



# Breakfast Wenu

# LIGHT BREAKFAST MENU

Selection of Fresh Cut Fruits & Berries Freshly Brewed Illy Coffee & Crafted Fine Tea \$13.95 per person

#### CONTINENTAL BREAKFAST MENU

Selection of Fresh Cut Fruit & Berries
The Bakery Assortment of Freshly Baked:
Mini Danish Pastries | Croissants | Muffins
Served with Imported Preserves & Dairy Fresh Butter
Freshly Brewed Illy Coffee & Crafted Fine Tea
\$17.50 per person

#### INTERNATIONAL BREAKFAST MENU

Selection of Fresh Cut Fruit and
Scrambled Eggs - Fluffy Eggs served with:
Sausages | Bacon | Ham (choose two)
Home Style Hash Brown Potatoes | Tomatoes | Mushrooms
The Bakery Assortment of Freshly Baked:
Mini Danish Pastries | Croissants | Muffins | White or Whole Wheat Toast
Served with Imported Preserves & Dairy Fresh Butter
Freshly Brewed Illy Coffee & Crafted Fine Tea
\$24.75 per person

#### AVAILABLE UPON REQUEST

Bottled Juices | Soda | Mineral Waters | Decaffeinated Coffee

#### PLEASE NOTE:

- Please place your order by 12pm the day before or by Friday 12pm for Monday Delivery & Pick up \$30.00. Please enquire for more details
  - \$15.00 fee for each chafing dish including heating fuel
  - Eco-friendly disposable fee of \$2.50 pp (coffee cups, cutleries and plates)
- There is an additional \$60 labour surcharge for orders delivered before 7:45am



Soup Selection

\$7.95 (16oz)

Butternut Squash and Carrot Soup (Gluten and Dairy Free)
Creamy Noodle Soup with Organic Chicken (Gluten Free but Contain Dairy)
Split Green Pea Soup with Organic Chicken (Gluten Free)
Vegetable Soup (Gluten Free and Dairy Free)

# **BREAD**

Garlic Bread ~ \$2.75 Slice of Organic Multi-Grain Bread ~ \$2.50

Homemade Pies & More

Beef & Mushroom Pie | \$7.25 Chicken & Leek Pie | \$7.25 Chicken Curry Puff | \$7.25



Signature Sandwiches

#### CURRIED CHICKEN

Curry Chicken Salad, Lettuce, Tomato on Multigrain Bread

#### **GRILLED CHICKEN PESTO**

Grilled Chicken Pesto Panini, Lettuce, Mozzarella & Tomato on Classic Italian Bread

# GRILLED CHICKEN CAESAR

Grilled Chicken, Romaine Lettuce, Croutons, Parmesan Cheese, Caesar Dressing, Spinach Wrap

#### HAM & CHEESE SANDWICH

Ham, Cheddar Cheese, Lettuce, Tomato & Mayonnaise on Sourdough

#### SMOKED TURKEY & CHEESE

Smoked Turkey, Swiss Cheese, Lettuce, Tomato, Honey Dijonnaise on Ciabatta Bread

#### TUNA SALAD SANDWICH

Tuna, Lettuce, Tomato, Mayonnaise on Classic Italian Bread

# BEYOND MEAT (MEATLESS BURGER)

with Avocado, Sautéed Onion, Lettuce, Tomato, Salsa & Jalapeño Mayo

#### **BRAISED BEEF WRAP**

Braised Beef with Pickled Onion, Cheddar Cheese, Lettuce, Tomato, and Taco Sauce.

Note: unfortunately, we don't do customized sandwiches



Create Jour Dwn Salad

#### STEP 1: CHOOSE YOUR LETTUCE

Romaine Hearts | Mesclun | Baby Spinach

#### STEP 2: CHOOSE YOUR PROTEIN

Albacore Tuna | Ham | Turkey Breast | Grilled Chicken | Teriyaki Chicken Organic Eggs | Quinoa | Curried Chicken Salad

# STEP 3: CHOOSE YOUR TOPPINGS

House Pasta Salad | Farro Salad | Organic Chickpeas Organic Red Kidney Beans
Kalamata Olives | Roasted Artichokes | Beets | Cherry Tomatoes Red Peppers
English Cucumber | Broccoli | Cauliflower | Local Carrots | Celery Fresh Mushrooms
Edamame | Avocado | Rainbow Slaw | Mango | Pineapple | Watermelon Shredded Cheddar
Swiss Cheese | Grated Parmesan | Feta Cheese | Baby Mozzarella Croutons | Wonton Chips
Brussel Sprouts

#### STEP 4: CHOOSE YOUR SEEDS | DRIED FRUIT

Flax Seeds | Sunflower Seeds | Chia Seeds | Pumpkin Seeds | Cranberries

#### STEP 5: CHOOSE YOUR DRESSING

House Caesar Dressing | Balsamic Dressing | Thousand Island Dressing | French Dressing Creamy Italian Dressing | Blue Cheese Dressing | Detox Dressing | Lemon Tahini Dressing Raspberry ~ Chia Dressing | Ginger Sesame Dressing | Mango Sesame Dressing Oil Free Avocado Dressing | Raspberry Vinaigrette | Honey Dijon Dressing | Ranch Dressing Mediterranean Dressing | Balsamic & Extra Virgin Olive Oil | Café 4 Special Dressing



Create Jour Dwn Pasta

\$16.95 per order \$18.95 no pasta

# STEP 1: CHOOSE YOUR HOMEMADE PASTA (max 1)

Conchiglia | Fettucine | Fusilli | Spinach Fusilli | Gluten Free Penne

### STEP 2: CHOOSE YOUR PROTEIN

Chicken | Italian Sausage | Shrimp | Turkey | Bacon | Ham | Tuna

# STEP 3: CHOOSE YOUR TOPPINGS

Mushrooms | Onions | Red Peppers | Chili Flakes | Sun-Dried Tomatoes | Cherry Tomatoes | Carrots | Broccoli | Spinach | Zucchini | Green Peas | Kalamata Olives | Roasted Artichokes | Corn | Grilled Vegetables | Chopped Scallions | Chopped Parsley | Parmesan Cheese

# STEP 4: CHOOSE YOUR SAUCE

Organic Tomato Sauce | Cream Sauce | Pink Sauce (Tomato-Cream Sauce)
Garlic & Oil Pesto | Oriental Sauce | Olive Oil Only | Bolognese Sauce
Vegan Bolognese Sauce



Build Jour Dwn Taco

# STEP I: CHOOSE YOUR TACO SHELLS (max I)

Tortilla Chips | Soft Tacos | Hard Taco Shells

## STEP 2: CHOOSE YOUR PROTEIN

Braised Chicken | Braised Beef

# STEP 3: CHOOSE YOUR TOPPINGS

#### **HOT TOPPINGS**

Mexican Rice | Black Bean Stew | Refried Beans Fajita Vegetables (Peppers, Onion & Zucchini)

# **COLD TOPPINGS**

Sweet Corn| Cherry Tomatoes| Lettuce |Onion| Shredded Cheese |Cilantro Cabbage Slaw | Pickled Onions| Pickled Jalapenos

# STEP 4: CHOOSE YOUR SAUCE OR SALSA-max I (\$1.50 for Extra)

Pico de Gallo | Taco Sauce | Roasted Tomato & Jalapeno Salsa | Sour Cream |

GUACAMOLE 20z. \$2.75