

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 ON PUFF PASTRY - \$39.00

Braised beef, dijon aioli, green onion on puff pastry

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

PEAR & BRIE CROSTINI - \$33.00

Pear chutney, 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

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

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

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

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

BEVERAGES

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

HOT	
Coffee - 12 Cups	\$24.00
Assorted Tea - 12 Cups	\$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