

# Take Home Catering & Food Shop Menu

HAND CRAFTED FOOD FROM  
OUR KITCHEN TO YOURS!

*Innovative Food Company*



FULL-SERVICE CATERING  
DROP-OFF CATERING  
TAKE-HOME CATERING | FOOD SHOP  
COOKING CLASSES | TEAM-BUILDING EVENTS  
WHOLESALE

# GRAB AND GO

Choose from a selection of fresh made daily offerings. Great for lunch on the go!

## SANDWICHES

Cranberry Chicken Salad Wrap with Apricots & Orange \$8 | EACH

Roast Beef with Chimichurri Aioli with Tomato & Lettuce

Smoked Ham with Aged Cheddar & Dijon Aioli

Chicken Club Wrap with Bacon & Tomatoes

Seasonal Panini

Grilled Cheese Panini with Cheddar, Brie and Chevre (VEG)

Vegan Wrap with Roasted Red Pepper, Spinach, Artichoke & Tahini (V)

Traditional Egg Salad on a Buttery Croissant (VEG) \$7 | EACH

Tuna Salad With Apples and Lemon Aioli

Gluten Free Cranberry Chicken Salad Wrap with Apricots & Orange (GF) \$9 | EACH

Gluten Free California Chicken Salad Wrap (GF) \$9 | EACH

## SALADS

Spinach Salad (GF)

Roasted Beet Salad (GF|VEG)

Greek Salad (GF|VEG)

Garden Green Salad (GF | VEG)

Spring Green Salad (GF|VEG - seasonal May—September)

Roasted Winter Veg (GF|VEG - seasonal October—April)

Caesar Salad (GFO)

\$8 | EACH

Cauliflower Chickpea Salad (GF|V)

Creamy Greek Pasta Salad | (V)

\$5 | EACH

## SOUP OF THE DAY & BISCUIT

Chef's choice soup of the day

\$6.00 | CUP

## SWEETS OF THE DAY

Muffins, Cupcakes, Cookies and more!

\$2 - \$4 | EACH

ITEMS BASED ON AVAILABILITY



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# MEALS MADE EASY

Our Freezers are stocked with healthy and hearty meal options that you can take and heat in under 30 minutes! Please call in advance to confirm availability. Here is a sample list of our offerings!

Mama's Italian Meatballs (GF)	\$22   2 DOZEN
Mama's Individual Italian Meatloaves (GF)	\$22   4 PORTIONS
Butter Chicken (GF)	\$23   700 GR
Beef Bourguignon (GF)	\$16   450 GR
Beef Stroganoff (GF)	\$16   450 GR
Chickpea & Sweet Potato Curry (GF, V)	\$17   900 GR
Molasses Baked Beans	\$5   500 GR
Coconut Chicken Dippers with Curry Dipping Sauce	\$20   1 LB
Haddock Fingers	\$20   1 LB
Fish Cakes	\$16   4 CAKES
Flatbreads (12" oval)	\$18   2 FLATBREADS
Vegetable (VEG), Pepperoni & Mushroom, Pulled Pork	

## SOUPS & CHILI (DAILY OFFERINGS VARY)

Maple Butternut Squash (GF|V) Tomato Basil (GF|V), Chicken & Vegetable (GF|DF), Beef & Vegetable (GF|DF), Minestrone (GF|VEG|DF), Vegetable Chili (GF|VEG|DF), Chili (GF|DF)

\$6 - \$9 | 500 ML

\$12 - \$16 | 1 LTR

### Corn Chowder

\$8 | 500 ML

\$16 | 1 LTR

### Seafood Chowder

\$9.75 | 500 ML

\$19.50 | 1 LTR

## ONE & TWO SERVING MEALS

Butternut Squash Lasagna (VEG)

Mama's Italian Spaghetti and Meatballs

Pictou County Smoked Ham Penne

Gourmet Mac & Cheese (VEG)

Chicken Pot Pie topped with our house made biscuit

BBQ Pork Tenderloin with Mash Potatoes & Seasonal Vegetables

Chickpea & Sweet Potato Curry with Ginger infused Rice (GF, V)

\$7 - 9.50 | 1 SERVING

\$14 - 24 | 2 SERVING

Shepherd's' Pie

Vegetarian Lasagna

Traditional Lasagna

Five Cheese Ravioli (VEG)

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## TAKE \$ HEAT AT HOME

# HORS D'OEUVRES

Delicious chef crafted morsels that are oven ready to heat & serve. You'll look like a superstar (and please – go ahead and take the credit!)

Cheese Dreams with Sharp Cheddar (VEG)	\$22   2 DOZ
Maple Pepper Glazed Bacon Wrapped Digby Scallops (GF)	\$29   DOZ
Spring Pea & Parmesan Risotto Cakes with Roasted Garlic Aioli (VEG)	\$20   2 DOZ
Bacon & Panko Coated Mac & Cheese Bites with Chipotle Ketchup	\$18   2 DOZ
Chef Mark's English Pigs in a Blanket with Maple Mustard (GF)	\$22   1.5 DOZ
Aged Cheddar, Bacon & Tomato Jam Naan Points	\$18   2 DOZ
Fig, Brie & Spinach Naan Points (VEG)	\$18   2 DOZ
Traditional Sausage Rolls with BBQ Ketchup	\$22   2 DOZ
Mushroom, Chili & White Bean Wellingtons with Sweet Basil Aioli (VEG)	\$22   2 DOZ
Traditional Mini Crab Cakes with Panko and Sweet Chili Sauce	\$28   1 DOZ
Crispy Falafel Bites with Tahini (GF   V)	\$22   2 DOZ

## PANTRY ITEMS

The little extras that can make all the difference. Stock up for a great night!

Spiced Pita Chips (V)	\$5   230 g BAG
Lime & Black Pepper Pita Chips (V)	\$5   230 g BAG
Crispy Wonton Chips	\$5   140 g BAG
BITE ME Nosh Snacking Mix	\$6   140 g BAG
NS Maple Caramel Corn (GF)	\$6   100 g BAG
Energy Bites (GF)	\$3.50   3 PCS
House made Granola Bar (GF)	\$3.50   EACH
Signature Salsa (GF)	\$6   500 ML JAR
Signature BBQ Sauce (GF)	\$6   250 ML JAR
Chipotle & White Bean Salsa (GF)	\$6   500 ML JAR

(VEG) Vegetarian, (GF) Gluten-Free, (GFO) Gluten-Free Optional (V) Vegan, (DF) Dairy Free

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# DIPS & DRESSINGS

Delicious Dips – perfect with our House Made Pita Chips or Crispy Wontons!

## TAKE & HEAT AT HOME (come frozen)

Roasted Red Pepper & Feta Dip (GF, VEG)	\$10   290 GR
Artichoke & Asiago Dip (GF, VEG)	\$10   290 GR
Nova Scotia Lobster Dip (GF)	\$13   290 GR
Cheddar & Smokey Bacon Dip (GF)	\$13   290 GR

## COLD / ROOM TEMPERATURE

Creamy Hummus (GF, V)	\$9   500 ML
Lemon Tzatziki (GF, VEG)	\$9   500 ML
Buttermilk Caesar Dressing (GF, VEG)	\$7   250 ML
Orange Poppy Seed Dressing (GF, VEG)	\$7   250 ML
Maple Vinaigrette (GF, VEG)	\$7   355 ML
Greek Vinaigrette (GF, VEG)	\$7   355 ML
White Balsamic Vinaigrette (GF, VEG)	\$7   355 ML
Apple Cider Vinaigrette (GF, VEG)	\$7   355 ML

# DESSERTS

Decadent bites of heaven - a perfect finish to any party!

## TAKE AND BAKE AT HOME

Buttermilk Biscuits	\$8   6 PCS
Jalapeño Biscuits	\$8   6 PCS
Sweet Potato Bacon Biscuits	\$10   6 PCS
Pecan Streusel Cinnamon Buns – truly CINNful	\$12   6 PCS
Valley Apple Cranberry Crisp (GF)	\$16   8" PAN
Sticky Toffee Pudding Drizzled with Rum Sauce	\$15   8" PAN
Cookie Dough Balls	\$16   2 DOZ
Callebaut Chocolate Chip Cookie   Oatmeal Cranberry	
Red Velvet & White Chocolate   Ginger Molasses Cookie   Dbl Chocolate Cookie	

## NO BAKE / ROOM TEMPERATURE

Very Gingery Ginger Cake	\$15   8" PAN
Maureen's AB-FAB Chocolate Espresso Brownies	\$19   8" PAN
Lemon Thyme Financier (GF)	\$16   8" PAN
Carrot Cake with Cream Cheese Icing	\$15   8" PAN
Haystacks (Chocolate Macaroons) (GF, V)	\$12   8 PCS
Peanut Butter Balls	\$12   1 DOZ

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# SPECIAL ORDER MENU

72 HOUR NOTICE REQUIRED FOR ALL ITEMS

## COLD/ROOM TEMPERATURE HORS D'OEUVRES

MIN 3 DOZ PER MENU ITEM

Caprese Salad Skewer (GF, VEG)	\$16   DOZ
Spinach, Roasted Red Pepper & Chevre Tart (VEG)	\$18   DOZ
Greek Marinated Chicken Skewers with Tzatziki (GF)	\$19   DOZ
Butter Chicken Skewers with Riata (GF)	\$19   DOZ
Oven Dried Tomato & Goat Cheese Mousse Tartlet (VEG)	\$18   DOZ
Cold Poach Shrimp with Orange Cocktail Sauce (GF)	\$32   DOZ
Open Faced BLT on Crostini with Double Smoked Bacon	\$18   DOZ
Mini Nova Scotia Lobster Quiche	\$38   DOZ

## GRAZING STATION (GFO)

One of our most requested stations – Beautifully presented with lots of variety - sure to please everyone.

assorted charcuterie | local & international cheeses | grapes, dried apricots & seasonal compote | best of seasonal crudités with tzatziki, chef's seasonal dip & creamy hummus | accompanied by our house-made crispy salt & pepper wontons, spiced pita chips & lime & black pepper pita chips

Small	\$155	15-20 people
Medium	\$225	25-30 people
Large	\$345	40-50 people

## COOKIE & SQUARES

A selection of freshly baked cookies & squares

Mini	\$30   20 pieces
Small	\$50   35 pieces
Medium	\$70   55 pieces
Large	\$90   75 pieces

## CRUDITÉS WITH TZATZIKI (GF | VEG)

A selection of market fresh vegetables serve with house made tzatziki

Small	\$35   10-12 people
Medium	\$60   18-22 people
Large	\$90   28-32 people

## Fresh Fruit Presentation (GF | VEG)

A selection of seasonal fresh fruit beautifully displayed

Mini	\$20   5-8 people
Small	\$30   10-12 people
Medium	\$60   18-22 people
Large	\$90   28-32 people

## Cheese Presentation (GFO | VEG)

A selection of local & domestic cheeses with assorted crackers

Small	\$40   10-12 people
Medium	\$70   18-22 people
Large	\$100   28-32 people

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## Special Order Menu continue...

### SIGNATURE HORS D'OEUVRE SANDWICHES

A selection of our signature sandwiches on two bite mini house made buttermilk biscuits  
MIN 2 DOZ PER MENU ITEM

California Chicken Club	\$30   DOZ
Cranberry Chicken Salad	\$30   DOZ
Roast Beef with Chimichurri	\$30   DOZ
Creamy Egg Salad (VEG)	\$28   DOZ
Tuna Salad with Apple & Lemon Aioli	\$28   DOZ
Smoked Ham with Dijon Aioli & Aged Cheddar	\$30   DOZ
Roasted Vegetables with Chevre & Tahini Dressing (VEG)	\$28   DOZ

### RUSTIC BAGUETTE BITE SELECTION

A selection of our signature sandwiches made on a rustic baguette  
MIN 2 DOZ PER MENU ITEM MIN 2 DOZ PER MENU ITEM

California Chicken Club	\$28   DOZ
Cranberry Chicken Salad	\$28   DOZ
Roast Beef with Chimichurri	\$28   DOZ
Smoked Ham with Dijon Aioli & Aged Cheddar	\$28   DOZ
Roasted Vegetables with Chevre & Tahini Dressing (VEG)	\$26   DOZ

### MINI CROISSANT SANDWICH SELECTION

Our Signature Sandwiches on mini buttery croissants  
MIN 2 DOZ PER MENU ITEM

California Chicken Club	\$48   DOZ
Cranberry Chicken Salad	\$48   DOZ
Roast Beef with Chimichurri	\$48   DOZ
Creamy Egg Salad (VEG)	\$45   DOZ
Tuna Salad with Apple & Lemon Aioli	\$45   DOZ
Smoked Ham with Dijon Aioli & Aged Cheddar	\$48   DOZ

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