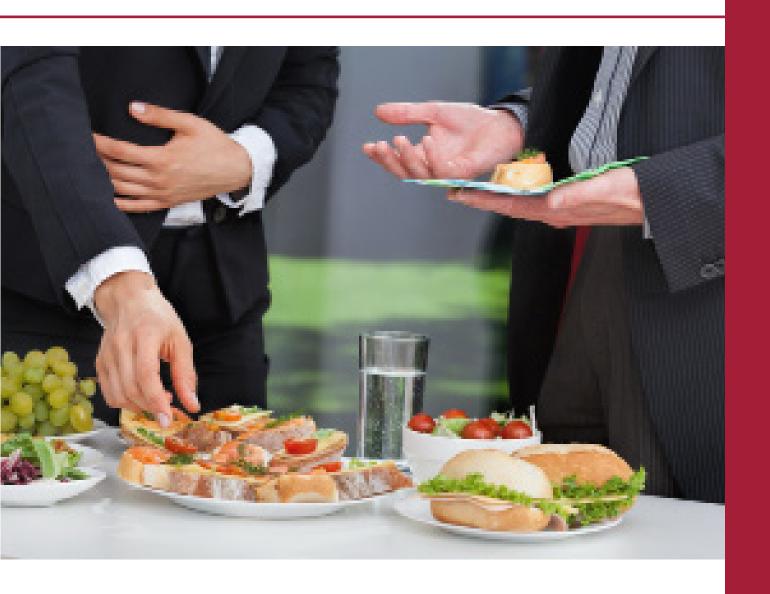
## Breakfast & Lunch Menu



## HOT COMBOS

Minimum order of 10 per meal

#### Banana Oatmeal **Pancakes**

2 pancakes, 2 slices of bacon. hashbrown potato patty, butter & syrup \$14.50

Canadian

Scrambled eggs,

country potatoes,

breakfast sausage

2 bacon, 2 pork

& mini croissant.

Butter & jams

Farm Bagel

fruit platter.

\$16.75

Bagel, egg, ham,

spinach, tomato &

cheese. With fresh

\$16.35

Classic

#### Beyond **Breakfast**

Gluten free Bevond sausage, grilled tomato & country potatoes \$11.80

Add vegan scrambled eggs +\$6



#### GF VG

#### Omelette

Mushroom, spinach, onion & cheese or ham & cheese. Country potatoes & melon fruit platter.

\$18.60





#### Lettuce Wraps

Fresh cucumber, carrot, bell peppers, tomato, avocado, hummus & alfalfa sprouts with vegan siracha aioli. Served with grilled tomato & roasted potatoes. \$18.85

#### Breakfast **Burritos**

12" flour tortilla filled with scrambled eggs, bacon, bell peppers & a three cheese blend. Served with salsa. sour cream & a potato patty. \$19.00 Gluten Free \$22.00



G Gluten Free

Vegan

Vegetarian





## LA CARTE

Banana Oatmeal **Pancakes** Includes butter & syrup (2pc) \$9.25



Spolumbo's Chicken Apple Sausage (1pc) \$4.00

#### Breakfast Tray

Selection of house pastries, mini croissants, muffins, Danish & scones (3 pieces per person) with butter & jams

\$9.85



Pork Breakfast Sausage (2pc) \$2.85

#### Waffles

Includes whipped cream, butter, syrup & berry compote (2pc)

\$9.75



#### French Toast

Includes butter. syrup & berry compote (2pc)

\$10.95



#### Pancakes

Includes butter & syrup (2pc)

\$5.00



#### Quesadilla

Flour tortilla, cheese. ham, onion & bell pepper with side salsa & sour cream \$13.50



### OTHERS

#### Breakfast **Parfait**

Creamy yogurt lavered with fresh berry compote & housemade granola \$9.55



#### Simply Continental

Selection of house pastries, mini croissants, muffins, Danish & scones with fresh fruit salad, butter & jams

\$13.00



#### Add-Ons

Country Potatoes 3oz

\$4.35

#### Fruit Platter

Pineapple, cantaloupe, honeydew, berries & orange

\$6.25 VG GF





\$3.25 GF

Bacon (2 Slices) \$3.25 GF

Melon Fruit Platter Watermelon, cantaloupe & honeydew

\$2.50 VG GF



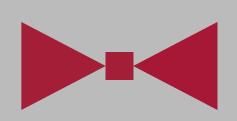
Hash Brown Potato Patty (1pc) \$2.00 VG GF





Scrambled Eggs (2pc) \$2.50

## HOT COMBINATIONS



AAA Alberta
Beef Dip<sup>6oz</sup>
Freshly baked
baguette, Au jus,
Chefs signature
salad
\$23,25

AAA Beef Short Rib<sup>60z</sup> Medallion Includes creamy mashed potatoes & seasonal vegetables \$29.65 Butter Chicken<sup>6 oz</sup> Includes steamed basmati rice & naan bread \$19.45

Lemon Grass Chicken 2 40z chicken thigh skewers, Jasmin rice & vegetable stir-fry 20.70

Baked Tilapia<sup>60z</sup> with Lemon
Butter Sauce.
Includes seasonal vegetables & rice
\$22.70

Roast Pork Loin<sup>602</sup> with Maple Whiskey Sauce Includes creamy mashed potatoes & seasonal vegetables \$22.40

Tofu & Vegetable Stir Fry Includes jasmin rice \$23.45

Beef Lasagna
with garlic bread
\$19.95
Vegatarian
Lasagna
with garlic bread
\$19.95









### SANDWICHES

#### CLASSIC SANDWICH

#### MINIMUM ORDER OF 9 / MINIMUM 3 FOR EACH FLAVOUR **REPLACE TO GLUTEN FREE BREAD FOR \$3.00**

•	Deli Turkey (On Sourdough Bread; with Swiss Cheese, Arugula & Avocado Aioli)	\$11.45
•	Deli Ham (On a Croissant; with Cheddar Cheese, Lettuce, Tomato & Garlic Aioli)	\$9.45
•	Roast Beef (On a Sub Bread; with Swiss Cheese, Horseradish Aioli, Arugula & Caramelized Onion)	\$15.95
•	1 dollarili	\$13.00
•	Chicken Salad OF (On Sliced Bread; with Lettuce & Mayonnaise)	\$12.65
•	Tuna Salad <sup>(On Sliced Bread; with Lettuce &amp; Mayonnaise)</sup>	\$9.95
•	Egg Salad (On Sliced Brioche Bread; with Lettuce & Mayonnaise)	\$8.05
•	Lettuce Wrap DF GF VG (Fresh Lettuce wrapping a selection of Fresh Vegetables with Hummus)	\$9.05

#### **GOURMET SANDWICH**

#### MINIMUM ORDER OF 9 / MINIMUM 3 FOR EACH FLAVOUR **REPLACE TO GLUTEN FREE BREAD FOR \$3.00**

•	Turkey Club (3 slices of Sourdough Bread, Garlic Aioli, Swiss Cheese, Deli Turkey, Arugula, Bacon & Tomato)	\$18.30	
•	Chicken Breast (On a Demi Baguette; with Tomato, Chipotle Aioli, Lettuce & Brie Cheese)	\$17.85	
•	Muffuletta (Focaccia Bread; with Mortadella, Genoa Salami, Capicola, Mozzarella Cheese, Provolone Cheese, Olive Tapenado		
		\$18.85	
	Roast Beef (On an Onion Sub Bread; with Swiss Cheese, Horseradish Aioli, Arugula & Caramelized Onion)	\$15.95	
•	Grilled Selected Vegetables (On Sliced Bread & Vegan Mayonnaise)	\$11.35	
•	Tofu on Red & Green VG DF GF (Sliced Bread with Green Garlic Sauce, Red Bell Pepper Sauce and Tofu)	\$11.35	

#### FINGER SANDWICH (CHEF'S SELECTION) - \$7.15 each

ONE SANDWICH FOR PERSON / MINIMUM ORDER OF 10 Combination of White and Whole Wheat Sliced Bread

<<NO SUBSTITUTIONS>>

- Ham (+ Cheddar Cheese, & Mayonnaise)
- Roast beef (+ Swiss Cheese & Horseradish Aioli)
- Cucumber & Boursin
- Tuna Salad 📴
- Egg Salad FVG









Vegan 🕞



Dairy Free



### SANDWICHES

#### BUNWICH (CHEF'S SELECTION) - \$5.95 each ONE SANDWICH FOR PERSON / MINIMUM ORDER OF 10

<<NO SUBSTITUTIONS>>

- Combination of mini Pretzel and mini Potato Bread
- Roast Beef (+ Swiss Cheese, Horseradish Aioli, Arugula & Caramelized Onion)
- Ham (+ Cheddar Cheese, Lettuce, Tomato & Mayonnaise)
- Tuna Salad DF (+ Lettuce & Mayonnaise)
- Genoa Salami (+ Lettuce, Provolone Cheese & Mayonnaise)

#### **BYO SANDWICH**

**MINIMUM ORDER OF 10** 

Selection of Sliced Bread, Sliced Meat, Sliced Cheese, Lettuce, Tomato, Pickle Cucumber and Condiments \$12.25



#### Cheese & Charcuterie

Cheddar, smoked gouda, Genoa salami, hot Calabrese salami, mortadella. crackers & crostini \$9.95

#### **Domestic Cheese**

Swiss, old cheddar, smoked gouda, jalapeño Havarti & Brie with grapes & crackers \$9.00

#### **Cubed Cheese**

Swiss, cheddar, jalapeño Havarti, smoked gouda, marble cheese & crackers \$8.00

#### International Cheese

Bleubry, Cendrillion, Aged Caprano, Cantonnier, Cedre de Lune, Sir Laiurier, grapes, crackers, candied nuts & housemade compote **\$18.55** 



### PLATTERS

#### Charcuterie

Hot Calabrese salami, Genoa salami, prosciutto, bratwurst sausage, honey garlic pepperoni, housemade mustard with fresh & toasted baguette \$9.85

#### Melon Fruit

Watermelon, cantaloupe & honeydew

\$2.50





#### Mediterranean **Antipasti**

Prosciutto, hot Calabrese salami, hummus dip, roasted bell peppers, artichokes, pickled veggies, herb marinated feta & grilled pita bread \$13.50

#### Pickled

An assortment of sesonal pickled vegetables \$4.25





#### Garden Vegetable

Crudites red bell pepper, carrot, cherry tomatoes celery, cucumber & broccoli with choice of dip (green goddess, ranch or Italian vinaigrette)

\$4.75 **G** 

#### Roasted Vegetable

Eggplant, zucchini, cremini mushroom, bell pepper, carrot & broccoli served cold (seasonal)

\$4.35







Fresh Fruit

cantaloupe,

honeydew, berries &

Pineapple,

oranges

GF VG

\$6.25

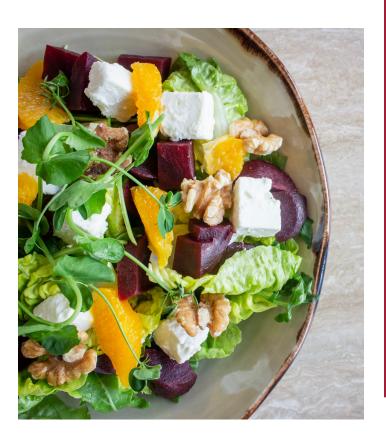
Vegetarian







Dairy Free



## SOUP



<<MAY CONTAIN GLUTEN AND DAIRY>>

•	Butternut Squash	\$4.95
•	Vegetable	\$4.15
•	Carrot	\$4.15
•	Broccoli	\$4.45
•	Minestrone	\$4.50
•	Mushroom	\$4.95
•	Tomato	\$3.85

## SALADS

GE DE DE	
Garden (Iceberg Lettuce, Red Cabbage, Carrot, Cucumber, Cherry Tomato, Radish & Dressing)	\$3.75
Spring Mix (Spring Mix Leaf, Red Cabbage, Carrot, Cucumber, Cherry Tomato, Radish & Dressing)	\$3.65
Colesiaw (Red and Green Cabbage, Carrot, Parsley & Dressing)	\$4.95
Potato (Potato, Celery, Bell Pepper, Green Onion & Dressing)	\$4.95
Broccoli & Apple (Broccoli, Apple, Cranberry, Red Onion & Dressing)	\$5.15
GF Greek (Cucumber, Bell Pepper, Tomato, Red Onion, Feta Cheese, Olives & Dressing) Spinach & Pear (Spinach Leaf, Pear, Goat Cheese, Walnut & Dressing) Beets & Goat Cheese (Arugula Leaf, Goat Cheese, Beet, Red Onion & Dressing)	\$6.75 \$4.50 \$6.65
Tabbouleh DF VG (Couscous, Cucumber, Tomato, Onion, Parsley, Mint & Dressing)  Spinach & Berries GF VG (Spinach Leaf, Raspberry, Strawberry, Blackberry, Blueberry, Almond & Dressing)  Pasta (Short Pasta, Celery, Bell Pepper, Green Onion, Green Peas, Cheese and Dressing)  Caesar (Romaine Lettuce, Bacon, Croutons, Parmesan Cheese & Dressing)	\$5.15 \$4.95 \$4.35 \$6.15
	70110



Gluten Free



Vegetarian



Vegan



Dairy Free

## DESSERT







# Chocolate Covered Strawberry Fresh organic strawberry dipped in pure white & dark Belgian chocolate (1pc) \$3.50 GF

#### Cookie Platter An assortment of cookies (1pc) \$2.15

## Chocolate Dipped Cookie Freshly baked cookies dipped in premium Lindt chocolate (1pc) \$3.50

## Finger Desserts A sweet array of scrumptious cakes, sinful brownies & irresistible squares (2pc) \$4.85

## European Pastries Delicate cream puffs, luscious tarlets, bite-sized dainty cakes (2pc) \$7.75

## Fruit Skewer Choice of plain, dusted with coconut or drizzled white & dark chocolate (1skewer) \$3.75

## Gluten Free Items Brownie Cookie \$7.95 \$7.15

## BEVERAGES

Assorted Pop Bottled Water 100% Fruit Juice Iced Tea \$2.75

Perrier Sparkling Water \$3.75 Coffee or Assortment of Herbal Teas \*Includes disposable cups, cream, sugar, stir sticks

10 cup - \$20.00 35 cup - \$65.00 50 cup - \$80.00 100 cup - \$140.00



## NOTES









- Delivery, labour & GST are additional
- Orders must be recieved 48 hours in advance
  - \*Last minute orders may be possible\*
- All items subject to availability
- Special orders are subject to additional charges

- Includes chafing dishes for hot food
- Individual packaging available
- Does not include disposable plates, cutlery or napkins
- Many menu items can be customized to be gluten free & vegetarian/vegan, please ask for details
- •Although we endeavor to accommodate those guests with food restrictions and/or alleries, we cannot guarantee the items ordered are 100% free of noted food restrictions or allergies



## GET IN TOUCH

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