



# CATERING MENU

TO ORDER PLEASE EMAIL  
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6465 Millcreek Dr, Mississauga, ON L5N 5R3

## BOXED MEALS

### SANDWICH BOX 19.95

Build your own! Choose one sandwich, one dessert, and one beverage. Minimum 5 orders.

CHOICE OF SANDWICH (served with side green salad):

**Tuna Conserva:** Roasted grape tomatoes, pickled red onions, pea sprouts on multigrain

Ⓢ **Egg Salad:** Cumin roasted carrots, pea sprouts on multigrain

**Stacked B.B.L.T (+2.00):** Peameal bacon, bacon, Swiss cheese, tomato, arugula, garlic mayo on sourdough

**Balsamic Chicken Caesar (+2.00):** Grilled chicken, shaved Parmesan, romaine, classic garlic dressing, Modena balsamic glaze folded in a flatbread

**Peameal Ham & Swiss (+1.50):** Dijon mustard, mayonnaise, dill pickles on ciabatta

Ⓢ **Balsamic Grilled Veggie (+2.00):** Hummus, zucchini, sweet red peppers, cumin roasted carrots, greens, Modena balsamic glaze folded in a flatbread

**Chicken Avocado (+3.00):** Grilled chicken, avocado mash, roasted red peppers, bacon, arugula, garlic mayo on a bun

**Harvest Turkey (+3.00):** Oven roasted turkey breast, Swiss cheese, pea sprouts, crisp apple & cabbage slaw, mayonnaise on rye

CHOICE OF DESSERT:

Cookie, Bar, Brownie, or Tart

CHOICE OF BEVERAGE:

Pop or Water

### SALADS / GRAIN BOWLS 17.95

Build your own! Choose one salad, one dessert, and one beverage. Minimum 5 orders.

ADD PROTEIN:

hard-boiled egg +1.95 | egg salad +3.45 | chicken +6.45 |  
tuna salad +3.45 | smoked salmon +6.95

CHOICE OF SALAD:

**Caesar:** Romaine, croutons, shaved Parmesan, cracked peppercorn, classic garlic dressing

Ⓢ Ⓢ **Fresh Field Greens Salad:** Mixed lettuce, pickled red onions, cucumbers, roasted peppers, grape tomatoes, Modena balsamic vinaigrette

Ⓢ Ⓢ **Mediterranean Salad (+1.75):** Grape tomatoes, roasted red peppers, cucumbers, Kalamata olives, romaine, feta, herbed white balsamic vinaigrette

Ⓢ Ⓢ **Arugula & Kale Salad (+2.00):** Feta, pickled red onions, sundried tomatoes, pumpkin seeds, Modena balsamic vinaigrette

Ⓢ **California Dreamin' Salad (+2.50):** Arugula & spinach, avocado mash, goat cheese, almonds, grape tomatoes, watermelon radish, avocado dressing

Ⓢ **Rustic Rice & Legumes Bowl (+2.00):** Brown rice, chickpeas, black beans, grilled corn, roasted beets, cucumbers, sunflower seeds, chia, avocado dressing

Ⓢ Ⓢ **Citrus Quinoa Bowl (+2.00):** Kale & arugula, roasted sweet potatoes, pickled red onions, pumpkin seeds, cranberries, flax, pea sprouts, citrus dressing

CHOICE OF DESSERT:

Cookie, Bar, Brownie or Tart

CHOICE OF BEVERAGE:

Pop or Water

Please allow a 48-hour notice for orders. We will try our best to accommodate orders placed outside of this timeframe. Cancellations must be made at least 48 hours in advance to avoid a 50% charge. Cancellations within 24 hours will be charged in full. Disposable serving plates, utensils are available upon request. Delivery is available for an additional charge. Prices are subject to change without notice.

Ⓢ Vegetarian Ⓢ Vegan Ⓢ Gluten Friendly



## BREAKFAST

<b>V</b> <b>Homemade Bagels &amp; Spreads</b> Bagels: Original, Sesame, Multigrain, Cinnamon Raisin, Cheddar, Works Assorted Cream Cheese	<i>feeds 5</i> 24.95	<i>feeds 10</i> 49.95
<b>V</b> <b>Viennoiserie</b> Assorted Patisserie, Croissants, Danishes, etc...	35.00	70.00
<b>V</b> <b>Surprise Breakfast Platter</b> An assortment of daily breakfast baked goods	32.95	65.95
<b>Assorted Breakfast Bagel Sandwiches</b> Egg Bacon Cheddar   Egg Peameal Swiss   <b>V</b> Egg Vegetarian	49.75	98.50
<b>V</b> <b>Greek Yogurt &amp; Berries</b> (minimum 5 orders) Fruit compote, Greek yogurt, granola, flax, chia, drizzled honey	7.95ea.	
<b>Coffee Urn (stainless steel)</b> (serves 8-12) Includes: cream, milk,, sugar, sweetener	26.95	

## BAGEL TARTINE (minimum. 5 orders)

**Handcrafted Buka Maranga bagel served open faced** 15.95ea.

Choice of:

**VG** **Avocado**  
House-made pickled red onions, scallion, chili flakes, watermelon radish, sea salt, cracked peppercorn, olive oil

**Lox**

Smoked salmon, cream cheese, sriracha aioli, capers, pickled red onions, scallion, everything bagel spice

**VG** **Hummus**  
Fire roasted grape tomatoes, Kalamata olives, fresh herbs, za'atar, olive oil

**Tuna Conserva**

Roasted grape tomatoes, house-blended tuna salad, pickled red onions, pea sprouts

**V** **Egg Salad**  
Cumin roasted carrots, pea sprouts

## PLATTERS

<b>GF VG</b> <b>Fresh Cut Veggies &amp; Hummus</b>	<i>feeds 10</i> 68.95
<b>GF VG</b> <b>Grilled Veggies</b>	89.50
<b>Antipasti</b>	120.50
<b>V</b> <b>Cheese &amp; Crisps</b>	78.95
<b>Desserts</b> (bars, squares, cakes, tarts)	44.95
<b>Assorted Cookies</b>	44.95
<b>GF VG</b> <b>Fresh Cut Fruit</b>	88.95
<b>Flatbread</b> (Daily Features)	79.00
<b>Homemade Soups</b> (Daily Features)	6.95ea.

## ADD ONS

<b>Pop</b>	2.50	<b>Assorted Bars</b>	4.95
<b>Water</b>	2.50	<b>Cookie</b>	2.75
<b>Sparkling water</b>	3.95	<b>Brownie</b>	4.95
<b>Juice</b>	3.50	<b>Pecan Butter Tart</b>	3.95
<b>Coffee Urn (stainless steel)</b> (serves 8-12)	26.95	<b>Fruit Cup</b>	7.95
		<b>Fresh Cut Veggies &amp; Dip</b>	6.95
		<b>Side Green/ Caesar Salad</b>	6.25

## SANDWICHES

### Sandwich Platter

*feeds 5* 74.50 *feeds 10* 149.00

Assortment of:

**Peameal Ham & Swiss:** Dijon mustard, mayonnaise, dill pickles on a bun

**Balsamic Chicken Caesar:** Grilled chicken, shaved Parmesan, romaine, classic garlic dressing, Modena balsamic glaze folded in a flatbread

**Tuna Salad:** Roasted cherry tomatoes, pickled red onions, pea sprouts on multigrain

**V** **Egg Salad:** Cumin roasted carrots, pea sprouts on multigrain

### Deluxe Sandwich Platter

*feeds 5* 84.50 *feeds 10* 169.00

Assortment of:

**Chicken Avocado:** Grilled chicken, avocado, roasted red pepper, bacon, arugula, garlic mayo on a bun

**Harvest Turkey:** Oven roasted turkey breast, Swiss cheese, pea sprouts, crisp apple & cabbage slaw, mayonnaise on rye

**VG** **Balsamic Grilled Veggie:** Hummus, zucchini, sweet red peppers, cumin roasted carrots, greens, Modena balsamic glaze folded in a flatbread

**Stacked B.B.L.T:** Peameal bacon, bacon, Swiss cheese, tomato, arugula, garlic mayo, on sourdough

## SALADS & GRAIN BOWLS

*Make it a meal!*

**add chicken** (Feeds 5) \$32.25 (Feeds 10) \$64.50

<b>GF VG</b> <b>Fresh Field Greens Salad</b>	<i>feeds 5</i> 49.95	<i>feeds 10</i> 89.95
Mixed lettuce, pickled red onions, cucumbers, roasted peppers, carrots, beets, Modena balsamic vinaigrette		
<b>Classic Caesar Salad</b>	49.95	89.95
Romaine, croutons, shaved Parmesan, cracked peppercorn, classic garlic dressing		
<b>GF V</b> <b>Mediterranean Salad</b>	52.45	94.95
Grape tomatoes, roasted red peppers, cucumbers, Kalamata olives, romaine, feta, herbed white balsamic vinaigrette		
<b>GF V</b> <b>Arugula &amp; Kale Salad</b>	54.95	98.95
Sundried tomatoes, pumpkin seeds, feta, pickled red onions, Modena balsamic vinaigrette		
<b>GF</b> <b>California Dreamin' Salad</b>	59.95	108.95
Arugula & spinach, avocado, goat cheese, almonds, grape tomatoes, watermelon radish, avocado dressing		
<b>GF</b> <b>Rustic Rice &amp; Legumes Bowl</b>	69.75	126.00
Brown rice, chickpeas, black beans, corn, beets, cucumbers, carrots, watermelon radish, sunflower seeds, chia seeds, avocado dressing		
<b>GF VG</b> <b>Citrus Quinoa Bowl</b>	69.75	126.00
Kale & arugula, roasted sweet potatoes, pickled red onions, pumpkin seeds, cranberries, flax, pea sprouts, citrus dressing		