

# CATERING

## BREAKFAST

### Bagels

*Choice of whole wheat, multi grain, regular or pumpernickel.*

Bagel / Margarine or Butter	\$1.75
Bagel / Cream Cheese	\$2.25
Bagel / Cream Cheese And Lox	\$9.50

### Sides

Breakfast Potatoes	\$2.25
Fruit Cup	\$2.25
Fresh Fruit	\$1.00
Assorted Yogurt	\$1.25
Buttered Toast	\$1.25
English Muffin	\$1.00
Matzo	\$0.75
Melba Crackers	\$0.75

### Eggs

Scrambled with milk	\$2.00
Soft boiled	\$1.25
Hard boiled	\$1.25

### Viennoiseries

Butter Croissant	\$2.50
Danishes – Chocolate & Cinnamon	\$3.75
Mini Danishes – Chocolate & Cinnamon	\$1.25
Mini Cheese Danish	\$2.00
Open Fruit Danish/Apple Turnover	\$3.75
Assorted Muffins	\$2.00
Assorted Mini Muffins	\$1.25
Assorted Home Baked Cookies	\$1.15
Homemade Loaf / Slice (Chocolate zucchini, lemon poppy seed, cranberry, orange date)	\$1.50

### Breakfast Specials

<b>Tuesday:</b> Vegetable Cheese Omelet	\$3.25
<b>Wednesday:</b> French toast (2) with sliced orange and syrup	\$5.95
<b>Thursday:</b> Two pancakes with syrup	\$3.25

# SANDWICHES

## Sandwiches

	Sandwich only	Lunch box
Cucumber	\$4.25	\$12.25
Tofu	\$4.75	\$12.75
Cheese and Tomato	\$4.75	\$12.75
Egg Salad	\$4.25	\$12.25
Tuna Salad	\$5.50	\$13.50
Island blend Salad	\$5.75	\$13.75
Spicy Tuna	\$5.75	\$13.75

*Choice of white, whole wheat, pumpernickel sliced bread  
+\$1.25 for Baguette or ciabatta*

## Wraps

	Sandwich only	Lunch box
Tofu salad	\$5.25	\$13.25
Egg salad	\$5.25	\$13.25
Tuna salad	\$5.25	\$13.25
Spicy Tuna	\$5.95	\$13.95
Island blend	\$5.95	\$13.95

*Choice of whole wheat, pesto, white wraps*

## Assorted Baguettes

<i>Whole wheat &amp; white baguette</i>	Sandwich only	Lunch box
Hummus & grilled vegetables	\$6.50	\$16.00
California (avocado, tomato, cheese)	\$7.00	\$16.95
Egg salad	\$6.50	\$16.00
Tuna salad	\$6.50	\$17.00
Spicy Tuna	\$6.50	\$17.50
Island Blend Tuna (avocado, pineapple, pickles)	\$6.50	\$17.50
Grilled chicken, lettuce, tomato	\$7.75	\$18.50

*0.50\$ more for Olive or multigrain Ciabatta*

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

# DRINKS

## Cold Beverages

Spring water	\$1.75
Perrier or Montellier 330ml	\$2.00
San Pellegrino	\$2.00
Soft drinks (355ml can)	\$1.75
Nestea Iced Tea (355ml can)	\$1.75
Tomato juice, 110ml	\$1.50
Juice Farlee(114ml)	\$1.00
Juice (437ml)	\$2.00
Milk 2% or Skim (200ml)	\$1.25
Milk 2% (500ml)	\$2.75
Milk Chocolate (200ml)	\$1.75
Milk Chocolate (500ml)	\$3.25
Milk 2% (1L)	\$2.00
Soft drinks (2L bottle)	\$3.00
Juice (1.84L)	\$3.50

## Coffee

Choice of blends below:	\$1.75
JGH blend	
Decaf	
Vanilla	

## Tea

Orange pekoe, Green tea, Assorted Tisanes	\$1.50
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# SALADS & COLD ITEMS

## Side Salads

\$2.25

Tossed Green Salad With Dressing
Monday
Chickpea, Red Onion And Tomato
Four Seasons
Tuesday
Black Bean
Quinoa
Creamy Coleslaw
Wednesday
Mixed Legumes
Tangy Coleslaw
Thursday
Chickpea, Red Onion And Tomato
Four Seasons
Friday
Creamy Potato

## Fresh salad plates

Choose your scoop!

*Served on a bed of lettuce with 2 salad choices of the day, 2 melba crackers and homemade dressing.*

Egg Salad	\$7.75
Tuna Salad	\$8.75
Spicy Tuna or Island Blend Salad	\$8.75
Hummus	\$7.75

## Fresh salads

Greek Salad	\$7.95
Mediterranean chicken	\$8.45
Salmon Teriyaki	\$8.95
Nicoise Salad	\$8.95
Crudit� with hummus	\$5.25

## Salads available on special orders

Pasta & Feta	Mushroom
Curried Pasta	Kidney Beans
Fusilli & Pineapple	Edamame
Garlic Fusilli	Avocado & Tomato
Couscous	Waldorf

## Gluten-free options

*Choice of scoop served on a bed of lettuce with Four Seasons salad, 1 rice cake, and fresh fruit salad cup. Choice beverage also included (spring water or canned drink).*

Egg salad	\$9.75
Hummus	\$9.75
Tuna salad	\$10.75
Spicy Tuna or Island Blend	\$10.75

# PIZZAS

18" PIZZA (8 tranches / 8 Slices)

\*MINIMUM 48 hours' notice

Plain <i>Mozzarella</i>	\$28.00
Mediterranean <i>no cheese, red onions, tomatoes, mushrooms, green &amp; red peppers, black olives, basil, oregano, olive oil</i>	\$26.00
Classic <i>Mozzarella, mushrooms, green peppers</i>	\$28.00
Duo cheese <i>Mozzarella, cheddar, black olives, mushrooms, red onions</i>	\$28.00
Greek <i>Mozzarella, Feta, black olives, tomatoes, red onions, oregano, basil, olive oil</i>	\$28.00
Pesto <i>Tomatoes, Mozzarella, Parmesan, olive oil, basil, garlic, lemon juice</i>	\$28.00
Rancho <i>Mozzarella, cheddar, green peppers, avocados, leeks, tomatoes, oregano, parsley, crushed chillies, olive oil</i>	\$28.00
Trio cheese <i>Mozzarella, yellow &amp; white cheddar, tomatoes, leeks</i>	\$28.00

# HOT SPECIALS

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

## Sandwiches

Cheese & Beans Burritos	\$6.45
Chicken Burger	\$8.50
Club Sandwich	\$10.50
Beef Burger	\$8.50
Veggie Burger	\$5.95

## Sides

Soup of the day, small	\$2.25
Soup of the day, large	\$3.75
French fries	\$2.00

## Chicken

Rotisserie 1/4 chicken with BBQ gravy	\$6.25
Rotisserie chicken.	\$17.00
Rotisserie chicken combos for 4 people <i>Whole chicken with BBQ sauce, french fries and coleslaw</i>	\$27.00
Chicken Wings, each	\$1.65

A minimum of **10** is required for all orders.

Please contact:

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