



## CORPORATE MENU



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# Breakfast

## Minimum 10 People

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### MORNING SUNRISE .....

Continental Baked Goods, Danishes, Breakfast Bread, Muffins, Croissants, Mixed Jams & Whipped Butter

### FRESH SEASONAL FRUIT SALAD .....

### FRESH MONTREAL-STYLE BAKED BAGELS .....

Comes with Whipped Butter, Mixed Jams & Cream Cheese - add \$1.00 if you'd like Lox

### PANCAKES .....

with Maple Syrup & Whipped Butter

### YOGURT PARFAIT .....

Seasonal Fruit and Berries with Vanilla Yogurt & Crunchy Granola

### MINI FRITTATAS .....

with Roasted Peppers, Goat Cheese & Spinach - 2 pcs per order

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### BREAKFAST SANDWICH .....

with Eggs, Spinach, Ham, Aged Cheddar, English Muffin

### WHITEBOX BURRITO .....

with Eggs, Hash Brown, Jalapeño, Salsa, Bacon, Aged Cheddar

### VEGGIE BURRITO .....

with Scrambled Eggs, Veggies, Aged Cheddar

### WHITEBOX DELUXE .....

An Array of House Made Scones, Sweet Fruit Danishes, Chocolate Croissants, Yogurt Parfaits, Local Fruit Cups, Breakfast Breads & Healthy Egg Bites

### WHITEBOX COMPLETE BREAKFAST .....

Continental Baked Goods, Mixed Jams, Scrambled Eggs, Home Fries, Farmer's Sausage & Ontario Fresh Bacon





# Salads

## The Basics

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**INDIVIDUALLY PACKAGED**

Minimum order of 10 people

**GARDEN** .....

Crisp Peppers, Cherry Tomatoes, Field Cucumbers, Carrots, Balsamic Vinaigrette

**CAESAR** .....

Oregano Croutons, Lemon Wedges, Parmesan Cheese, House Dressing

**GREEK** .....

Local Romaine Lettuce, Tomatoes, Field Cucumbers, Red Onions, Crisp Peppers, Greek Vinaigrette, Feta Cheese, Kalamata Olives

**POTATO** .....

Sautéed Peppers, Caramelized Onions, Olive Oil, Green Onions, Pommery Mustard, Flat Leaf Parsley

**GRILLED VEGETABLE PASTA** .....

Oven Roasted Vegetables, Parmesan Cheese, Spinach, Pesto

## Top-Shelf Salads

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**INDIVIDUALLY PACKAGED**

Minimum order of 10 people

**CHICKPEA** .....

Field Cucumbers, Tomatoes, Crisp Peppers, Torn Parsley, First Press Olive Oil

**MEDITERRANEAN** .....

Tomatoes, Cucumbers, Crisp Peppers, Red Onion, Feta Cheese, Kalamata Olives, Greek Vinaigrette

**SPINACH & STRAWBERRY** .....

Cranberries, Crumbled Goat Cheese, Raspberry Vinaigrette

**BLACK BEAN & ROASTED CORN** .....

Chipotle, Green Onions, Crisp Peppers, Rice Wine, Torn Cilantro, Local Honey

**QUINOA & AVOCADO** .....

Chopped Cucumber, Cherry Tomato, Red Onion, Spinach

**CITRUS** .....

Florida's Best, Cherry Tomatoes, Cranberries, Heritage Blend Greens, Balsamic Vinaigrette

**CRUNCHY ASIAN SLAW** .....

Napa Cabbage, Golden Raisins, Peppers, Shredded Carrots, Scallions, Snow Peas, Crispy Fried Noodles, Sesame Ginger Dressing

**BROCCOLI CRUNCH** .....

Broccoli, Scallions, Red Onions, Dried Apples, Cranberries, Toasted Almonds, Apple Cider Vinaigrette

**CAPRESE** .....

Heirloom Grape Tomatoes, Bocconcini, Greens, Pesto Vinaigrette





# Sandwiches

## Whitebox Selections

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### CHOICE OF SANDWICH OR WRAP

Minimum order of 10 people

#### TURKEY .....

Local Ontario cheese, Cranberry Spread, Ontario Tomatoes, Field Cucumbers, Lettuce

#### VIRGINIA HAM .....

Local Ontario cheese, hot house Tomatoes, Dijon Aioli, Lettuce

#### ITALIAN .....

Local Ontario cheese, Prosciutto, genoa salami Arugula, Pesto Aioli, Fire Roasted Peppers

#### ROAST BEEF .....

Local Ontario cheese, Ontario Tomatoes, Horseradish Aioli, Lettuce

#### EGG SALAD .....

#### WHITE ALBACORE TUNA SALAD .....

#### FALAFEL WRAPS .....

Tzatziki, Field Cucumbers, Ontario Tomatoes, hummus, Torn Cilantro, Lettuce

#### VEGAN SANDWICH .....

Grilled Zucchini, Fire Roasted Peppers, Balsamic Roasted Onions, Olive Tapenade, lettuce

## Natural Roast Selections

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### CHOICE OF SANDWICH OR WRAP

Minimum order of 10 people

#### LOCAL FRESH ROASTED TURKEY BREAST .....

Local Ontario cheese, Cranberry Spread, Ontario Tomatoes, Field Cucumbers, Lettuce

#### ANGUS BEEF .....

Local Ontario cheese, Ontario Tomato, Horseradish Aioli, Lettuce

#### ROASTED FREE RANGE CHICKEN BREAST .....

Aged Cheddar, Fire Roasted Peppers, Caramelized Vidalia Onions, Chipotle Aioli

#### CUBAN TRADITIONAL .....

Local Ontario cheese, Virginia Ham, Spiced Pickles, lettuce, Good Old Yellow Mustard

#### CHIPTOLE CHICKEN SALAD .....

Local Ontario cheese, Ontario Tomatoes, Lettuce





# Meal Combos

**All Meal Combos served with your choice of Soup or Salad and Dessert**

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**WHITEBOX SANDWICH/ WRAP** .....

**NATURAL ROAST SANDWICH/ WRAP** .....

**HOT SANDWICH** .....

Choice of Veal, Chicken, Eggplant Parmesan or Homemade Meatballs, Sweet Onions, Peppers, Mushrooms - \$16.95 per person or \$17.95 individually packaged

**CANNELLONI** .....

(Meat or Spinach and Cheese) with Tomato Basil Sauce, Artisan Bur

**GRILLED SALMON** .....

Mango and Roasted Pepper Salsa, Steamed Vegetables, Brown Rice

## Platters

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**CHICKEN PARMESAN** .....

Served with Penne Pasta, Artisan Bun

**QUARTER CHICKEN** .....

Yukon Potatoes, Seasonal Vegetables, Gravy, Artisan Bun \$16.95 per person or individual pks \$17.95

**STUFFED CHICKEN SUPREME** .....

Roasted Peppers, Spinach, Roasted Shallots, and Fontina, Local Vegetable Medley, Organic Tri Quinoa, Artisan Bun





# Hot Menu Favorites

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## GRILLED CHICKEN SOUVLAKI .....

Rice Pilaf, Greek Salad, Grilled Pita, Tzatziki, Hummus

## MEXICAN WRAP .....

Wraps filled with Mexican Rice, Refried Beans, Guacamole, Salsa, Cheddar Cheese and your choice of Beef or Chicken. Served with Black Bean and Corn Salad, Tortilla Chips, Salsa and Sour

## BUTTER CHICKEN .....

Basmati Rice, Kachumber (Cucumber) Salad, Vegetable Samosa and Warm Naan Bread

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## ITALIAN CHICKEN PICATTA .....

Served with penne in a tomato basil Sauce, Local Farm Vegetables, Caesar Salad, Artisan Bun

## JERK CHICKEN .....

Rice & Black-Eyed Peas, Coleslaw, Jamaican Patty





# Individual Boxed Lunches

## Minimum 10 People

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### WHITEBOX LUNCH

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Sandwich or Wrap, your choice of WhiteBox Salad, Cookie, Pop, Juice or Bottled Water

### NATURAL ROAST LUNCH

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Sandwich, your choice of Top Shelf or WhiteBox Salad, Cookie, Pop, Juice or Bottled Water

### ANTIPASTO

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Prosciutto, Soppressatta, Provolone Cheese, Olive Tapenade, Grapes, Crisps

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### MEXICAN

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Chorizo, Grilled Peppers, Jalapeño Havarti, Tortilla Chips, Guacamole

### MEDITERRANEAN

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Pita Crisps, Hummus, Olives, Grape Tomatoes, Cucumbers, Feta Cheese

### PROTEIN

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Hard Boiled Egg, Trail Mix, Cheese, Crisps, Creamy Peanut Butter





# Wellness Boxes

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## HALAL CHIPOTLE CHICKEN .....

Roasted Chicken Breast, Brown Rice, Corn and Black Bean Salsa, Pico de Gallo, Guacamole, Torn Cilantro and Fresh Lime

## TERIYAKI GLAZED SALMON .....

Brown Rice, Stir Fry Vegetables, Fried Wonton, Sesame Seeds

## VEGAN COBB SALAD .....

Zucchini Spiral, Cucumbers, Grape Tomatoes, Toasted Tofu, Coconut Bacon, Guacamole, Leaf Lettuce & Romaine, Vegan Buttermilk Ranch Dressing

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## FALAFEL .....

Brown Rice, House Made Falafel, Crispy Chickpeas, Guacamole, Tomatoes, Field Cucumber, Pickled Red Onion, Tzatziki

## MEDITERRANEAN BUDDHA .....

Roasted Chickpeas, Organic Quinoa, Field Greens, Grape Tomatoes, Cucumbers, Kalamata Olives Roasted Red Pepper, Roasted Garlic & Lemon Dressing, Hummus





# Fruit & Sweets

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**ASSORTED SEASONAL FRUIT** .....

Small (Small Platter serves up to 10 people)

**ASSORTED SEASONAL FRUIT** .....

Medium (Medium Platter serves up to 20 people)

**ASSORTED SEASONAL FRUIT** .....

Large (Large Platter serves up to 30 people)

**ASSORTED COOKIES** .....

Small (20 pieces)

**ASSORTED COOKIES** .....

Medium (40 pieces)

**ASSORTED COOKIES** .....

Large (60 pieces)

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**ASSORTED DESSERTS** .....

Small (20 pieces)

**ASSORTED DESSERTS** .....

Medium (40 pieces)

**ASSORTED DESSERTS** .....

Large (60 pieces)

**MINI ITALIAN PASTRIES** .....

Small (15 pieces)

**MINI ITALIAN PASTRIES** .....

Medium (30 pieces)

**MINI ITALIAN PASTRIES** .....

Large (45 pieces)

**GRAB-AND-GO BITES** .....

- Individually Packaged
- Energy Bites
- Kettle Chips
- Trail Mix
- Cookies
- Flavoured Popcorn
- Brownies/Squares