

## CELIAC - FRIENDLY / GLUTEN FREE



You and your celiac guests won't even miss the gluten! We understand gluten/wheat intolerances and how to make your meal, and stomach, a happy one!

### BREAKFAST SAMPLERS

#### Hot Cereal

Sweet quinoa with banana puree, walnuts, pumpkin seeds, dried cranberries, cinnamon maple syrup, almond milk

Saskatchewan gluten free steel cut oats with cane sugar, cinnamon, mixed berries, walnuts, and chia and flax seeds

#### Continental Breakfast

Fresh fruit kebobs with cantaloupe, honeydew, pineapple and strawberries (always local produce when in season)

Assorted yogurts

Assorted baked goods including gluten free muffins, coffee cakes and other items, served with butter

#### Country Breakfast

Scrambled eggs - fresh eggs from the local farm, scrambled then topped with chives and chopped green onions

Pork sausage or peameal bacon or smoked bacon

Roasted breakfast potatoes in fresh herbs, garlic & butter, served with ketchup

Gluten free toast with fruit preserves and butter

Fresh Fruit and Berry Platter

#### Mid-Day Brunch

NY strip steak topped with poached egg and chipotle sauce

Atlantic smoked salmon platter accompanied by red onions, cucumber and tomato slices, capers. Served with gluten free crackers and dill cream cheese

Grilled gluten free flat bread pizza with caramelized onions, roasted red peppers and goat cheese

Gourmet artisanal cheese board served with gluten free crackers

Skillet potatoes with caramelized onions

Garden mixed greens with a marinated vegetable medley, citrus vinaigrette

Fresh fruit and berry platter



## COCKTAIL PARTY SAMPLE

### Passed canapés

Sesame ginger soba noodle spoon, beef, scallions

Gluten free bread crumb crusted jumbo coconut shrimp with apple-mango chutney

Beef tenderloin with caramelized onions and horseradish cream canapé, pea shoots

Mini latkes, sour cream, chives, apple shaving

Mushrooms stuffed with roasted red pepper and feta cheese

Bamboo skewered herbed marinated chicken served with yogurt cucumber tzaziki sauce

### Stationary platters

Mediterranean Platter. Crackers, blue organic corn chips, toasted bread accompanied by (*choose three*) garlic hummus, grilled eggplant baba ganouj, vine ripe tomato bruschetta, white bean and artichoke dip, tabbouleh, and chipotle black bean dip

Antipasto. Salami, provolone cheese, grilled eggplant, roasted red peppers, sundried tomatoes, artichoke hearts, pickled jalapeno peppers, roasted asparagus, pickled onions and oil mushrooms and olives, garnished with mustards, bakery fresh breads, crackers

Please see our [cocktail party menu for more options.](#)

## Plated Samples

### Salads

Heirloom trio salad, candy cane beet with tarragon, zebra tomato with basil and purple carrots with thyme

Roasted spring salad, spears of asparagus, heirloom carrots and fingerling potatoes dressed with vinaigrette in a bed of quinoa

Fennel and orange salad, shaved fennel salad with red pepper brunoise, scallions and orange segments dressed with tarragon vinaigrette

Arugula and endive salad with honeyed pine nuts, red wine poached pear, fine herbs and blue cheese

Fresh baby arugula with shaved grana padano, scallions, wheat free croutons, aged balsamic and extra virgin olive oil



## Soups

Yellow tomato gazpacho garnished with olive tapenade and herb purée

Strawberry and watermelon soup garnished with roasted peppercorns

Roasted tomato purée with basil chiffonade

Roasted mushroom medley in truffled broth garnished with enoki and scallion

Carrot, apple, ginger, dehydrated apple chips and raw carrot shaving, raison

Roasted butternut squash soup, garam masala, parsley persilade and crème fraiche

## Appetizers

Smoked Salmon and lentil tower, red onion, dill garnish

Scallop succotash, black and white bean with dupuy lentils, crisp pancetta lardons

Lentil, potato salad with herbs and goat cheese, poached egg

Crispy marinated chicken on buckwheat noodle salad serve with julienne vegetables, mango, and snow peas, tossed in lime coriander dressing

## Mains

Grilled beef tenderloin medallions, herb crust, herb and garlic compound butter

Frenched lamb chops, pan seared and dressed with dijon and herbs

Ontario pork chop pan seared and dressed with herbs with roasted apple chutney

Stuffed chicken supreme, crispy skin, herbs, spinach and ricotta

Cornish game hen stuffed with wild rice, maple infused jus

Halibut pan seared dressed with garlic and herbs with herb butter sauce

Please inquire for personalized options. Samples listed above.

Please see our dessert menu for celiac options.