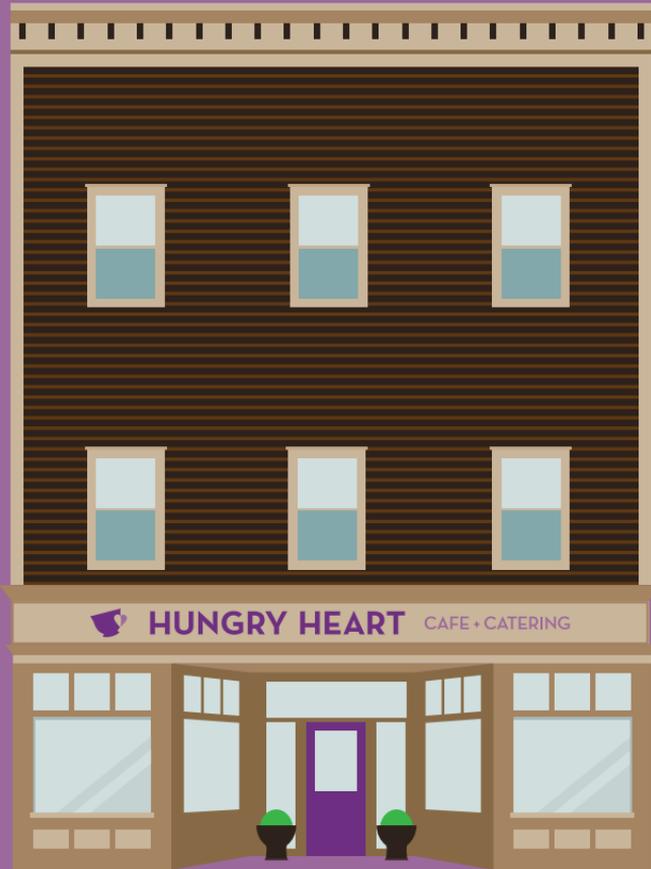




# HUNGRY HEART

an initiative of *Stella's Circle*



## CATERING MENU

# Good Morning

<b>BOB (Breakfast on a Bun)</b>	<b>\$8.00</b>
House Bun, House Mayo, Cheddar, Fried Egg, Choice of Bacon, or Sausage, or Tomato & Greens <i>Substitute Gluten Free Bread</i>	<i>+ \$1.50</i>
<b>Snack Box</b>	<b>\$10.00</b>
Scone, Crackers, Cheese, Grapes <i>Gluten Free Snack Box</i>	<i>+ \$2.00</i>
<b>Small Granola, Yogurt, Preserve Parfait</b>	<b>\$6.00</b>
<b>Fruit Cup</b>	<b>\$7.00</b>

# Let's Do Lunch

## **Sandwiches & Wraps** *Individually Packaged or on Trays*

<b>Gourmet Deli Sandwiches &amp; Wraps</b>	<b>\$11.75</b>
will vary but may include Roast Turkey, Roast Beef, Smoked Ham, Vegetarian/Vegan on request	
<b>Quarter Cut Sandwiches</b>	<b>\$10.75</b>
will vary but may include Ham or Beef & Cheese, Egg Salad, Chicken Salad, Vegetarian/Vegan on request	
<i>Substitute Gluten Free Bread</i>	<i>+ \$1.50</i>

## **Soups & Salads**

<b>Seasonal Salad</b>	<b>\$9.00</b>
<i>add 3oz grilled chicken</i>	<i>+ \$7.00</i>
<b>Daily Soup Selection</b>	<b>\$9.00</b>
<i>add Bread and Butter</i>	<i>+ \$1.50</i>

- To help us maintain our high standards of fresh, delicious food, 48 hours notice is suggested for catering orders.
- Pricing is subject to change.
- Our delivery fee starts at \$20 within the St. John's area.
- Can't find what you're looking for? Call us! Hors D'oeuvres, Hot Entrees and Buffet options available.



# Sweet & Savoury

Specialty Squares	\$3.50
Gourmet Cookies	\$1.75
Gourmet Cookie Box (18 pieces)	\$23.00

<b>Pastry Box</b>	SM <b>\$31.00</b> MD <b>\$39.00</b> LG <b>\$49.00</b>
Assorted Scones, Cinnamon Buns, Mini Muffins	
<i>Substitute Gluten Free Option</i>	+ \$0.50

<b>Dessert Box</b>	SM <b>\$42.00</b> MD <b>\$61.00</b> LG <b>\$79.00</b>
Assorted Specialty Squares, Cookies, Seasonal Desserts	

Small 10ppl/20 pieces | Medium 15ppl/30 pieces | Large 20ppl/40pieces

<b>Cheese &amp; Cracker Tray</b>	SM <b>\$46.00</b> LG <b>\$82.00</b>
<b>Vegetables &amp; Dip Tray</b>	SM <b>\$38.00</b> LG <b>\$66.00</b>
<b>Fruit Tray</b>	SM <b>\$56.00</b> MD <b>\$74.00</b> LG <b>\$92.00</b>

Small serves 10-15 | Medium serves 15-20 | Large serves 20-25

# Beverages & Extras

<b>Coffee (urn) serves 10</b>	<b>\$25.00</b>
<b>Tea (urn) serves 10</b>	<b>\$22.50</b>
<b>Water</b>	<b>\$2.25</b>
<b>Pop/Juice</b>	<b>\$2.50</b>

<b>Eco disposable plates</b>	SM <b>\$0.10</b> LG <b>\$0.20</b>
<b>Wooden forks</b>	<b>\$0.10</b>
<b>Wooden knives</b>	<b>\$0.10</b>

We provide paper cups, stir sticks, sugar/sweetener, milk/cream, plastic spoons and napkins at no extra charge

- A standard 10% gratuity is added to all general catering orders, and a 15% gratuity is applied to any staff functions. Rentals can be arranged upon request.
- Need a space for your business meeting? Private events can be booked in our Dining Room!

An award-winning social enterprise of Stella's Circle in the heart of historic downtown St. John's, NL. The Hungry Heart Café & Catering is a full service restaurant with a flair for house-made specialties full of flavour and fresh, local ingredients.

At the Hungry Heart Café, social impact is on the menu. We support Stella's Circle participants facing barriers to inclusion in our community. The Café provides training and employment as a dignified means of helping people regain their confidence, skills, and economic independence.

**Serve social justice  
at your next event.**



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**HungryHeartCafe.ca**

