

SOCIAL

SNACKS

GOURMET COOKIES / \$2.75

2 Gourmet cookies per person, Chocolate Chip, Macadamia, Oatmeal Raisin. Other varieties available.

COOKIES & BROWNIES / \$3.75

A Gourmet cookie and a double fudge brownie per person.

PASTRIES & CAKES / \$3.95

Mini eclairs, Cannolis, Tiramisu, Chocolate Cones, Black Forest Cake.

PRETZEL SNACKS / \$3.95

A large handmade pretzel, and a dipping sauce per person.

STATIONS

CARVING STATION / \$18.95

Requires A Chef: Roasted Beef Sirloin, Assorted Roles & Crostini, Accompanied by Garlic Mash Potatoes.

FRENCH FRY STATION / \$14.95

Requires A Chef: Fresh Cut Yukon Gold, Canadian Classic Gravy, Vegetarian Gravy. Pulled Beef or Pork.

GARDEN BAR / \$11.95

Choose Three Salads: Baby Arugula,
Strawberry Quinoa, Marinated Cucumber,
Caesar, Garden, Greek.

CANDY FACTORY / \$12.95

Fresh Popped Kettle Corn, Assorted Candies and Toppings.

PLATTERS

SLICED FRUIT / \$5.25

A selection of Seasonal Fruit, which may include Strawberries, Melon, Grapes, Kiwi, and Pineapple.

CHEESE / \$6.95

Appetizing combination of Imported & Canadian Cheese, Upgrade with a selection of Pâté.

VEGETABLE / \$3.95

A selection of fresh Garden Vegetables with your choice of delicious Homemade Dips.

CHARCUTERIE / \$8.95

Includes a selection of Salamis, Chorizo, Kielbasa, Prosciutto, Bresaola and Capicola.

BREAD BASKET / \$5.25

Artisan Breads, Freshly baked and in a basket. Butter and Preserves are provided at no cost.

SANDWICHES / \$7.45

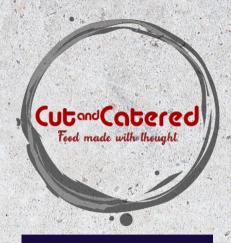
Assorted Sandwiches, Freshly Baked Bread. The ultimate crowd pleaser. Perfect for the office lunch.

DESSERT / \$4.95

Dessert Platter, Assorted Bars, Nanaimo Bars, Squares, Tarts, and Brownies are provided.

CAKE FOR ALL OCCASIONS / \$5.95

Please call or email to customize, we require 48 hours notice to prepare your order.



MORE

STAFFING

SERVERS / \$21.95 HR

Require Serving Staff for your Event? Complete Setup, Service and On-Site Cleanup available.

BARTENDERS / \$26.95 HR

Wedding or Special Event? Bartenders starting at just \$26.95 HR.

CHEF / 31.95 HR

Hire an extra Chef for your On-Site Event, Food Station or Special Occasion.

EVENT PLANNING / \$49.95 HR

Hire an Event Planner and help your dreams become reality.

DISPOSABLES

STANDARD / \$2.95

Standard quality cups, plates, napkins and cutlery. Standard white colors.

PREMIUM / \$3.95

Premium quality cups, plates, napkins and cutlery. Colors matching your event.

ECO-FRIENDLY / \$4.95

Reduce your environmental impact with eco-friendly cups, plates, napkins and cutlery.

BEVERAGES

COFFEE AND TEA / \$19.99

Sold in portions of 10, Includes cream, sugar and cups.

ARTISAN COFFEE / \$26.99

Artisan coffee, sold in portions of 10, Includes cream, sugar and cups.

BOTTLED WATER / \$ FREE

Bottled Water comes FREE with every order.

SOFT DRINKS / \$1.95

All major brands including diet. 330ml.

MILK / \$2.95

White or Chocolate Milk, 237ml.

ENERGY DRINKS \$3.99

250ml.

SAN PELEGRINO / \$3.25

330ml.

JUICE / 2.55

Apple, Orange, Cranberry and other Assorted Juice.



BREAKFAST

BAKED GOODS

MINI MUFFINS / \$3.25

Assorted Fresh Muffins, Freshly baked and served with Butter, Two Muffin's Per Person.

ARTISAN BREAD / \$3.75

Freshly Baked Baguettes, Ciabatta, Sour Dough, Rye and Walnut & Raisin Bread.

BREAKFAST BARS / \$5.95

Certified Organic, Gluten and Dairy Free. Blueberry Orange, Lemon Raspberry, Apple Cinnamon.

GOURMET COOKIES / \$3.25

Chocolate Chip, Shortbread, Macaroons, Oatmeal Raisin, Raspberry Thumbprints, Chocolate Brownie Cookies, Oatmeal.

SQUARES / \$3.75

Brownies, Rice Krispy treats, Date Squares, Rocky Road, Triple Berry Squares, Butter Tarts, Nanaimo bars.

PASTRIES / \$4.95

Croissants, Muffins, Bagels, Danish, Loaf Cakes and Turnovers.

JUMBO COOKIES / \$2.75

Freshly Baked Baguettes, Ciabatta, Sour Dough, Rye and Walnut & Raisin Bread.

LOAVES / \$5.95

An assortment of Freshly Baked Banana, Lemon Cranberry, Cinnamon Swirl, Raspberry, Strawberry and Raisin.

NY CHEESECAKE / \$5.95

As delicious as it sounds topped with fresh seasonal fruit glaze.

A'LA CARTE

IN A BOX / \$1.95

On the go? Put it all in a box for an extra \$1.95 Per Person.

PANCAKES / \$5.95

3 Home Style Pancakes. Served with Fresh Maple Syrup and Butter on the side.

MINI WAFFLES / \$6.95

2 Miniature Waffles with Candied Pecan and Honey Spiced Syrup and Butter on side.

DEEP DISH QUICHE / \$9.99

Served in Pans of 6. Comes with Home Fries and Fruit Bowl, Cheddar and Broccoli, Swiss and Ham. Onion and Brie.

FRENCH TOAST / \$4.95

Regular or Whole Wheat. 2 pieces of Freshly Baked Bread served with Maple Syrup and Butter.

BREAKFAST PIZZA / \$8.95

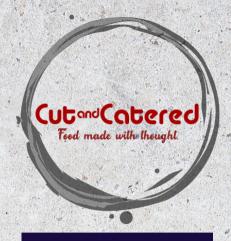
Mini Individual Pizza-Eggs, Bacon, breakfast sausage, grilled veggies, mozzarella cheese, Tomato sauce.

EGGS YOUR WAY / \$9.45

Scrambled - Served with Bacon, Sausage, Home Fries and Assorted Artisan Breads and Condiments.

TROPICAL FRUIT BOWL / \$5.95

A selection of Seasonal Fruit, which may include Strawberries, Melon, Grapes, Kiwi, and Pineapple.



LUNCH

SOUPS

CHILI / \$5.95

Turkey, Or Beef Chilli. Served in a 6oz Cup for Lunch. Sour Cream, Butter and Fresh Bread on the side.

SPLIT PEA & HAM / \$3.75

Fresh to Order, Yellow Split Pea & Ham Soup. Served with Homemade Croutons.

PULLED CHICKEN NOODLE / \$3.95

Pulled Chicken Noodle, made from Scratch and served with Homemade Croutons.

ROASTED SQUASH & APPLE / \$3.95

Roasted Butternut Soup with Apples, Ginger and Coconut Milk. Vegan & Gluten Free, topped with Pumpkin Seeds.

SALADS

STRAWBERRY QUINOA / \$5.95

Strawberry Quinoa Salad - A healthy, filling salad tossed in a sweet and tangy balsamic vinaigrette, creating the perfect blend of flavors.

MARINATED CUCUMBER / \$4.95

This Asian cucumber salad recipe is a perfect way to add a light, healthy dish to your spring and summer meals.

BROCCOLI & CHERRY TOMATO / \$4.95

Garden-Fresh Tomatoes and Broccoli brighten this summertime salad with distinctive flavor and eye-catching color.

A'LA CARTE

BOXED LUNCHES / \$12.95

Our box lunches include, Choice of Sandwich, Soup or Salad and Cookie. Bottled Water is Free, Upgrade your Drink for \$1.99.

PASTA / \$13.95

Beef or Vegetarian Lasagne, Manicotti, Penne Pommodoro, Sausage & Rigatoni, Chicken Alfredo, Served with Caesar Salad.

SANDWICHES / \$21.95

Freshly Baked Bread, Tuna, Egg Salad, Deli, Salads. Individually wrapped and on a Platter. 12 Sandwiches minimum.

GRILLED PORTABELLO / \$10.95

Vegan friendly, Grilled Portabello, Organic Red Peppers, drizzled in Avocado Chimichurri.

CHICKEN PARMESAN / \$12.95

Classic Chicken Parmesan, Made a bit healthier. Breaded Cutlets are baked not fried, leaving them moist and full of flavor.

QUARTER CHICKEN / \$13.95

Barbecue Quarter Chicken, Herb roasted Potatoes and a Mixed green or Caesar Salad on the side.

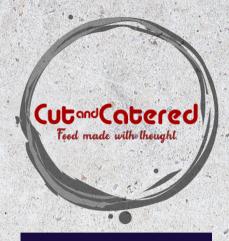
ROAST BEEF / \$13.95

Sliced Roast Beef and Garlic Mashed
Potatoes. Slow Cooked and smothered in
Guiness Gravy.

ROASTED PORK LOIN / \$12.95

Pork Tenderloin seasoned with a rub, seared until golden then oven baked in a Honey Garlic Sauce.

Comes with a Mixed Green or Caesar Salad.



DINNER

SOUPS

BEEF STEW / \$8.95

Beef, Carrots, Potatoes, and Celery are seasoned with Rosemary and Parsley in this simple Beef Stew.

ROASTED RED PEPPER / \$4.95

This Roasted Red Pepper Soup is an excellent source of healthy vitamins – and it's delicious

CARROT AND GINGER / \$4.95

Carrot Ginger Soup is made with Fresh Carrots, a hint of Fresh Ginger and a touch of Sour Cream.

CREAM OF BROCCOLI / \$5.95

A flavourful and creamy soup with very little cream and loaded with the goodness of broccoli.

SIDES

WILD RICE PILAF / \$4.95

This fail-safe Pilaf features both White and Wild Rice, flavored with Aromatic Vegetables and a hint of Garlic.

SMASHED POTATOES / \$4.95

Smashed Potatoes. Fluffy and soft on the inside with a buttery crispy outside, smothered in Garlic Butter and Parmesan Cheese.

CAULIFLOWER AND CHEESE / \$5.95

This roast cauliflower is served with a Cheese Sauce made with Heady Smoked Cheddar for a winning combination.

ROASTED ROOT VEGETABLES / \$5.95

Caramelized Roasted Root Vegetables with Sweet Potatoes, Squash, Carrots and Parsnips.

ENTREES

SERVING STAFF / \$21.95 HR

Require Serving Staff for your Event? Complete Setup, Service and On-Site Cleanup available.

STRIPLOIN STEAK / \$19.95

Mustard Peppercorn Demi on Vol-le-vent with Mashed Potatoes and Heirloom Carrots

BRAISED BEEF SHORTRIB / \$21.95

Fresh Beef Shortribs, With Potato Pave, au Jus, Horseradish Cream and Heirloom Carrots

HERB ROASTED CHICKEN / \$18.95

Served over Parmesan and Truffle Gnocchi with Wild Mushroom Jus, and Roasted Seasonal Vegetables.

CORNISH GAME HEN / \$21.95

Cornish Game Hen, with Apple Walnut Gastric, Fig Puree, Sweet Potato Hash, Micro Greens.

LAMB TENDERLOIN / \$21.95

Lamb Tenderloin, Accompanied by Cauliflower Puree, Roasted Cherry Tomatoes and Asparagus,

WILD SALMON / \$21.95

Sous Vide Wild Salmon, with Basil Pesto.
Smashed Fingerling Potatoes, Bok Choy
and Roasted Cherry Tomatoes.

CAULIFLOWER STEAK / \$16.95

Vegan Friendly, on Kale with Fig and Quinoa Ragout, Candied Olive and Lemon Vinaigrette.



APPETIZERS

COLD

CAPRESE SKEWERS / \$22 DOZ.

Caprese Skewers. Bocconcini, Cherry Tomato, and basil marinated with a Pine Nut Pesto.

TOMATO TARTINE / \$24 DOZ.

Roasted Tomato Tartine, Served on Toasted French baguette with Creamy Chevre.

SWEET POTATO GALLETE / \$24 DOZ.

Sweet Potato Gallete. With Goat Cheese, Cinnamon and Brown Sugar Coated Pecans.

CHICKEN TACO CUP / \$28 DOZ.

Flour Tortillas Cup, filled with Seasoned Ground Chicken. Cheddar Cheese and Black Bean Salsa.

WRAPPED GOUDA / \$28 DOZ.

Prosciutto Wrapped Gouda, Served with Crisp Green Apple and a Dijon Aioli drizzle.

SALMON SATAY / \$26 DOZ

Canadian maple syrup, soya and sake glazed salmon, served with a ginger lime mayo.

COCKTAIL WRAPS / \$20 DOZ

Soft tortilla shells filled with roast beef, black forest ham, smoked turkey and salami.

TENDERLOIN CROSITINI / \$36 DOZ

Beef Tenderloin Crostini is a melt-in-yourmouth appetizer that will be the standout of your party thanks to the ensemble of perfectly seasoned layers.

SOFT PRETZEL BITES / \$24 DOZ

Miniature soft pretzel bites served with a spicy beer & cheddar dip.

HOT

MINI QUICHE / \$20 DOZ

Asparagus & brie - Bacon, cheddar & bell peppers - Cherry tomato with peppered goat cheese.

BISON SLIDERS / \$30 DOZ

Open Faced Bison Sliders, topped with applewood smoked cheddar and crispy fried onions.

STEAK SANDWICHES / \$36 DOZ

Grilled beef tenderloin served on mini garlic bread topped with sautéed mushroom, and swiss gruyere.

PEROGIE SKEWERS / 26 DOZ

Mini Perogie and Sausage Skewers. Served with a herbed sour cream dip and garnished with sautéed onions.

CHICKEN SATAY / \$26 DOZ

Chicken Satay, Choose from: Coconut Thai Peanut Sauce- Cajun Rubbed or Butter chicken,

PARMESAN CHICKEN BITES / \$32 DOZ

Breaded classic Parmesan Chicken.
Served bite sized with a Marina Dipping

MAC AND CHEESE CUPS / \$28 DOZ

Mac and Cheese Cups. Smoked Aged Cheddar White Cheddar, Served in a Crisp Prosciutto Cup.

TWICE BAKED POTATOES / \$24 DOZ

Twice Baked Potato Baskets, Cheddar Cheese and Chives - Mushroom, Artichoke and Chevre topped with Crispy Prosciutto.