



# Catering Menu

## Breakfast Options...

Minimum of 10 guests required

- Nourish Breakfast - \$8.99 pp  
Muffins, Bliss Bowl\* and Organic Fair Trade Coffee
- Sunrise Starter Breakfast - \$12.99 pp  
Muffins, Bliss Bowl\*, Frittata and Organic Fair Trade Coffee

\*contains Plain Greek Yogurt, Banana, Berries, GF Granola & Coconut Flakes

## A La Carte...

- Frittata (serves 15-20) - \$50  
Local organic eggs baked with assorted fillings
- Seasonal Fruit Bowl - \$35  
Out-of-season fruit will increase price by market value
- Warm-Up Bowl (serves 15-20) - \$50  
Local organic eggs, baby spinach, cheddar & avocado
- Muffins (one dozen) - \$30  
A healthy selection of whole wheat muffins
- 7 Grain or Sourdough Loaf - \$15  
A large, sliced loaf of locally made, fresh baked bread
- Sweet Potato Hash - \$25  
Mix of sweet potato, onion, garlic, bell pepper & spices
- Organic Gala Apples - \$1.50 pp  
Fresh, simple, juicy & crisp - a crowd pleaser
- Terra Chips - \$2 pp  
Salty, crunchy vegetable chips with pure ingredients

## Drinks...

- Fiji Water - \$2 pp  
Individual 500mL bottles of the finest water
- Cold-Pressed Juice \$6 pp  
Choose from our signature blends or create your own

Mark Your  
Order Here



Please inform us if you have a food allergy or intolerance.



Mark Your  
Order Here



# Lunch & Dinner Options...

- Vegetable Lasagna (serves 15-20) - \$80  
Hearty layers of veggies, mozzarella, basil & marinara
- Lemon Thyme Chicken (serves 15-20)- \$90  
Served in a buffet pan with quinoa and broccoli
- Deeply Rooted Bowl - \$50 / \$60<sup>w/ chicken</sup>  
Mixed greens, quinoa, roasted rosemary-thyme root veggies,  
toasted pecans & house maple-balsamic dressing
- Nathan Fisher House Salad - \$50 / \$60<sup>w/ chicken</sup>  
Mixed greens, shredded carrot & purple cabbage, red bell pepper,  
cucumber, tomato, walnuts, cranberries, feta & house dressing
- Whole Wheat Wrap Platter - \$65  
You Pick Two: chicken pesto, chicken salad, caprese or veggie medley
- Hummus Crudité - \$60  
House made hummus with assorted veggies & pita bread

# Sweet Treats..

- Bliss Bites - \$20  
A platter of 20 decadent & healthful chocolate truffles
- Cocoa Avocado Pudding (serves 12-15) - \$45  
Creamy chocolate flavor full of Omega-3 fatty acids

Name:

Location of Event:

Email/Phone:

Approx. # of Guests:

Date of Event:

Additional Info:

# Additional Information...

- Equipment Fee: \$2.95 per platter/buffet pan
- Paper Goods/Disposable Silverware Fee: \$1.50 pp
- Delivery Fee: 18% of total order
- All catering orders over \$300 will require a 50% non-refundable deposit due 14 days prior to event
- Please be aware that a 7% meals tax is added to the price of each menu selection



Thank You for choosing Nourish Café!  
We are happy to nourish you!



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