

Heart Rock Café Catering Menu 2017

Breakfast

Continental Breakfast

Coffee (regular/or decaffeinated)

Tea (assorted regular and herbal)

Assorted Juices

Fruit Bowl (1 whole fruit per person)

Combined choices of (based on one piece per person):

*Assorted Homemade Muffins

*Assorted Homemade Loaves

\$8.50/person

Deluxe

Continental Coffee (regular/or decaffeinated)

Tea (assorted regular and herbal)

Assorted Juices Fruit Platter

Muesli with Yogurt

Combined choices of (based on one piece per person):

*Assorted Homemade Muffins

*Assorted Homemade Loaves

\$13.50/person

Sunshine Breakfast

Coffee (regular/or decaffeinated)

Tea (assorted regular and herbal)

Assorted Juices Fruit Platter

Combined choices of (based on one piece per person):

*Assorted Homemade Muffins

*Assorted Homemade Loaves

Deluxe Garden Egg Scramble (potatoes, cauliflower, broccoli, carrots,
peppers, green onions, and cheddar cheese)

\$17.50/person

Luncheon Menus

The Classic

Assorted quartered sandwiches presented on whole wheat and rye breads
(1 sandwich per person)
Varieties include: Deviled Egg, Deluxe Tuna, Cranberry Pecan Chicken Salad,
Sockeye Salmon, Turkey and Swiss, Black Forest Ham and Cheddar
Homemade Soup of the Day with crackers
Choice of: Side Tossed Salad, Potato Salad, or Coleslaw
\$14/person

The Deluxe

Assorted quartered sandwiches presented on whole wheat bread, rye bread,
whole wheat buns, and tortilla wraps (1 sandwich per person)
Varieties include: Deviled Egg, Deluxe Tuna, Cranberry Pecan Chicken Salad,
Sockeye Salmon, Turkey and Swiss, Black Forest Ham and Cheddar,
Philly Roast Beef
Homemade Soup of the Day with crackers
Raw Veggie and Cheese Platter
Choice of: Side Tossed Salad, Potato Salad, or Coleslaw
\$21/person

“Heart” Warming Lunch

Homemade soup of the day
Choice of: Side Tossed Salad, Potato Salad or Coleslaw
Choice of: Whole Wheat Rolls, Homemade Corn Bread Muffins,
or Cheesy Biscuits
\$10/person

“Heartier” Warming Lunch

Choice of: Chunky Bean Chili, Hearty Beef and Root Veggie Stew, Five Alarm
Beef Chili, Mediterranean Sweet Potato and Chickpea Stew
Choice of: Side Tossed Salad, Potato Salad or Coleslaw
Choice of: Whole Wheat Rolls, Homemade Corn Bread Muffins,
or Cheesy Biscuits
\$14/person

The Chef at the Café would love to help you design the perfect
menu for your event.
Should you prefer to customize your menu, we can happily arrange a consultation
to discuss menu and/or budget options.

Dinner

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Example Menu 1

Salad of Winter Greens, Walnuts, Roasted Beets, and Chevre
Pan Seared Chicken Breast with Balsamic-Fig Sauce Orange Scented
Butter Nut Squash Puree
Mushroom Barley Pilaf Mini Apple Galettes

Example Menu 2

Winter Squash Soup with Spicy Toasted Pumpkin Seeds
Herbed Fillet of Beef with Rosemary Tomato Confit and Parsnip Puree
Wilted Garlic Spinach
Rustic Pear Tart with Late-Harvest Riesling

Example Menu 3

Spicy Gazpacho
Red Snapper with Basil Vinaigrette, Green Beans with Lemon, and
Pine Nuts Carrot Orzo
Tropical Fruit Compote with Mango Sorbet

A Salad on the Side?

Fresh Fruit Salad

Honeydew, cantaloupe, pineapple, grapes, and oranges**
\$6.00/person

Japanese Quinoa Salad

Quinoa, green peas, cabbage, red peppers, green onions, tofu,
and an Asian ginger dressing**
\$6.50/person

Thai Crab Peanut Noodle Salad

Whole wheat noodles, cabbage, grated carrots, red peppers, green onions, crab
Pollock, and a spicy peanut soy dressing**
\$6.50/person

Rice & Barley Salsa Salad

Brown Rice, barley, black beans, corn, red peppers, celery, red onion,
and a salsa dressing**
\$5.50/person

Tabbouleh

Quinoa, chickpeas, green onions, tomatoes, mango, parsley,
and a lemon garlic dressing**
\$5.50/person

Side Salad

Tossed greens and veggies with assorted dressings**
\$4.50/person

**Baked goods/Fruit/Vegetables: Cookies, scones, dainties and “desserts”, fruit
salads, fruit platter, fruit baskets, side salad, and platters MUST be special
ordered with adequate lead time as these are not available on a regular basis.
The Café will reserve the right to discuss alternative options should
supplies/labour not allow for preparation of such items.

A little extra?

Veggie and Dip Platter

Carrots, celery, broccoli, cauliflower, cherry tomatoes, radishes,
and a homemade Buttermilk Dill Ranch Dip**

\$5.00/person

Fruit Platter

A variety of fresh seasonal fruits**

\$6.50/person

Fresh Fruit Basket

A variety of fresh fruit (1 piece/person)**

\$1.75/person

Veggie, Cheese, and Cracker Platter

A variety of low fat Canadian domestic cheeses and assorted crackers**

\$7.50/person

Fruit, Cheese, and Cracker Platter

A variety of low fat cheeses, assorted crackers, and seasonal fruits**

\$8.25/person

Cookie Platter

A variety of Heart Rock Café homemade cookies (two cookies/person)**

\$2.25/person

Dainty Platter

A variety of Heart Rock Café delights (two/person)**

\$4.50/person

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A la Carte

Coffee: \$2.00/person*
Juice: \$2.50/person
Bottled water: \$2.25/person
Milk: \$2.00/person
Variety of 355ml Cold Beverages: \$2.50/person
Muffins: \$2.95/person**
Loaves: \$2.95/person**
Cookies (2 per person): \$2.25/person**
Scones: \$3.25/person**
Dainties: \$4.00/person**
Desserts: \$5.00/person**
Sandwiches/Wraps: \$6.25/person
Coffee and Muffin: \$4.95/person
Coffee, Muffin, and Fruit: \$6.00/person
Soup and Salad: \$8.50/person
Soup and Sandwich: \$10.00/person

*Coffee: Adequate coffee will be supplied per number requested on catering requisition. Should additional be required, one extra pot will be supplied with no additional cost. Should another be required (i.e.: for third pot) a base fee of \$10.00 will be charged.

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