

# **Delivery Hours, Fees, & Minimums**

A delivery fee of \$10 applies on all orders.

Delivery hours are from 8:00am-3:00pm, Monday to Friday. Deliveries outside these hours possible with advance notice, please ask your Event Planner.

There is a minimum food & beverage charge of \$100 per service on weekdays and \$150 on weekends.

# **Ordering Timeline**

Your Event Planner will require your preliminary order 2 weeks before the event.

Final details are due at 12:00pm on the Tuesday of the week prior to your event.



# **Light Breakfast Combo**

Minimum of 6



| Lithosphere vg Assorted Freshly Baked Muffins, choice of Coffee, Tea or Juice         | 7            |
|---|--------------|
| Atmosphere vgn/gf/nf Fruit Cup, choice of Coffee, Tea or Juice                        | 9            |
| <b>Hydrosphere vg</b> Blueberry Yogurt Parfait, choice of Coffee, Tea or Juice        | 9            |
| Biosphere   | 10           |
| Breakfast Sandwich, choice of Coffee, Tea or<br>Juice                                 |              |
|   |              |
| Full Breakfast Combo  |              |
| Full Breakfast Combo  Minimum of 6  | _            |
|   | 18           |
| Minimum of 6  Burrard  Traditional Breakfast, Cookie, choice of                       | <br>18<br>15 |
| Minimum of 6  Burrard  Traditional Breakfast, Cookie, choice of Coffee, Tea, or Juice |              |

Ham & Cheese Sourdough Sandwich, Greek

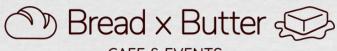
15

Yogurt, choice of Coffee, Tea, or Juice

A.L.T. (Avocado, Butter lettuce, tomato), Seasonal Whole Fruit, choice of Coffee, tea

**Thurlow** 

or Juice



CAFE & EVENTS

# **Egg Toast**

### Minimum of 6



| Classic  Brioche loaf, jambon ham or bacon, cheddar, scrambled eggs, mayo                      | 11 |
|--|----|
| Truffle Mushroom vg Brioche loaf, cultivated mushrooms, cheddar, scrambled eggs, truffle aioli | 12 |
| Hawaiian Luau  Brioche loaf, spam, scrambled eggs, cheddar, seaweed, mayo                      | 12 |
| Smoked Salmon  Brioche loaf, smoked salmon, scrambled eggs, cheddar, green onion and mayo      | 14 |
| Prawn Star  Brioche loaf, poached prawns, cheddar, scrambled eggs                              | 12 |

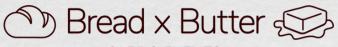


Brioche loaf, pork floss, scrambled eggs, cheddar, seaweed, mayo

11

Legend: gf - gluten free nf - nut free df - dairy free vg - vegetarian vgn - vegan

**Pork Floss** 



CAFE & EVENTS

### Sandwich

### **Traditional Breakfast**

| gf upon request  |    | Minimum of 6   gf vg upon request  |                   |
|--|----|--|-------------------|
| Turkey Cranberry Sourdough<br>Smoked turkey, lettuce, pickled red<br>onion, tomato | 13 | Baking Platter Assorted croissants, bread, loaves, muffins, scones or danis            | 5.5 PER PERSON sh |
| Tuna Salad Multigrain Tuna salad, celery, pickled onions, mayonnaise               | 12 | Breakfast Sandwich Choice of avocado slices, ham or bacon, fried egg, cheddar, English | 8                 |
| Roast Chicken Sandwich   | 13 | muffin   |                   |
| Roast chicken, cheese, Sundried tomato   |    | Breakfast Bagel  | 10                |
| Ham & Cheese Sourdough Jambon ham, cheddar, grainy mustard                         | 12 | Choice of avocado slices, ham or bace fried egg, cheddar, everything bagel             | on,               |
| Grilled Cheese Sandwich Classic grilled cheese                                     | 10 | Smoked Salmon Bagel Smoked salmon, cream cheese, pickle                                | <b>12</b>         |
| B.L.T.   | 12 | red onions, everything bagel   |                   |
| Bacon, butter lettuce, tomato  |    | Avocado Toast vgn  | 9                 |
| A.L.T. vn<br>Avocado, butter lettuce, tomato                                       | 12 | Smashed avocado, sourdough   |                   |
| Add on: Protein +3 Spinach +1 Tomato slice +1 Extra Cheddar +1.5                   |    | Blueberry Bagel vg<br>Housemade blueberry jam, cream<br>cheese, everything bagel       | 9                 |
|  |    | The Traditional Breakfast Choice of bacon, ham or sausage                              | 15                |

Two eggs any style, hash brown, toast



### **Lunch Combo**

| Minimum of 6   |    |
|--|----|
| Pender Turkey Cranberry Sourdough Sandwich, Soup of the day, Fresh Fruit Cup           | 21 |
| Robson Roasted Chicken Sandwich, Soup of the day, Yogurt Parfait                       | 22 |
| Kamloops vgn/gf Tofu Salad, Fruit Cup, Gluten-free loaf                                | 23 |
| Dunsmuir Creamy Spaghetti Bolognese with meatballs, Assorted Cookies, Greek Yogurt Cup | 24 |
| Nelson BC Beef Burger with Fries, Beet Side Salad, Assorted Cookies                    | 23 |
| Howe Truffle Mushroom Udon, Soup of the day, Gluten-free logf                          | 22 |

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### Pasta & Udon

# Wraps

| Minimum of 6  |    | Minimum of 6  |    |
|---|----|---|----|
| Creamy Spaghetti Bolognese Creamy fire roasted tomato meat sauce with Spinach & Spaghetti • Meatballs 3               | 17 | B.L.T. Bacon, Lettuce, Tomato Turkey Club   | 9  |
| Chicken Fettuccine Alfredo Fresh BC chicken breast, Alfredo cream sauce with Sautéed Mushrooms, Green Onion & Spinach | 20 | Turkey, Bacon, Lettuce, Tomato, Cheese  Spicy Chicken Wrap  Roasted chicken, Lettuce, Tomatoes, Egg, Spicy mayo   | 12 |
| Pesto Seafood Linguine Pesto sauce, Prawns, Scallops, Tuna, Museel, Spinach, Pickled Onions                           | 22 | Crunchy Tuna Tuna salad, Celery, Spinach, Carrots, Cucumber   | 11 |
| BC Smoked Salmon Fettuccine Alfredo cream sauce with wild smoked salmon, Red Onions, Tomatoes, spinach                | 22 | Buffalo Tofu vgn  Tofu, lettuce, avocado, cucumber, carrots. Cheddar cheese (removed for vgn)                     | 11 |
| Maple Bacon Linguine  Maple bacon, Onion, Cream Cheese, Linguine  | 17 | Burgers   |    |
| Spicy Peanut Sauce Udon Sous vide egg, green onions, and crispy garlic chips  | 12 | Minimum of 6  | 16 |
| Truffle Mushroom Udon Sautéed cultivated mushrooms, sous vide egg, lemon zest, green onions,                          | 16 | BC Beef Burger  BC Beef patty, Cheddar cheese, bacon, lettuce, tomato, comes with fries                           | 16 |
| and house made truffle butter   |    | Beyond Meat Burger vgn  Beyond meat, mushroom, lettuce, tomato, Cheddar cheese (removed for vgn) comes with fries | 17 |

### Salad

chili vinegar

### Minimum of 6

# Pielavesi Chicken Salad Seared chicken breast, mixed greens, shaved vegetables, sherry vinaigrette Sichuan Chili Chicken Chili Chicken, quail egg, sweet pepper, onion, mixed greens, shaved vegetables, soba noodles, sesame, green onion, ratten

### Citrus Seafood Salad

Poached Prawns, crab stick, tuna flakes, grapefruit, avocado, mixed greens, shaved vegetables, lemon

### Teriyaki BC Beef Salad

AAA striploin, butter mushroom, mixed greens, cucumber, chickpea, pumpkin seeds, cranberry, conchiglie

### **Game Bird Salad**

Smoked duck breast fillet, quail egg, mixed greens, cucumber, chickpea, pumpkin seeds, cranberry, Conchiglie

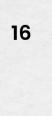
### Tofu Salad vg

Tofu, avocado, pickled onion, mixed greens, cucumber, chickpea, pumpkin seeds, cranberry, conchiglie, goat cheese

#### Fruit Salad vg

Avocado, apple, cherry tomato, beets, corn, mixed greens, shaved vegetables, yogurt





23

23

24

18



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# Fruit & Yogurt

### Baked Goods & Snack

| Minimum of 6  |                   | Minimum of 6  |     |
|---|-------------------|---|-----|
| Seasonal Whole Fruit                                | 3                 | Selection of Loaves Lemon, Chocolate Chip Banana, Red Velvet  | 4.5 |
| Fruit Cup vn<br>Seasonal fruit                      | 6.5               | gf selection: Banana Date, Chocolate Pecan  |     |
| Fruit Platter vn  • Minimum of 12                   | 4.5<br>PER PERSON | Selection of Muffins Lemon Blueberry, Carrot Raisin, Raspberry & Blueberry Sunflower, Banana Pineapple Bran | 4.5 |
| Greek Yogurt hanay                                  | 3.5               | Cookies   | 3   |
| Yogurt Parfait vg Greek yogurt, house-made granola, | 6.5               | Chocolate chip, Oatmeal & Raisin, Double Chocolate, White Chocolate Macadamia Nut                           | 3   |
| ruit compote  |                   | Bagel Toast   | 3.5 |
|   |                   | Fries   | 7   |
|   |                   | Small Bag of Chips  | 1.5 |



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### **Coffee and Tea**

Served with sugar, brown sugar, sweetener, milk, soy milk, and honey

|  | <u>10 cups</u>   <u>30 cups</u> |    |
|--|---------------------------------|----|
| Coffee Decaf upon request  | 30                              | 80 |
| <b>Tea</b> Earl grey, green tea, oolong tea, English breakfast, chamomile    | 30                              | 80 |
| Iced Coffee Decaf upon request   | 35                              | 95 |
| Iced Flavoured Tea Passionfruit green tea, Peach green tea, Lychee black tea | 40                              |    |

### **Bottled Drinks**

# Minimum of 6 Assorted Juice Bottle Orange, apple and cocktail juice Soft Drinks Coke, Coke zero, Canada dry, Nestea Club Soda 2.5 San Pellegrino 3