

## THE CLASSICS

**Diner** \$16pp

### Choice of salad

Garden – Spring greens with fresh vegetables and poppyseed dressing  
Baby spinach - Grilled pear, blue cheese and pecan dust  
Caesar - House made dressing, bacon and croutons  
or soup of the day

### Choice of

Meatloaf with roasted onion tomato sauce  
Lasagna with meat sauce  
Vegetable lasagna  
Meatballs and penne

Selection of cookies and sweets

### Hot Sandwich

 \$14pp

Served separately so you can make your own sandwich  
Selection of breads and buns  
Fresh roasted chicken or beef  
Herb gravy

Garden salad  
Mashed potato  
Buttered peas

Selection of cookies and sweets

### Greek Lunch

 \$18pp

Horiatiki Greek salad with peppers and lemon oregano dressing  
Souvlaki chicken breast  
Greek potatoes and rice  
Baklava - Buttered phyllo, honey and crushed nuts

## SANDWICHES

All sandwiches come on a selection of fresh local breads.

### Choice of salad

Garden – Spring greens with fresh vegetables and poppy seed dressing  
Baby spinach - Grilled pear, blue cheese and pecan dust  
Caesar - House made dressing, bacon and croutons  
Roasted vegetable pesto pasta  
or soup of the day

### Traditional

 \$13pp

Montreal smoked meat on rye  
Mumford multigrain - Goat cheese, roasted red pepper and dill pickles  
Black forest ham  
Swiss cheese and honey Dijon  
Roast beef, caramelized onion and horseradish  
Traditional egg salad

### Gourmet

 \$15pp

Pork tenderloin with grilled pear  
Roasted salmon salad sweet peppers and dill  
Mediterranean club - Artichoke, roasted red pepper, olive tapenade, prosciutto  
Lentil with crispy vegetables  
Pulled lamb with house made tzatziki  
Chicken mango salad

Selection of cookies and sweets

Assortment of both \$14pp

## INFORMATION

### Contact

P 902 455 4395

E [info@thearmview.com](mailto:info@thearmview.com)

### The Details

- Minimum orders of 10 people
- We require a minimum of 2 business days notice
- All prices include serving rentals (chafing dishes, etc) and disposables

### Environmentally responsible?

Just ask.

- Beverages in pitchers rather than individual bottles
- Filtered tap water
- Biodegradable disposables
- Locally sourced food

### Reception, Social occasion – call us.

We will be happy to help with your event. Above and beyond the food, we can arrange:

- Wait Staff
- Chefs
- Bartenders

Gratuuity of 16% will be added to all staffed events

## THE NEW CLASSICS

International dishes that have quickly become favorites with you and The Armview.

### Choice of salad

Garden – Spring greens with fresh vegetables and poppyseed dressing

Baby spinach - Grilled pear, blue cheese and pecan dust

Asian garden salad – Greens with asian vegetables and ginger vinaigrette

### Pad Thai \$18pp

Brown rice vermicelli, ginger, cilantro and a house made Thai sauce finished with egg and lime.

### Sesame Stir Fry \$18pp

Shredded vegetables, peanut sesame sauce (choice of rice or soba noodles)

Either with choice of vegetable, chicken, or shrimp

Selection of cookies and sweets

### Irish Lamb Stew \$18pp

Assorted bread and rolls

Nova Scotia lamb cooked slowly with potatoes, carrots and onions

Selection of cookies and sweets

### Seafood Paella stuffed sweet peppers \$20pp

### Choice of salad

Garden – Spring greens with fresh vegetables and poppyseed dressing

Baby spinach - Grilled pear, blue cheese and pecan dust

Caesar - House made dressing, bacon and croutons

Sweet peppers overflowing with halibut, shrimp, scallops, and mussels spiced saffron rice and paprika drizzle

Selection cookies and sweets

## HEALTHY CHOICES

### Chef's Salads

A new spin on the classic dish

### Choice of salad

Garden – Spring greens with fresh vegetables and poppyseed dressing

Baby spinach - Grilled pear, blue cheese and pecan dust

Caesar - House made dressing, bacon and croutons

Asian garden salad – Greens with asian vegetables and ginger vinaigrette

Horiatiki Greek – Tomato, cucumber, feta, sweet peppers in a lemon oregano dressing

Potato - Bacon, green onion and creamy Dijon dressing

Green bean and almond – Spring greens, green beans, almonds with a citrus drizzle

Papaya and avocado – Papaya, avocado, cashews on tossed greens

### Choice of

Peppered beef striploin \$18

Maple pork tenderloin \$15

Thai roasted salmon \$15

Lemon oregano chicken \$15

Selection of cookies and sweets

### Pasta \$18pp

### Choice of salad

Garden – Spring greens with fresh vegetables and poppyseed dressing

Baby spinach - Grilled pear, blue cheese and pecan dust

Asian garden salad – Greens with asian vegetables and ginger vinaigrette

### Portobello and spinach whole wheat pasta

Roasted mushrooms and spinach sautéed in olive oil with hint of chili.

Selection of cookies and sweets

\*Fruit platter for any package – \$2pp

## **BREAKFAST**

### **Continental \$6pp**

Assorted muffins, bagels, and pastries with jams, cream cheese and butter

Yogurt

Selection of whole fruit

### **Armview Parfait \$5pp**

Thick homestyle yogurt, fresh fruit, granola, mint and honey

### **Breakfast Sandwiches \$5pp**

Chebucto - Poached egg, bacon, and cheddar

Burrito - Scrambled egg, bacon, cheese with housemade salsa

Panini - Pear and brie

### **Fruit plate \$3pp**

Sliced tropical fruit for you to enjoy.

### **Beverages \$2**

Java Blend Roasters coffee and tea

Assorted juice, pop and water