

# CateringWell

Encouraging a Healthy Lifestyle

by **impressions**  
canada

**Energize**  
with good health  
in mind



**Enjoy**  
a wide variety  
of healthy foods



**Taste**  
flavours of  
the season



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## Good Mornings

### Individual Parfaits

#### Mandarin Yogurt Fruit Parfait

orange scented probiotic yogurt layered between fresh fruit  
2.99 ea

#### Fresh Fruit Parfait

Melons, kiwi, strawberry and grapes layered in a parfait glass  
2.99 ea

#### Yogurt Berry Smoothies

Daily offering made with fruit, bananas, yogurt and 100% real fruit juice  
2.99 ea

### Just Baked

Muffins	1.60 ea
Mini Bakery Basket	1.60 pp
Loaves	1.99 ea
Assorted Scones	1.99 ea
Trail Mix Bar	2.99 ea
Bagels and house spreads	2.25 ea
Assorted Bakery Platter	2.25 ea
Gluten Free Muffin	2.75 ea
Assorted Tim Horton Pastry	1.29 ea

### Beverages

Tim Horton Coffee (12)	18.85 carafe
Herbal Tea	1.75 ea
Assorted Fruit Juice	1.50 ea
Water	1.75 ea
Assorted Soft Drinks	1.50 ea

### Hot Breakfast

#### Individual Breakfast Quiche

Sundried tomato goat cheese, mushroom Swiss with truffle oil, bacon cheddar green onion  
4.99 ea

#### Chorizo Breakfast Wrap

Chorizo sausage, grilled peppers and onions, potato, shredded cheddar  
4.99 ea

#### Big Breakfast

Scrambled eggs, bacon, sausage, breakfast potatoes, English muffin  
5.75 per person

**Breakfast Potatoes** .75 per person

### Platters for Breakfast

#### Fruit and Cheese Platter

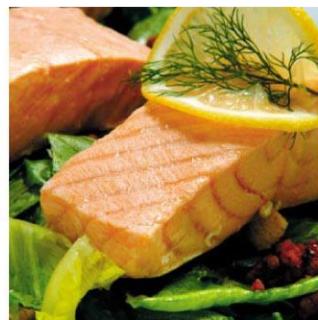
Assorted domestic cheeses, grapes, strawberries and crackers  
Small (12-15) 60.00 ea      Large (20-25) 80.00 ea

#### Executive Fruit Platter

Beautifully arranged fresh sliced fruit, berries, melons, grapes, pineapple and kiwi  
Small (12-15) 38.00 ea      Large (20-25) 64.00 ea

#### Fresh Cut Fruit Salad

Cubes of melons and pineapple, grapes. Strawberries, kiwi  
Small (12-15) 33.00 ea      Large (20-25) 55.00



## Sandwich Platters

### Premium Sandwich Collection

A variety of rolls including focaccia, ciabatta, pretzel baguette, artisan baguettes, onion cheese buns. All fillings are roasted or grilled in house. Inside round, chicken breast, turkey breast, honey ham, smoked salmon. Enhanced with house specialty sauces

**7.00 ea**

### Executive Wraps

A selection of tortillas to include sundried tomato, spinach, whole wheat and white. All fillings are roasted or grilled in house. Inside round, chicken breast, turkey breast, honey ham. Enhanced with house specialty sauces.

**7.00 ea**

### Deli Sandwiches

Assorted breads filled with sliced deli meats ham, turkey, Italian cold cuts, roast beef, pastrami and domestic sliced cheese.

**5.99 ea**

### Build Your Own Sandwich

**15.00**

Mixed Grill – chicken and flat iron steak

Antipasto Platter – assorted Italian meats and cheeses

Choose 2 salads

## Sandwich Combos

Premium Sandwich, Salad, Soup **13.00**

Deli Sandwich, Chips, Whole Fruit **8.75**

Executive Lunch Box

salad, sandwich, chips, cookie, fruit **12.50**

## Signature Soup and Roll

Wild Mushroom Bisque, Tomato Tortellini, Minestrone, Beef Barley, Thai Chicken Rice

**3.50 ea**

## Salads

Small (10-15) 30.00 Large (20-25) 50.00

### Hail Caesar

Romaine hearts, shredded parmesan, house made croutons and house dressing

Add Cajun chicken breast 3.00 ea Garlic shrimp skewer 3.00 ea

### Southwestern Cobb

Mixed greens, red onion rings, bell peppers, black beans, charred corn, grape tomatoes, shredded cheddar cheese, pumpkin seeds and chipotle Ranch dressing

Add grilled flat iron steak 3.00 ea TexMex chicken breast 3.00 ea

### Greek Salad

Mixed greens, red onion, Kalamata olives, feta cheese, grape tomatoes, sliced cucumber and House Greek Dressing

Add chicken souvlaki skewer 3.00 ea

### Quinoa Kale Salad

Quinoa, baby kale, dried cranberries, pine nuts, feta, parmesan with balsamic Vinaigrette

Add honey Dijon chicken breast 3.00 ea

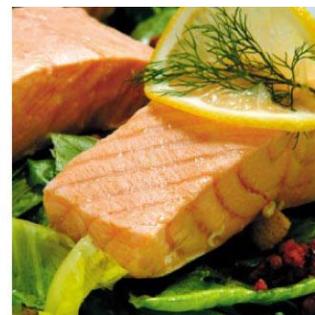
### Chinese Chop

Mixed greens, Chinese cabbage, green onions, peppers, cucumber, shredded carrot, Mandarin orange, cilantro, almonds.

Add beef or chicken sate 3.00 ea Ginger shrimp skewer 3.00

**GREEK PASTA SALAD**

**HOUSE POTATO SALAD**



## Hot Composed Entrée

**15.00 with cookie tray**

### Chicken Souvlaki

*Marinated all white meat chicken, skewered and grilled  
Served with Grecian rice, potato, Greek salad and tzatziki*

### Butter Chicken

*All white meat chicken, simmered in an Indian tomato cream  
sauce. Served with Jasmine rice and naan*

### Beef or Chicken Fajitas

*Grilled peppers and onions. Toppings – sour cream, 2 salsas,  
guacamole, shredded cheddar. 6" tortillas  
Spanish rice and black bean and corn salad*

### Chicken Parmesan

*Breaded chicken breast, fried and served with tomato sauce,  
roasted potatoes and grilled vegetables. Caesar salad*

### Chicken Pesto Tortellini

*Grilled chicken in a creamy pesto sauce over cheese tortellini  
Caesar salad and roll*

### Egyptian Chicken

*Marinated grilled chicken breast served over warm kale, quinoa,  
sweet potato salad and mixed greens*

## Anytime Snacking

### Vegetable and Dip

**Small (12-15) 30.00      Large (20-25) 55.00**

*An assortment of fresh vegetables, beautifully  
arranged and served with House Dip*

### Cheese Board

**Small (12-15) 75.00      Large (20-25) 125.00**

*An arrangement of domestic and imported cheeses.  
Accompanied by dried fruit, nuts, crackers and served  
on a wooden board*

### Meat and Cheese Platter

**Small (12-15) 75.00      Large (20-25) 125.00**

*Assorted salamis and sausages, domestic sliced cheese.  
Served with crackers*

### Pinwheel Wraps

**5.99 per person**

*An array of wraps with the following fillings: truffled  
egg salad, smoked salmon and herb cream cheese,  
turkey cranberry brie, veggie and sundried tomato and  
ham grilled asparagus. Cut in 3 and presented on a  
wooden board*

### Death by Chocolate

*Chocolate dipped strawberries, chocolate truffle bar,  
ganache topped brownies      **2.99 per person***

### Assorted minis

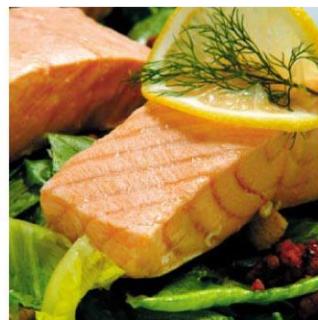
**1.99 per person**

### Cookies

**1.50 per person**

### Gluten Free Dessert

**2.75 per person**



## Ordering Guidelines

### Ordering Lead Time

Please try to place orders within one working day prior to your Catering Well event. We will make every effort to accommodate last minute requests.

### Cancellations

We realize that emergency cancellations do occur and we'll do our best to avoid any cancellation charges. If an order is cancelled at least 24 hours in advance, we can usually avoid any charges except for specialty ordered food products or prepared foods that cannot otherwise be utilized.

### Hours

Prices quoted are for services during our normal business hours of **7:30 am to 2:30 pm**. Arrangements can also be made for catering after hours.

### Pricing

Unless otherwise specified, all catering orders have a minimum of 8 guests. Orders are served on china or reusable catering platters. Linens, flowers, decorations, wait staff and other custom services are also available at an additional charge, which will be quoted separately. Any unreturned catering equipment will be billed to the requesting party at full cost.

### Billing

All catering orders will be billed and require payment within 30 business days. Credit card orders will be processed on the day of the event but will be pre-authorized once an order is placed.

### Delivery

All delivery and pick up are included in the pricing

