



# TAKE FIVE CAFÉ FAX CATERING MENU

## BREAKFAST

### SERVICE per person

<b>plate service</b>   disposable plates + utensils	.25	
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### COMBO

minimum order of 4 | price on a per person basis

<b>health conscious</b>   toasted bagels, yogurt granola cups or fruit cups, chilled juice or bottled water	8.75	
<i>add cream cheese to bagels</i>	0.75	
<b>continental</b>   baked goods, individual fruit cups, chilled juice or bottled water	9.25	
<b>hot + wholesome</b>   assortment of English muffin breakfast sandwiches, fruit cups, chilled juice or bottled water	11.45	

### HOT SELECTION grilled & served warmed

#### breakfast sandwiches

<b>egg + cheddar</b>   with mayo on a whole wheat english muffin	4.95	
<b>egg + honey ham</b>   with cheddar cheese + mayo on an original english muffin	4.95	
<b>egg + bacon</b>   with provolone cheese + tomato mayo on a regular english muffin	4.95	

#### breakfast wraps \$6.95 each

<b>breakfast wrap</b>   scrambled eggs, bacon, cheddar cheese, green onion + ketchup in a flour tortilla		
<b>mexican breakfast wrap</b>   scrambled eggs with salsa, black beans, cilantro, cheddar cheese in a jalapeno tortilla		

### COLD SELECTION

#### individual cups

<b>oatmeal</b>   quick rolled oats, dried cranberries, apricots + raisins	3.25	
<b>deluxe fruit cup</b>   assortment of fresh seasonal fruit	5.25	
<b>yogurt + almond granola cup</b>   with French vanilla yogurt, peach + raspberries	5.25	

## BAKER'S SELECTION

### muffins 3.15 each

<b>assortment of muffins</b>		<b>mini muffins</b>   baker's assortment of a dozen	10.25	
<b>apple raisin</b>   with apples, raisins + cinnamon		<b>lemon poppyseed</b>   with fresh lemon zest + poppyseeds		
<b>banana chocolate chip</b>   banana muffin, chunks chocolate, garnished with sliced bananas		<b>morning glory</b>   with carrots, apples, raisins, coconut		
<b>banana walnut</b>   a traditional favourite with chunks of banana		<b>oat + bran</b>   low fat + includes applesauce, oats, cranberries + blueberries		
<b>blueberry</b>   plump blueberries + yogurt, make this muffin extra moist		<b>orange cranberry</b>   moist muffin filled with cranberries + infused with orange zest.		
<b>lemon triple berry</b>   moist yogurt muffin infused with lemon zest + loaded with raspberries, cranberries +blueberries.		<b>vegan zucchini chocolate</b>   walnuts compliment this delicious combination		

### gluten friendly muffins 3.65 each

<b>fruit + nut</b>   grated carrots, apples, coconut, raisins, cranberries, apricots, almonds, walnuts, flax seeds + sunflower seeds	
<b>zucchini chocolate chip</b>   grated zucchini, chocolate chip, apples, walnuts + vanilla	

### breakfast cookie 2.95 each

<b>breakfast cookie</b>   a healthy combination of oats, dried apples, flax + pumpkin seeds, cranberries, dates + almonds	
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### scones

<b>blueberry</b>   house made scone loaded with blueberries		3.45	
<b>cranberry lemon</b>   cranberry + lemon zest topped with a sugary crust		3.45	
<b>savoury cheese</b>   cheddar cheese, chives + red peppers		3.45	
<b>blueberry cranberry</b>   topped with lemon glaze		3.55	
<b>ginger</b>   fresh ginger, candied ginger + currants		3.45	

### loaves

	slice		slice	
<b>banana</b>	2.95		<b>banana chocolate chip</b>	3.25
<b>lemon</b>	2.95		<b>banana walnut</b>	3.25
<b>lemon poppyseed</b>	3.25		<b>energy loaf</b>	3.25

### croissants

<b>classic</b>	3.15		<b>almond</b>	3.45	
<b>chocolate</b>   dark chocolate filling	3.35		<b>ham + swiss cheese</b>	5.15	

### bagels 2.25 each \*\*add cream cheese .75

<b>assortment of bagels</b>		<b>plain</b>	
<b>multigrain</b>		<b>sesame seed</b>	

\*Please be advised, our products are prepared in a facility that also handles nuts + tree nuts.

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# LUNCH

## COMBO

minimum order of 6 | price on a per person basis  
panini & wraps are served cold

<b>corporate</b> - panini/wraps, cookies + chilled soft drinks	13.75	
<b>executive</b> - spinach or caesar salad, panini/wraps, cookies or bars + chilled soft drinks	19.25	
<b>tycoon</b> - spinach or caesar salad, panini/wraps, fruit cups, cookies or bars + chilled soft drinks	21.75	

## salad

small group serves 4 – 6    large group serves 8-10

salad dressings are served on the side

	single		small group		large group	
<b>caesar salad</b>   romaine lettuce, olive, cherry tomato, croutons, parmesan cheese + classic caesar dressing	7.25		27.00		49.00	
<b>caesar salad with grilled chicken</b>	8.75		38.00		70.00	
<b>spinach salad</b>   baby spinach, cherry tomato, fresh ricotta cheese + balsamic vinaigrette	7.25		27.00		49.00	
<b>spinach salad with grilled chicken</b>   seasoned grilled chicken, baby spinach, cherry tomato, fresh ricotta cheese + balsamic vinaigrette	8.75		38.00		70.00	

<b>quinoa salad cup</b>   black quinoa, red cabbage, cucumber, spinach, shredded carrots, tomato, basil + red wine vinaigrette	5.25	
<b>italian bean salad</b>   marinated mixed beans, cucumber, peppers, tomato, shredded carrots, spinach + red wine vinaigrette	5.25	
<b>veggies + dip</b>   seasonal veggies with sriracha yogurt dip	5.25	

## PANINI/WRAP SELECTION

**gourmet panini & wraps are sliced in half  
grilled upon request**

### wraps 8.45

**whole wheat wrap available upon request | 1 day advance notice required**

<b>chef assortment of wraps</b>	
<b>quinoa grilled vegetable</b>   black quinoa, grilled vegetables, spicy yogurt, feta cheese on a spinach tortilla	
<b>roasted turkey</b>   oven roasted turkey breast, apple cranberry compote, jack cheese, red cabbage, lettuce + mustard mayo in a herb tortilla	
<b>chicken curry</b>   roasted chicken with curry, a mix of dried cranberries, apricots, raisins, cashews + lettuce	
<b>chicken fajita</b>   chicken breast, cheddar cheese, mango + pepper salsa, green onion, chipotle mayo + sour cream	

### panini 9.25

**whole wheat bread available upon request | 1 day advance notice required**

<b>chef assortment of panini</b>	
<b>cream cheese veggie</b>   seasonal veggies, cream cheese + sundried tomato on rye bread	
<b>roasted veggies</b>   swiss cheese, roasted seasonal veggies, pesto mayo on a multigrain bun	
<b>tuna cheddar melt</b>   tuna, capers, onions, parsley, spinach, cheddar cheese + mayo on multigrain bread	
<b>italians only</b>   Italian ham, salami, capicola, provolone cheese, bell peppers + sundried tomato mayo on focaccia	
<b>chicken pesto panini</b>   grilled chicken breast, provolone cheese, sundried tomatoes + pesto mayo on focaccia bread	
<b>roasted beef</b>   oven-roasted beef, creamy havarti, caramelized onions, mustard, horseradish mayo, spinach on a Portuguese Bun	
<b>old fashioned ham</b>   ham, swiss cheese, grainy mustard mayo on a Portuguese Bun	
<b>oven roasted turkey</b>   roasted turkey breast, swiss cheese, cranberry chutney, mustard mayo + spinach on cranberry focaccia	

## SWEET INDULGENCE

### bars 3.15 each

<b>assortment of bars</b>		<b>date bar</b>   classic date bar with orange essence, topped with oat crumble.	
<b>addiction</b>   rolled oats, coconut, toasted pecans, chocolate and dried fruit enhanced with a hint of espresso		<b>lemon bar</b>   a homemade shortbread crust with lemon custard + topped with streusel + shredded coconut.	

### more bars 3.35 each

<b>cream cheese fudge brownie bar</b>   moist chocolate fudge brownie with cream cheese swirl.		<b>rocky road bar</b>   delicious combination of marshmallows, chocolate, peanut butter + pecans	
<b>oat fudge bar</b>   a rich, chewy combination of oats + creamy fudge			

### cookies 2.95 each

<b>assortment of cookies</b>		<b>macadamia white chocolate</b>	
<b>breakfast cookie</b>		<b>oatmeal raisin</b>	
<b>chocolate chip</b>		<b>ginger cookie</b>	
<b>double chocolate chip</b>		<b>peanut butter chocolate chip cookie</b>	

### gluten friendly 3.35 each

<b>chocolate chip cookie</b>			
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### biscotti 2.75 each

<b>double chocolate almond</b>		<b>white chocolate cranberry</b>	
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### sweet treats

<b>rice crispy square</b>   a classic treat made in house.	3.15	
<b>mocha coffee cake</b>   a dark chocolate coffee cake with streusel topping	3.35	
<b>maple pecan danish</b>   maple danish topped with pecans	3.35	
<b>raspberry danish</b>   raspberry + cream cheese filling	3.35	
<b>carrot cake</b>   moist carrot cake with raisins + coconut, topped with cream cheese frosting	3.35	
<b>cheesecake square</b>   traditional cheesecake filling on a chocolate coconut walnut crust topped with chocolate glaze	3.35	
<b>apple crostata</b>   spiced apple filling in a light pastry dough	3.95	
<b>cinnamon bun</b>   gourmet cinnamon bun topped with cream cheese icing (6 minimum order)	5.25	

## COLD BEVERAGES

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### SELECTION

#### juices

<b>apple juice</b>   300mL	2.75	<b>orange juice</b>   300mL	2.75
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#### soft drinks

<b>coke</b>   355mL	2.00	<b>sprite</b>   355mL	2.00
<b>diet coke</b>   355mL	2.00	<b>iced tea</b>	2.00
<b>ginger ale</b>   355mL	2.00		

#### italian soda

<b>san pellegrino araciata</b>   italian orange	2.50	<b>san pellegrino limonato</b>   italian lemon	2.50
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#### water

<b>Take Five Café bottled water</b>   500mL	2.00	<b>san pellegrino sparkling water</b>   250ml	3.50
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## HOT BEVERAGES

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### SELECTION

half service serves 8 cups  
full service serves 16 cups

**coffee service \$18.00 half \$34.00 full**

half full

<b>abruzzo</b>   a medium roast coffee with subtle nutty undertones		
<b>decaf roast</b> 100% arabica, swiss water accredited & OCIA certified		

**tea service \$18.00 half \$34.00 full**

half full

<b>assortment of teas – please enquire</b>		
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