

# Lucy Cooper Club Boxed Meals

Put your mind at ease with prepared meals available for pick up or delivery.  
Enjoy scratch-made, fresh and healthy meals, individually packaged to minimize contact.

## Breakfast

### Continental Breakfast \$11/Box

Mini Croissant, with house-made preserves  
Danish  
Fruit Cocktail, fresh chopped fruit with citrus lime juice  
Yogurt and Granola, house-made

### Deluxe Continental Breakfast \$15.00/Box

Mini Croissant, with house-made preserves  
Danish  
Hard Boiled Egg  
Mini Chorizo  
Fruit Cocktail, fresh chopped fruit with citrus lime juice  
Yogurt and Granola, house-made

### Early Morning Egger \$9.50 each

Four Whistle Farm egg, Calabrese sausage, Havarti, avocado, vine-ripened tomato, arugula, cracked pepper and sea salt, chipotle mayo and butter on fried ciabatta

Add on Fruit Cup \$2.00 each

Add on Fruit Kebab \$3.25 each

### Quick Start Breakfast Box \$16.00/Box

Our Early Morning Egger breakfast sandwich served with a house-made Danish and fresh fruit kebab

### Full Start Breakfast Box \$20.50 /Box

Egg Frittata served with Valbella sausage links, hashed brown potato loaf, house-made savoury biscuit and fresh fruit cocktail

### Huevos Breakfast Burrito \$10.50 each

Four Whistle Farm Scrambled Egg combined with mild sausage, grilled peppers, refried beans, salsa and Monterey Jack cheese

## Salad

**Mixed Green Salad** Small/\$4.00  
Large/\$6.75

**Caesar salad** Small/\$4.75  
Large/\$8.00

**Greek Salad** Small/\$5.25  
Large/\$9.00

\*Add chicken breast to any large salad - \$5.00

# Sandwiches

## Signature Sandwich Package

\$13.25 per person, minimum 4 guests  
(1 sandwich per guest)

A selection of individually wrapped sandwiches and wraps, made with freshly-baked breads, premium deli meats, cheese, and fresh vegetables. Vegetarian choices included

## Boxed Sandwich Lunch

\$19.25 per person, minimum 4 guests  
(1 sandwich per guest)

Includes Fresh Fruit Cocktail and Gourmet Cookie

## Sandwich options

### Redwater Club

House-smoked Turkey, House-smoked Ham, Cheddar, Artisan Lettuce, Tomato, Garlic Mayo, Pretzel Bun

### Bella Baguette

Baguette, House Roast Beef, Ham, Pastrami, Capicola, Cheddar, Provolone, Tomato, Onion, Pea Shoots, Arugula, Parmesan Spread

### California Multigrain

Multigrain Bread, Cream Cheese, James Beard Spread, Red Onion, Lettuce, Tomato, Yellow Pepper, Avocado, Alfalfa Sprouts

### Old Fashioned Turkey Sandwich

House-smoked Turkey, Spinach, Jalapeno Havarti, Apple, Cranberry Aioli, Cranberry Bread

### Reuben Sandwich

House-smoked Roast Beef, Arugula, Tomatoes, Jalapeno Monterey Jack, Roasted Garlic Mayo, Focaccia

### Rustic Ham Baguette

24 hour brined house-smoked Ham, Brie, Arugula, Roasted Garlic Parmesan Spread, Artisan Baguette

### Traditional Roast Beef

House Roast Beef, Rye Bread, House-made Olive Spread, Butter, Lettuce, Tomato

### Spinach Salad Wrap

Spinach, Rice, Raisins, Celery, Bell Peppers, Green Onion, Bean Sprout, Sesame Dressing, Spinach Tortilla

### Choice of 1 side:

House Salad with Herbed Vinaigrette Dressing or House-made kettle chips & aioli

# Main

**Chicken Cacciatore** \$17.75 per meal

Slow-braised, tender chicken pieces in a rustic Italian ragout. Served with spinach pepper orzo

**Stir Fry Chop Box** \$16.50 per meal  
\$17.75 per meal

Fresh vegetables and rice seasoned with ginger soy sauce topped with choice of chicken, beef, tofu served in a Chinese takeout box

**Beef Lasagna** \$18.50 per meal

Fire roasted tomato sauce with slow braised Alberta beef, layered with sheets of pasta, spinach and finished with Parmesan béchamel sauce. Served with Mixed Green Salad

**Vegetarian Lasagna** \$18.50 per meal

Fire roasted tomato sauce and roasted vegetables layered with sheets of pasta and Parmesan béchamel sauce. Served with Mixed Green Salad

**Hearty Chili** \$13.25 per meal

Served with grated cheddar, sour cream, green onions and freshly-baked bun

**Beef Chili**

Ground beef, beans and vegetables

OR

**Veggie Chili**

Six bean mix with peppers, onions, tomatoes, corn

**Beef Rouladen** \$17.75 per meal

Thin sliced roast beef rolled with Rouladen stuffing. Served with Chef's choice of seasonal vegetables and roasted potatoes. Chickpea Dolmades available as vegetarian option

**Butter Chicken** \$19.25 per meal

Tender chicken breast pieces in a house-made buttercream sauce served over coconut basmati rice with curried cauliflower. Butter Paneer available as vegetarian option

**Homestyle Turkey Dinner** \$20.50 per meal

Homestyle roast turkey served with seasonal vegetables, whipped potatoes, gravy and cranberry

**Country Ham Dinner** \$17.75 per meal

Pineapple and onion glazed country ham served with seasonal vegetables and gratin dauphinoise potatoes

**Shepherd's Pie** \$17.75 per meal

Slow-braised ground beef and vegetables topped with whipped potatoes. Served with Mixed Green Salad

**Roasted Chicken** \$18.50 per meal

Glazed bone-in roasted chicken, gnocchi, roasted vegetables and garlic baguette

**Smoked Beef Brisket** \$20.00 per meal

Beer braised brisket, Parmesan roasted cauliflower and whipped potato puree

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## *Main continued*

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**Mac N' Cheese** \$14.50 per meal

Food Truck Chorizo Mac n' Cheese with Caesar salad and garlic baguette

**Glory Bowl** \$16.50 per meal

Your choice of marinated Salmon, Chicken or Roasted Tofu mixed with rice noodles and sesame sautéed cabbage topped with fresh julienned vegetables, avocado and our house-made mild Sriracha sauce

**Chicken Fajita** \$18.25 per meal

Seasoned chicken and julienned vegetables with shredded cheese, salsa, sour cream, cilantro and Iceberg lettuce

**Baked Salmon** \$20.50 per meal

Herb baked salmon, rice pilaf and roasted vegetables

**Chicken Parmesan** \$18.50 per meal

Breaded and baked with Bocconcini and house-made marinara with spaghetti squash

**Wild Mushroom Chicken Pasta** \$24.00 per meal

Tender chicken pieces and farfalle in house-made mushroom madeira sauce with garlic baguette and Greek salad

**Seared Ahi Bowl** \$19.25 per meal

Sesame crusted seared Ahi tuna atop rice noodles with wilted spinach, mandarin orange segments, Edamame, snow peas and house-made sesame soy dressing. Roasted Tofu option available for vegetarian/vegan option

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## *Add-ons*

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**Veggies & Dip** \$3.50 each

**House-made Kettle chips & Aioli** \$4.00 each

**Gourmet Cookies** \$1.50 each

**Pop/Juice/Bottled Water** \$2.25 each