


























## Catering Menu

<b>INDIVIDUAL BREAKFAST ITEMS</b>	<b>Egg &amp; Cheddar Breakfast Sandwich</b> Scrambled egg patty stacked with a generous layer of sliced cheddar cheese on a tender, toasted English muffin		6 /guest
	<b>Breakfast Burrito</b> A scrumptious wrap of scrambled eggs, black beans, red & green peppers, tangy cream cheese, shredded aged white cheddar and chopped salsa		6 /guest
	<b>Ham &amp; Cheddar Croissant</b> Juicy ham, cheddar cheese, crispy bacon egg bites and roasted garlic mayo on a buttery, flakey croissant		7.5 /guest
<b>INDIVIDUALLY PORTIONED BREAK ITEMS</b>	<b>Vegetables with Ranch Dip</b> Fresh, crunchy vegetables served with creamy ranch dip	  	8 /guest
	<b>House-Made Chips with Chipotle Aioli</b> Lightly salted, house-fried chips served with chipotle aioli	   	5 /guest
	<b>Fresh Fruit Cups</b> Each cup is loaded with a selection of seasonal fruits	   	8 /guest Minimum 6 people
	<b>Yogurt and Granola Parfait Cups with Wild Berry Compote</b> Wholesome granola topped with a luscious wild berry compote that adds a vibrant, tangy sweetness		8 /guest Minimum 6 people
<b>BAKED GOODS</b>	<b>Half Dozen Assorted Freshly Baked Muffins</b> Fluffy, tender muffins in assorted flavours		12
	<b>Half Dozen Assorted Freshly Baked Cookies</b> Soft, chewy house-baked cookies in assorted flavours		7.5
	<b>Half Dozen Freshly Baked Plain Croissants</b> Buttery croissants baked to flakey golden perfection		16
	<b>Chocolate Coconut Energy Balls - Set of 2</b> Bite-sized, gluten-free treats packed with nutrition and perfect for a quick, healthy snack	  	3
	<b>Chocolate Hazelnut Loaf</b> Gluten-free loaf made with premium cocoa powder and toasted hazelnuts		4



 gluten free  dairy free  vegetarian  nut free

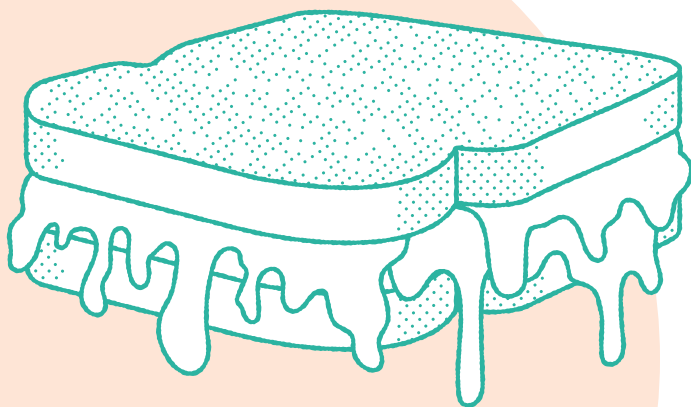
All pricing subject to change. All orders will be subject to a 15% catering fee & GST. Late orders will be subject to a 20% late fee.

**SHAREABLES**

All sharable items require a minimum of 10 people

<b>Seasonal Vegetables with Red Pepper Hummus and Fried Pita Chips</b> Seasonal vegetables, red pepper hummus and fried pita chips		14 /guest
<b>Chef Selected Charcuterie and Fine Cheeses</b> Served with marinated olives, pickles, fresh baked baguette and crackers		16 /guest
<b>Creamy Broccoli Salad</b> Pickled red onions, dried cranberries, sunflower seeds, carrots and white cheddar	🌱 🌾 🥚	10 /guest
<b>Mixed Green Salad</b> Red pepper, shredded carrot, cucumber, a tomatoes and dressed in sweet Shoyu vinaigrette	🌾	10 /guest
<b>Kale Caesar Salad</b> Garlic croutons, oven-dried tomatoes and Parmesan vinaigrette		10 /guest
<b>Pan Pizza - Mozzarella &amp; Parmesan Cheese Pizza</b> Half sheet pan pizza (12 pieces) with a golden crust, loaded with a delicious blend of melted cheese	🌱	38 /Pizza
<b>Pan Pizza - Pepperoni and Mozzarella Pizza</b> Half sheet pan pizza (12 pieces) with juicy slices of spicy pepperoni and melted mozzarella cheese		38 /Pizza
<b>Shareable Assorted Sandwich Platter</b> <i>May include a variety of the following choices based on availability</i>		15 /guest
<b>Roast Turkey</b> Cranberry aioli, Brie, lettuce, tomato, sourdough		
<b>Muffuletta</b> Cured salumi, provolone, olive tapenade, house-made foccacia		
<b>Montreal Smoked Meat Sandwich</b> Tender Meat, grainy mustard aioli, arugula, marble rye bread		
<b>Tuna Salad</b> Tuna, capers, green onion, celery, artisan greens, fresh herb aioli, multigrain bread		
<b>Egg Salad</b> Eggs, house-made pickles, fresh dill, iceberg lettuce, kaiser bun		
<b>Chickpea Salad</b> Artisan greens, tomato, aged white cheddar, ciabatta		

GF is available, additional charge may apply



🌱 gluten free 🌾 dairy free 🌱 vegetarian 🥚 nut free

















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Catering Menu

## INDIVIDUAL LUNCHES

<p><b>BLT</b> Crispy bacon strips, lettuce, tomato and fresh herb aioli on toasted multigrain bread <b>GF available additional charges will apply</b></p>		12
<p><b>Montreal Smoked Meat</b> Tender slices of Montreal smoked meat, pickles and creamy mustard mayo on traditional rye bread <b>GF available additional charges will apply</b></p>		14
<p><b>Chickpea Power Bowl</b> Refreshing chickpea salad mixed with roasted red peppers, cucumbers, carrots, plump tomatoes, crisp arugula, sliced radishes and fresh parsley topped with bim sauce and lemon emulsion</p>	  	12
<p><b>Alberta Beef Bowl</b> 12-hour AAA slow-roasted beef and sticky rice topped with sautéed onions, pickled cabbage, julienne carrots and lettuce, sesame seeds, sliced chives and drizzled with bim sauce</p>		15
<p><b>Summer Greens and Watermelon Salad</b> Compressed watermelon paired with peppery arugula, Pecorino cheese (lactose-free), fresh basil, cucumber, grape tomatoes, Sriracha roasted pumpkin seeds and a splash of tangy balsamic poppyseed vinaigrette</p>	 	11 Add Chicken 4
<p><b>Kale Caesar Salad</b> Fresh kale and heritage greens tossed in Italian Caesar vinaigrette topped with Sriracha roasted pumpkin seeds, Parmesan cheese and focaccia garlic croutons <b>GF available additional charges will apply</b></p>	 	11 Add Chicken 4
<p><b>Minestrone Soup</b> A hearty vegetable soup with tomatoes, carrots, celery, onions, zucchini, garlic, kidney beans and a hint of fresh basil, served with in-house made garlic loaf</p>	  	6
<p><b>Thai Coconut Carrot Soup</b> A rich blend of carrot, onion, ginger, yellow curry paste, coconut milk, lemongrass, lime juice, fresh basil and vegetable stock, served with in-house made garlic loaf</p>	  	6

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## Catering Menu

**COLD  
BEVERAGES**

Bottled Water	1.50
Eska Sparkling Water	2.75
Blood Orange Flavoured San Pellegrino	2.75
Lemon Flavoured San Pellegrino	2.75
Blackberry Bubly Sparkling Water	1.75
Lime Bubly Sparkling Water	1.75
Grapefruit Bubly Sparkling Water	1.75
Apple Juice	1.75
Pure Leaf Iced Tea	4
Pepsi	3
Diet Pepsi	3
Coke	3
Diet Coke	3

**HOT  
BEVERAGES**

<b>Coffee &amp; Tea Service</b> Regular coffee, hot water, assorted tea, cream, sugar, disposable cups, lids, stir sticks	5 /guest Minimum 10 people
<b>Decaffeinated Coffee</b>	5 /guest Minimum 10 people
<b>Coffee Refresh*</b> *only available if already purchased coffee/tea service	24 Per half carafe

**ADDITIONAL  
REQUIREMENTS**

Minimum 10 people

Disposable Cutlery	.25 /guest
Disposable Plates	.25 /guest
Napkins	.25 /guest



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