Ordering Guidelines

Ordering Lead Time
Please place your order at least two working days prior to your event. We will make every effort to accommodate last minute requests, but this lead time is necessary to ensure that fresh ingredients and adequate staff are available. Orders must be confirmed the day before the scheduled event.

Cancellations
We realize that emergency cancellations do occur and we’ll do our best to avoid any cancellation charges. If an order is cancelled at least 24 hours in advance, we can usually avoid any charges except for specialty ordered food products or prepared foods that cannot otherwise be utilized.

Hours
Prices quoted are for services during our normal business hours of 7am – 3pm. Arrangements can also be made for catering after hours.

Pricing
Unless otherwise specified, all catering orders have a minimum of 8 guests. Orders are served on reusable catering platters. China, linens, flowers, decorations, wait staff and other custom services are also available at an additional charge, which will be quoted separately. Any unreturned catering equipment will be billed to the requesting party at full cost.

Clean Up
Clean up is not included in the pricing for orders delivered on our reusable catering ware. If requested at the time of order, clean up services can be provided at an additional cost. Orders that specify china service will have clean up included on the bill.

Billing
All catering orders will be billed and require payment within 30 business days. Credit card orders will be processed on the day of the event but will be pre-authorized once an order is placed.

Balanced Choices®
Our Balanced Choice symbol identifies our healthy eating selection.
Breakfast priced per person

**Simply Continental**
Freshly baked assorted breakfast pastries including danish, muffins, all butter croissants, and cinnamon buns served with a selection of butter, jams and jellies.

**Breakfast Bagel Bar**
A classic selection of bagels served with a variety of cream cheese, butter, jams and jellies.

**Baker’s Minis**
The same great continental favourites in bite size varieties. Served with butter, jams and jellies.

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**Mini Breakfast Bites**
A variety of breakfast sandwich like peameal & cheddar and cream cheese & jam served on mini croissants, bagels and rolls. Ask us about our complete selection.

**Fresh Fruit Parfait**
Fresh seasonal fruit salad served in individual parfait cups.

**Yogurt & Berry Parfait**
Layers of creamy, low fat vanilla yogurt and seasonal berries served in individual parfait cups.

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Hot Breakfast and more priced per person

**Mexican Breakfast Burritos**
Flour tortillas wrapped around scrambled eggs, salsa, green onion, potato bites and cheese.

**Garden Quiche Selection**
Freshly made miniature quiches with your choice of fillings; florentine, mushroom & swiss or broccoli & cheddar.

**The Day Starter**
The classic breakfast! Scrambled eggs, crisp bacon, smoky sausage and hash browns.

**Smoked Salmon & Bagel Selection**
A selection of bagels served with smoked salmon, red onion, capers and cream cheese.

**Breakfast Boxes** priced per box
Individual breakfasts served in a handy take away box. Add fresh fruit juices or coffee to your breakfast box. Choose from the following assortments:

**European Breakfast Box**
An individual portion of cheddar cheese, a crusty roll and fresh fruit salad. Served with butter and jam.

**Fresh Start Box**
A piece of whole fresh fruit, an individual yogurt and a freshly baked muffin.

**Executive Breakfast Box**
Choose from one of our mini breakfast bites, bakers mini and fresh fruit salad.
**Lunch**  
**Classic Collection**  
A classic selection of sandwich fillings served on a variety of fresh breads and rolls. Choose from fillings that include turkey breast & cranberry aioli, black forest ham & swiss, hummus & veggies or roast beef & horseradish. Ask us about our complete selection.

Price: $5.99

**Sandwich Minis**  
Mini Croissants, bagels, pitas and rolls filled with curried egg salad, roast beef & dijon mustard, hummus & carrot, Canadian cheddar and mango chutney, ham & swiss and tuna salad are our recommended choices.

Price: $3.99

**Gourmet Selection**  
A selection of gourmet sandwich fillings served on fresh artisan breads and rolls. Choose from fillings that include southwest chicken club, curried egg salad or black pepper strip loin with baby spinach & honey mustard. Ask us about our complete selection.

Price: $8.49

**It's a Wrap**  
Flour tortillas wrapped around a variety of fillings from our Gourmet Collection.

Price: $8.49

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**Individual Lunch Boxes**  
**Classic Lunch Box**  
A tasty sandwich from our classic collection, served with a bag of potato chips, fresh baked gourmet cookie and a piece of whole fruit.

Price: $9.49

**Gourmet Lunch Box**  
A sandwich from our gourmet collection, served with a bag of potato chips, fresh baked gourmet cookie, and a piece of whole fruit.

Price: $11.49

**It's a Wrap Lunch Box**  
A sandwich wrap with one of our gourmet fillings, served with a decadent chocolate brownie and a piece of whole fruit.

Price: $8.49

**Healthy Lunch**  
A balanced choice sandwich mini served with carrot sticks and fresh fruit salad.

Price: $9.99

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**Soups**  
**From our Crock Pot**  
Classic stock and cream soups in a variety of flavours. Ask us for available varieties.

Price: $3.49

**Soup and Sandwich Combo**  
Choose one of our varieties of soup and one of our sandwich collections:
Cassic Collection • Sandwich Minis • Gourmet Collection • It's a wrap

Price: $6.49 to $11.49

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**Perfect Accompaniments**

- **Field Greens Salad**  
  Price: $2.99

- **Red Bliss Potato Salad**  
  Price: $1.99

- **Crudités & Dip**  
  Price: $2.99
Salads priced per person

**Simply Caesar** 3.49
Crisp romaine tossed in a creamy Caesar dressing topped with bacon, parmesan cheese and crisp croutons.

**Field Greens** 2.99
Fresh greens, radish, tomato, cucumber and your choice of dressing.

**Baby Spinach and Sweet Mandarin Orange** 4.99
Baby spinach leaves tossed with sweet mandarin oranges, toasted almonds and crispy noodles.

**Greek Mykonos** 4.49
A combination of romaine and iceberg lettuce with green peppers, cucumbers, black olives, tomato and garnished with feta cheese and tossed in a Greek feta dressing.

Why Not Add
- Grilled Chicken Breast 3.99
- Shrimp 4.99
- Salmon 3.99
- Grilled Vegetables 3.49

More than Just Lettuce priced per person

**Tuscan Bread Salad** 4.99
Romaine lettuce, diced tomato, fresh basil, red onion, sweet peppers and cucumbers garnished with Italian bread crumbs and tossed in a balsamic vinaigrette.

**Szechwan Beef Salad** 5.49
Tender Szechwan beef tossed with spicy noodles, green beans and carrots with a zesty oriental dressing.

**Spicy Grilled Vegetables with Feta Cheese** 6.99
Eggplant, zucchini, peppers and onions brushed with a savoury oregano dressing and garnished with feta cheese and thyme.

**Asian Slaw** 1.99
A combination of Napa cabbage, carrots, red onion and red peppers tossed in a sesame Thai dressing and topped with fresh lime wedges, cilantro and sesame seeds.

**Red Bliss Potato Salad** 1.99
Mini red potatoes, tossed with red onion, celery, parsley, and hard boiled eggs and dressed with a honey dijon dressing.

**Red Pepper Pesto Pasta Salad** 3.49
Fusilli pasta mixed with broccoli florets, sun dried tomato and red peppers tossed in a red pepper pesto sauce and topped with toasted pine nuts.

**Individual Salads**
All salads are available as individual portions, served with a freshly baked cookie and a piece of whole fruit. Ask us for details.
Pizzeria Pizza

Priced per person 1 slice w/salad
(16” pizza, cut into 8 slices)

Traditional style pizza with hearty tomato sauce and topped with melted mozzarella cheese. Your choice from three varieties:

- **Pepperoni** 4.99
  Loaded with pepperoni.

- **Vegetarian** 4.99
  Topped with an assortment of veggies.

- **Three Cheese** 4.99
  Loaded with mozzarella, parmesan and cheddar.

**Create your own Pizza**

Want to create your own pizza? Ask us what sizes and toppings are available.

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**Hot Entrees** priced per person

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td><strong>Lasagna</strong></td>
<td>10.49</td>
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<tr>
<td>Lasagna noodles layered with hearty beef tomato sauce and ricotta, topped with melted mozzarella cheese. Served with a classic Caesar salad and toasted garlic bread.</td>
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<tr>
<td><strong>Spinach Cannelloni</strong></td>
<td>10.49</td>
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<td>Cheese and spinach stuffed pasta served with a garden salad and garlic bread.</td>
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<tr>
<td><strong>Chicken Souvlaki</strong></td>
<td>11.49</td>
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<td>Marinated, tender chicken, grilled and served with rice pilaf and Greek salad.</td>
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<tr>
<td><strong>Beef or Chicken Stew</strong></td>
<td>6.99</td>
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<td>Traditional and hearty stew made with your choice of beef or chicken served with buttery mashed potatoes.</td>
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<tr>
<td><strong>Klondike Chili</strong></td>
<td>5.49</td>
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<tr>
<td>Hearty beef chili cooked and spiced to perfection and topped with cheddar cheese and served with garlic toast.</td>
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Break and Snack Trays

**Simply Fruit**
Sliced seasonal fruit served with creamy vanilla dip.
3.49

**Executive Fruit**
Sliced seasonal fruit including kiwi and pineapple and served with a creamy vanilla dip.
5.49

**Crudité**
A selection of garden vegetables served with creamy ranch dip.
2.99

**Canadian Cheese Collection**
A selection of popular Canadian cheeses including cheddar, swiss and marble. Served with an assortment of crackers and garnished with grapes.
4.49

**International Cheese Collection**
A selection of popular domestic and international cheeses, including cheddar, swiss, havarti, feta, brie, blue cheese and herbed goat cheese. Served with assorted crackers and toasted crustini and garnished with grapes.
4.99

Cold Appetizers priced per person

**European Antipasto**
A selection of roasted vegetables, Greek olives, artichokes, prosciutto, salami, provolone, and crumbled feta. Served with grilled pita.
5.49

**Sushi**
A variety of favourites including nigiri (Shrimp and Smoked Salmon) and rolls (Regular, Spicy and Green Curry California Rolls, Green Garden and Spicy Shrimp and Pear). All choices are served with pickled ginger, wasabi and soy sauce. Selection may vary by region.
10.49

**Mexican Madness**
Tri-coloured tortilla chips served with tangy salsa, sour cream and fresh guacamole.
2.49

**Mediterranean Flatbreads and Dips**
Grilled flatbreads and pita served with garlic hummus, baba ganoush and tzatziki.
9.99

Hot Appetizers priced per person

Choose from the following appetizers to create your own personalized platter:

- Assorted seafood appetizers, vegetable canapés, spanakopita, egg rolls, pot stickers, vegetarian spring rolls, mozzarella sticks, sausage rolls. Ask us about more varieties. Selections may vary by region.
6.49
Desserts priced per person

**Death by Chocolate**
A selection of decadent chocolate treats like brownies and chocolate éclairs.

**Cookie Indulgence**
An assortment of freshly baked gourmet cookies, including varieties like chocolate chunk, white chocolate macadamia, oatmeal raisin and more.

**Sweet Temptations**
A selection of our fresh baked cookies, decadent brownies and dessert bars.

**A is for Apple**
Freshly sliced apples with a caramel dipping sauce, served with coffee cake.

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Beverages

Freshly brewed gourmet coffee
Orange pekoe tea
A selection of herbal teas
Hot chocolate
Tropicana fruit juices
Assorted fruit juices
Soft drinks
Bottled water
Milk

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Let them Eat Cake

**Celebration Cakes**
A variety of cakes in various sizes and flavours decorated or customized for your special occasion.

**Let them Eat Cupcakes**
Chocolate or Vanilla iced cupcakes. Can be decorated upon request for your special occasion.

Please ask us how we can help with your celebration.