sandwiches

CREATE YOUR OWN GOURMET SANDWICH PLATTER

MINIMUM OF 10 PEOPLE | LESS THAN 10 PEOPLE PICK IN STORE AVAILABLE



shaved ham with grainy Dijon cream, onion marmalade, marble cheese, lettuce and tomato on fresh

Noah Martin summer sausage on an Artisan Roll, marble cheese. roasted vegetables and lettuce

slow cooked roast beef

Caramelized onion cream, cheddar and lettuce on chef's choice of bread

pretzel bun with Kellson's Maple Mustard, cheddar cheese and lettuce

Montreal smoked meat on

curried chicken salad with cheddar, apple and cranberry on Naan

egg salad with baby greens on a tender croissant



antojito beef wrap with fresh vegetables, chopped romaine, spiced cream cheese and salsa

chicken mango brie wrap with baby greens and julienne vegetables

tuna salad wrap with our own tuna salad recipe and apple kale slaw

Vegan and Gluten-free Options Available

roast chicken wrap with roasted red pepper, baby spinach and artichoke spread on a Sun-dried tomato wrap

chicken Caesar wrap

OUR MEATS ARE WHOLE ROASTED AND LOCALLY SOURCED



salads

MINIMUM OF 10 PEOPLE

bruschetta salad baby spinach, tomato, red onion marmalade, rosemary olive oil croûtons with basil vinaigrette

harvest salad roasted apple, dried cranberries, sunflower seeds and cheddar crisps with cider vinaigrette

tiger slaw chopped Napa cabbage, julienne vegetables, cucumber tossed in cashews, ginger, rice vinegar and sesame oil

tortellini salad cherry tomato, roasted vegetables and tortellini tossed in sweet basil vinaigrette

Asian noodle salad

curried cous cous salad

long life quinoa salad

farmstyle potato salad

rainbow salad

roast vegetable chick pea salad

Greek salad

BLT Caesar salad

minted fruit salad

apple slaw



rice paper rolls \$17.99 /dozen

crowd pleasing soup \$3.59 /person

vegetables & dip \$32 S \$45 M \$60 L

fruit display \$35 S \$52 M \$65 L

kettle chips \$2.99 /person

antojitos \$39.99 /trav

pretzel Tray

caramelized onion dip. maple mustard dip and chipotle mayo dip \$49.99 /trav

assorted beverages

\$/EACH

Pop/Juice 2.25 **Eco-friendly water** 2.59 Sanpelligrino/Perrier 2.99 **Black River Juice** 2.99

Plates/Cutlery/Napkins

\$1.00 /each Compostable \$5.00/person China Plates

delivery

Minimum \$150 order for delivery. Waterloo: \$20 Elmira: \$20 Store pickup available on any size order.



breakfast

lunch & learns

MINIMUM OF 10 PEOPLE	\$/PERSON
fresh start mini Greek yogurt shooters with our 9 grain maple granola, fresh fruit kebabs, assorted muffins and breakfast pastries	8.99
fresh baked mini assorted pastries, scones, danishes and croissants, sliced fruit and chocolate dipping sauce	7.99
traditional scrambled eggs, loaded potato casserole, bacon, <i>Earlidale's</i> farmer's sausage and fresh baked pastries	12.99
Elmira syrup festival pancakes from the griddle with local maple syrup, local berry compote, farmer's sausage, bacon and whipped butter	13.99
creative quiche local eggs, seasonal ingredients in puff pastry with homefries, sliced fruit and breakfast pastries	13.99
Belgian waffle bar Belgian waffles, fresh fruit, bacon, <i>Earlidale</i> farmer's sausage, drizzled with local maple syrup and whipped cream	13.99
breakfast bagel toasted open faced bagel with scrambled egg, melted cheddar cheese, ham and tomato. Enjoy with home fries and fresh fruit.	10.99
breakfast sandwiches served with our loaded home fries. Eggs, bacon, or sausage from <i>3 Gen Organics</i> , local cheddar on handmade English muffins and bagels.	10.99
breakfast burrito scrambled eggs, cheese, and roasted vegetables or ham wrapped in a flour tortilla. Side home fries and salsa.	11.99

Vegan and gluten-free options available.

add to any breakfast

bagels with whipped cream cheeses \$3.99/ea.

fruit display S 35 M 52 L 65

fruit and cheese display \$3.99/ea.

juices/water \$2.25/ea.

locally roasted coffee by Eco Cafe with sugar, honey, Eby Manor cream and milk. \$2.29/ea.

MINIMUM OF 10 PEOPLE		\$/PERSON
wrap it up our tasty wraps, rainb salad and assorted pastries	ow salad, Asian noodle	14.99
gourmet sandwich basket wraps on our handmade bread, you chips, crudite tray and cookies		13.99
office celebration a lunch your Baked Artichoke Dip served with flatbread Asian Rice Paper Rolls Mango Cashew Chicken Satay	team will enjoy! Veggie Shooters Cheese & Fruit Display Mini Wraps Mini Pastries	17.99

essence of BBQ your choice of entrée with loaded potato skins, BLT Caesar salad, lettuce/tomato/onion tray, assorted condiments and trio of gourmet brownies. Choose one of the following meat options:

Chicken Breast on a Bun	15.99
BBQ Beef Sliders	15.99
Pulled Pork on a Pretzel Bun	14.99

celebrate Italia BLT Caesar salad, antipasto platter and lemon berry tartlets. Choose **one** of the following options:

Zesty Meat Lasagna	16.99
Roasted Vegetable Cannelloni	16.99
Creamy Chicken Alfredo Lasagna Rolls	18.99

local chicken breast

Bacon Wrapped Chicken Breast with Rural Roots Yes	19.99
Honey BBQ sauce, mini new potato, maple glazed carrots	
and beans, your choice of salad, and assorted tartlets.	

Fried Chicken and Gravy with loaded potato skins,	17.99
coleslaw and your choice of leafy greens, served with a	
seasonal fruit crisp and whipped cream.	

BangBang Sesame Chicken Kebabs with yellow rice, 18.99 Buddha salad, chick pea salad, naan and assorted pastries.

ASK ABOUT OUR MONTHLY SEASONAL SPECIAL!

MINIMOM OF 10 PEOPLE	\$/ PERSUN
warming comfort mixed greens with fresh berries, maple balsamic vinaigrette, fresh vegetables and dip, and assorted pastries	
mac & cheese	15.99
chicken primavera pot pie	16.99
shepherds pie in pastry	17.99
build your own fajita/taco bar flour and corn tortillas with smokey chipotle seasoned beef, shredded cheddar, sour cream, salsa, lettuce, tomato, 7 layer nacho dip, and margarita cupcakes	16.99
BBQ chicken fajita with rice	18.99
chili lunch mardi gras beef chili with corn bread, antijitos and taco salad	13.99

\$/PFDSON

the moveable feast

MINIMI IM OF 10 PEOPLE

BOXED LUNCHES	\$/PERSON
budget review our delicious sandwiches or wraps, vegetables and dip, fresh baked cookies.	13.99
crunchy Thai salad mixed greens, cabbage, carrots, cucumber, edamame, red onion and peppers, rice noodles, chicken and sesame mango dressing.	14.99
grazing box (min. 10 ppl) our signature cheese ball, local summer sausage, mini pepperoni, grapes, Asian noodle salad, roasted apple and Brie tart, vegetables, olives, artichoke dip, fresh bread and crackers.	17.99
Buddha bowl baby greens, kale slaw, long-life quinoa salad, sprouts, sunflower seeds, roasted chickpeas and maple roasted chicken breast	14.99
green earth salad mixed greens, vegetables, roasted apple, local beets, dried cranberries, pumpkin seeds and hemp hearts. Vegan and wheat-free.	13.99
big chicken Caesar crisp romaine, bacon, chicken, cherry tomato, our hand made Caesar dressing.	14.99
add dessert/cookie	1.99