



- 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 a certified Green Leader by BC 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, **5 business days** notice is required.

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.

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

A pickup fee of **\$30** will apply for deliveries with equipment.

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 by email:

Hot Beverages

Includes cream, milk, sugar, stir sticks, paper cups

Coffee-To-Go

96oz (12 cups)

Level Ground coffee or decaf

..... **\$29.50**

Tea-To-Go

96oz (12 cups)

Selection of Premium Metz Tea

..... **\$29.50**

Cold Breakfast Selections

Minimum order of 6

Available for delivery from 8am on

All items are served buffet style

Classic Continental v

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

..... **\$15.95 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

..... **\$17.50 per person**

Healthy Start GF/PB

Gluten-free overnight oats with maple syrup, banana, chia seeds, soy milk, topped with dried fruit, pumpkin seeds. Served with seasonal selection of fresh fruit and assorted juices

..... **\$17.50 per person**

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

..... **\$21.75 per person**

Denver Style Baked Omelette GF

Omelette with ham, Sun Wing tomato, scallions, peppers and cheddar cheese served with hashbrowns, yogurt parfait with lightly sweetened Greek yogurt, triple berry compote, caramelized white chocolate & almond granola, and seasonal selection of fresh sliced fruit

..... **\$22.50 per person**

Breakfast Sandwiches

Toasted English muffin, aged cheddar, Island free run egg

Choice of:

Bacon

Sausage

Tomato v

..... **\$7.50 per sandwich**

Something More

Minimum order of 6 per selection

All items are served buffet style unless indicated, individually packaged for a fee

Housemade Cake Breads v

Banana, lemon white chocolate

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

Assorted Muffins and Scones v

Fresh house baked varieties

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

(GLUTEN-FREE MUFFIN) **\$5.00**

Fresh Sliced Fruit GF/PB

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

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

Yogurt Parfaits v

Served individually in eco-containers

Lightly sweetened Greek yogurt, triple berry compote, caramelized white chocolate & almond granola

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

Overnight Oats GF/PB

Served individually in eco-containers

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

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

Boardroom Sandwiches

Available for delivery from 10:30am on
All items are served buffet style

Boardroom Sandwiches \$9.75

Boardroom Combo \$15.75

CHOICE OF:

SALAD AND SANDWICH

OR

SOUP AND SANDWICH

Boardroom Complete Lunch Combo. \$19.75

CHOICE OF:

SALAD, SANDWICH, COOKIE AND SOFT DRINK

OR

SOUP, SANDWICH, COOKIE AND SOFT DRINK

Gluten Free Bread Or Wrap

Substitution. **add \$3.00**

Gluten Free Dessert

Substitution. **add \$3.00**

SANDWICHES ARE CHEF'S SELECTION OF:

Hertel Cured Ham & Aged Cheddar

House made tomato balsamic chutney, greens, roasted garlic aioli

BC Wild Salmon Wrap **DF**

Ocean Wise salmon, vegetable slaw, green onion, cucumber, spicy mayo, alfalfa sprouts

Montreal Smoked Brisket

Gouda, crisp lettuce, vegetable slaw, bread and butter pickles, roasted pepper mayo

Buffalo Chicken Wrap

Grilled chicken, spicy cream cheese, cucumber, pickled banana peppers, iceberg lettuce

Turkey-Bacon-Brie

Vine ripened tomatoes, greens, roasted garlic aioli

Italian Deli

Gouda, sun dried tomato tapenade, pickled banana peppers, crisp lettuce, roasted garlic aioli

Falafel Fattoush Wrap **PB**

Fried falafel, crumbled with chopped cucumber, vine-ripened tomato, radish, arugula, house made roasted garlic hummus

Fresh Vegetable Wrap **PB**

Beets, carrots, compressed granny smith apple, avocado, pea shoots, alfalfa sprouts, crisp lettuce, house made roasted garlic hummus

Fees apply for individual wrapping/packaging



Salads

Gathered Greens **GF/PB**

TOPSOIL urban farmed mixed greens, cucumber ribbons, fennel, compressed green apple, toasted pumpkin seeds, radish, caramelised citrus vinaigrette

Side **\$6.00**
Entrée **\$14.00**

Caesar Salad

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

Side **\$6.00**
Entrée **\$14.00**

Add Protein to Entrée Size Salad (100g)

Grilled chicken **\$7.00**
Pan seared wild BC salmon **\$9.00**
Seared tofu **\$7.00**

Quinoa Tabbouleh **GF/PB**

Minimum order of 6 per selection

Peppers, Sun Wing tomatoes, red onion, cucumber, parsley, garlic vinaigrette

Side **\$6.00**

Tricolore Fusilli Salad **v**

Minimum order of 6 per selection

Broccoli, confit garlic pesto, roasted peppers, fresh lemon, Grana Padano

Side **\$6.00**

Super Green Soba Noodles **GF/PB**

Minimum order of 6 per selection

Wilted spinach, green onion, broccoli, bell pepper, peanuts, goma dressing

Side **\$6.00**

House Made Soups

Minimum order of 10 per selection

Requires equipment (thermos or chafer) to be picked up the following day, a fee of \$15 will apply

Roasted Butternut Squash **GF/PB**

Coconut milk, apple, ginger
..... **\$7.00**

Creamy Tomato Basil **GF**

Leek, roasted fennel and bell peppers
..... **\$7.00**

Harvest Vegetable Soup **PB**

Sautéed vegetables, roasted tomato broth, barley
..... **\$7.00**

Afternoon Snacks

Available as an add-on to an order

Minimum order of 10 per item

All items are served buffet style

Garden Vegetables **PB**

Seasonal vegetables with house made roasted garlic hummus
..... **\$5.75**

Filled Croissants

Minimum order of 5 per selection

House baked, choice of Hertel smoked ham and swiss, or spinach, feta and sundried pesto
..... **\$6.00 each**

Sliced Fruit & Cheese **GF (EXCEPT CRACKERS)/V**

Sliced fruit, chevre, aged cheddar, brie, artisan breads and crackers
..... **\$12 per person**

Meat & Cheese **GF (EXCEPT CRACKERS)**

Hand crafted meats locally made by Haus Sausage Co., including a variety of salamis like coppa and bresaola, Island and international artisan cheese, house made chutney, mustard, marinated olives, artisan breads and crackers
..... **\$17 per person**

Gluten Free Crackers

..... **\$2.50 per portion**

Hot Lunch Selections

Minimum order of 10 per selection
Available for delivery from 10:30am on

COMPLETE LUNCH INCLUDES A SOFT DRINK & COOKIE

Grilled Chicken Parmesan **GF**

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

Entrée **\$17.50**
Complete..... **\$22.50**

Thyme Roasted Mushroom Canneloni **V**

Ricotta, mushrooms, fresh pasta, roasted garlic-parmesan cream sauce, spring pea and baby arugula

Entrée **\$17.00**
Complete..... **\$22.00**

Butter Chicken **DF/GF (W/O NAAN)**

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

Entrée **\$17.50**
Complete..... **\$22.50**

(VEGAN OPTION AVAILABLE, SUB CHICKEN FOR TOFU)

Coconut Yellow Curry **PB/GF (W/O FLATBREAD)**

Tofu, bok choy, peppers, Makrut lime leaves, coconut milk, mango chutney, coconut basmati rice, grilled flatbread

Entrée **\$17.00**
Complete..... **\$22.00**

Miso Torched Salmon **GF/DF**

Japanese sticky rice cakes, roasted mushrooms, ginger-scallion confit

Entrée **\$18.50**
Complete..... **\$23.50**

House Made Falafel **V**

Roasted bell pepper, Sun Wing tomato ragout, goat feta, grilled zucchini, basmati rice, tahini sauce, pita

Entrée **\$17.00**
Complete..... **\$22.00**

Power Bowls

Minimum order of 5 per selection
Served individually in eco containers

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

Sticky rice, pickled edamame, crisp vegetables, avocado, sweetened soy reduction, Sriracha mayo, sesame seeds

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

Buddha Bowl **GF/PB**

Sticky Rice, cabbage slaw, tofu, avocado, radish, mushroom, cucumber, green onion, edamame, tahini sauce, sesame seeds

..... **\$15.50**

(ADD CHICKEN, BEEF OR SHRIMP)..... \$7.00

Green Goddess **GF/V**

Quinoa-chic pea salad, arugula, broccoli, grilled zucchini, edamame, radish, avocado, lemon-basil yogurt dressing

..... **\$15.50**

Mediterranean Power Bowl **GF/V**

Lentils, TOPSOIL greens, falafel, marinated cherry tomatoes, cucumber, red onion, kalamata olive, roasted bell pepper, feta cheese, tahini sauce

..... **\$15.50**

Sweets

Lemon Blueberry Bar v

Fresh lemon and blueberries provide a perfect sweet and tart balance

..... \$5.00

Salted Caramel Squares v

House made short bread, chewy caramel and dark chocolate with a touch of sea salt

..... \$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

..... \$4.75

Assorted Fresh Baked Cookies v

..... \$2.95

Chia & Flax Super Orb GF/PB

Gluten free oats, flax seed, peanut butter, semi-sweet chocolate, Madagascar vanilla

..... \$4.50

Truffles Vegan Chocolate Brownie GF/PB

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

..... \$5.00

Mini Donuts v

Caramel and chocolate hazelnut

..... \$5.00

Cold Beverages

Still Water

..... \$3.00

Bottled Juice

Assorted

..... \$3.25

San Pellegrino

Assorted flavours

..... \$3.95

Soft Drinks

Assorted Coca-Cola products

..... \$2.95

AHA Sugar Free Sparkling Water

Assorted Flavours

..... \$3.25

Ready To Order?

ORDER BY EMAIL

ORDER BY PHONE