.00

Garden Vegetables **GF/V**

Seasonal vegetables, smoked paprika hummus, herb artichoke dip

..... \$5.00

Fruit & Cheese **GF/V**

Sliced fruit, chèvre, aged cheddar, brie, balsamic glazed crostini

..... \$8.75

Yogurt Parfaits **v**

Greek yogurt, fresh Gobind Farms berries, caramelized white chocolate almond granola

..... \$6.00

Fruit Skewers **GF/V**

Melon, pineapple, strawberry, Greek-yogurt

..... \$6.00

Overnight Oats **GF/PB**

Gluten-free oats, maple syrup, banana, chia seeds, soy milk, topped with dried fruit and pumpkin seeds

..... \$6.00

Housemade Cake Breads **v**

Banana, lemon white chocolate

..... \$4.50

Assorted Muffins Or Scones **v**

Fresh house baked varieties

..... \$4.00

Boardroom Sandwiches

Available for delivery from 10:30am on.

All items are served 'buffet' style on platters.

Boardroom Sandwiches \$9.25

Boardroom Combo \$15.25

(CHOICE OF SOUP OR SALAD)

Boardroom Complete Lunch Combo. \$17.50

(SANDWICH, SOUP OR SALAD, COOKIE, SOFT DRINK)

SANDWICHES ARE CHEF'S SELECTION OF:

Hertel 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

Balsamic onion jam, blue cheese aioli, Sun Wing tomato, TOPSOIL urban farmed greens

House Smoked Brisket

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

Moroccan Tabbouleh Wrap **PB**

Roasted sweet potato and cauliflower, TOPSOIL urban farmed greens, smoked paprika hummus, cucumber, vine ripened tomatoes

Fresh Vegetable Wrap **V**

Beets, carrots, compressed pear, avocado, pea shoots, alfalfa sprouts, feta, Dijon aioli, TOPSOIL urban farmed greens

Fees apply for individual wrapping/packaging.

Gluten Free Bread

Substitution. **add \$3.00 per sandwich**

Gluten Free Dessert

Substitution. **add \$3.00 per combo**

Salads

Gathered Greens **GF/PB**

TOPSOIL urban farmed greens, shaved fennel, orange segments, sweet and salty pecans, radish, candy cane beets, champagne vinaigrette

Side **\$6.00**

Full **\$14.00**

Caesar Salad **V**

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

Side **\$6.00**

Full **\$14.00**

Watermelon Feta Salad **V**

Minimum order of 6 per selection.

Quinoa, toasted almonds, sweet onion, mint, arugula and white balsamic vinaigrette

. **\$6.00**

Spring Vegetable Pasta Salad **V**

Minimum order of 6 per selection.

Seashell pasta, roasted Sun Wing cherry tomatoes, baby arugula, summer squash, Grana Padano, basil buttermilk dressing

. **\$6.00**

Yukon Gold Potato Salad **GF/PB**

Minimum order of 6 per selection.

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

. **\$6.00**

Add Protein (100g) to Any Salad

Grilled chicken **\$7.00**

Pan seared wild BC salmon. **\$7.00**

Seared tofu **\$7.00**

House Made Soups

Minimum order of 10 per selection.

Requires equipment pick-up the following day, a fee of \$15 will apply.

Roasted Butternut Squash **GF/PB**

Coconut milk, apple, ginger

. **\$7.00**

Tomato Basil **GF/PB**

Leek, roasted fennel and bell peppers

. **\$7.00**

Hot Lunch Selections

Minimum order of 10.

Available for delivery from 10:30am on.

COMPLETE LUNCH INCLUDES A SOFT DRINK & DESSERT

Grilled Chicken Parmesan **GF**

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

Entrée **\$17.00**
Complete. **\$21.50**

Lasagna

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

Entrée **\$16.00**
Complete. **\$21.50**

Butter Chicken **GF/DF**

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

Entrée **\$17.00**
Complete. **\$21.50**

(VEGAN OPTION AVAILABLE, SUB CHICKEN FOR TOFU)

Shrimp & Tofu Thai Red Curry

Bok choy, peppers, makrut lime leaves, coconut milk, grilled flatbread, mango raita, coconut basmati rice

Entrée **\$17.00**
Complete. **\$21.00**

Smoked Cedar Plank Salmon **GF**

Yukon Gold baby potatoes, crème fraîche, fresh dill, fennel, preserved lemon, Longview Farms asparagus

Entrée **\$18.50**
Complete. **\$22.50**

(LOCAL ASPARAGUS SEASONALLY AVAILABLE MAY-JUNE)

House Made Falafel **v**

Roasted bell pepper, Sun Wing tomato ragoût, goat feta, grilled zucchini, tahini sauce, pita

Entrée **\$16.00**
Complete. **\$21.50**

Power Bowls

Minimum order of 5 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

..... **\$18.00**

Buddha Bowl **GF/PB**

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

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

(ADD CHICKEN, BEEF OR SHRIMP) \$7.00

Ramen Bowl

Bento salad, soy marinated egg, pickled shitake, pork belly

..... **\$18.00**

Truffles 'Staff' Salad **v**

TOPSOIL urban farmed greens, tabbouleh, fresh vegetable slaw, free run hard boiled egg, goat cheese, white balsamic vinaigrette

Full **\$14.00**

(ADD CHICKEN, BEEF OR SHRIMP) \$7.00

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 bars and Nanaimo bars

..... **\$4.50**

Assorted Fresh Baked Cookies **v**

..... **\$2.75**

Chia & Flax Super Bars **GF/PB**

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

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

Gluten Free Options **GF/V**

Breakfast items **\$5.00 per item**

Dessert **\$5.00 per item**

Truffles Vegan

Chocolate Brownie **GF/PB**

Gluten free vegan chocolate brownie with a semi-sweet chocolate glaze

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

The "Best" Carrot Cake **v**

Pineapple, pecans and cream cheese icing

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

Mocha Almond Bar **v**

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

Energy Orb **GF/PB**

Peanut butter, gluten free oats, semisweet chocolate, espresso

..... **\$5.00 per person**

Cold Beverages

Still Water

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

Bottled Juice

Assorted

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

San Pellegrino

Assorted flavours

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

Soft Drinks

Assorted Coca-Cola products

..... **\$2.50**

AHA Sugar Free Sparkling Water

Assorted Flavours

..... **\$2.50**

Ready To Order?

ORDER ONLINE

ORDER BY EMAIL