

Name	Phone
Billing name	Number of guests
Location	Set up time
Event date	Clear out time

SENSIBLE START SELECTIONS <i>Begin your day with these fresh, wholesome breakfast choices. All our baked goods are made with low-fat and low-calorie ingredients. All prices are per person.</i>	Ordering Information		
	Number of guests	Price per person	Total
Assorted yogurts			
Low-fat muffins			
Low-fat loaf slices			
Mini croissants and danishes			
Bagels with jam and cream cheese			
HOT BREAKFAST Scrambled eggs, bacon, sausage, home-fried potatoes, bread, jam, fresh fruit, coffee or tea			

HOT AND HEALTHY LUNCHES <i>Our hot and healthy lunches are made from scratch using fresh ingredients and low-fat cooking oils. All lunches include dessert or fresh fruit. All prices are per person.</i>	Ordering Information		
	Number of guests	Price per person	Total
Baked lasagna (with garden salad)			
Grilled chicken breast (with rice and garden salad)			
Fajita: chicken or beef or vegetarian (with Mexican rice and garden salad)			

HOMEMADE SANDWICHES <i>Freshly prepared each day: Egg and tuna salads, sliced chicken, roast beef, smoked meat, Black Forest ham, assorted deli cuts and vegetarian mixes. Served on fresh breads, buns, croissants or wraps. Price is per person.</i>	Ordering Information		
	Number of guests	Price per person	Total
Sandwich (with assorted vegetables, cheese, crackers and choice of fruit or dessert squares)			

WHOLESUME SALADS <i>Experience the taste and freshness of our salads. Made using all-natural ingredients and served with low-calorie dressings. All prices are per person.</i>	Ordering Information		
	Number of guests	Price per person	Total
Garden salad			
Pasta with marinated vegetables			
Country-style potato salad			
Creamy macaroni salad			
Greek salad with feta cheese			
Tabouli			

SMART CHOICE LUNCHEON TRAYS <i>A healthy vegetable, fruit or cheese tray makes an ideal mid-morning and mid-afternoon snack, and gives greater variety to your lunch. Prices are per tray.</i>	Ordering Information		
	Number of trays	Price per tray	Total
Vegetable tray: Crisp vegetables served with low-calorie dip or hummus			
Small (serves up to 15 people)			
Large (serves up to 30 people)			
Fruit tray: Fresh, ripe, assorted seasonal fruits			
Small (serves up to 15 people)			
Large (serves up to 30 people)			
Cheese tray: Canadian and imported cheeses served with assorted crackers			
Small (serves up to 15 people)			
Large (serves up to 30 people)			

TEMPTINGLY TASTY DESSERTS <i>Cap off your meal with a selection from one of our trays of fresh-baked desserts. All prices are per person.</i>	Ordering Information		
	Number of guests	Price per person	Total
Cookies			
Squares			
French pastries			

HOT AND COLD BEVERAGES <i>Whether you need to cool down or warm up, we have a drink for you. All prices are per person.</i>	Ordering Information		
	Number of guests	Price per person	Total
Assorted soft drinks			
Coffee (Starbucks) and tea			
Bottled water (Aquafina)			
Perrier water			
Assorted juices (Tropicana)			
V8			

COST OF CATERING ORDER	
Subtotal	
Service charge (15%)	
Applicable taxes (13%)	
TOTAL	

We would be honoured to cater your next meeting or gathering—for as few as 15 people or as many as 300. Call **613-829-8383** and let us show you the true meaning of fresh ingredients, healthy meals and friendly people. Disposable plates, utensils and serviettes are included. Prices do not include applicable taxes. A 15% service charge will be added to your invoice. All rentals are extra. To help us serve you better, a 24-hour notice for cold food and a 48-hour notice for hot food would be greatly appreciated.