

## BREAKFAST

## PACKAGES

BREAKFAST PACKAGE ONE-CONTINENTAL
\$115 I Serves up to 6 guests
Breakfast Pastry Platter-6pc
Assorted Breakfast Pastries
Gluten Free Pastries + \$10 per package
Served with whipped butter and preserves, individual berry yogurt parfaits, orange juice, and Flow water

## BREAKFAST PACKAGE TWO-WARM

\$130 I Serves up to 6 guests

## Mini Quiche Platter

Choose 1 flavour per package
Bacon \& cheddar
Spinach \& tomato (4) (1)
Bell pepper \& feta
Served with individual berry yogurt parfaits, hash browns, orange juice, and Flow water

## BREAKFAST PACKAGE THREE

\$165 I Serves up to 6 guests

## Breakfast Wrap Platter-6 sandwiches

Choose 1 flavour per package
Bacon, egg, cheese
Turkey sausage, egg, cheese
Vegetarian, peppers, onion, egg, cheese
Vegan quesadilla: peppers, onions, tofu, corn tortilla
Served with individual berry yogurt parfaits, hash browns,
orange juice, and Flow water

## INDIVIDUAL BREAKFAST BOX

\$16/ea I Minimum order of 6
Muffin, yogurt parfait, orange juice, and Flow water

## COFFEE \& TEA PACKAGE

\$132 | Serves up to 12 guests
Coffee-96oz carafe \| Tea-96oz carafe hot water with a selection of premium teas. Includes milk, cream,
sugar, sweetener, disposable cups \& lids, stir sticks
Includes 12x Flow water I Oat milk available $250 \mathrm{ml}+\$ 4$

All packages are served in eco-friendly disposables, includes cutlery, napkins \& plates. Linens for food service tables only are included. Guest table linens are required at an additional cost. Individual event needs will vary, please speak to a member of our team to discuss your needs.

Certain items can be made to your dietary specifications upon request. Please contact our team to inquire.

CMH/CWM • DROP-OFF PACKAGES 2024 •
(1)

Vegan
Gluten Free
Contains NutsDairy Free

## LUNCH

## PACKAGES

## LUNCH PACKAGE ONE

 \$125 | Serves up to 6 guests
## Assorted Sandwich Platter

Vegetarian options available 6 full sandwiches cut in half, Chef's Choice Selection

Served with house salad, assorted cookies, and Flow water


LUNCH PACKAGE TWO
\$195 | Serves up to 6 guests

## Individual Energy Bowl

Brown rice, broccoli, edamame, shredded carrots and cabbage with
sesame dressing
Choose 1 protein per package
Gochujang Tofu (b)
Teriyaki Salmon (1) (1)
Ginger Orange Chicken (1) (1)

Garden Vegetable Platter w/ dip
Za'atar hummus \& house made ranch

## Dessert Platter

(4)

Choose 1 per package
Date Squares, Brownies, Seasonal Crumble Bars, Chocolate Chip Cookies

Served with Flow water

## LUNCH PACKAGE THREE \| $\$ 170$ | Serves up to 6 guests

## Sandwich Platter

Choose 1 per package

## Gribiche Egg Salad

Dijon, capers, parsley, multigrain bread

## Oven Roasted Turkey

Smoked cheddar, fig mostarda, sliced apple, mix greens, multigrain bread

## Italian Roasted Vegetable Wrap

Eggplant, zucchini, bell pepper, red onion, antipasto, arugula

## Salad Platter

Choose 1 per package

## House Salad

Mix greens, cucumbers, carrots, fennel, cherry tomato, lemon vinaigrette

## Potato Salad

## (4) (B) (1)

Baby potato, capers, red onion, chives, tarragon, grainy dijon dressing

Orzo Salad
Grapes, broccoli, artichoke hearts,
pesto dressing

## Dessert Platter

Choose 1 per package
Date Squares, Brownies, Seasonal
Crumble Bars, Chocolate Chip Cookies
Served with Flow water

All sandwiches can be made gluten free upon request for $\$ 10$ per package

## INDIVIDUAL

## LUNCH \& SNACK BOXES

# SANDWICH LUNCH BOXES <br> \$32/box I Minimum order of 6 for each combo 

## Sandwiches

Choose 1 per combo
Gribiche Egg Salad $\oplus(1)$
Dijon, capers, parsley, multigrain bread

## Oven Roasted Turkey

Smoked cheddar, fig mostarda, sliced apple, mix greens, multigrain bread
Italian Roasted Vegetable Wrap
Eggplant, zucchini, bell pepper, red onion, antipasto, arugula

## Salads

Choose 1 per combo

## Potato Salad

Baby potato, capers, red onion, chives, tarragon, grainy dijon dressing

Orzo Salad
Grapes, broccoli, artichoke hearts, pesto dressing

## Desserts

## Choose 1 per combo

Date Squares, Brownies, Seasonal
Crumble Bars, Chocolate Chip Cookies
Served with Flow water

## SNACK BOXES

THE ENERGY BOX \| \$10/ea
Minimum order of 6
Cheese, crackers, grapes,
seed \& fruit trail mix

THE VEGAN BOX | \$8/ea
Minimum order of 6
Hummus, crudites, olives, pickles

THE TREAT BOX \| \$8/ea
Minimum order of 6
Assorted mini desserts

Contains Nuts $\qquad$

## ADD-ONS

## BEVERAGES

Only available with the purchase of one of the package options
LOX PLATTER I \$79 | Serves 6-12 guests
Smoked salmon, tomato, cucumber, red onion, dill capers, cream cheese. Served with mini bagels

MINI QUICHE | \$36 | 12 pieces per order
Choose l per order
Bacon \& cheddar, Bell pepper \& feta $\oplus$, Spinach \& tomato $\oplus \oplus$
FRUIT BOWL I \$24 I Serves up to 6 guests (1)
Sliced seasonal fresh fruit

## INDIVIDUAL FRUIT CUPS | \$5

Minimum order of 6

## INDIVIDUAL PARFAIT I \$5

Minimum order of 6
Vanilla yogurt with berry compote, housemade granola
CRUDITÉS PLATTER \| \$55 \| Serves up to 12 guests ©
Selection of fresh vegetables, seasonal dip
CHEESE PLATTER | $\$ 110$ | Serves up to 12 guests Local \& imported cheese, preserves, fresh fruit, crostini

## CHARCUTERIE \& CHEESE PLATTER \| \$110

## Serves up to 12 guests

Local \& imported cheeses, cured meats, preserves, fruit, grainy dijon, pickles, crostini

SWEET OR SAVORY PASTRIES I \$55 I 12 pieces per order Assorted sweet or savory pastries

## ORANGE JUICE | \$2

## APPLE JUICE \| \$2

COFFEE I \$42 | Per 12 cups
$960 z$ carafe. Includes milk, cream, sugar, sweetener, 8 oz cups with lids, stir sticks

DECAF COFFEE | $\$ 42$ | Per 12 cups
$960 z$ carafe. Includes milk, cream, sugar, sweetener, 8 oz cups with lids, stir sticks

TEA | \$42 | Per 12 cups
96 oz carafe. Includes milk, cream, sugar, sweetener, 8 oz cups with lids, stir sticks

OAT MILK I \$4 I For coffee \& tea
FLOW WATER | \$24 | Per 6 bottles
SPARKLING WATER | \$24 | Per 6 cans

## SOFT DRINKS | \$2.5/ea

Coke, Diet Coke, Ginger ale, Sprite

## PACKAGE COMPARISONS

|  | My Bistro Drop-Off | Catering Full Service | Corporate Full Service |
| :---: | :---: | :---: | :---: |
| All disposables included | ( |  |  |
| Budget friendly options | ( |  |  |
| Self service | ( |  |  |
| Allergies can be accommodated | v | ( | ( |
| Vegan \& vegetarian options | ( | ( | ( |
| Full service with setup \& tear down required |  | ( | ( |
| Onsite event manager, chefs, and service team |  | ( | ( |
| Rentals \& equipment required |  | ( | ( |
| Custom menus available |  | ( | ( |
| Bar service/bartenders available |  | ( | ( |
| Platters | v | ( | $\checkmark$ |
| Snack breaks | v | ( | ( |
| Canapés |  | ( | $\checkmark$ |
| Buffet |  | $\checkmark$ | V |
| Food stations |  | ( | v |
| Plated meals |  | ( | $\checkmark$ |
| Ideal for daytime events \& meetings | $\checkmark$ |  | $\checkmark$ |

## FAQ

How do I know which catering package is right for my event?
Please refer to the chart and subsequent FAQ's. If you still have questions, please don't hesitate to get in touch with a member of our team.

## Are linens for guest tables included?

 No, none of the packages include linens for guest tables, however, they are required. This will vary per event. A member of our sales team can add the required number of linens to your order at an additional cost to the food and beverage.
## What is the booking process for catering services?

Our booking process involves several key steps, including consultation, menu selection, and finalizing details. Our team is dedicated to guiding you through each stage to ensure a smooth and stress-free event planning experience.

## How far in advance should I book catering for my event?

To secure availability and streamline planning, we recommend booking our services as soon as possible.

