



Breakfast

Delivered in individually labeled compostable paper bags

Minimum order - 15

Menu

Fresh Cracked Egg Wrap or Bagel

delivered warm or cold

Fresh Fruit Salad

Homemade Pastry

\$11.95

See Wrap/Bagel, Pastry choices

Wrap or Bagel Choices

Black Forest Ham & Cheddar

Grilled Bacon & Cheddar

Spinach, Fresh Salsa & Cheddar (Vegetarian)

***GF Bagel Available**

Homemade Pastry Choices (Nut Free)

Banana Bran Muffin

Cranberry Scone

Cinnamon Bun with Apple

Add the Following:

Additional Pastry - **\$1.25 each**

Yogurt parfait - yogurt, home-made granola, fresh berries - **\$1.75 each**

Canned Juice - **\$1.50 each**

Bottled Water - **\$1.00 each**

Sparkling Water - **\$1.25 each**

Soft Drinks - **\$1.25 each**



Price Includes Compostable Containers, Cutlery & Napkin



Lunch

Delivered in individually labeled compostable paper bags

Minimum order – 15

Menu

Sandwich or Wrap

Salad

Homemade Cookie or Dessert Square

Fresh Fruit Salad

Chips (Snack Bag)

\$13.95

See Sandwich/Wrap, Salad and Dessert choices

Add the Following:

Additional Salad - \$1.95 each

Canned Juice - \$2.00 each

Bottled Water - \$1.00 each

Sparkling Water - \$1.50 each

Soft Drinks - \$1.50 each





Sandwich/Wrap Choices (GF options available)

Egg Salad on Butter Croissant
Black Forest Ham & Cheese on Multigrain or Croissant with Dijon
Chicken Caesar Wrap - Roasted Chicken, Fresh Parmesan, Real Bacon & Spinach
Vegetarian Wrap - Black Bean, Spinach, Fresh Veggies & Cheese

Salad Choices

(Select one salad per 10 people)

Example - 15 people – choose one salad, 25 people choose from 2 salads, 50 people choose from 5 salads

Thai Noodle GF

Broccoli, Shred Cabbage, Baby Corn, Green Onions and Rice Noodles in Sesame Ginger Vinaigrette

Traditional Greek GF

Long English Cucumber, Ripe Tomato, Sweet Bell Pepper, Red Onion, Olives and Feta Cheese

Marinated Vegetable Sundried Tomato Salad GF

Medley of vegetable in Sundried Tomato Vinaigrette

Zesty Pasta Salad

Broccoli, Grape Tomato, Peppers, Green Onions in a Zesty Dill Dressing

Red Skinned Potato Salad GF

Green Onion, cooked Eggs in a Dijon Dressing

Bean Salad GF

Marinated Trio of Beans with Celery & Onion

Coleslaw GF

Shredded Cabbage and Carrot in a Traditional Dressing

Dessert Choices

Chef's Homemade Cookie

Oatmeal Chocolate Chip, Gingersnap, or Gluten/Dairy Free Peanut Butter

Or

Homemade Brownie



Price Includes Compostable Containers, Cutlery & Napkin



Charcuterie Box

Delivered in individually labeled compostable paper boxes
Minimum order – 15

Luxury Styled Individual Box

Includes (not limited to):

Artisan Baguette/Bagel/ Croissant

Selection of Cured Meat/Sausage

Olives, Pickles

Assorted Cheese & Crackers

Fresh Vegetables & Chef's Dip/Spread

Seasonal Fruit & Berries

Dessert Bites

\$15.95



Price Includes Compostable Containers, Cutlery & Napkin





SERVICE

SPICE OF LIFE CATERING LTD. will provide extensive, ongoing consulting services for your function to ensure a perfectly coordinated event. Advice on any subject is available at any time.

STAFF

We will deliver and set up food where required.

LEFT BEHIND ITEMS

Spice of Life Catering will make arrangements to pick up dishes and equipment after your event.

EQUIPMENT

SPICE OF LIFE CATERING LTD. will supply compostable tableware and All Serving Equipment.

BOOKING & PAYMENT TERMS

An invoice can be emailed prior. Payment can be paid in full the day of the event unless prior credit arrangements have been made. Thank you!

2021 CONTRACTS

All prices shown in this brochure are firm and will not be increased, once a deposit has been received. All prices exclude the G.S.T. calculated at 5%. The tax will be shown as a separate amount on your invoice.

DELIVERY

\$15.00 charge in the Nanaimo area. \$30.00 in the Parksville/Qualicum area.

GRATUITY

Optional.

DIETARY CONCERNS

Please let us know of any special dietary concerns and we will accommodate those needs. Vegetarian, Vegan, Gluten Free.

COVID – 19 – Spice of Life Catering is taking all precautionary measures to ensure the safety of our customers and staff. Let's all work together to stop the spread of Covid in our community.

Spice of Life Catering Ltd. prides itself in providing any menu that a customer requires. Please feel free to add suggestions and ask for ideas. Thank you!!

Please visit us at:
www.spiceoflifecatering.ca