

Catering by:



Breakfast Selections

The Continental

Selection of Chilled Fruit juices
Muffins, Danish, Croissants
Butter & Preserves
Freshly Brewed Coffee & Tea

(Minimum of 5 guests is required)

Uptown Continental

Selection of Chilled Fruit Juices
Muffins, Danish, Croissants
Sliced Fresh Seasonal Fruit
Assorted Individual Yogurts
Freshly Brewed Coffee & Tea

(Minimum of 5 guests is required)

À La Carte Selections

Freshly Brewed Coffee or Tea
Bottled Water
Bottled Juice
Milk (skim, 2% or chocolate)
Yogurt Granola Parfait
Fresh Whole Fruit by the piece

Gourmet Cookie
Freshly Baked Muffin
Danish
Scones
Individual 150 gm yogurt

Lunch Selections

The Traditional Lunch

White and Whole Wheat sandwiches with mayo and lettuce

(Varieties include: Tuna Salad, Egg Salad, Turkey Breast, Roast Beef, Chicken Salad, Ham & Cheese, or Tomato & Cucumber with Cheese)

Selection of gourmet cookies and dessert squares

Assorted chilled juices, soft drinks and bottled water

Freshly brewed coffee & tea

(Minimum of 8 guests is required)

The First Class Lunch

A wonderful variety of sandwiches served on a selection of specialty breads, rolls, and wraps filled with a selection of chicken salad, turkey breast, roast beef, egg salad, tuna salad, roasted vegetables, and cream cheese with tomato and cucumber.

Seasonal fresh vegetables with creamy peppercorn dip

Domestic cheese tray with crackers

Sliced seasonal fresh fruit

Assorted squares and gourmet cookies

Chilled juices, soft drinks and bottled water

Freshly brewed coffee & tea

(Minimum of 8 guests is required)

Daily Lunch Special (Order by 10am, Served at 11:30am)

Hot or Cold Entrée from Daily Menu (Menu posted outside Grab & Go window)

Two sides of the day

Dessert of the day or two cookies

Choice of beverage (Water, juice, soda)

ALa Carte Sandwich Selections

A wonderful variety of sandwiches served on a selection of specialty breads, rolls, and wraps filled with a selection of curried chicken salad, turkey breast, roast beef, egg salad, tuna salad, roasted vegetables, and cream cheese with tomato and cucumber.

(Gluten free sandwiches available for an additional charge)

Add to Your Lunch

Mixed Garden Greens - Selection of romaine lettuce and field greens, shredded carrots, cucumber slices, and red pepper slices. Served with a variety of creamy and vinaigrette dressings.

Caesar Salad - Crisp romaine lettuce, bacon bits, home style croutons, Shredded parmesan cheese and lemon wedges. Served with creamy Caesar dressing.

Spinach Salad - Tender baby spinach, crisp bacon, red onions, hardboiled egg slices, and pecans served with creamy ranch dressing.

Classic Greek Salad - Crisp romaine lettuce, cucumber slices, grape tomatoes, red onions, olives and creamy feta cheese served with classic Greek vinaigrette.

Chef's Soup of the Day - Try today's selection of homemade soup prepared daily and served piping hot alongside saltines or melba toast crackers.

Pizza

(Prices listed are per pizza)
(Pizzas are 16 inches and cut into 8/10 slices)

Basic Cheese Pizza - (Tomato sauce, mozzarella and cheddar cheese)

Hawaiian Pizza - (Tomato sauce, smoked ham with pineapple tidbits, and mozzarella cheese)

Meat Lovers Pizza - (Tomato sauce, pepperoni, sausage, bacon, and mozzarella cheese)

Vegetarian Pizza - (Tomato sauce, grilled vegetables, feta, and mozzarella cheese)

The Works Pizza - (Tomato sauce, pepperoni, sausage, mushrooms, bell peppers, and mozzarella Cheese)

Afternoon Break Features

Afternoon Sweet Break

Selection of home style squares, gourmet cookies and mini fruit/butter tarts

Fresh Fruit Platter

Freshly brewed coffee & tea

Bottled water

(Minimum of 5 guests required)

Protein Pick Me Up

Domestic cheese and fruit tray with assorted crackers

Hummus with pita triangles

Sweet & Savoury trail mix

Bottled water

(Minimum of 5 guests required)

Dinner Selections

Three Course Meal

Garden Salad or Salad of the day (with choice of dressing)

Hot Entrée's selection of the day

Mashed Potato, Rice or starch of the day

Fresh Steamed Vegetables

Dinner Rolls

Gourmet Dessert Squares

Tea & Coffee

(Minimum of 8 guests is required)

***Contact the Chef Manager about upcoming dinner selections

Ordering

Please order 48-72 hours in advance of required catering date.

HST (13%) applies to all caterings.

Please note Celebratory cakes are available in half or full slabs with 7 days advance notice, and pricing to be determined at time of order.

To inquire about an order please contact the Sodexo Chef Manager:

Keir Roy

Email: Keir.Roy@sodexo.com

Phone: (613) 544-4525 x160