

Our mission is to always provide creative,
outstanding food and exceptional service



Cold Breakfast

minimum order of 8 is required

Continental Breakfast 8.95

Variety of house baked pastries, freshly made fruit breads,
daily assortment of muffins
(2 small pc per person) with fresh fruit tray, preserves and butter (V, GF, available)

Yogurt Bar 7.45

Blended fruit yogurt with house made granola, seasonal berries and assorted nuts and mini muffin (V)

Bagels 6.75

Fresh artisan bagels with savory and sweet cream cheeses as well as lox bagel with cured salmon,
dill cream cheese and shallots & fried capers (V available)

Breakfast Pastries 4.25

Assortment of cinnamon buns, Danishes & muffins (2 pc per person) with Butter,
Preserves and cream cheese (V, GF available)

Hot breakfast

minimum order of 8 is required

Eye Opener 7.25

Toasted English muffin, fried egg, aged cheddar cheese and a choice of smoked bacon,
country ham or Spolumbo's sausage, and home-style hash browns

Andouille Sausage Frittata 10.95 (in increments of 6)

Farm fresh eggs with smoked bacon or country ham on the side,
Home-style hash browns with sautéed peppers and onions, fresh fruit tray (GF)

Garden Vegetarian Frittata 10.95 (in increments of 6)

Farm fresh eggs, grilled vegetables and aged cheddar cheese, home-style hash browns
sautéed peppers & onions, fresh fruit tray (Vegetarian, GF)



Breakfast Burritos 11.95

Farm fresh Scrambled eggs, bell peppers, aged cheddar cheese, Spolumbo's sausage, country ham & smoked bacon wrapped in a soft flour tortilla with salsa and sour cream, home-style hash browns and fresh fruit tray

Early Bird 13.95

Farm fresh scrambled eggs, country ham, smoked bacon or sausage (choice of two), home-style hash browns, fresh fruit tray and breakfast pastries (1pc/person) with butter and preserves (GF available)

Sandwiches & Wraps

a minimum order of 8 is required

Sandwiches (1 ¼ pc per person) 7.95 (GF available)

House Roast Turkey Sandwich with cranberry mayonnaise aged marble cheese on sourdough bread
The Original Toupie Ham Sandwich with imported Swiss and grainy mustard mayonnaise
European Pastrami on Rye with Dijon mayonnaise and Swiss cheese
Beef Pretzel bun – slow roasted beef & aged cheddar with fresh horseradish aioli on artisan pretzel bun
Italian Deli baguette with roasted red peppers aioli, spicy capitol, aged prosciutto and Genoa Salami
Chef's Special Farm Egg Salad Sandwich on fresh baked croissant
Sustainable Tuna Salad Sandwich made classically on white bread
Lox Bagel with cured salmon, dill cream cheese, shallots & fried capers
Garden Vegetable Ancient Grain Sandwich with pesto aioli and fresh hummus

Wraps (1 pc per person) 6.95

California Turkey Wrap with avocado, bacon & garlic aioli on sundried tomato wrap
Grilled Chicken Salad Wrap on Spinach tortilla
Thai Noodle Wrap with marinated chicken and sautéed vegetables
Vegetarian Tortilla - garden vegetables with Alfalfa sprouts and hummus on whole wheat tortilla

Sandwich & Wrap sampler 13.75 (GF available)

Assortment of sandwiches and wraps, side dish, choice of side salad, and cookie

Boxed lunch 11.95 (GF available)

Choice of fresh Artisan sandwich with side salad, whole fruit and cookie as well as eco-friendly disposables and napkin. Please pick one of our side salads and choose as many different kinds of sandwiches as you wish



Cold Hors D'oeuvres

priced per dozen

Jumbo Cocktail Prawns **21.00**

wrapped in Prosciutto Ham with Thai Mango Sauce or with Salsa Verde (sweet chili cilantro)

Smoked Salmon Pinwheel Crostini **20.00**

filled with Dill Caper Cream Cheese

Bruschetta Crostini **16.00**

with Asiago Cheese (vegetarian)

Hummus & Pita Chips **14.00**

available in classic roasted garlic or roasted red pepper flavors (vegetarian)

Assorted Sushi with Pickled Ginger **24.00**

with Wasabi and Soy Sauce

Chicken and Brie **20.00**

on Pesto Crostini

Prosciutto Wrapped Melon **21.00**

Brunoise Mediterranean Vegetables **19.00**

in a lemon oregano emulsion on pita chips

Andouille Sausage **22.00**

with a roasted tomato cream cheese on potato wheels

Sesame and Ginger Crusted Striploin **23.00**

on rice cracker with wasabi cream cheese

Assorted Mini Quiche **23.00**

bacon and Green Onion / Spinach, Sundried Tomato and Feta / Broccoli and Cheddar



Hot Hors D'oeuvres

priced per dozen

Vegetarian Spring Rolls 21.00

Sweet Chili Sauce

Vegetarian Samosas 23.00

Plum sauce

Beef Samosas 23.00

Plum sauce

Spanakopita 20.00

Spinach, Garlic, Onion and Feta Cheese wrapped in Phyllo Pastry (vegetarian)

Mushroom Risotto Cakes 22.00

breaded & Fried

Quesadilla 21.50

spicy chicken, bell peppers, cilantro & sour cream

Chicken Wings 19.00

hot Buffalo / Lemon Pepper and Oregano (Greek style) / Honey and Garlic

Coconut Shrimp 22.00

Spicy Meatballs 15.00

tomato Sauce, Fresh Basil

Grilled Chicken Skewers 21.50

Seasoned with garlic, lemon and olive oil

Ginger and Sesame Marinated Beef Skewers 21.50

Snacks/ Platters & Trays

a minimum order of 8 is required, single orders as add on available

Squares/Brownies (1 ½ pc)	2.75	Cookie Tray	GF available	1.50
Fruit Tray	GF 4.95	Veggie Tray	GF	4.25
Cheese & Cracker Tray	GF available 5.95	Pita chips with hummus		3.95



Drinks

Coffee (or decaf)	11 cups	20.00	Soft drinks assorted	350 mil	1.90
Tea	11 cups	16.50	San Pellegrino soft drinks	350 mil	2.25
Bottled water	350 mill	2.00	Juices assorted	300 mil	2.25
San Pellegrino sparkling water	250 mil	2.25	Milk/Chocolate milk	500 ml	3.50

Full Meal Salads

a minimum order of 8 is required, single orders as add on available

Grilled Cajun Chicken Cobb Salad 8.95

with smoked bacon, avocado, perfect boiled farm egg, house made buttermilk ranch, finished with Danish blue cheese (GF)

Tossed Spinach & Roasted Beet Salad 8.45

with goat cheese, sweet onions, strawberries and citrus white balsamic vinaigrette (vegetarian, GF)

Mediterranean Toasted Quinoa Salad 8.95

with roasted seasonal vegetables and maple Dijon vinaigrette (GF, vegan, dairy free)

Seasonal Garden Salad 8.45

with market fresh vegetables and our distinctive apple cider vinaigrette (GF, vegan, dairy free)

Thai Noodle Salad 8.95

with sautéed vegetables and toasted sesame rice wine vinaigrette (vegan, DF)

add chicken or shrimp 3.50



Soups

All soups are accompanied by soup crackers, a minimum order of 8 is required

Rustic Chicken Soup 4.50

Tender seared chicken with rosemary potatoes and fresh vegetables in a rich broth, soup crackers (GF, dairy free)

Beef & Wild Rice Soup 4.50

Slow cooked Alberta beef with wild grain rice and an array of vegetables (GF, dairy free)

Signature Cream of Wild Mushroom Soup 4.50

A global mix of forest mushrooms in a rich creamy velouté

Hot Lunch

All hot lunch items are accompanied by sweets & squares or cookies, minimum order of 8 is required

Greek Inspired Chicken Souvlaki 17.95

Marinated & grilled chicken skewers, served with fragrant basmati rice, Greek salad, toasted Pita and house made Tzatziki cookies (GF available, dairy free)

Wild Mushroom Chicken Breast 16.95

Grilled chicken breast in a rich savory white wine, wild mushroom sauce with rice or roasted rosemary potatoes, seasonal vegetables, your choice of side salad, bun and butter (Gf available, dairy free)

Shepherd's Pie 15.95

Lean ground beef simmered in a rich demi-glace, covered with creamy Yukon gold mashed potatoes, toasted to golden perfection, choice of side salad, bun and butter (GF)

Beef Bourguignon 18.95

A hearty stew with tender AAA Alberta beef, smoked bacon, sautéed mushrooms and pearl onions – a classic French dish with mashed potatoes, seasonal vegetables, your choice of side salad, bun and butter

BBQ Glazed Pork Loin 16.95

A fantastic option with slow roasted pork, shining with pineapple glazed in a light & fresh mango salsa, basmati rice, choice of side salad, bun and butter (GF, dairy free)



Rustic Italian Lasagna Bolognese 16.95

A blended 3 cheese lasagna, layered with a delightful meat sauce, creamy ricotta & spinach, roasted to a crispy colorful finish, golden garlic bread, choice of side salad

Asian Stir-Fry 16.95

Selection of sautéed vegetables, coated in an ancient sauce, available with a choice of chicken, beef, shrimp or tofu, Jasmine Rice, choice of side salad, bun and butter (dairy free)

Side Salads: (min 8)

Caesar salad (GF available)	4.50	Potato salad (vegan)	4.50
Pasta salad (vegan)	4.50	Greek salad (vegetarian)	5.00
Quinoa Salad (vegan, GF)	5.00	Spinach salad	5.00
Mixed green salad (vegan, GF)	5.00		

Vegetarian Dishes

All vegetarian hot items are accompanied by sweets & squares or fruit tray, minimum order of 10 is required

Moroccan Tagine 15.95

An incredible vegetable stew option with apricots, sweet dates, olives and toasted walnuts, accompanied with Za'atar seasoned couscous, choice of side salad (vegan, dairy free, GF available)

Mexican Enchiladas 14.95

Hand rolled soft tortillas with cream cheese filling, baked in our home made chili sauce, smothered in aged cheddar, choice of side salad

Vegetable Masala 14.95

An amazing mild curry dish, made with tender vegetables and potatoes in a rich, creamy tomato sauce, choice of side salad (GF)

Brussel Sprout & Mushroom Lasagna 15.95

A delightful vegetarian casserole with a creamy rosé sauce and caramelized cheese, choice of side salad (GF available)



Pizza

12" (each pizza serves 3-4) 18.95 (min 4 pizzas)

- Double pepperoni and mushroom
- Maui Wowee (ham, pineapple, mozzarella)
- Spicy Hawaiian (hot capicola ham, pineapple, banana peppers, mozzarella)
- Greek (spinach, olive, feta, tomatoes, mozzarella)
- Rustic Italian (chorizo sausage, salami, peppers, onions, fresh tomatoes, mozzarella)
- BBQ Chicken (mushrooms, peppers and mozzarella)
- Vegetarian (spinach, olives, peppers, mushrooms, sundried tomatoes, mozzarella)
- Loaded (ham, bacon, pepperoni, onions, mushrooms, peppers, mozzarella)
- Meat lovers (ham, pepperoni, bacon, mozzarella)
- Four Cheese (mozzarella, cheddar, feta, asiago)

Pizza working lunch menu 15.50 (min 12 portions)

2 slices per person, choice of side salad, sweet & brownie tray or cookies

Dessert/ Sweets

a minimum order of 8 is required, single orders as add on available

Squares and Brownies (1 ½ pc) 2.75

Cookies 1.50



Ordering information

Ordering deadline & minimum quantity

Breakfast and hot lunches - by 12 pm the day prior to the delivery
All other orders by 3 pm the day prior to the delivery

Our required minimum quantity of 8 does not apply to pick up orders!

Delivery window & delivery fee

15 min for breakfast deliveries
45 min for lunch deliveries
Please calculate 20 min as set-up time for hot lunch

Delivery fee within city limits 15.00
or for hot items - Hot item delivery fee including set-up, equipment and pick up 38.00
Out of town deliveries – please add 2.00/km

Additional charges may apply

Small order fee 15.00 for orders less than 100.00 (deliveries only)

Environmental fees for disposables are included in our pricing, although, if disposables are not needed, we grant 2 % of your invoice total in our reward program towards your account. Once your total reward reaches the minimum of \$ 50.00 you can redeem it for your next order.

Cancellation policy

After ordering deadline the cancellation fee will be 50 % of the invoice total. If food was already delivered 100% of the invoice total will be charged.
There is no charge on cancellations received before ordering deadline

Pricing

All prices on this menu are prices per person and excluding GST