



Side Dishes

Hot Vegetable Selection

Chef's Selection

A Colourful Medley of the Seasons Freshest Vegetables

Tender Asparagus

Steamed Asparagus Topped with Lemon Butter

Ratatouille

The Classic Mediterranean Vegetable Assortment, Steamed and Seasoned to Perfection

Green Beans with Lemon and Basil

Tender Crisp Green Beans Tossed with Fresh Lemon Butter and Basil

Greek Vegetables

Broccoli, Zucchini, Carrots, Red Bell Pepper, Pearl Onions, Topped with Butter and Oregano

Stir Fry Broccoli

Crisp Broccoli Florets Stir Fried with an Asian Oyster Sauce

Grilled Vegetables with Lemon and Thyme

Seasonal Market Fresh Grilled Vegetables Tossed with Fresh Lemon and Thyme

Potato Selection

Oven Roasted Potatoes

Mini White or Red Seasoned Potatoes

Potato Puffs

Seasoned Mashed Potatoes, Encased in Golden Brown Crispy Puff Dough, Served Piping Hot

Garlic Mashed Potatoes

Slow Roasted Garlic Mashed Potatoes with butter and Cream

Potatoes Daphinois

Classic Scalloped Potatoes with Bechamel and Cheese Served in a Triangle Shape

Baked Potato Spears

Jumbo Idaho Potatoes Cut in Spears, Seasoned and Oven Roasted to Golden Brown

Glazed Sweet Potatoes

Baked Sweet Potato Spears with a Honey Orange Glaze

Rice Selection

Rice Almandine

Fluffy White Rice Combined with Toasted Almonds

Rice Pilaf

White and Wild Rice Mixed with Diced Sautéed Vegetables

Oriental Fried Rice

White Rice with Green Peas, Diced Vegetables and Soya Sauce

Pineapple Rice

A Taste of the Islands - White Rice Cooked in Pineapple Juice with Pineapple Tidbits and Diced Vegetables

Hashwi Rice/p>

Traditional Lebanese Rice, White Rice combined with Sautéed Ground Beef.

Salad Selection

St. Elias Chef Salad

Assorted Mixed Salad Greens Combined with Tomatoes, Cucumbers, Red Cabbage and Served with Two Dressings

Caesar Salad

Crisp Romaine Lettuce, Bacon and Croutons in a Creamy Caesar Dressing

Fattoush Salad

Iceberg & Romaine Lettuce, Tomatoes, Cucumbers, Red Onions, Green and Red Bell Peppers, Feta Cheese, Calamata Olives in an Oil and Vinegar Dressing

Greek Salad

Romaine Lettuce, Tomatoes, Cucumbers, Red Onions, Green and Red Bell Peppers, Feta Cheese, Calamata Olives in an Oil and Vinegar Dressing

Insalata Salad

Assorted Lettuce Greens, Tomatoes, Cucumbers, Bambino Olives, Grated Cheese, Served with an Italian Dressing

Tri-Coloured Pasta Salad

Rotini Pasta, Assorted Diced Vegetables in a Tangy Vinaigrette

Two Hearts Salad

Hearts of Palm, Artichoke Hearts, Garden Vegetables, Tossed with an Oil Vinegar, Garlic Dressing Served on a Bed of Boston Lettuce

Thai Noodle Salad

Asian Egg Noodles, Julienne Vegetables and a Creamy Peanut Dressing

New York Deli Potato Salad

Potatoes, Diced Vegetables, Deli Mustard and a Light Mayonaise

Spinach and Mushroom Salad

Fresh Spinach, Hard Boiled Eggs, Red Onions, Bacon, Mandarin Oranges in a Poppyseed Dressing

Soup Selection

- ✓✓ Butternut Squash
- ✓✓ Tomato & Roasted Red Pepper Bisque
- ✓✓ Cream of Asparagus
- ✓✓ Cream of Broccoli
- ✓✓ Carrot & Ginger