

# CATERING

## BREAKFAST

### BAGELS

Bagel / margarine or butter.....	\$1.35
Bagel / Cream Cheese.....	\$2.25
Bagel / Cream Cheese and Lox.....	\$6.50

### EGGS

Scrambled with milk.....	\$1.50
Soft boiled.....	\$1.00
Hard boiled.....	\$1.00

### SIDES

Breakfast potatoes.....	\$1.75
Fruit cup.....	\$1.75
Fresh fruit.....	\$0.85
Assorted Yogurt.....	\$1.25
Buttered Toast.....	\$0.65
Sliced bread.....	\$0.50
English muffin.....	\$0.85
Matzo.....	\$0.45
Melba crackers.....	\$0.75

## VIENNOISERIES

Butter croissant.....	\$1.95
Danish platter – chocolate & cinnamon.....	\$2.00
Mini Danishes – chocolate & cinnamon .....	\$1.25
Cheese danish.....	\$3.00
Round open fruit danish/apple turnover.....	\$2.00
Assorted Muffins.....	\$1.75
Assorted mini muffins.....	\$0.75
Assorted home baked cookies.....	\$1.00
Homemade loaf / slice.....	\$1.50
(Chocolate zucchini, Banana walnut, Lemon poppy seed)	
Assorted French pastries.....	\$4.25
Mini assorted French pastries.....	\$15.00/dz

## BREAKFAST SPECIALS

### **Tuesday:**

Vegetable Cheese Omelet.....	\$3.00
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### **Wednesday:**

French toast with syrup .....	\$2.50
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### **Thursday:**

Pancake (2) with syrup.....	\$2.75
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## FRESH GROUND COFFEE

Choice of blends below.....	\$1.30/per cup
JGH blend	
Decaf	
Vanilla	

## FOR TEA LOVERS

Orange pekoe – Red Rose.....	\$1.30/per cup
Green tea .....	\$1.30/per cup

## BEVERAGES

Spring water.....	\$1.50
Perrier 330ml.....	\$2.00
San Pellegrino.....	\$2.00
Nestea Iced Tea (355ml can) .....	\$1.75
Soft drinks (355ml can).....	\$1.75
Soft drinks ( 2L bottle).....	\$3.00
Tomato juice, 110ml.....	\$1.50
Juice farley (114ml.....	\$1.00
Juice (355ml can).....	\$1.50
Pitcher of Juice.....	\$3.50
Milk 200ml (2%),.....	\$1.25
Milk 500ml (2%).....	\$2.75
Milk 200ml (chocolate).....	\$1.75
Milk 500ml (chocolate).....	\$3.25
Milk 1L (2%).....	\$3.00

*Taxes extra*

## SANDWICHES

### Why not make it a lunch box?

Choice of sandwich served with a salad choice of the day, fruit cup, fresh baked cookie and choice of beverage (spring water or canned drink).

	Sandwich only	lunch box
Egg Salad.....	\$3.50	10.00
Cheese and Tomato.....	\$4.00	10.50
Island blend Salad.....	\$5.75	12.25
Tuna Salad.....	\$4.50	10.75
Spicy Tuna.....	\$5.75	12.25
Cucumber.....	\$3.00	9.50

Prices for sliced bread (white, whole wheat, pumpernickle)

Kaiser, onion roll add 0.75 per sandwich

### Wraps: whole wheat, pesto, white

Hummus.....	\$4.05	10.60
Egg salad.....	\$4.05	10.60
Tuna salad.....	\$4.50	11.05
Spicy Tuna.....	\$5.95	12.50
Island blend.....	\$5.95	12.50

### Assorted Baguettes (whole wheat & white):

Hummus & grilled vegetables.....	\$7.00	13.50
Spicy Tuna with lettuce & tomato ...	\$7.00	13.50
Island Blend Tuna (avocado, pineapple, pickles)....	\$7.00	13.50
Tofu spread & grilled vegetables....	\$7.00	13.50
California(avocado, tomato, cheese)	\$6.75	13.25
Grilled chicken & lettuce & tomato...	\$8.00	14.50

**Try our Cream Cheese and Lox pinwheel bites on Colourful Tortilla wraps!!!.....\$15.00/wrap**

## FRESH SALAD PLATES

### Choose your scoop!

Served on a bed of lettuce with 2 salad choices of the day  
2 melba crackers package and 1 homemade dressing

Egg Salad.....	\$6.95
Tuna Salad.....	\$7.25
Spicy Tuna Salad.....	\$7.50
Island Blend Tuna Salad.....	\$7.50
Hummus.....	\$6.95
Tofu Salad .....	\$7.25
Mediterranean chicken salad plate....	\$8.00
Greek Salad.....	\$7.95

## Cold choices

### PLATTERS \$per person

Fresh Vegetable Platter & Hummus.....	\$4.00
Fresh Vegetable Platter & Dip.....	\$2.65
Cheese & crackers platter.....	\$3.50
Cheese,grapes & cracker platter.....	\$3.75
Assiette de fruits frais/Fresh Fruit Platter.....	\$2.75
Smoked Salmon Plate.....	\$5.95
(served on lettuce with onions, lemon & olives)	
Antipasto platter.....	\$4.00
(palm hearts, grilled vegetables, olives, pickles, cheese)	

### SALADS

#### Every day

Tossed Green Salad with dressing.....\$2.00

#### Monday

Chick pea red onion and tomato.....\$2.00

Four season.....\$2.00

#### Tuesday

Black bean.....\$2.00

Quinoa.....\$2.00

#### Wednesday

Mix legumes.....\$2.00

Tangy Coleslaw.....\$2.00

#### Thursday

Chick pea red onion and tomato.....\$2.00

Four season.....\$2.00

#### Friday

Crudit  and hummus plate.....3.50

### SIDES

Corn.....	\$1.15
Peas& Carrots.....	\$1.15
Green Beans.....	\$1.15
French Fries.....	\$1.75
Quinoa.....	\$1.30
Pilaf Rice.....	\$1.50
Mashed potatoes.....	\$1.15
Rolls (Challah, Kaiser, Onion).....	\$1.15

Taxes extra

# CATERING

## PIZZA (MINIMUM 48 hours' notice)

### 18" PIZZA (8 tranches / 8 Slices)

Plain (Mozzarella) .....	\$22.50
Mediterranean .....	\$22.50
(no cheese, red onions, tomatoes, mushrooms, green & red peppers, black olives, basil, oregano, olive oil)	
Mushroom .....	\$22.50
(Tomatoes, Mozzarella, Mushrooms)	
Classic .....	\$25.00
(Mozzarella, mushrooms, green peppers)	
Duo cheese .....	\$25.00
(Mozzarella, cheddar, black olives, mushrooms, red onions)	
Greek .....	\$25.00
(Mozzarella, Feta, black olives, tomatoes, red onions, oregano, basil, olive oil)	
Pesto .....	\$25.00
(Tomatoes, Mozzarella, Parmesan, olive oil, basil, garlic, lemon juice)	
Rancho .....	\$25.00
(Mozzarella, cheddar, green peppers, avocados, leeks, tomatoes, oregano, parsley, crushed chillies, olive oil)	
Trio cheese .....	\$25.00
(Mozzarella, yellow & white cheddar, tomatoes, leeks)	

## HOT SPECIALS

**\*\*\* 7 days notice to ensure the availability of these specials\*\*\***

### Dairy:

Burritos with guacamole & tortillas.....\$5.95

### Meat:

Fajita.....\$6.95

Hamburger.....\$5.95

Chicken burger.....\$6.95

Club sandwich.....\$8.95

Smoke meat sandwich.....\$7.95

Rotisserie chicken 1/4 with bbq gravy.....\$5.65

Rotisserie chicken.....\$17.00

Daily Soup - Large.....\$3.50

Small.....\$2.00

Rotisserie chicken combos for 4 people:..... \$29.95

(Whole chicken with BBQ sauce, french fries and coleslaw)

*Taxes extra*

## Hot lunch choices

## MENU SUGGESTIONS

### Week 1 LUNCH (PAY WEEK)

#### Monday

Nouilles Jardiniere with vegetables.....\$5.15

Vegetarian Chili with tortilla chips.....\$4.00

#### Tuesday

Chicken à la King with rice.....\$5.75

Veal Stroganoff and mashed potato.....\$5.75

#### Wednesday

Baked Salmon with rice pilaf and peas.....\$6.95

Rotini Marinara with mixed vegetables.....\$5.00

#### Thursday

Meatloaf with mushroom sauce and fries....\$6.75

Moroccan chicken and couscous.....\$6.25

Chicken wings (6)& fries.....\$10.75

#### Friday

Lentil Shepherd's pie.....\$5.15

### Week 2 LUNCH

#### Monday

Baked Salmon with rice & vegetables.....\$6.50

#### Tuesday

Meatballs and peach sauce with rice .....\$5.75

Roast chicken and fries.....\$6.75

#### Wednesday

Rotini Toscana with vegetables.....\$5.75

Quiche and rice.....\$4.95

#### Thursday

Pasta and meat sauce.....\$5.95

Roast chicken and fries.....\$6.75

Chicken wings (6)& fries.....\$10.75

#### Friday

Tuna scalloped potatoes.....\$5.75

*Taxes extra*

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