



## *A Tasteful Approach*

### **A Meeting Guide to Savour**

Meetings are a great way to ensure your company is communicating and sharing objectives. When managed well, meetings will increase results, define focus and create a greater community of consensus. When managed poorly, meetings can grow into a waste of time and productivity for many of those in attendance.

Gourmet food is an excellent complement to business functions such as meetings. It sets the tone of the meeting by indicating that peoples' time is important, that their attendance is valued. You will also find people are more apt to show up for a meeting – and on time – when they know great food is the centerpiece on the boardroom table.

Serving fine food is just one way to guarantee a productive meeting. We invite you to read on and discover more recipes for business success.



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*Breakfast:* (Platter serve: sml = 8-10 ppl, lrg = 15-20 ppl)

**Bagels and Cream Cheese:**

Assorted Bagels, Cream Cheese & Whipped Butter sml \$70, lrg \$135  
Add Smoked Salmon \$8/person

**Continental Breakfast:**

Selection of Danishes, Croissants, Mini Muffins, Butter, Jam & Bottled Juices sml \$85, lrg \$155

*Salad:* (Platter serve: sml = 8-10 ppl, lrg = 15-20 ppl)

*Options: Add Grilled Chicken to any salad: \$4/person; Add Grilled Salmon to any salad: \$6/person*

**Green Salad:**

Mixed Greens Salad with Red Wine Vinaigrette & Seasonal Garnish sml \$35, lrg \$65

**Caesar Salad:**

Romaine Lettuce with House Caesar Dressing, Bacon, Parm & Croutons sml \$40, lrg \$75

**Potato Salad:**

Mini Potatoes with Sweet Peppers, Red Onions and a Pommery & Mayonnaise Dressing sml \$30, lrg \$55

**Pasta Salad:**

Sundried Tomatoes, Artichokes, Black Olives & Lemon Pesto Dressing sml \$35, lrg \$55

**Greek Salad:**

Romaine Lettuce with Tomato, Feta Cheese, Black Olive, Bermuda Onion & Cucumber with an Olive Oil & Herb Dressing sml \$50, lrg \$95

**Lago Salad:**

Green Beans, Tomatoes, Black Olives & Potatoes in an Anchovy Caper Dressing sml \$40 , lrg \$75

**Spinach Salad:**

Baby Spinach with Dried Apricots, Toasted Almonds & Goat Cheese in a Citrus Dressing sml \$55, lrg \$100

*Buffet Platters:* (Platter serve: sml = 8-10 ppl, lrg = 15-20 ppl)

**Vegetable Platter:**

Grilled Zucchini, Grilled Eggplant, Grilled Asparagus, Marinated Artichokes & Mushrooms, Spiced Olives, Roasted Red Peppers, Sliced Baguette & Hummus sml \$55, lrg \$110

**Antipasto Platter:**

Grilled Zucchini, Grilled Eggplant, Grilled Asparagus, Marinated Artichokes & Mushrooms, Spiced Olives, Roasted Red Peppers, Marinated Bocconcini, Prosciutto, Salami, Capicollo, Cacciatorini, Sliced Baguette & Hummus sml \$90, lrg \$175

**Deli Platter:**

Sliced Roast Beef, Sliced Roast Turkey, Sliced Virginia Ham, Gherkins, Jardiniere & Pickled Eggplant; accompanied by Rolls, Rye Bread & Assorted Mustards & Horseradish sml \$100, lrg \$195

**Assorted Cheese Platter:**

Cheddar, Asiago, Brie, Roquefort Blue, Parmigiano, Goat Cheese, served with an array of nuts, Dried Fruits & Crackers sml \$90, lrg \$175

**Crudit  Platter:**

Fresh Vegetables & Dips sml \$30, lrg \$50

*Buffet Platters:* (Platter serve: sml = 8-10 ppl, lrg = 15-20 ppl)

**Apple Wood Smoked Salmon:**

Accompanied by Sliced Red Onion, Lemon Wedges, Capers, Chive Sour Cream & Crostini side of salmon/\$125

**Maple Soy Glazed Salmon:**

Salmon marinated in Maple Syrup & Soy Sauce served with Chive Cream side of salmon/\$125

**Sushi Platters:**

Assortment of Sushi, Sashimi & Maki Rolls 40pc/\$100, 80pc/\$190

*Sandwich Platters:* (Platter serve: sml = 8-10 ppl, lrg = 15-20 ppl)

**Deli Style Sandwiches:**

Roast Beef & Brie • Turkey & Swiss Cheese • Grilled Vegetable & Goat Cheese Wraps • Tuna & Pickle Wraps sml \$80, lrg \$150

**Italian Style Sandwiches:**

Salami & Asiago • Prosciutto & Provolone • Mortadella & Tomato • Capicollo & Peppers sml \$90, lrg \$170

**Specialty Sandwiches:**

Grilled Ribeye & Horseradish • Grilled Chicken & Peppers • Smoked Salmon & Dill • Eggplant Parm & Tomato Sauce sml \$100, lrg \$190

*Hot Working Lunch:* (Platter serve: sml = 8-10 ppl, lrg = 15-20 ppl)

**Veal Parmesan:**

Tender Breaded Veal Cutlets slow cooked in Tomato Sauce, covered with Provolone Cheese and served with Italian Dinner Rolls sml \$60, lrg \$115

**Chicken Cacciatore:**

Chicken Legs and Thighs braised gently in Tomato Sauce with Sweet Peppers, Mushrooms & Onions sml \$55, lrg \$105

**Chicken Breast:**

Grilled Chicken Breast marinated in Lemon, Garlic and Thyme sml \$55, lrg \$105

**Salmon:**

Grilled Salmon served with a Dill Remoulade sml \$75, lrg \$145

**Lasagna Bolognese:**

Baked Lasagna with Bolognese Sauce, B chamel and Mozzarella Cheese sml \$50, lrg \$90

**Lamb Chops:**

Grilled Racks of Ontario Lamb, marinated in Rosemary, Olive Oil and Garlic sml \$140, lrg \$275

**Grilled Striploins 8oz:**

Grilled AAA Beef served with a Red Wine Jus sml \$120, lrg \$235

**Herb Crusted Tilapia Filets:**

Roasted Tilapia with Capers, Garlic, Black Olives & Tomato sml \$65, lrg \$125

**Eggplant Parmesan:**

Layers of tender Eggplant with Tomato Sauce, Basil & Mozzarella sml \$45, lrg \$85

*Side Options:* (Platter serve: sml = 8-10 ppl, lrg = 15-20 ppl)

Steamed Basmati Rice sml \$20, lrg \$35  
Herb Roasted Mini Potatoes sml \$20, lrg \$35  
Roasted Garlic Mashed Potatoes sml \$30, lrg \$55  
Vegetable Medley sml \$30, lrg \$55

*Dessert Options:* (Platter serve: sml = 8-10 ppl, lrg = 15-20 ppl)

Assorted Fruit Platter sml \$40, lrg \$75  
Assorted Cookie Platter \$14/dozen  
Assorted Squares & Tarts sml \$50, lrg \$95

*Specialty Packages*

**Deli Lunch:** \$18.00/person – minimum 10 people  
Old Fashioned Coleslaw, Potato Salad with Pommery Mustard Vinaigrette, Garden Salad with Buttermilk Dressing, Sweet ‘n’ Sour Pickles • Roast Sirloin of Beef, Turkey Breast & Virginia Ham • Grilled Eggplant, Zucchini & Peppers • Sliced Cheddar & Provolone • Country Baguette & Rustic Buns • Lettuce, Sweet Onion, Tomato, Assorted Mustards & Horseradish, Olives & Peperoncino • Fruit Platter • Homemade Cookies

**Italian Picnic:** \$19.00/person – minimum 10 people  
Veal Cutlet & Paillard of Herb Marinated Chicken, Tomato Compote, Banana Peppers, Roasted Peppers, Marinated Mushrooms, Grilled Eggplant, Provolone Cheese, Roast Garlic Aioli • Pasta Salad with Artichoke, Spiced Olives, Oven Roasted Tomato, Parsley & Basil • Romaine Hearts with Roast Garlic Vinaigrette, Bacon & Croutons • Rustic Buns • Sliced Melon Platter

*Beverages:*

San Benedetto Water \$1.50/bottle  
Assorted Soda (Pepsi, Diet Pepsi, Ginger Ale, 7-UP) \$1.75/bottle  
Assorted Juices (Orange, Apple, Cranberry, Pineapple/Mango) \$2.00/bottle

*SPECIALTY ITEMS AVAILABLE UPON REQUEST. PLEASE INQUIRE.  
ALL PRICING SUBJECT TO APPLICABLE TAX. DELIVERY \$20/ORDER.*



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