

Morning Selections

Breakfast Pastries a la carte

Fresh Baked Muffins	2.25
Fresh Fruit Scones	2.25
Fresh Baked Cheese Scones	2.25
Gluten free Scones are available upon request (24 hr notice please)	

Pastry Baskets

Small Assorted- 10 to 12 people	24.95
Large Assorted- 15-20 people	36.95

Fancy Loaves & Breads

Orange Cranberry	
Lemon Blueberry	
Carrot Mandarin	
Banana Nut	
Cinnamon Apple	
All 10.95 each	



* Denotes Gluten-free

Fresh Fruit

Platters for 8 - 10	32.95
for 15 - 20	63.95
Fresh Fruit Salad (per person) *	4.95
Minimum 8 orders please	
Whole Fresh fruit * for 8 - 10	22.95

March 2011

Luncheon Selections per person

We roast all our own sandwich meats daily, ensuring that your lunch is a superb combination of great taste, freshness and healthful, all at the same time!

Gourmet Deli Sandwiches and wraps	7.15
Gluten free Sandwiches (lettuce wraps or gluten free bread) *	7.15
Fancy Tea Sandwiches	6.95
Quarter Cut Sandwiches	4.95
Daily Soup Selection	5.95

Salads

priced per person, served individually or on platters

Organic Greens with our own Blueberry Balsamic Vinaigrette *	4.95
Spinach, Mandarin and Almond *	4.95
Moroccan Couscous and Chickpea	4.95
Broccoli, Raisin and Pecan with Buttermilk Dill dressing *	4.95

Specialty Selections

(each tray serves 8-10 people)

Vegetable Samosa Platter with Mango Salsa	43.95
Mediterranean Vegetable tartlets with Feta	43.95
Mini Quiche Platter	43.95
Whole Quiche - changes daily	36.95
Moroccan Apricot-glazed Meatballs	43.95
Crispy Thai Chicken Bites	43.95
Vegetable Spring Rolls with peanut Plum sauce	43.95
Fresh Vegetables and Dip * for 8 - 10	23.95
for 15 - 20	43.95
Assorted Cheese Selection with Crackers for 8 - 10	36.95
for 15 - 20	69.95

Main Courses

Priced per person and a minimum of 8 orders per selection

Chicken Parmesan with Penne Pasta Primavera	14.95
Sausage and Sweet Pepper Fusilli Bake	12.95
Sweet and Sour Pork and Pineapple with Basmati Red Rice *	13.95
Pulled Barbeque Beef Pot Roast with roasted garlic mashed potatoes and fresh vegetable medley *	14.95
Chicken, Broccoli and Mushroom Crepes with Apple Sage Cream sauce and Cheddar cheese	12.95
Roasted Chicken Pesto Whole Grain Mac n Cheese	12.95
Chicken Korma with Basmati Rice *	14.95
Mango Lamb Curry with Basmati Rice *	15.95
Asian Noodle and Carrot Salad with Thai spiced Grilled Breast of Chicken, Sesame seeds and toasted Almonds	13.50

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Sweet Selections

Assorted Squares, tarts, cookies with fresh fruit	for 8 - 10	36.95
	for 15 - 20	53.95
Chocolate Decadent Dessert Platter	for 8 - 10	43.95
Gourmet Cookie Basket (a Baker's dozen)		18.95
White or Dark Chocolate Macaroons *	each	1.50
	Baker's Dozen	18.95
No Sugar added Mini Tarts	Baker's Dozen	8.95
Triple Chocolate Ganache Cake	6 inch	25.00
	8 inch	40.00
Flourless Chocolate Almond Torte *	8 inch	50.00
Carrot Cake with Lemon curd filling	6 inch	25.00
	8 inch	40.00



Beverage Selections

Bottled Juice		2.25
Soft Drinks (Pepsi products)		2.25
Sparkling Mineral Water		3.50
Fair Trade Coffee or Tea (10 cup thermal carafes) with cream & sugar		20.00

Ordering Hours

Orders are accepted Monday to Friday from 8:30 am to 4:30 pm by telephone or via email.

Delivery Hours

Standard delivery hours are from 8:30 to 4:30 Monday through Friday. Please let us know if you require anything outside these hours, additional charges may apply.

Our deliveries include all the necessary accompaniments free of charge i.e. plates, napkins and cutlery; where possible, we use serveware made from recycled materials and are 100% biodegradable. Please let us know if you do not require these serving supplies.

Rentals

We are happy to arrange any rentals required for your event. We charge applicable fees for this service. Customers are responsible for payment on any damaged or lost rental equipment.

Delivery Fees & Minimum Orders

Our delivery fee is \$15. within the St. John's area. Please note that additional charges may apply for deliveries outside of this area.

Event Staff

Event staff is charged based on a minimum of 3 hours per staff

Servers \$15 per Hour

Chef on site \$40 per Hour

Gratuities

A standard 15% gratuity fee will be applied to any catered event that has staff, the charge is applied to food and drink only.

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Spring 2011



Catering Menu

To Place Orders:

738.6157

jhalliday@hungryheartcafe.ca

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