

TAKE FIVE CAFÉ FAX CATERING MENU

BREAKFAST

SERVICE

per person

plate service disposable plates + utensils	.25	
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COMBO

minimum order of 4 | price on a per person basis

health conscious toasted bagels, yogurt granola cups or fruit cups, chilled juice or bottled water	8.75	
<i>add cream cheese to bagels</i>	0.75	
continental baked goods, individual fruit cups, chilled juice or bottled water	9.25	
hot + wholesome assortment of English muffin breakfast sandwiches, fruit cups, chilled juice or bottled water	11.45	

HOT SELECTION

grilled & served warmed

breakfast sandwiches

egg white + cheddar with tomato mayo on a whole wheat english muffin	4.95	
egg + honey ham with cheddar cheese + mayo on an original english muffin	4.95	
egg + bacon with provolone cheese + tomato mayo on a regular english muffin	5.75	

breakfast wraps \$6.95 each

breakfast wrap scrambled eggs, bacon, cheddar cheese, green onion + ketchup in a flour tortilla		
mexican breakfast wrap scrambled eggs with salsa, black beans, cilantro, cheddar cheese in a jalapeno tortilla		
vegetarian breakfast wrap scrambled eggs, cheddar cheese, spinach, green onion + ketchup on a whole wheat wrap		

COLD SELECTION

individual cups

oatmeal quick rolled oats, dried cranberries, apricots + raisins	3.25	
deluxe fruit cup assortment of fresh seasonal fruit	5.00	
yogurt + almond granola cup with French vanilla yogurt, peach + raspberries	5.00	

group bowl small serves 8-10 large serves 11-15

	<small>small</small>	<small>large</small>
deluxe fruit bowl assortment of fresh seasonal fruit	30.00	50.00

BAKER'S SELECTION

muffins 2.75 each

assortment of muffins	mini muffins baker's assortment of a dozen	10.25	
apple raisin with apples, raisins + cinnamon	lemon poppyseed with fresh lemon zest + poppyseeds		
banana chocolate chip banana muffin, chunks chocolate, garnished with sliced bananas	morning glory with carrots, apples, raisins, coconut		
banana walnut a traditional favourite with chunks of banana	oat + bran low fat + includes applesauce, oats, cranberries + blueberries		
blueberry plump blueberries + yogurt, make this muffin extra moist	orange cranberry moist muffin filled with cranberries + infused with orange zest.		
lemon triple berry moist yogurt muffin infused with lemon zest + loaded with raspberries, cranberries + blueberries.	vegan cherry chocolate walnuts compliment this delicious combination		

gluten friendly muffins 3.25 each

fruit + nut grated carrots, apples, coconut, raisins, cranberries, apricots, almonds, walnuts, flax seeds + sunflower seeds	
zucchini chocolate chip grated zucchini, chocolate chip, apples, walnuts + vanilla	

breakfast cookie 2.75 each

breakfast cookie a healthy combination of oats, dried apples, flax + pumpkin seeds, cranberries, dates + almonds	
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nature bar 3.00 each

nature bar cornflakes, almonds, sesame seeds, flax seeds, pumpkin seeds, raisins + cranberries	
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scones

blueberry house made scone loaded with blueberries	3.25	
cranberry lemon cranberry + lemon zest topped with a sugary crust	3.25	
savoury cheese cheddar cheese, chives + red peppers	3.25	
blueberry cranberry topped with lemon glaze	3.25	
ginger fresh ginger, candied ginger + currants	3.25	

loaves

	slice		slice	
banana	2.75		banana chocolate chip	3.00
lemon	2.75		banana walnut	3.00
lemon poppyseed	2.75		energy loaf	3.00

croissants

classic	3.00		almond	3.25	
chocolate dark chocolate filling	3.25		ham + swiss cheese	5.00	

bagels 2.25 each **add cream cheese .75

assortment of bagels		plain	
multigrain		sesame seed	

*Please be advised, our products are prepared in a facility that also handles nuts + tree nuts.

LUNCH

COMBO

minimum order of 6 | price on a per person basis
panini & wraps are served cold

corporate - panini/wraps, cookies + chilled soft drinks	13.00	
executive - spinach or caesar salad, panini/wraps, cookies or bars + chilled soft drinks	18.50	
tycoon - spinach or caesar salad, panini/wraps, fruit cups, cookies or bars + chilled soft drinks	21.00	

salad

small group serves 4 – 6 large group serves 8-10

salad dressings are served on the side

	single		small group		large group	
caesar salad romaine lettuce, olive, cherry tomato, croutons, parmesan cheese + classic caesar dressing	7.25		27.00		49.00	
caesar salad with grilled chicken	8.75		38.00		70.00	
greek salad cucumber, roma tomatoes, ricotta cheese + balsamic vinaigrette	~	~	28.00		49.00	
spinach salad baby spinach, cherry tomato, fresh ricotta cheese + balsamic vinaigrette	7.25		27.00		49.00	
spinach salad with grilled chicken seasoned grilled chicken, baby spinach, cherry tomato, fresh ricotta cheese + balsamic vinaigrette	8.75		38.00		70.00	

quinoa salad cup black quinoa, red cabbage, cucumber, spinach, shredded carrots, tomato, basil + red wine vinaigrette	5.25	
italian bean salad marinated mixed beans, cucumber, peppers, tomato, shredded carrots, spinach + red wine vinaigrette	5.25	
veggies + dip seasonal veggies with sriracha yogurt dip	5.25	

PANINI/WRAP SELECTION

gourmet panini & wraps are sliced in half
grilled upon request

wraps 7.95

whole wheat wrap available upon request | 1 day advance notice required

chef assortment of wraps	
quinoa grilled vegetable black quinoa, grilled vegetables, spicy yogurt, feta cheese on a spinach tortilla	
roasted turkey oven roasted turkey breast, apple + cranberry compote, walnuts, brie cheese + mustard mayo in a herb tortilla	
chicken curry roasted chicken with curry, a mix of dried cranberries, apricots, raisins, cashews + lettuce	
chicken fajita chicken breast, cheddar cheese, mango + pepper salsa, green onion, chipotle mayo + sour cream	

panini 8.95

whole wheat bread available upon request | 1 day advance notice required

chef assortment of panini	
cream cheese veggie seasonal veggies, cream cheese + sundried tomato on rye bread	
roasted veggies swiss cheese, roasted seasonal veggies, pesto mayo on a multigrain bun	
tuna cheddar melt tuna, capers, onions, parsley, spinach, cheddar cheese + mayo on multigrain bread	
italians only Italian ham, salami, capicola, provolone cheese, bell peppers + sundried tomato mayo on focaccia	
chicken pesto panini grilled chicken breast, provolone cheese, sundried tomatoes + pesto mayo on focaccia bread	
roasted beef oven-roasted beef, creamy havarti, caramelized onions, mustard, horseradish mayo + arugula on a granary ciabatta	
old fashioned ham ham, swiss cheese, grainy mustard mayo on homemade focaccia	
oven roasted turkey roasted turkey breast, emmental cheese, cranberry chutney + grainy mustard on cranberry sourdough	

platter

small platter serves 5 – 6 | large platter serves 10 – 12

1 day advanced notice required by 3pm

	small	large
fresh fruit assortment of sweet seasonal fruits	40.00	70.00

SWEET INDULGENCE

bars 3.00 each

assortment of bars		lemon bar a homemade shortbread crust with lemon custard + topped with streusel + shredded coconut.	
addiction rolled oats, coconut, toasted pecans, chocolate and dried fruit enhanced with a hint of espresso		nature bar cornflakes, almonds, sesame seeds, flax seeds, pumpkin seeds, raisins + cranberries	
date bar classic date bar with orange essence, topped with oat crumble.			

more bars 3.25 each

cream cheese fudge brownie bar moist chocolate fudge brownie with cream cheese swirl.		rocky road bar delicious combination of marshmallows, chocolate, peanut butter + pecans	
oat fudge bar a rich, chewy combination of oats + creamy fudge		gluten friendly apple crumble bar apple spiced with cinnamon + nutmeg on gluten free pastry topped with streusel	

cookies 2.75 each

assortment of cookies		macadamia white chocolate	
breakfast cookie		oatmeal raisin	
chocolate chip		ginger cookie	
double chocolate chip		peanut butter chocolate chip cookie	

gluten friendly 3.25 each

chocolate chip cookie			
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biscotti 2.75 each

double chocolate almond		white chocolate cranberry	
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sweet treats

cinnamon twist puff pastry topped with cinnamon + sugar (6 minimum order)	1.25	
rice crispy square a classic treat made in house.	3.00	
mocha coffee cake a dark chocolate coffee cake with streusel topping	3.25	
maple pecan danish maple danish topped with pecans	3.25	
raspberry danish raspberry + cream cheese filling	3.25	
carrot cake moist carrot cake with raisins + coconut, topped with cream cheese frosting	3.25	
cheesecake square traditional cheesecake filling on a chocolate coconut walnut crust topped with chocolate glaze	3.25	
apple crostata spiced apple filling in a light pastry dough	3.75	
cinnamon bun gourmet cinnamon bun topped with cream cheese icing (6 minimum order)	5.00	

COLD BEVERAGES

SELECTION

juices

apple juice 300mL	2.75	cranberry juice 300mL	2.75
orange juice 300mL	2.75		

soft drinks

coke 355mL	2.00	sprite 355mL	2.00
diet coke 355mL	2.00	iced tea	2.00
ginger ale 355mL	2.00		

italian soda

san pellegrino araciata italian orange	2.50	san pellegrino limonato italian lemon	2.50
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water

Take Five Café bottled water 500mL	\$2.00	san pellegrino sparkling water 250ml	\$3.50
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HOT BEVERAGES

SELECTION

half service serves 8 cups
full service serves 16 cups

coffee service \$18.00 half \$34.00 full

half full

abruzzo a medium roast coffee with subtle nutty undertones		
decaf roast 100% arabica, swiss water accredited & OCIA certified		

tea service \$18.00 half \$34.00 full

half full

assortment of teas – please enquire		
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