

## CANAPÉS

Prices are per dozen. Minimum order of 1 dozen per canapé.

### CANAPÉS - MEAT

#### **SAUSAGE ROLLS - \$36.00**

Homemade pork sausages wrapped in puff pastry

#### **BACON & GRUYERE MINI QUICHE - \$33.00**

Bacon, caramelized onion, gruyere cheese

#### **BRAISED BEEF - \$39.00**

Braised beef, dijon aioli, green onion on tart shell

### CANAPÉS - POULTRY

#### **TERIYAKI CHICKEN SKEWER - \$36.00**

Teriyaki marinated chicken skewer with sesame seeds

#### **CURRY CHICKEN FOLD OVERS - \$36.00**

Curry chicken, puff pastry

### CANAPÉS - SEAFOOD

#### **SMOKED SALMON ON CUCUMBER - \$39.00**

Smoked salmon, cream cheese on cucumber round

### CANAPÉS - VEGETARIAN

#### **TOMATO GOAT CHEESE QUICHE - \$33.00**

Sundried tomato, black olives, goat cheese quiche

#### **MEDITERRANEAN FALAFEL - \$33.00**

Falafel topped with tzatziki and oven roasted tomato

#### **MUSHROOM DUXELLE & BRIE CROSTINI - \$33.00**

Mushroom duxelle, brie cheese and roasted honey spiced walnuts on crostini

#### **VEGAN SALAD ROLLS - \$33.00**

Seasoned rice noodles, julienned vegetables, spicy peanut sauce

## DIPS + PLATTERS FOR SHARING

Gluten free crackers +\$1.00

### ASSORTED DIPS - Served with Crostinis Serves approximately 12 people.

**SALSA** - \$30.00  
**HUMMUS** - \$30.00  
**TZATZIKI** - \$30.00  
**BABAGANOUSH** - \$33.00

### ASSORTED PLATTERS

Serves approximately 12 people.

**ANTIPASTO** - \$80.00  
**MARINATED VEGETABLE** - \$75.00  
**SMOKED SALMON** - \$90.00

### CHARCUTERIE PLATTER

Assorted cured meats, pickled vegetables, grainy mustard and fresh baguette

**SMALL** (serves 8) - \$60.00  
**MEDIUM** (serves 12) - \$84.00  
**LARGE** (serves 20) - \$140.00

### CHEESE PLATTER

Assortment of local soft and hard cheese, fresh baguette, dried fruits and grapes

**SMALL** (serves 8) - \$50.00  
**MEDIUM** (serves 12) - \$72.00  
**LARGE** (serves 20) - \$120.00

### VEGGIE CRUDITÉS PLATTER

Assorted vegetables, ranch dressing

**SMALL** (serves 8) - \$40.00  
**MEDIUM** (serves 12) - \$57.00  
**LARGE** (serves 20) - \$95.00

### FRUIT PLATTER

Assortment of fresh seasonal fruit and berries

**SMALL** (serves 8) - \$40.00  
**MEDIUM** (serves 12) - \$57.00  
**LARGE** (serves 20) - \$95.00

## DESSERTS

<b>FRESHLY BAKED GOODS</b> (Min 6)
<b>CHOCOLATE CHIP COOKIE</b> - \$2.00 <b>ASSORTED SQUARES</b> - \$2.00

<b>GLUTEN FREE</b> (Min 6)
<b>G/F VEGAN LEMON CUPCAKES</b> - \$3.50 <b>G/F VEGAN COCONUT CUPCAKES</b> - \$3.50 <b>G/F VEGAN CHOCOLATE CUPCAKES</b> - \$3.50 <b>G/F PEANUT BUTTER COOKIE</b> - \$3.00 <b>G/F BELGIUM BROWNIE</b> - \$3.00

<b>CAKES</b> (Serves 14 people)
<b>KEY LIME MOUSSE</b> - \$32.00 <b>MANGO MOUSSE</b> - \$32.00 <b>SACHER TORTE DARK</b> - \$32.00

<b>GLUTEN FREE CAKES</b> (Serves 14 people)
<b>G/F LEMON BLUEBERRY CHEESECAKE</b> - \$40.00

## BEVERAGES

<b>COLD</b>	
<b>Cold Assorted Beverages</b> Assortment of pop, San Pellegrino spritzers, Dasani Bottled Water, Minute Maid Juices. Minimum 12.	\$2.75
<b>Pop - Assorted</b>	\$2.00
<b>Dasani Bottled Water</b>	\$2.00
<b>San Pellegrino Spritzers</b>	\$3.25
<b>San Pellegrino Bottled Sparkling Water</b>	\$3.25
<b>Fruit Juice</b> Minute Maid Apple or Orange	\$3.00

<b>HOT</b>	
<b>Coffee - 12 Cups</b>	\$24.00
<b>Assorted Tea - 12 Cups</b>	\$24.00
Includes: Disposable cups, lids, stirring sticks, sugar, milk and cream	

## COLD BREAKFAST

### BREAKFAST PASTRIES PLATTER (Min 6)

**BREAKFAST PASTRIES** - Assortment of muffins, scones, danishes, croissants - \$3.50  
**MINI PASTRIES** - Assortment of mini muffins, scones, danishes, croissants - \$3.25

### GLUTEN FREE LOAVES (Min 8)

**G/F CHOCOLATE PECAN LOAF** - \$4.00  
**G/F BANANA DATE LOAF** - \$4.00

### FRUIT + YOGURT (Min 8)

**FRUIT CUP** - \$5.00  
**PARFAITS** - Peaches, yogurt, granola - \$4.00  
**CHIA SEED PUDDINGS** - \$5.50

### COLD SANDWICHES (Min 6)

**OPEN FACED SMOKED SALMON & CREAM CHEESE BAGEL** - \$6.50

## HOT BREAKFAST

### BREAKFAST SANDWICHES (Min 6)

Fried egg, tomatoes, kale, Monterey Jack cheese, tomato aioli on english muffin  
 \*Gluten free bread +\$2.00/per sandwich

**\*BACON SANDWICH** - \$5.50  
**\*VEGGIE SANDWICH** (Marinated Peppers) - \$5.50

**\*SPICY CAPICOLA SANDWICH** - \$5.50

### BREAKFAST WRAPS (Min 6)

2 Eggs scrambled, kale, Monterey Jack cheese, refried beans, breakfast potatoes, tomato aioli, tortilla

**CHORIZO BREAKFAST WRAP** - \$7.00  
**BACON BREAKFAST WRAP** - \$7.00  
**SPICY CAPICOLA BREAKFAST WRAP** - \$7.00  
**VEGETARIAN BREAKFAST WRAP** (Marinated Peppers) - \$7.00

### A LA CARTE SIDES (Min 6)

**EGGS** - \$1.00/per egg  
**BREAKFAST POTATOES** - \$2.00/per person  
**CRISPY BACON** - \$1.00/per strip  
**BREAKFAST SAUSAGE** - \$1.00/per piece

### HOT BREAKFAST BUFFET (Min 10)

**CLASSIC BREAKFAST** - \$12.00/per person  
 2 eggs scrambled, 2 strips bacon or sausage, breakfast potatoes, croissant, fruit salad  
**VEGETARIAN HASH** - \$7.50/per person  
 2 eggs scrambled, breakfast potatoes, sauteed onions and peppers, green onions (Add bacon +\$1)

## SANDWICHES + WRAPS

### SANDWICHES (Min 6)

\*Gluten free bread +\$2.00/per sandwich

\***HAM + CHEESE** - \$8.50

\***CHICKEN** - \$8.50

\***TUNA** - \$8.50

\***ROASTED EGGPLANT & GOAT CHEESE** - \$8.50

### WRAPS (Min 6)

**CHICKEN CAESAR WRAP** - \$8.50

**FALAFEL WRAP** - \$8.50

### CORPORATE SANDWICH PACKAGE - \$16.95/per person (Min 6)

\*Gluten free bread add \$2 per sandwich

- Assorted Sandwiches and Wraps
- Side Mixed Greens Salad (Upgrade to Specialty Salad +\$2.00)
- Fruit Platter
- Assorted Cookies

## SALADS

Plattered and ready to serve. Individually Boxed (Disposable) - +\$0.55

### GREEN SALADS (Min 6)

**HOUSE MIXED GREENS**      **Side Order:** \$3.95      **Entree:** \$7.25

House mixed green salad, cucumber, tomatoes, pickled vegetables, lemon vinaigrette

### SPECIALTY SALADS (Min 6 per salad type)

**POTATO SALAD**      **Side Order:** \$4.95

Potatoes, grainy mustard, green onion, mayo, celery.

**TOFU ASIAN NOODLE SALAD**      **Side Order:** \$4.95      **Entree:** \$7.25

Mixed greens, kale, carrots, zucchini, bell peppers, sesame soy dressed rice noodles, marinated deep fried tofu, peanut spicy dressing

**QUINOA & CHICKPEA SALAD**      **Side Order:** \$5.75      **Entree:** \$8.00

Quinoa & chickpea mix, falafels, pickled vegetables, cucumbers, tomatoes, olives, grilled bell peppers, mixed greens, feta cheese, tzatziki, lemon vinaigrette.

### ADD PROTEIN

**CHICKEN BREAST (4 oz)** - \$6.00/per person

**SALMON (4 oz)** - \$8.00/per person

**TOFU (2 oz)** - \$3.00/per person

## HOT LUNCH PACKAGES

Minimum order of 10 people.

### PASTAS

#### **SUNDRIED TOMATO & PESTO CHICKEN PASTA - \$15.50/per person**

Chicken with cream, pesto, sundried tomato, served with Fettuccine pasta, garlic bread and salad

#### **PRIMAVERA PASTA - \$14.00/per person (Vegetarian) (Add Chicken Breast \$6)**

Tomatoes, zucchini, eggplant, served with penne pasta, garlic bread and salad

#### **BEEF or VEGETARIAN LASAGNA - \$15.00/per person (Minimum order of 18 people)**

Beef lasagna, served with garlic bread and salad

#### **PUTTANESCA PASTA - \$16.00/per person (Add Chicken Breast \$6)**

Olives, anchovies, capers, tomato sauce with penne pasta, served with garlic bread and salad

### STEWES

#### **CLASSIC BEEF STEW - \$18.00/per person**

Beef stew, served with mashed potatoes or rice and seasonal sauteed vegetables

#### **PORK MADRAS CURRY - \$15.00/per person**

Slow cooked pork in curry with vegetables served with rice

#### **COQ AU VIN - \$17.00/per person**

Chicken thighs and breast served with mashed potatoes, seasonal sauteed vegetables

#### **VEGETARIAN STEW - \$13.50/per person**

Spiced tomato vegetarian stew with chickpeas served with rice pilaf.

### ROASTS

#### **ROAST BEEF - \$19.00/per person**

Roast beef, served with roasted potatoes and seasonal sauteed vegetables

#### **ROASTED CHICKEN - \$18.00/per person**

Roasted chicken breast, jus, served with roasted potatoes and seasonal sauteed vegetables

#### **STUFFED PORK LOIN - \$17.00/per person**

Pork stuffed with spinach feta in honey mustard glaze served with mashed potatoes and seasonal sauteed vegetables

#### **MAPLE GLAZED SALMON - \$22.00/per person**

Maple glazed baked salmon served with rice pilaf and salad