

INDIVIDUAL BREAKFAST ITEMS













Only available to order for breakfast until 11 am.

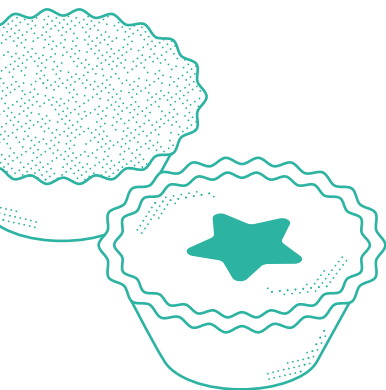
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| Breakfast Burrito scrambled eggs, black beans, red & green peppers, tangy cream cheese, shredded aged white cheddar and chopped salsa, wrapped in a tortilla | 6 /guest | |
| Egg & Cheddar Breakfast Sandwich scrambled egg patty stacked with a layer of sliced cheddar cheese on a toasted English muffin | 6 /guest | |

INDIVIDUALLY PORTIONED BREAK ITEMS

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|---|------------------------------|---|
| Vegetable with Ranch Dip Cups fresh, crunchy vegetables served with creamy ranch dip | 8 /guest |   |
| House-Made Chips with Chipotle Aioli lightly salted, house-fried chips served with chipotle aioli | 5 /guest |    |
| Fresh Fruit Cups each cup is loaded with a selection of seasonal fruits | 6 /guest Minimum 6 people |    |
| Yogurt and Granola Parfait Cups with Fruit Compote wholesome granola topped with a luscious seasonal fruit compote that adds a vibrant, tangy sweetness | 8 /guest Minimum 6 people |  |

BAKED GOODS

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| Half Dozen Assorted Freshly Baked Muffins fluffy, tender muffins in assorted flavours | 15 |  |
| Half Dozen Assorted Freshly Baked Cookies soft, chewy house-baked cookies in assorted flavours | 7.50 |  |
| Half Dozen Freshly Baked Plain Croissants buttery croissants baked to flaky golden perfection | 16 |  |
| Chocolate Coconut Energy Balls bite-sized, gluten-free treats packed with nutrition and perfect for a quick, healthy snack | 3 Set of 2 |     |
| Chocolate Hazelnut Loaf gluten-free loaf made with premium cocoa powder and toasted hazelnuts | 4 |    |
| Almond Sticky Bun soft, buttery buns with sweet caramel glaze and sliced almonds | 3.25 |   |



 gluten friendly  dairy free  vegetarian  contains nuts

All pricing subject to change. All orders will be subject to a 15% catering fee & GST.
Late orders will be subject to a 20% late fee.

SHAREABLE PLATTERS

Seasonal Vegetables with Red Pepper Hummus and Fried Pita Chips

seasonal vegetables, red pepper hummus and fried pita chips

14 /guest
Minimum 10
people



Chef-Selected Charcuterie and Fine Cheeses

served with marinated olives, pickles, fresh baked baguette and crackers

16 /guest
Minimum 10
people



Creamy Broccoli Salad

pickled red onions, dried cranberries, sunflower seeds, carrots and white cheddar

10 /guest
Minimum 10
people



Mixed Greens Salad

red pepper, shredded carrot, cucumber, tomatoes and sweet shoyu vinaigrette

10 /guest
Minimum 10
people



Kale Caesar Salad

garlic croutons, oven-dried tomatoes and Parmesan vinaigrette

10 /guest
Minimum 10
people



Seasonal Fresh Fruit Platter

a selection of seasonal fruits

6 /guest
Minimum 10
people



Pan Pizza - Mozzarella & Parmesan Cheese Pizza

half sheet pan pizza (12 pieces) with a golden crust, loaded with a delicious blend of melted cheese

38 /half pan



Pan Pizza - Pepperoni & Mozzarella Pizza

half sheet pan pizza (12 pieces) with juicy slices of spicy pepperoni and melted mozzarella cheese

38 /half pan

Assorted Sandwich Platter

15 /guest
Minimum 10
people

- **Roasted Turkey** cranberry aioli, lettuce, tomato, Brie on sourdough
- **Muffuletta** cured salumi, provolone, olive tapenade on house-made focaccia
- **Montreal Smoked Meat** tender slices of Montreal smoked meat, grainy mustard aioli, arugula on marble rye bread
- **Tuna Salad** tuna, capers, green onion, celery, artisan greens, fresh herb aioli on multigrain bread
- **Egg Salad** eggs, pickles, fresh dill, iceberg lettuce on a Kaiser bun
- **Chickpea Salad** artisan greens, tomato, aged white cheddar on ciabatta

May include a variety of the following choices based on availability.

GF available on request














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INDIVIDUAL LUNCHES

Add grilled chicken, beef or lemongrass pork - \$5
Add ahi tuna steak - \$7
Add bacon - \$3

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| <p>Bánh Mì Rice Bowl roasted lemongrass pork, pickled carrots, cucumber, iceberg lettuce, pickled onions, peanuts, lemongrass sauce, green onions and sriracha aioli, served on white rice <i>Nuts served on the side. GF on Request</i></p> | 17 |   |
| <p>Alberta Beef Bowl AAA Alberta slow-roasted beef, bim sauce, shredded carrots and lettuce, pickled red cabbage, sautéed onions, chives and sesame seeds, served on white rice</p> | 16 |  |
| <p>Ahi Tuna Poke Bowl grilled ahi tuna, carrots, roasted yams, pickled red cabbage, green onions, iceberg lettuce, avocado, sriracha aioli, soy sauce, sesame seeds and radish, served on white rice</p> | 20 |  |
| <p>Grape and Walnut cranberries, grapes, candied walnuts, cheddar cheese, cucumber, served on heritage greens with creamy apple cider vinaigrette <i>Add Protein Recommended. DF on request</i></p> | 14 |    |
| <p>Roasted Beet and Brussels Sprouts roasted beets, Brussels Sprouts, toasted hazelnuts, goat cheese, roasted yams, sriracha pumpkin seeds, served on heritage greens with hazelnut maple vinaigrette <i>Add Protein Recommended. DF on request</i></p> | 14 |    |
| <p>Pork Bánh Mì lemongrass pork, pickled carrots and onions, cucumber, cheddar cheese, garlic onion sauce, sriracha aioli, cilantro and crushed peanuts <i>Nuts served on the side. GF on Request</i></p> | 15 |  |
| <p>Turkey Cranberry Brie Sandwich roasted turkey breast, cranberry sauce, melted Brie cheese and fresh arugula, served on buttered Filone bread <i>GF on request</i></p> | 15 | |
| <p>BLT crispy bacon strips, fresh herb aioli, lettuce and tomato, served on buttered multigrain bread <i>GF on request</i></p> | 12 | |
| <p>Loaded Potato Soup Yukon Gold potatoes, bacon bits, heavy cream, butter, leeks and green onions, served with fresh baked focaccia bread <i>GF on Request</i></p> | 7 | |
| <p>BFK Chili canola oil, ground beef, onion, garlic, tomatoes, chickpea, black beans, kidney beans, corn, cornmeal, chili powder, garlic powder, salt, peppercorn, oregano, thyme, mustard powder, cumin, cilantro, lime juice, honey and chipotle peppers <i>DF and GF on request</i></p> | 10 | |

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Catering Menu

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| COLD BEVERAGES | Grapefruit Bubly Sparkling Water | 2 |
| | Blackberry Bubly Sparkling Water | 2 |
| | Lime Bubly Sparkling Water | 2 |
| | Blood Orange Flavoured San Pellegrino | 2.75 |
| | Lemon Flavoured San Pellegrino | 2.75 |
| | Bottled Water | 1.50 |
| | Sparkling Water | 2.75 |
| | Coke | 3.50 |
| | Diet Coke | 3.50 |
| | Pepsi | 3.50 |
| | Diet Pepsi | 3.50 |
| | Pure Leaf Iced Tea | 4.50 |
| Apple Juice | 1.75 | |

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| HOT BEVERAGES | Coffee & Tea Service regular coffee, hot water, assorted tea, cream, sugar, disposable cups, lids, stir sticks (dairy alternatives available on request) | 5 /guest Minimum 10 people |
| | Decaffeinated Coffee | 5 / guest Minimum 10 people |
| | Coffee Refresh half carafe of coffee refill and hot water only (must have already purchased coffee service) | 2.5 /guest |

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| ADDITIONAL REQUIREMENTS | Butter Pods | .25 /guest |
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