Mercato Week 6 – November 12 to November 18 – 2017- 2018, Specials

International Week

Sunday -

Grill Special- Sunday- Hoisin chicken satay or Hoisin tofu satay with Asian vegetable slaw- bean sprouts, snow peas, carrots, Napa cabbage, brown sugar, lime juice, ginger, sesame oil and soy sauce CHINA

Global Interactive Lunch Special- Waffle Bar with choice of fruit and toppings BELGIUM

Global Interactive Dinner Special- Deluxe Burrito bowls with pulled chipotle chicken, beef carnitas, chili and lime grilled vegetables, cilantro rice, cheese, guacamole and a choice of freshly made salsas.

MEXICO

Rotisserie Lunch Special- Breakfast 9am-12pm-after with scrambled eggs, bacon, sausage, potato the day, Spicy Asian vegetable and tofu stir fry on rice noodles CHINA, barley, grilled vegetable and spinach risotto ITALY and daily specials

Rotisserie Dinner Specials- Kung Pao chicken CHINA, baked cod with Mirin and miso JAPAN, brown rice, roast potatoes, steamed broccoli and beans, Vegan-1. Curried vegetables with almonds and cilantro on rice INDIA, 2. udon noodles) with mushrooms, sweet peppers, red onions and teriyaki sauce JAPAN

Monday –

Grill Special- Tomato and roast pepper Panzanella salad- with plum tomatoes, grilled baguette, julliene roasted pepper, grated parmesan or vegan Daiya cheese, arugula, and honey balsamic dressing ITALY

Global Interactive Lunch Special- Hummus Bar( 3 types of hummus and 3 types of baba ganoush)- chopped romaine, diced tomatoes, diced cucumbers, chopped parsley, diced red onions, pita, and sumac dressing( sumac, lemon juice, olive oil) MIDDLE EAST, LEVANT

Global Interactive Dinner Special- Teriyaki chicken, beef and tofu bar with Asian vegetables, rice, quinoa and sesame seeds JAPAN

Rotisserie Lunch Special - baked spinach, eggplant, béchamel, tomato and feta (on the side) GREECE

Asian chicken and rice stir fry CHINA, and daily specials

Rotisserie Dinner Special- Porchetta spiced pork chop ITALY, Smoke paprika Roast Chicken SPAIN, Gluten free rice flour battered haddock CHINA, steamed potato, Spanish rice SPAIN, steamed zucchini, carrots and cauliflower, Vegan-1. mushroom, sweet pepper, bok choy stir fry in ginger garlic soy sauce with rice CHINA 2. - barley, spinach and mushroom risotto ITALY
Sandwich and Burrito Bar-

Try our new deluxe sandwich and burrito menu

Sandwich Special- Pan Bagnat- tuna in olive oil and lemon on baguette with hard boiled egg, black olives, roasted pepper and parsley FRANCE

Tuesday –

Grill Special- Lemon grass shrimp satay on a green papaya salad THAILAND

Global Interactive Lunch Special- Meatball Panini Bar- with beef, chicken and vegetarian meatballs and choice of onions, mushrooms, sweet peppers, tomato sauce, mozzarella and parmesan cheese- ITALY

Global Interactive Dinner Special- Ramen Bar with pork broth, chicken broth and miso broth, Asian BBQ Pork, Asian BBQ Chicken, Asian BBQ Tofu, green onion, boiled egg, bean sprouts, bamboo shoots, nori, corn, lo mein noodle and rice noodles- JAPAN

Rotisserie Lunch Special- Rice with artichokes, olives, spinach and parmesan (on the side) ITALY Piri Piri chicken and fried potatoes PORTUGAL and daily specials

Rotisserie Dinner Special- Hangshao Beef pot roast CHINA, Sole garnished with shrimp ceviche PERU, mashed potato, roasted root vegetable, brown rice – Vegan-1.Broccoli, bok choy, tofu, black bean sauce on brown rice CHINA, Vegetarian2.Lentils braised in tomato sauce with diced zucchini, onions, garlic ITALY( parmesan on the side)

Sandwich and Burrito Bar-

Try our new deluxe sandwich and burrito menu

Sandwich Special- Bratwurst, mustard and sauerkraut GERMANY

Wednesday –

Grill Special- Gluten free Broccoli tempura on a sweet potato and pumpkin seed salad with a miso vinaigrette JAPAN

Global Interactive Lunch Special- Vegan and vegetarian Korean rice mix it up- “Bi Bim Bap” with sticky rice, Korean spiced vegetarian ground round, fresh kim chi, toasted nori julienne, baby spinach, julliened carrots, julliened daikon, julienne snow peas, fresh tofu, toasted pumpkin seeds, washed and sliced scallion, eggs, sweet soy, and sriracha KOREA
Global Interactive Dinner Special- Sweet and Sour chicken, pork and tofu bar with Asian vegetables, rice, quinoa and pineapple CHINA

Rotisserie Lunch Special - Beef chow mein CHINA, Swedish meatballs in a mustard, nutmeg and all spice cream gravy SWEDEN and daily specials

Rotisserie Dinner Special- Red Curry and coconut shrimp brochettes THAILAND, Moroccan spiced braised chicken kebabs and root vegetables MOROCCO, steamed potato with olive oil and parsley, basmati rice, roasted squash, Vegetarian1.- cous cous served with spinach and onions cooked with cumin MOROCCO, Vegan-2.-mediterranean vegetable and chick pea ragout ITALY

Sandwich and Burrito Bar-
Try our new deluxe sandwich and burrito menu

Sandwich Special– Roasted beets with ricotta, lemon zest, lemon juice and arugula ITALY

Thursday –
Grill Special- pulled chicken Tinga tostada with shredded cabbage with lime juice, cilantro, guacamole served with a Mexican Esquites street corn salad MEXICO

Global Interactive Lunch Special - Taco and Taco Salad Bar with flour and corn tortillas, chicken, beef, fish, shredded lettuce, chili lime vegetables, shredded cabbage with lime juice and chili, salsas, cheese, sour cream, guacamole and our own hot sauce MEXICO

Global Interactive Dinner Special- with basmati and brown rice, mildly spiced butter chicken, spicy curried beef, mildly spiced vegan tofu in a tomato coconut milk curry, choice of vegetables to include diced green peppers, peas, baby spinach, blanched diced cauliflower, blanched diced carrots, cashews, pumpkin seeds, coriander ( washed first and then rough chopped) scallions ( washed and sliced) INDIA

Rotisserie Lunch Special- Deluxe Asian fried rice CHINA, Chicken and shrimp padang INDONESIA and daily specials

Rotisserie Dinner Special- Lamb curry( Halal) INDIA, Chicken cacciatorra ITALY, and Seared Tilapia with soy, ginger and garlic CHINA, basmati rice, roasted new potatoes, steamed carrots and parsnips, Vegan1.- sriracha spiced tofu, brown rice and vegetable stir fry CHINA, Vegetarian2.-eggplant parmigiana ITALY
Sandwich and Burrito Bar-
Try our new deluxe sandwich and burrito menu
Sandwich Special - chicken souvlaki breast wrap with tzatziki, tomato, baby greens, black olives and red onion

Friday –
Grill Special - Vegetarian samosas and papadoms with a tomato and cucumber raita INDIA

Global Interactive Lunch Special - Middle Eastern Sauté Bar - rice, lentils, falafels, chicken shawarma, beef shawarma, pickles, lettuce, tahini, tomatoes, parsley and hot sauce - MIDDLE EAST

Global Interactive Dinner Special - Pan Asian fried rice bar - five spice duck, Asian pork, curry beef, ginger soy chicken, shredded bok choy, blanched diced carrots and celery, diced onions, baby spinach, peas, mushrooms, diced sweet peppers, garlic, soy sauce and sriracha CHINA

Rotisserie Lunch Special - lamb and basmati rice Biryani and daily specials INDIA, Arroz con Pollo, Spanish chicken and rice SPAIN

Rotisserie Dinner Special - roasted chicken Montagnarde with a creamy mushroom and leek sauce FRANCE, sautéed garlic and parsley shrimp on pan tomate Spain, brown rice, herb roasted potatoes, roasted Mediterranean vegetables, Vegetarian 1 – lemon rice with spinach and feta crumble GREECE, Vegan2 - Sweet potato and chick pea Korma with coconut milk INDIA

Sandwich and Burrito Bar-
Try our new deluxe sandwich and burrito menu
Sandwich Special - Pork bifana with roasted pepper sauce and caramelized onions PORTUGAL

Saturday –
Grill Special - poutine - Yakitori beef skewers with peppers, mushrooms and tofu served with sweet potato fries JAPAN

Global Interactive Lunch Special— Lunch Pasta bar, with spaghetti, penne, whole wheat penne, gluten free penne, ground beef, ground chicken, vegetarian ground round, tofu, tomato sauce, béchamel sauce, olive oil, minced garlic, diced red onions, diced peppers, baby spinach, diced blanched broccoli, parmesan, mozzarella, chopped mixed herbs—ITALY
Global Interactive Dinner Special- Chinese noodle soup bowl, chow mein, rice noodles, chicken broth and vegetable broth (both flavoured with mirin, soy sauce, sesame oil, garlic, ginger and a little brown sugar) vegetables, chicken, pork, shrimp, beef or tofu **CHINA**

Rotisserie Lunch Special- Breakfast 9am-12pm-after 12pm offer scrambled eggs, bacon, sausage, potato the day, Chicken boscaiola pasta with sage and mushrooms **ITALY**, Chicken, shrimp and egg Pad Thai **THAILAND**

Rotisserie Dinner Special- Baked ham with brown sugar, mustard, cloves and red wine **GERMANY**, Haddock with lemon and shallot  Sauce Bercy **France**, mashed potatoes, brown rice, broccoli and carrots, Vegan/vegetarian option-1. Vegetarian burritos with rice, salsa, black beans and cilantro, (sour cream, guacamole and cheddar optional on the side) **MEXICO** 2. Vegan Ratatouille baked with croutons and Daiya vegan cheese **FRANCE**