

**Having a morning meeting? Lunch brainstorming?
Whatever the occasion, big or small, we will be delighted to
cater your event.**

Choose from our fresh salads, sandwiches and desserts.

Sandwich - \$7.95 Regular/Gluten Free \$8.95

Regular wraps – spinach or whole wheat served with lettuce

Gluten and Dairy Free buns

- * Rotisserie chicken salad with green apples
- * Oven roasted turkey with Brie & raspberry preserves
- * Montreal smoked meat with golden mustard
- * Oven roasted turkey with mango chutney
- * Vegetarian – hummus with lettuce, tomato, cucumber
- * Ham with Havarti and Dijon mustard

All meats are nitrate free.

Salad Choices

1) Caesar – crunchy romaine dressed with a creamy Caesar dressing

2) Garden – mix of romaine and green leaf lettuces, carrots, pepper,
with balsamic vinaigrette

3) Arugula and spinach with strawberries and sliced almonds with
balsamic vinaigrette

Full size - \$8.95 / With sliced chicken breast \$12.95

Side - \$5.00 each minimum 6

Veggie Tray: Variety of sliced veggies (peppers, carrots, broccoli,
snap peas, celery, zucchini)

Dips: hummus, ranch, caesar

Minimum: 10 servings \$3.50 each

Fresh Fruit Tray: Variety of fruit (melon, apples, strawberries,
grapes)

Minimum: 10 servings \$3.50 each

Dessert Tray: Variety of fresh baked cookies, cupcakes and bars

Minimum: 10 servings \$3.50 each

Allergy Specific Desserts Available

Dips: Hummus, avocado and tomato chunky salsa, guacamole,
spinach. All served with toasted and soft pita or GF Vegan flatbread
Minimum: 10 servings \$3.50 each/ Allergy specific – add \$1.00 each

Preorder time -72 hours in advance.

We accept AMEX, Visa & Master Card. Please let us know if you want to
set up a Corporate Account.