



# Catering Selections

**[dowslakecourt.com](http://dowslakecourt.com)**

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# Platters

*Each platter is designed to serve 10 guests generously.*

*Price is per Platter*

*13% HST and 18% surcharge will apply to all charges*

## Bakery Platter (PL-1)

Freshly baked half-size raspberry fruit scones  
Apple cinnamon sweet muffins  
Chocolatine croissants  
Blueberry cream cheese

\$52.00

## Cookie Platter (PL-2)

A selection of fresh baked gourmet cookies

\$52.00

## Gluten Free Bakery Platter (PL-3)

Blueberry lemon loaf  
Banana millet bread  
Date & seed squares  
Amazeballs

\$52.00

## Mini Bagels Platter (PL-4)

Selection of  
sesame, poppy, onion & plain bagels  
with scallion cream cheese,  
dill cream cheese,  
maple cream cheese

\$38.50

## Smoked Salmon Platter (PL-5)

Cold-smoked salmon  
Sliced cucumber, dill cream cheese, radish,  
hard boiled eggs, capers,  
heirloom tomatoes, pickled red onion,  
toasted rye bread

\$123.50

## Sliced Cheese Platter (PL-6)

Cheddar, Havarti, provolone and Swiss  
with fresh fruit, pickles, dried fruit,  
sliced baguettes and condiments

\$71.50

## Sliced Meat Platter (PL-7)

Black Forest ham, oven-roasted turkey,  
pastrami, spiced salami with cornichon,  
seeded mustard, pickled red onions,  
seedless grapes, sliced baguette

\$97.50

## Frittata Platter (served warm) (PL-8)

Red pepper, spinach, feta frittata  
Pancetta, sweet potato, kale frittata  
Asparagus, ricotta, basil, chickpea frittata  
With tomato jam & balsamic onions

\$105.00

## Breakfast Sandwich Platter (served warm) (PL-9)

Whole organic free-run eggs in a toasted English muffin with:  
Roasted tomatoes, feta, fresh basil Black Forest ham,  
Swiss, grainy mustard Double-smoked bacon, avocado,  
cheddar

\$91.00

## Parfait Platter (PL-10)

Vanilla yoghurt parfait  
w/pomegranate, toasted coconut, pistachios  
Mango chia pudding w/toasted coconut, mint, raspberries  
Greek vanilla yoghurt parfait  
w/ fresh berries, maple almond granola

\$45.50

## Best of Season Fresh Fruit Platter (PL-11)

Watermelon, pineapple, cantaloupe, seedless grapes,  
kiwi, plum, mango and seasonal berries

\$71.50

## Market Vegetable Platter (PL-12)

A selection of seasonal vegetables

\$58.50





## Breakfast a la Carte

*Requires a minimum order for 10 People  
Price is per Person  
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### Breakfast a-la Carte (BC-01)

\$16.50

*Select 3 of the following available selections (per 10 orders)*

*Apple cinnamon crumble muffins (BC-1)*

*Mango chia pudding, toasted coconut parfait (GF, DF) (BC-7)*

*Banana millet bread (GF) (BC-2)*

*Pancetta, sweet potato, feta frittata (GF) (BC-8)*

*Blueberry lemon mini loaves (GF) (BC-3)*

*Smoked salmon & chevre quiche (GF) (BC-9)*

*Chive omelette & double-smoked bacon ciabatta (BC-4)*

*Traditional currant scones w/ jam & cream (BC-10)*

*Fresh fruit skewers (GF, DF) (BC-5)*

*Triple berry granola muffins (BC-11)*

*House-made sausage rolls with tomato jam (BC-6)*

*Vegetable frittata w/ spinach, red pepper, potatoes (GF) (BC-12)*

# Lunch Boxes

*Requires a minimum order of 10 lunch boxes from the selection below  
Price is per lunch box  
13% HST and 18% surcharge will apply to all charges*

## Lunch Box 1 (LBx-01)

\$23.50

Baguette - thyme poached chicken breast, red pepper, scallion, whole egg mayonnaise, greens  
White Ciabatta - black forest ham, provolone, balsamic onion jam, mustard, whole egg mayonnaise  
Salad - orzo, cucumber, tomato, red pepper, Canadian feta, oregano, lemon  
Fruit - Fresh cut fruit  
Sweet - mini fruit muffin  
Drink - sparkling water

## Lunch Box 2 (LBx-02)

\$23.50

Focaccia - sliced turkey, double cream brie, cranberry apple relish, greens  
Wrap - grilled chicken breast, double-smoked bacon, shaved parmesan, romaine, Caesar  
Salad - mini potatoes, dill pickles, green onion, celery, mayo  
Fruit - Fresh cut fruit  
Sweet - caramel oatmeal square  
Drink - sparkling water

## Lunch Box 3 (LBx-03)

\$23.50

Ribbon Sandwich - thyme poached chicken breast, red pepper, scallion, whole egg mayonnaise  
Ribbon Sandwich - roasted salmon filet, green onion, dill, lemon, whole egg mayonnaise  
Ribbon Sandwich - free-run organic eggs, celery, parsley, seed mustard, whole egg mayonnaise  
Salad - pasta, basil pesto, baby bocconcini, grape tomatoes, lemon  
Fruit - Fresh cut fruit  
Sweet - classic date square  
Drink - sparkling water

## Lunch Box 4 - VEGETARIAN (LBx-04)

\$23.50

White Bun - free-run organic eggs, celery, scallions, dill, whole egg mayonnaise  
White Bun - smashed avocado, roasted red pepper, crumbled Canadian feta, greens  
Salad - turmeric steamed couscous, chickpeas, carrot, green onion, lemon  
Fruit - Fresh cut fruit  
Sweet - lemon coconut square  
Drink - sparkling water

## Lunch Box 5 - GLUTEN FREE (LBx-05)

\$23.50

Frittata - free-run organic eggs, roasted creamer potatoes, red pepper, spinach, cheddar  
Salad Roll - rice noodles, matchstick veg, herbs, chili lime  
Salad - quinoa, cucumber, tomato, parsley, tofu, lemon  
Fruit - Fresh cut fruit  
Sweet - date & seed square  
Drink - sparkling water

# Lunch Buffet

*Requires a minimum order of 10 per menu selection  
Price is per Person  
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## Rustic Italian (LB-1)

\$32.00

Gnocchi tossed in marinara sauce with asparagus, sun-dried tomatoes, olives, sprinkled with parmesan cheese (v)  
Tomato bruschetta with fresh herbs and crostini (v)  
Freshly baked bread and roasted garlic butter  
Kale salad with candied almonds, feta & pickled onions (v, gf)  
Orange almond biscotti

## Light Salmon (LB-3)

\$25.50

White wine poached salmon & potato cakes w/ lemon herb mayonnaise (gf, df)  
Crisp green salad w/ honey poppy seed dressing (v, gf, df)  
Upside-down pear cake

## Grilled Chicken (LB-5)

\$35.00

Cilantro grilled chicken breast with mango lime salsa (gf, df)  
Classic coleslaw (v, vv, gf, df)  
Lemon cous cous & chickpea salad (v, df)  
Fresh bakery bread and whipped chive butter  
Triple chocolate brownies

## Greek Inspired (LB-7)

\$36.50

Classic Greek salad  
Fresh pita bread, tzatziki & hummus  
Lemon oregano marinated chicken breast  
Garlic roasted potatoes  
Assorted squares & cookies

## Classic Lunch (LB-9)

\$19.00

Chicken, egg & tuna salads on white & whole wheat bread  
Mixed green salad with balsamic vinaigrette  
Triple chocolate brownies & lemon coconut squares

## Healthy Lunch (LB-11)

\$27.00

Quinoa tabbouleh salad (v, vv, gf, df)  
Detox Salad (v, vv, gf, df)  
Personal vegetable frittata w/ tomato jam (v, gf)  
Chicken salad triangle point sandwich (2 points per person)  
Yoghurt berry parfaits (gf)

## Teriyaki Chicken (LB-2)

\$35.00

Sweet & sticky grilled chicken with cherry tomatoes & fresh coriander  
Asian noodle salad (v, vv, gf, df)  
Long grain rice with ginger (v, vv, gf, df)  
Melon salad with mint and lime

## Beef Stroganoff (LB-4)

\$35.00

Tender beef striploin with mushrooms and sour cream  
Buttered egg noodles (v)  
Broccoli salad with mandarin, red onion & toasted sunflower seeds (v, vv, gf, df)  
Belgian chocolate mousse with fresh berries

## Vegetarian Curry Inspired (LB-6)

\$33.50

Indian-style curry with potatoes, cauliflower, peas & chickpeas with cilantro mint chutney (v, vv, gf, df)  
Basmati rice pilaf (v, vv, gf, df)  
Mixed salad greens with mango poppy seed dressing (v, gf)  
Grilled flat breads (v, df)  
Fresh fruit salad with ginger & lime (v, vv, gf, df)

## Mild Chicken Curry (LB-8)

\$35.00

Mildly spiced boneless chicken curry  
Spiced rice pilaf  
Crisp green salad with mango poppy seed dressing  
Indian-style cucumber salad  
Grilled naan bread  
Free form individual fruit tarts

## Soup & Sandwich Lunch (LB-10)

\$22.50

Freshly prepared butternut ginger soup (gf)  
Ham & cheddar with cranberry relish on flaky croissant  
Roasted vegetables with spicy hummus on multi grain bread  
Chocolate chip cookies

## Quiche Lunch (LB-12)

\$27.00

Quiche Lorraine (gf)  
Roasted red pepper, asparagus, feta quiche (v, gf)  
Romaine salad with tomatoes, feta, cucumber, lemon parsley vinaigrette (v, gf)  
Creamy dill potato salad (v, gf)  
Blueberry lemon loaf (gf)  
Caramel brownies (gf)

# Lunch Combos

Requires a minimum order for 10 People  
Price is per Person  
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## Lunch Combos (LC-0)

\$22.00

Select 2 Salads, 3 Sandwiches and 3 desserts (per 10 orders)

Gluten Free bread available on Request

\$1.25

### Salads

<b>Dill Potato</b> (LC-1) mini red potatoes, dill pickles, celery, fresh dill, mayonnaise dressing (v, gf, df)	<b>Spinach</b> (LC-2) baby spinach, strawberries, candied almonds and poppy seed dressing (v, vv, gf, df)	<b>Green</b> (LC-3) mixed greens, grape tomatoes, carrots with buttermilk ranch and rosemary balsamic dressings (v, gf)
<b>Bean</b> (LC-4) green beans, kidney beans, chickpeas, red wine vinaigrette (v, vv, gf, df)	<b>Quinoa</b> (LC-5) organic quinoa, tomatoes, cucumber, tofu, green onion, mint, lime (v, vv, gf, df)	<b>Cous Cous</b> (LC-6) chickpeas, carrot, turmeric, lemon (v, vv, df)
<b>Greek Inspired</b> (LC-7) tomatoes, cucumber, red pepper, Canadian feta, red onion, fresh dill, oregano, lemon (v, gf)	<b>Kale</b> (LC-8) curly kale, dried cranberries, pickled red onion, feta, honey cider dressing (v, gf)	<b>Broccoli</b> (LC-9) broccoli florets, red onion, mandarin segments, sunflower seeds, yoghurt dressing (v, gf)
<b>Coleslaw</b> (LC-10) red & green cabbage, carrot, green onion, celery seed vinaigrette (v, vv, gf, df)	<b>Pasta</b> (LC-11) curly pasta, basil pesto, grape tomatoes, cherry bocconcini, sun dried tomatoes (v)	<b>Rice</b> (LC-12) basmati and wild rice, roasted red peppers, basil, mint, parsley, lemon vinaigrette (v, vv, gf, df)

### Sandwiches

<b>Portobello</b> (LC-13) roasted zucchini, tomato, multi-grain bread (v, vv, df)	<b>Turkey Brie</b> (LC-14) sliced turkey breast, brie cheese, cranberry relish focaccia bread	<b>Curried Chicken</b> (LC-15) chicken breast, red pepper, mango, curry lime dressing, flour tortilla wrap
<b>Black Forest Ham</b> (LC-16) provolone, balsamic onion jam, mustard, ciabatta	<b>Turkey BLT</b> (LC-17) sliced turkey, tomato, cheddar, double-smoked bacon, all-butter croissant	<b>Chicken Caesar</b> (LC-18) chicken breast, double smoked bacon, parmesan cheese, house-made Caesar dressing, flour tortilla
<b>Italian Focaccia</b> (LC-19) Hungarian mild salami, cherry bocconcini cheese, sliced black olives, fresh tomato, sundried tomato olive tapenade, cream cheese, mixed greens	<b>Herb Roasted Beef</b> (LC-20) herb crusted slow-roasted beef, horseradish cream, roasted red pepper, sliced provolone	<b>Vegetarian Antipasto</b> (LC-21) roasted zucchini, roasted red peppers, roasted sweet potatoes, marinated eggplant, pickled red onions, shaved parmesan, mixed greens (v)
<b>Chickpea Sunflower</b> (LC-22) smashed chickpea salad, toasted sunflower seeds, fresh tomatoes, red onion, vegan mayo, greens (v, vv, df)	<b>Spanish Chicken</b> (LC-23) slow-cooked chicken breast in a warm paprika-spiced tomato sauce with onions & peppers, roasted red onions and greens	<b>Grilled Mushroom</b> (LC-24) thyme roasted portobellos, house-made sun dried tomato pesto, grilled zucchini, roasted red peppers, spinach (v, vv, df)
<b>Country Ham &amp; Peach</b> (LC-25) house-baked leg ham, cheddar, peach relish, whole grain mustard, mayonnaise, greens	<b>Ultimate Salad</b> (LC-26) avocado, hummus, cucumber, sliced tomato, pickled beets, matchstick carrots, greens (v, vv, df)	<b>Roast Beef</b> (LC-27) deli-roast beef, roasted sweet potatoes, caramelized onions, buttermilk ranch, greens

### Desserts

Chocolate Chip Cookies (LC-28)	Nanaimo Squares (LC-29)	Double Chocolate Cupcakes (LC-30)
Lemon Coconut squares (LC-31)	Triple Chocolate Brownies (LC-32)	Peanut Butter Cookies (GF) (LC-33)
Fresh Fruit Skewers (GF) (LC-34)	Banana Millet Bread (GF) (LC-35)	Blueberry Lemon Loaf (GF) (LC-36)
Pumpkin Gingerbread (GF) (LC-37)	Caramel Brownies (GF) (LC-38)	



# Dinner Buffet

*Requires a minimum order of 10 per menu selection  
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## Chipotle Chicken (DB-1)

Roasted garlic chipotle grilled chicken breast w/ heirloom tomato pomegranate salsa (gf)  
Classic Greek salad and roasted spiced potatoes (gf)  
Baked lemon tart with fresh berries

\$46.50

## Chicken Parmesan (DB-3)

Parmesan panko crusted chicken breast with tomato sauce  
Garden salad with buttermilk ranch dressing (gf)  
Orange Almond Cake (gf)

\$42.50

## Marinated Beef Medallion (DB-5)

Balsamic & soy marinated beef with roasted mushrooms  
Mashed sweet potatoes and steamed vegetables (gf)  
Sticky toffee pudding with caramel sauce (gf)

\$51.00

## Beef Lasagna (DB-7)

Lean ground beef layered with lasagna noodles, tomatoes, béchamel & mozzarella  
Classic Caesar salad with our house-made Caesar dressing  
Vanilla raspberry cupcakes

\$43.00

## Maple Bourbon Salmon (DB-9)

Locally sourced maple syrup and bourbon marinated fish filet  
Roasted vegetable ratatouille (gf)  
Rice & quinoa pilaf (gf)  
Lemon ricotta almond cake (gf)

\$51.00

## Mushroom Chicken (DB-2)

Pan roasted chicken breast, fresh herbs and mushroom cream sauce (gf)  
Herbed rice pilaf and three bean salad (gf)  
Double chocolate cake (gf)

\$46.50

## Cilantro Lime Chicken (DB-4)

Mexican street corn (gf)  
Mango tomato salad and tomato spiced rice pilaf (gf)  
Coconut tres leches cake

\$50.00

## Beef Madras (DB-6)

Slow simmered boneless beef with turmeric, ginger, cumin & coconut (gf)  
Spiced rice pilaf & marinated vegetable salad (gf)  
Fresh Fruit Salad with ginger & lime (gf)

\$51.00

## Pasta Vodka Rose (DB-8)

Al dente pasta with creamy vodka rosé sauce and seasonal vegetables  
Classic Caesar salad w/ parmesan focaccia croutons  
Handmade cookies & biscotti

\$40.00

## Moroccan Fish Tangine (DB-10)

Boneless white fish, fennel, tomato, paprika, olives  
Green vegetable medley with lemon butter (gf)  
Herbed cous cous pilaf  
Peach almond tartlet

\$46.50





# Beverages

13% HST and 18% surcharge will apply to all charges

<b>Coffee (Bev-1)</b> Starbucks (serves 8-10 cups)	\$26.00
<b>Coffee Decaf (Bev-2)</b> Decaffeinated (serves 8-10 cups)	\$26.00
<b>Tea Service (Bev-3)</b> A selection of Teas (serves 8-10 cups)	\$14.00
<b>Pitchers of Water (Bev-4)</b>	N/C
<b>Bottled Water (Bev-5)</b>	\$3.50
<b>Sparkling Water (Bev-6)</b>	\$4.00
<b>Soda (Bev-7)</b> Coke, Diet Coke, Pepsi, Diet Pepsi, Gingerale, Diet Gingerale, Sprite, 7-up	\$3.25
<b>Bubly (Bev-8)</b> Strawberry, Cherry, Orange, Blackberry and Lime	\$3.25
<b>Juice (Bev-9)</b> Orange, Apple and Grapefruit	\$3.25
<b>Milk (Bev-10)</b> 2%, Skim and Chocolate	\$4.20
<b>KIND Granola Bars (Bev-11)</b>	\$4.50
<b>Chips (Bev-12)</b>	\$3.50
<b>Pretzels (Bev-13)</b>	\$3.50
<b>Popcorn (Bev-14)</b>	\$3.50



Effective Date – April 2023-/dlc