

### **Grab and go Catering**

Your back in the office, and need lunch catered? During this time of COVID 19 we have carefully thought of ways we can cater to a crowd. All items are individually portioned.

Prepared in a safe sanitized environment, while our staff are using gloves, masks, hairnets.

\*Minimum 5\*

#### **Breakfast:**

Individually portioned Fresh Fruit cup

Individually portioned muffins

Coffee / Tea

\$10.00

Whole Fruit

Individually portioned assorted bagels with individually portioned cream cheese

Coffee / Tea

\$12.00

Individually portioned Breakfast muffin (Egg, Bacon, Mayo, Lettuce and tomato)

Coffee / Tea

\$10.00

#### **Lunch:**

Classic Bagged Lunch: Assorted Sandwich or Wrap, Whole Fruit, Cookie, Beverage

\$12.00

Deluxe Bagged Lunch: Assorted Sandwich or Wrap, Mixed Green Salad, Balsamic Dressing, Cookie, Beverage \$16.00

Soup of the Day

Assorted individually wrapped Sandwich or wrap

Individually wrapped cookie

Beverage

\$13.00

**Hot and Ready meals: (all below are individually portioned)**

Beef chili with rice, and fresh bannock \$10.00

Vegan chili with rice and fresh bannock \$10.00

Mac and Cheese with Bacon \$12.00

Chickpea Curry with Rice \$10.00

Butter Chicken with Rice \$12.00

Baked Roasted Vegetable Pasta \$10.00

Add ons:

Individual Salads \$5.00

Caesar salad with lemon wedges, Parmesan cheese & croutons

Chickpea Greek salad with fresh vegetables, feta cheese & olives

Mixed greens salad with tomatoes, peppers, cucumbers, onions & balsamic dressing

Spinach salad with oranges, feta & lemon poppy seed vinaigrette

Nature's Farm pasta with creamy dressing, broccoli & cheddar cheese

Broccoli salad with peppers & almonds with honey lime dressing

DIVERSITY BUDDHA BOWLS \$11

Local organic quinoa, with marinated grilled tofu, beets, carrots, kale, roasted red peppers, green onions, toasted chickpeas and hemp hearts with lemon herb dressing

Add ons:

Protein

-RWA Chicken \$5.00

-Marinated grilled tofu \$3.00

-Deep fried tofu \$3.00