



Menu

Welcome to CultivATE's Catering Menu for your corporate engagements. Our mission is to train and employ people who face barriers to employment, pay a strong living wage and strengthen our communities by donating 100% of profits to local charities. We just happen to have a lot of fun and make some truly amazing food at the same time!

Our goal is to cultivate a Great food experience for you while supporting a great cause. CultivATE is a social enterprise of ElevATE Society, a registered Canadian charity.

Delivery Fees & Minimums

A delivery fee of \$25 applies on all orders.

There is a minimum food & beverage charge of \$60 per service on weekdays and \$100 on weekends or after hours (8am-8pm) weekdays.

Staff

On-site Server may be available if requested in advance.
\$30.00 per hour

Gluten Free

There is a \$2.00 Per Item Charge

Special request can sometimes be accommodated*

Ordering Timeline

We require your preliminary order 2 weeks* before the event. (but ask, we may be able to accommodate a last minute order)

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

*For larger events or staffed service, the preliminary order is due 3 weeks before your event

Allergies

We use extreme care when accommodating guests with food sensitivities and allergies, however, CultivATE may not guarantee allergy free conditions.

VGN = vegan | V = vegetarian | GF = gluten-free | DF = Dairy Free

Breakfast

Seasonal Fruit and Yogurt

Seasonal Whole Fruit	\$ 3.00
Fruit Bowl	\$ 5.25
Yogurt and Granola	\$6.50
Coconut Chia Parfait	\$6.50

Handhelds

Burritos \$12.00

- Classic-scrambled egg, pico de gallo, black beans, cheddar, and bacon
- Veggie-scrambled egg, pico de gallo, black beans, spinach and avocado (V)
- Vegan-scrambled tofu, pico de gallo black beans, and avocado (VGN)

Panini on Ciabatta \$12.25

- Classic-ham & gruyere frittata, arugula, and Dijon aioli
- Veggie-spinach and feta frittata, roasted red peppers and dill Havarti (V)
- Vegan-grilled portobello mushroom, kale, plant-based cheddar, and hemp heart pesto (VGN)

English Muffin \$12.00

- Classic-free run egg, applewood smoked bacon and aged cheddar
- Veggie-free run egg, aged cheddar, tomato, arugula and avocado (V)
- Vegan-smoked tofu, tomato, arugula and avocado (VGN)

Minimum order of 4 for all handhelds

Pastries

Assorted Muffins	\$5.00
Chocolate Croissants	\$5.50
Butter Croissants	\$5.00
Vegan protein Cookie	\$5.00
Assorted Platter	\$5.50

Packages

Continental Breakfast \$12.75

- Assorted baked goods
- Fresh fruit skewers
- Bottled juices

VGN, GF on request

Good Start Breakfast \$18.75

- Coconut chia pudding
- Spinach and feta egg bites
- Bacon and cheddar egg bites
- Fresh fruit skewers
- Vegan breakfast cookies
- Fruit smoothies

Hot Breakfast Buffet \$25.00

- Scrambled eggs
- Applewood smoked bacon
- Turkey sausage
- Hashed potatoes with peppers and onions
- Maple raisin steel cut oatmeal with a side of cereal milk or nondairy creamer

Coffee & tea service included

Minimum 10



Lunch

Sandwiches \$16.50

served on assorted Bread and Buns
(GF options available)

- *Vegan 'Tuna Salad' made with chickpeas, celery, green onion and fresh with sprouts (VGN) (DF)
- Tuna salad classic with fresh parsley, celeriac, chives, and sprouts
- Garlic Roast Beef with horseradish aioli, green peppers, and Havarti
- Pork Bahn Mi, spicy mayo, and marinated vegetables (Baguette) (*Tofu)
- Egg Salad with green onions (Kaiser Bun)
- Turkey Cranberry, spinach, pine nuts, rosemary-cranberry mayo
- Veggie Delight with sundried tomato feta spread, roasted red peppers, avocado and pea shoots (V)
- Black Forest Ham and Cheddar w/mustard, mayo, and dill pickles

Wraps \$16.50

served on assorted flour tortillas
(GF options available)

- Hummus and Veggie - hummus, salad greens, red onion, carrots, sprouts, and cucumber in a whole wheat flour tortilla
- Tuna Salad with tuna, fresh carrots, celery, green onion, mayo, and sprouts in a whole wheat flour tortilla
- Chicken Club, bacon, romaine, cheddar cheese, tomato's and roasted red peppers in a flour tortilla
- Black Bean, rice, corn and spinach and avocado crema, in a flour tortilla (VGN)
- Chickpea, kale, cabbage, avocado, brussels sprouts (VGN)
- Spinach hummus and Veggie Wrap (VGN)



Lunch Combos

Soup or salad with sandwich combo with soft drink and cookie **\$26.50**

Soup, salad and sandwich combo with soft drink and cookie **\$29.50**

Add Hardbite potato chips and pickles \$5.25

Lunch

Soups \$7.25

- Classic Beef Barley
- Italian White Bean and Kale (V)
- Coconut Curry Chicken
- Oven Roasted Tomato Basil (VGN)
- Hearty Lentil and Vegetable Soup (VGN)
- Roasted Butternut Squash (V)
- Beef Chili
- Vegetable Chili (VGN)

Add Buns and Butter \$1.00 pp

Vegan Margarine available



Meal Salads \$19.75

- Grilled Chicken Kale Caesar
- Israeli Pearl Couscous Salad with roasted squash, paprika chicken
- Vegan Poke Bowl with edamame, red cabbage, avocado, cucumber, kale, wasabi peas, carrots tossed in a sesame ginger dressing. Topped with spicy mayo and nori. (VGN, DF, GF)
- Buddha bowl, kale, carrots, radish, chickpeas, roasted yams, quinoa in a lemon tahini dressing. Topped with cilantro hemp heart pesto. (VGN, GF, DF)
- Soba noodle salad with buckwheat noodles, crispy fried tofu, shiitake mushrooms, gai lan, broccoli in a sesame ginger dressing. (VGN, GF)



Side Salads \$8.00

- Mixed Greens with cherry tomato, red onion in a balsamic vinaigrette (VGN, GF)
- Winter Slaw with red cabbage and roasted brussels sprouts, goats cheese dressing (V, GF)
- Kale Caesar with bacon, grated Parmesan, sourdough croutons
- French Potato Salad with green beans in a vinaigrette dressing (V, GF)
- Roasted Root Vegetable Salad with fresh dill (VGN, GF)
- Pasta Salad with squash and feta and pumpkin seeds (V)
- Greek Salad with feta (V, GF)



Served Family Style (minimum of 10)

Beverages

Minimum 10

Moja Coffee \$3.90

Our local and proudly North Shore roasters. Decaf available. *Minimum 10.*

Milk, cream, sugars, sweeteners, and non-dairy oat milk



Tazo Tea \$3.90

A wide selection of caffeinated and decaf teas for your pleasure.

Milk, cream, sugars, sweeteners, and non-dairy oat milk

Sparkling Water \$3.00

An assortment of Bublys

Soft Drinks \$3.00

Oasis Bottled Juices \$4.50

An assortment of Orange, Grapefruit, Apple, and Ocean Spray Cranberry

Hot Chocolate \$4.35

Made specially with milk or milk alternative, sugar, and vanilla. Unsweetened option available.

Chai \$4.35

Steeped in tradition just like our Chai we make it with almond milk and add warm flavours; cardamom, star anise and clove will warm your soul.

Smoothies \$5.00

Naked Smoothie..



Snacks

Hummus and Veggie cups \$7 (VGN)

Charcuterie cups with aged cheddar, spicy salami, pepperoni, and olives \$9

Cheese Boards with fruit, preserves, bread and crackers. (V) (min 10) \$15 pp

Charcuterie Boards with, olives, mustards, bread and crackers (min 10) \$17.00pp

Mixed Nut cups \$5 (VGN)

Candy cups \$5 (V)

Hardbite potato chips \$5 (VGN)

Desserts

Assorted Cookies \$3.85

chocolate chip, oatmeal raisin, white chocolate macadamia nut, double chocolate, (V)

GF, VGN upon request)

Double chocolate Vegan Brownies \$4.75 (VGN) (DF)

Berry, Lemon, or Nanaimo Square's \$4.75 (V)

Assorted dessert platter - Cookies, Brownies, Squares and Banana Bread

