



VALUE MENU



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menu

VALUE MENU

This Menu is for small groups: minimum 5 people to a maximum of 20 people.

Breakfast

Muffins

Full size Fresh-baked muffin served with jam & butter.
\$3 (1 pc per person)

Morning Breads

A variety of fresh fruit breads & coffee cakes
\$2.5 (1 pc per person)

Continental Mini Bakery

A selection of fresh-baked "Mini's" including muffins, Danish & pastries, served with a selection of jams & jellies.
\$6.5 (3 pc per person)

Tim Hortons Baked Goods Tim Hortons & Coffee

(Pick up at either Senator Burns or Cenovus location. Delivery available for \$10 per order.)

Assorted selection of Tim's Muffins
\$13.99 per dozen / \$7.49 per half dozen

Assorted selection of Tim's Donuts
\$10.99 per dozen / \$5.99 per half dozen

Add Tim's Horton's Take 12 Coffee \$18.89 per order

Fresh Fruit Salad

Fresh Cut assorted fruit
\$4 (per person)

"Artisan On the Go"

Fruit Parfait - \$5.99
Berry Cup - \$4.99
Breakfast Box - \$8.99

Individual Whole Fruit

Red Apples, Navel Oranges, Bananas, Pears (subject to seasonal availability) - per person - \$2



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Lunch

Classic Lunch Boxes -\$10.95 per person

Included is your choice of mini bottles water, can of juice or pop
Choose your sandwich on white or whole wheat bread and choice of filling:

Roast beef
Smoked turkey
Black forest ham
Egg salad VG
Tuna salad
Chicken salad
Vegetarian (VG)

Artisan "On the Go"

An assorted of Artisan Sandwiches (Individually Packaged)

Roast Ham and Swiss -\$6.99
Roast Beef -\$6.99
Corn beef - \$6.99
Turkey and Provolone -\$6.99
Egg -\$ 4.99
Tuna - \$5.99
Chicken Salad - \$5.99
Tzatziki Wrap - \$6.69
Asian Noodle Wrap - \$5.99
Moroccan Wrap - \$7.59

Deluxe Salads- \$10.79

Greek Salad
The Work Salad

Healthy Boxes- \$8.99

Aromatic Box
Protein Box

It's a Wrap -\$7 per person

A flavorful assortment of Flour Tortilla Wraps
(Gluten Free Wraps available on request \$5.00 per person)

Featuring the following fillings:

Roast Beef
Vegetarian
Chicken
Smoked Turkey
Tuna Salad
Egg salad
Black forest Ham & Swiss



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Lunch

Lite Lunch - \$19.75 per Person

Soup or Salad, Half Sandwich and Dessert

Choose "Soup of the Day", Farmer's Chopped Market Salad OR Caesar Salad

Sandwiches made on White, Whole Wheat and Multi Grain Bread

Fillings include:

Black Forest Ham and Swiss cheese

Roast Turkey with Provolone Cheese

Corned Beef with Monterey

Assorted Squares or Cookies

Pizza Bar

{Pizzas are 16" cut into 12 slices} {Suggested Serving 4-6 People per Pizza}

Cheesy Cheesy {VG} - \$23

All cheese...and then some more

Vegetarian Delight {VG} - \$23

Green peppers, Mushroom & Tomatoes

Mediterranean Vegetable-{VG} - \$25

Artichoke Hearts, Spinach, Roma Tomato, Poached Figs, Kalamata Olives and Goat Cheese

Pepperoni - \$23

Fully covered with pepperoni

True Canadian - \$24

Pepperoni, Button Mushrooms, Green Peppers and Back Bacon

Aloha Hawaiian - \$23

Honey Ham, Sweet Red Pepper and Pineapple

Meat Lovers - \$25

Pepperoni, Sausage, Black Forest Ham, Onions and Mushrooms



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Sweet Breaks and Desserts

Cakes & Squares {2pcs per person} - \$3

A sweet selection of our popular cakes and squares

Assorted fresh baked cookies {2oz} - \$1.75 (each)

Death by Chocolate - \$6 per person

Gourmet chocolate cookies, brownies, chocolate eclairs, & chocolate mousse tarts

Fruit Tarts - \$2.50 (each)

A tasteful selection of our fruit & cheesecake filled tarts

Carnival Cupcakes - \$3.75 (each)

Assorted flavours of Vanilla, chocolate, Lemon, Raspberry

Rice Krispy Squares (minimum of 6) - \$2 each

Beverages

Hot Beverages

Seattle`s Best Freshly Brewed Regular Coffee (10 Cup Pot) - per pot - \$18.50

Seattle`s Best Freshly Brewed Decaf Coffee (10 Cup Pot) - per pot - \$18.50

Selection of Individual Tazo Tea Bags Served with Hot Water - per bag - \$2.00

0Individual Hot Chocolate Packages Served With Hot Water - each - \$2.50

Cold Beverages

Assortment of Canned Coke Products - each - \$2.00

Assorted canned Juices - each - \$2.50

Bottled Water - each - \$2.00

Sparkling Water, 330mL - each - \$2.75

Premium Fruit Juice - Pitcher (8 servings) - each - \$15.00
Choice of: Orange Juice /Apple Juice /Cranberry Juice

Pitcher of water- Served Complimentary with Any Food and Beverage Order for up To 20 People



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OVERVIEW

What is the fresh fork?

At the fresh fork, we offer fresh, delicious, seasonal menus. We are passionate about building connections with people and find inspiration through food.

Our promise is to provide you with first-class catering experience!

POLICIES

In order to ensure a well-organized event, we ask that you review and acknowledge our catering event policies as reviewed with you by your event manager. Should you have any questions, please discuss these policies with our catering department prior to the event.

Please note that prices do not include gratuity or GST and are subject to change without notice.

CONTACT

If you have any questions or would like to book your next event please feel free to contact our sales team directly:

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