



















HOT BUFFET

 VEGAN  EGGS  DAIRY

-  **Cream of Broccoli Soup (L)**  
A creamy soup rich in fibre and goodness.
-  **Butternut Squash Soup (L)**  
All kinds of good things: vitamin A, protein and taste!
-  **Dhal Soup (V)**  
From the heart of Indian cuisine, our lentil soup is a new twist on an ancient dish.
-  **Minestrone Soup (V)**  
That's homemade goodness you're tasting, with fresh vegetables, herbs and spices.
-  **Miso Soup (V)**  
Originating in Japan, this soy soup blends seaweed and green cabbage. Perfect!
-  **Red Lentil Soup (V)**  
Fat free and loaded with the goodness of carrot, onion and thyme.
-  **Tomato and Barley Soup (L)**  
Hearty and healthy, an ideal alternative to creamed tomato soup. Take some home for the weekend.
-  **Vegetable Soup (V)**  
Eat your vegetables! Rutabaga and cauliflower never tasted this good.
-  **Yellow Pea Soup (L)**  
Sunny and scrumptious. Perfect for lunch.
-  **Seitan Bourguignon (V)**  
Tender cubes of savoury seitan in a rich red wine sauce with sautéed pearl onions and whole mushrooms. Gorgeous.
-  **Chayote & Baby Vegetables**  
The ancient summer squash used by the Aztecs and Mayans, chayote simmered in our broth makes this old taste new again.
-  **Chili**  
Maybe it's the maple syrup diffused through the beans and veggies that makes this a delicious entrée. Amazingly gluten-free.
-   **Florentine Quiche**

Rich egg and spinach filling sits lightly on a whole wheat organic crust. What are you waiting for?

-  **Ginger Tofu**  
More fusion cuisine as Commensal takes an Asian favourite and makes it our own.
-  **Quesadillas**  
A unique approach to the ancient tortilla. Mozzarella and cheddar bring cabbage and carrots to life.
-  **Lasagna**  
The perfect comfort food. Fresh, organic and gently spiced. Take some home for dinner tonight.
-  **Leek Quiche**  
Squash, leeks and tofu permeated with garlic. Too good to pass up.
-  **Ratatouille**  
Roasted eggplant, zucchini and red pepper make this traditional French dish irresistible.
-  **Eggplant in Ginger Sauce**  
Oven roasted eggplant infused with ginger and tamari sauce. You've got to try this!
-  **Steamed Kale**  
None of kale's rich goodness wasted as we lightly steam this leafy green.
-  **Portuguese Bean Stew**  
Black eyed beans, fried tofu and plum tomatoes bask in cinnamon and bay leaves. An original flavour.
-  **Shepherd's Pie (L)**  
There's a new shepherd in the flock! Creamy corn and mashed potatoes blend with ground seitan.
-  **Kasha with Sweet Potato (L)**  
Kasha grain and sautéed onion in garlic sauce, layered over mashed sweet potatoes. What's not to like?
-  **Kashmir Rice with Lentils (V)**  
Caramelized onions, coconut milk, raisins and cashews – hungry yet? All this and rice and lentils too!
-  **Millet Pie (V)**  
Pie never tasted this good. Tofu, mushrooms, onions, leeks and millet grain wrapped in a light crust.

-  **Thai Seitan (V)**  
Maple syrup and cider vinegar gives seitan a tangy kick.
-  **Curry Chick Pea (V)**  
An exotic Indian dish for spicy food lovers. This tantalizing yellow curry brings carrot, peas, potatoes and chick pea to a new height.
-  **Greek Style Tofu (V)**  
Traditional greek flavours with tomatoes, tofu, peppers, zucchini and herbs.
-  **Leek Quiche (V)**  
Chunky sweet leeks combined with squash, mixed with organic tofu and soy milk. Delicately seasoned with fresh herb and spices.
-  **Mixed Rice with Sauteed Vegetables (V)**  
A blend of rices and vegetables stir-fried in ginger garlic sauce
-  **Oriental Seitan (V)**  
Sliced oven-baked seitan (wheat protein) pieces in tamari and tomato sauce, accented with sugar snaps and water chestnuts.