
Three Pears Catering provides exceptional food and services to our corporate clients. We offer fresh, satisfying, mostly organic menu packages. Custom-made menus are also available. Please call us for your next event. We look forward to working with you!



Three Pears Catering

**LUNCH
MENU**

for corporate events

THREE PEARS CATERING
171 Duncan Street
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415.265.0085
www.threepearscatering.com

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SOUP & SANDWICHES

Cream of broccoli soup

Dairy-free

Carrot-ginger soup

with crème fraiche and chives

Spicy gazpacho

served cold

Veggie wraps

with dill havarti, spring greens, roma tomatoes, and horseradish mao

Curried chicken salad sandwiches

with red grapes, celery, and Braeburn apples

Grilled veggie wraps

with Portobello mushrooms, roasted red peppers, sautéed onions, spring greens, and goat cheese

Smoked turkey wraps

with mache, cucumbers, and garlic aioli

Roast chicken sandwiches

on herbed foccacia, with cucumbers, spring greens, and lemon-garlic aioli

Veggie pitas

with jalapeno Monterey jack, Romaine lettuce, radishes, and Caesar dressing

SALADS

Niçoise salad

with dolphin-friendly tuna, spinach, haricot vert, hard-boiled eggs, and Dijon vinaigrette

Classic Greek salad

with plum tomatoes, cucumbers, Kalamata olives, and feta cheese, in an olive-oil and lemon dressing

Asian noodle salad

with snap peas, red pepper, and chives, in a sesame-peanut dressing

Spinach salad

with avocado, red onion, pear, and feta cheese in a light lemon dressing

Fusilli pasta salad

with Kalamata olives, grape tomatoes, fresh basil, and shallot vinaigrette

French potato salad

with red potatoes, celery, and capers, in a Dijon vinaigrette

Summer slaw

with red and green cabbage, shredded carrots, and red pepper

Citrus couscous salad

with fresh mint, dried apricots, and sautéed shallots

HOT ENTRÉES

Chicken with artichoke hearts and lemons

Orzo with parsley and sautéed peppers

Grilled wild salmon

with fresh dill, lemon, garlic, and horseradish sauce

Herb-roasted eggplant

with tomatoes and feta

Vegetarian cassoulet

White bean casserole with bread crumb topping

Braised hlibut steaks

with peppers, olives, and onions

Chicken tagine

with apricots and spiced pine nuts

DESSERTS

Meyer lemon cake

with sliced strawberries and whipped cream

Classic chocolate cake

with fresh raspberries and whipped cream

Festive summer cupcakes

with cream cheese frosting

Ginger Bread

with lemon icing

Apple-raspberry crumble

with vanilla ice cream

Peach, raspberry, and blueberry galette