







2026

Lunch

FREDERICTON CONVENTION CENTRE

PALAIS DES CONGRÈS DE FREDERICTON

Lunch

LUNCH BUFFETS

ULTIMATE SALAD BAR — $40.00

Fresh baked rolls and butter

Chef's soup selection of the day

Ultimate salad made your way:

Lettuce:

Market greens, spinach and iceberg lettuce

Proteins:

Citrus chicken breast and spiced roasted chickpeas

Dressings:

Maple curry ranch, FCC signature green goddess, and herb and garlic vinaigrette

Fresh sliced fruit

Chocolate layer cake

Fresh brewed coffee and assorted teas

THE WRAP ATTACK — $40.00

Chef's soup selection of the day

Broccoli salad:

Broccoli, shredded cheddar, sunflower seeds, dried cranberries, red onion with NB maple curry ranch

Artisan greens, cherry tomatoes, carrots and cucumbers:

With choice of buttermilk ranch dressing, lemon dill vinaigrette

Assorted wrap creations:

VEGETARIAN VEGAN GLUTEN FREE DAIRY FREE EGG FREE HALAL NUT FREE SOY FREE KOSHER SUSTAINABLY SOURCED

Lunch

Roast beef:

Shaved roast beef with horseradish aioli, lettuce, tomato

Buffalo Chicken Caesar:

Hot sauce tossed chicken, romaine, asiago, garlic citrus dressing

Black Bean Burrito:

Black beans, brown rice, shredded carrot, guacamole, cilantro, Pico de Gallo

Turkey club:

Shaved turkey breast with cranberry aioli, lettuce, tomato and bacon

Vegan Chocolate Chip Cookie

Chocolate layer cake

Fresh brewed coffee and assorted teas

MAD GREEK

$37.00 / 1 ITEM
$40.00 / 2 ITEMS
$43.00 / 3 ITEMS

Herb and garlic hummus and tzatziki with pita points

Build your own Caesar salad

Served with buttered croutons, bacon bits, Asiago cheese with lemon wedges

Traditional Greek salad

Served with feta cheese, marinated olives, Roma tomatoes and cucumbers

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Lunch

Choose from the following:

Pastitsio: baked pasta with traditional Greek bolognese and bechamel

Chicken souvlaki: marinated chicken thighs

Salmon Plaki: baked salmon with braised tomato, onions and olives

Briam: layers of Greek vegetables in a rich tomato sauce

Spinach pie: flaky pastry with a spinach and feta filling

Oregano tossed roasted vegetables

Lemon and garlic rice pilaf

Loukoumades: Greek donut holes tossed in honey and cinnamon

Lemon burst cookies

Fresh brewed coffee and assorted teas

LITTLE BIG ITALY

$40.00 / 2 ITEMS
$44.00 / 3 ITEMS

Garlic cheese toast

Build your own Caesar salad

Served with buttered croutons, bacon bits and Asiago cheese with lemon wedges

Caprese platter:

Sliced tomato, bocconcini, basil, balsamic reduction

Choice of pastas:

Meat Lasagna:

Bolognese, cheese, noodles

Vegetable lasagna:

Bechamel, cheese, noodles

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Gluten Free Fusilli

Marinara, fresh basil, roasted vegetable

Mushroom ravioli:

Pesto cream sauce, tomato bruschetta

Chicken and broccoli tortellini:

Roasted garlic and asiago cream sauce

Cavatappi

Bacon, mushroom, cherry tomatoes and basil

Lemon berry tarts and squares

Fresh brewed coffee and assorted teas

THE "ELITE" SANDWICH — $40.00

Chef's soup selection of the day

Artisan greens, cherry tomatoes, carrots and cucumbers:

With choice of maple balsamic or FCC signature green goddess dressing

Creamy herbed coleslaw

Assorted sandwich creations:

Montreal-style smoked meat:

Montreal-style smoked meat, with sauerkraut, swiss cheese on rye

Roasted vegetable:

Roasted vegetables, with herb and garlic hummus

Ham and cheese:

Ham, cheese with lettuce and mayonaise on a croissant

Roast Beef:

Shaved roast beef, julienned onion, peppers, lettuce, sundried tomato and cumin aioli

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Turkey Club:

Shaved turkey breast, lettuce, tomato, bacon, mayonnaise

Strawberry and cream layer cake

Fresh fruit salad to include: melons, pineapple, grapes and berries

Fresh brewed coffee and assorted teas

KEEPING UP WITH THE "JONESES" BAGGED LUNCH

$40.00

Choose 1 of the following:

Market salad with cucumber:

carrot and cherry tomatoes with FCC signature green goddess dressing

Classic Caesar salad:

served with buttered croutons, and Asiago cheese with lemon wedges on the side

Covered Bridge Kettle Chips

Lunch

Choose 1 of the following:

Ham and Cheese Sandwich:

Ham, cheese with lettuce and mayonaise on a croissant

Egg Salad Sandwich:

With scallions and lettuce on artisan bread

Chicken Salad Sandwich:

Shredded chicken, celery, apple, brie with lettuce

Roast Beef Club Sandwich:

Shaved roast beef, with lettuce, tomato, bacon, cheddar cheese and mayonaise

Raw Vegetable Club Sandwich:

Cucumber, tomato, carrot, pea shoots and hummus

Rice Bowl:

Brown rice with black beans, roasted corn, peppers, tomato and guacamole

Orchard apple

Oreo cookies

Bottle of water

Fresh brewed coffee and assorted teas served with travel cups

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NB is home to a plethora of apple orchards - when in season, we serve apples harvested from the region.

POWER LUNCH **$40.00**

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Lunch

Fresh baked rolls and butter

Chef's soup selection of the day

Power bowls made your way:

Starch:

Brown rice and rice noodles

Toppings:

Broccoli, carrot, green onion, peppers, pickled red onion, julienned lettuce, tomato, roasted corn, cucumber, shredded cheddar, olives, radish, lime

Proteins:

Seasoned bean medley and herb and garlic chicken

Dressings:

Guacamole, sweet chili soy, BBQ ranch or herb and garlic vinaigrette

Fresh fruit salad

Assorted home baked cookies to include vegan chocolate chip

Fresh brewed coffee and assorted teas

MEET ME AT THE MARKET

$40.00 / 2 ITEMS
$42.00 / 3 ITEMS
$45.00 / 4 ITEMS

Inspired by the famous local Boyce Farmers Market

Fresh baked white rolls with butter

Vegetable spring rolls with plum sauce

Pork and chicken dumplings with sweet chili sauce

Vegetable samosas

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Lunch

Artisan greens with seasonal toppings

julienned carrots, peppers, onions, sliced mushrooms and cucumber with duo of dressings

Choose from the following:

Donair

Pita, donair sauce, tomato, lettuce and onion

Chicken shawarma:

Pita, marinated chicken, pickled red onion, lettuce, tomato, onion

Butter chicken:

With peppers, onions, basmati rice

Cheeseburger

Burger patty and cheese on bun with traditional toppings served on the side – ketchup, mustard, relish and lettuce

Vegan Burger

Impossible burger on bun with traditional toppings served on the side – ketchup, mustard, relish and lettuce

Octoberfest sausage:

Sauerkraut, caramelized onion, bun

Oven roasted flatbread pizza:

margarita

Chicken fried rice noodles:

Soy sauce, hot sauce, and sweet chili

Pepperoni and Cheese Pizza

BLT:

Thick cut bacon, tomato, lettuce, gluten free bread, mayonnaise

New Brunswick blueberry pie

Sugared donut holes

Fresh squeeze orange juice (by the pitcher)

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Lunch

Fresh brewed coffee and assorted teas

Recognized as one of Canada's top 10 community markets, the Fredericton Boyce Farmers Market is the city's traditional Saturday morning gathering spot, located 1 block from FCC. Find fresh, healthy foods, crafts, creativity and conversation from 7am-1pm.

CINCO DE YUMMY

$40.00/ FOR 2
$42.00/ FOR 3
$46.00/ FOR 4

Salsa and tortilla chips

Choose 1:

Vegetable Chili

Chicken tortilla soup

Caldo de Quesi (cheese soup)

Albondiagas Soup (meatball and vegetable soup)

Choose 2:

Sweet corn and cumin creamy coleslaw

South of the border quinoa salad

Black bean and pepper potato salad

Creamy Texmex pasta salad

Elote (Mexican street corn) (Hot)

Southwestern chopped salad

Choose from the following

Build your own soft and hard beef taco

Chicken and cheese quesadilla

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Loaded vegetable quesadilla

Baja fish taco

Chicken fajitas

Beef fajitas

Black bean and tofu burrito

Choose 1:

Mexican fried rice

Cilantro and lime quinoa

Tomato and bean couscous

Cinnamon fruit salad

Churros with caramel dipping sauce

Freshly brewed coffee and assorted teas

Toppings:

Cucumber, tomato, onions, carrots, peppers, broccoli, cauliflower, mushrooms, olives, eggs, bacon bits, goat cheese, asiago, shredded cheddar and croutons