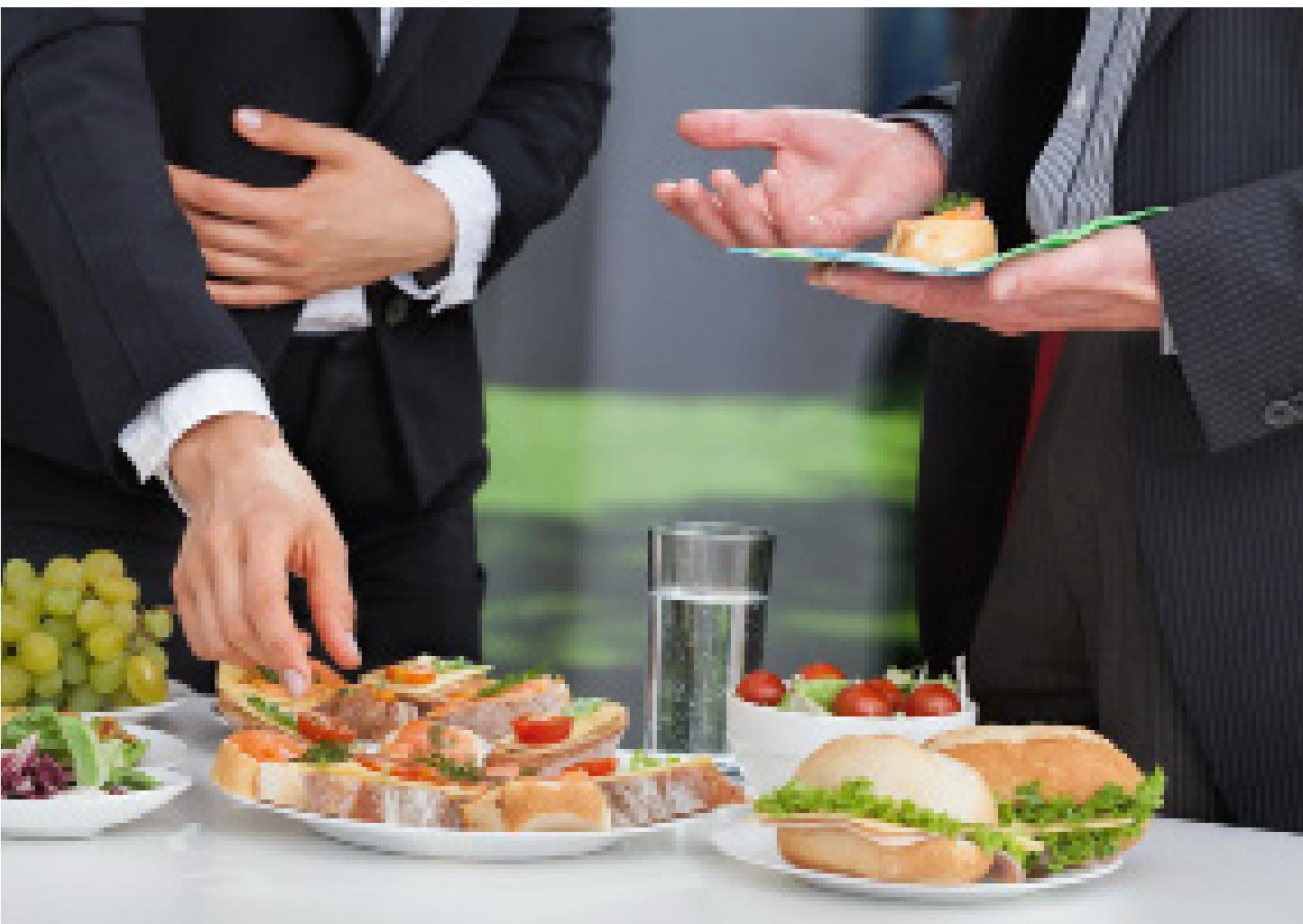


Breakfast & Lunch Menu



BREAKFAST

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 Classic

Scrambled eggs, country potatoes, 2 bacon, 2 pork breakfast sausage & mini croissant. Butter & jams
\$16.35

Farm Bagel

Bagel, egg, ham, spinach, tomato & cheese. With fresh fruit platter.
\$16.75

Beyond Breakfast

Gluten free Beyond 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

GF VEG

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



GF Gluten Free

VG Vegan

VEG Vegetarian



À LA CARTE

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

VEG

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

VEG

Pork Breakfast Sausage
(2pc)
\$2.85

Waffles
Includes whipped cream, butter, syrup & berry compote (2pc)
\$9.75

VEG

French Toast
Includes butter, syrup & berry compote (2pc)
\$10.95

VEG

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



OTHERS

Breakfast Parfait
Creamy yogurt layered with fresh berry compote & housemade granola
\$9.55

VEG

Simply Continental
Selection of house pastries, mini croissants, muffins, Danish & scones with fresh fruit salad, butter & jams
\$13.00

VEG

Add- Ons

Country Potatoes 3oz
\$4.35 GF

Fruit Platter
Pineapple, cantaloupe, honeydew, berries & orange
\$6.25 VG GF

Ham Slice 3oz
\$3.25 GF

Bacon (2 Slices)
\$3.25 GF

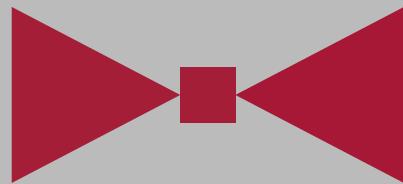
Melon Fruit Platter
Watermelon, cantaloupe & honeydew
\$2.50 VG GF

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

Scrambled Eggs (2pc) GF
\$2.50

HOT COMBINATIONS

Minimum order of 10 per meal



AAA Alberta Beef Dip^{6oz}
Freshly baked baguette, Au jus, Chefs signature salad
\$23.25

AAA Beef Short Rib^{6oz} **Medallion**
Includes creamy mashed potatoes & seasonal vegetables
\$29.65 GF

Butter Chicken^{6 oz}
Includes steamed basmati rice & naan bread
\$19.45

Lemon Grass Chicken ^{2 4oz}
chicken thigh skewers, Jasmin rice & vegetable stir-fry
20.70
GF

Baked Tilapia^{6oz}
with Lemon Butter Sauce.
Includes seasonal vegetables & rice
\$22.70
GF

Roast Pork Loin^{6oz}
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
Vegetarian Lasagna
with garlic bread
\$19.95
VEG





SANDWICHES

CLASSIC SANDWICH - \$13.25

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 Bun; with Swiss Cheese, Horseradish Aioli, Arugula & Caramelized Onion)	\$15.95
• Pastrami	(On Rye Bread; with Lettuce, Swiss Cheese, Russian Dressing & Sauerkraut)	\$13.00
• Chicken Salad	DF (On Sliced Bread; with Lettuce & Mayonnaise)	\$12.65
• Tuna Salad	(On Sliced Bread; with Lettuce & Mayonnaise)	\$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 - \$15.75

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 Tapenade & Mayonnaise)	\$18.85
• Roast Beef	(On an Onion Sub Bread; with Swiss Cheese, Horseradish Aioli, Arugula & Caramelized Onion)	\$15.95
• Grilled Selected Vegetables	VG (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)	• Cucumber & Boursin	VEG
• Roast beef	(+ Swiss Cheese & Horseradish Aioli)	• Tuna Salad	DF

GF

Gluten Free

VEG

Vegetarian

VG

Vegan

DF

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)
- Chicken Salad DF (+ Lettuce & Mayonnaise)
- Tuna Salad DF (+ Lettuce & Mayonnaise)
- Genoa Salami (+ Lettuce, Provolone Cheese & Mayonnaise)

BYO SANDWICH - \$12.25

MINIMUM ORDER OF 10

Selection of Sliced Bread, Sliced Meat, Sliced Cheese, Lettuce, Tomato, Pickle & Condiments



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

GF VG

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 seasonal pickled vegetables

\$4.25

GF VG

Garden Vegetable

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

\$4.75 GF

Fresh Fruit

Pineapple, cantaloupe, honeydew, berries & oranges

\$6.25

GF VG

Roasted Vegetable

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

\$4.35

GF

Gluten Free

VEG

Vegetarian

VG

Vegan

DF

Dairy Free



SOUP

VG

<<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

GF DF VG

- 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
- Coleslaw** (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) \$6.75
- Spinach & Pear** (Spinach Leaf, Pear, Goat Cheese, Walnut & Dressing) \$4.50
- Beet & Goat Cheese** (Arugula Leaf, Goat Cheese, Beet, Red Onion & Dressing) \$6.65

- Tabbouleh** (DF VG) (Couscous, Cucumber, Tomato, Onion, Parsley, Mint & Dressing) \$5.15
- Spinach & Berries** (GF VG) (Spinach Leaf, Raspberry, Strawberry, Blackberry, Blueberry, Almond & Dressing) \$4.95
- Pasta** (Short Pasta, Celery, Bell Pepper, Green Onion, Green Peas, Cheese and Dressing) \$4.35
- Caesar** (Romaine Lettuce, Bacon, Croutons, Parmesan Cheese & Dressing) \$6.15

GF

Gluten Free

VEG

Vegetarian

VG

Vegan

DF

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 tarts, bite-sized dainty cakes (2pc)

\$7.75

Fruit Skewer

Choice of plain, dusted with coconut or drizzled white & dark chocolate (1skewer)

GF **\$3.75**

Gluten Free Items

Brownie	Cookie
GF \$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 received 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 allergies, we cannot guarantee the items ordered are 100% free of noted food restrictions or allergies



GET IN TOUCH

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