

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	8.00	
<i>add cream cheese to bagels</i>	0.79	
continental baked goods, individual fruit cups, chilled juice or bottled water	8.50	
hot + wholesome assortment of English muffin breakfast sandwiches, fruit cups, chilled juice or bottled water	10.50	

HOT SELECTION

grilled & served warmed

breakfast sandwiches

egg white + cheddar with tomato mayo on a whole wheat english muffin	3.75	
egg + honey ham with cheddar cheese + mayo on an original english muffin	4.75	
vegetarian roasted peppers, spinach + gouda on a whole wheat english muffin	4.50	
egg + bacon with provolone cheese + tomato mayo on a whole wheat english muffin	5.60	

breakfast wraps \$6.25 each

breakfast wrap scrambled eggs, bacon, cheddar cheese, green onion + ketchup in a flour 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	3.00	
deluxe fruit cup assortment of fresh seasonal fruit	4.25	
yogurt + almond granola cup with French vanilla yogurt, peach + raspberries	4.25	

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

	small	large
deluxe fruit bowl assortment of fresh seasonal fruit	28.00	48.00
yogurt + almond granola cup with French vanilla yogurt, peach + raspberries	28.00	48.00

BAKER'S SELECTION

Items are cut in half and accompanied with condiments

muffins 2.50 each

assortment of muffins		mini muffins baker's assortment of a dozen	9.60	
apple raisin muffin moist muffin filled with apples, raisins + cinnamon		lemon triple berry moist yogurt muffin infused with lemon zest + loaded with raspberries, cranberries + blueberries.		
banana chocolate chip banana muffin, chunks chocolate, garnished with sliced bananas		morning glory low fat, with carrots, apples, raisins, coconut		
blueberry plump blueberries + yogurt, make this muffin extra moist		orange cranberry moist muffin filled with cranberries + infused with orange zest.		
oat bran low fat + includes applesauce, oats, cranberries + blueberries		whole-wheat + oat energy add energy to your day with dates, flax seeds, walnuts, pumpkin seeds + rhubarb		

gluten friendly muffins 2.95 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 2.25 each

breakfast cookie a healthy combination of oats, dried apples, flax + pumpkin seeds, cranberries, dates + almonds	
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nature bar 2.60 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	2.75	
cranberry lemon cranberry + lemon zest topped with a sugary crust	2.75	
savoury cheese cheddar cheese, chives + red peppers	2.75	
whole wheat loaded with blueberries + a touch of lemon zest	2.75	
blueberry cranberry topped with lemon glaze	2.95	

loaves

	slice		slice	
banana	2.25		energy loaf	2.45
lemon	2.25		chocolate chip banana loaf	2.45
orange poppyseed	2.25			

cinnamon twist .95 each (minimum order of 6)

cinnamon twist puff pastry topped with cinnamon + sugar	
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croissants

classic	2.50		almond	3.00	
chocolate dark chocolate filling	2.75		ham + swiss cheese	4.25	

bagels 2.00 each **add cream cheese .79

assortment of bagels		plain	
blueberry		onion	
multigrain		sesame seed	

*Please be advised, our products are prepared in a facility that also handles nuts and 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	12.50	
executive -green, greek or caesar salad, panini/wraps, cookies or bars + chilled soft drinks	16.50	
tycoon - green or caesar salad, panini/wraps, fruit cups, cookies or bars + chilled soft drinks	19.00	
italian - caesar salad, a selection of pasta, baguette, fresh fruit + chilled soft drinks	20.00	

soup 4.75 10 oz (minimum order of 10 per flavor)

broccoli cheddar creamy blend of broccoli + aged cheddar cheese	
butternut squash roasted with ginger, garlic + finished with coconut milk	
chicken noodle home-style chicken soup with braised chicken, noodles + vegetables	
lamb barley braised lamb shoulder , barley, onions, celery + carrots in a lamb broth	
manhattan clam chowder rich tomato broth with clams + vegetables	
minestrone hearty Italian soup with mixed beans, vegetables + split green peas	
mushroom smoked bacon a blend of mushrooms + cream with smoked bacon	

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	6.50		25.00		45.00	
caesar salad with grilled chicken	9.50		35.00		65.00	
mixed greens with candied pecans, dried cranberries, sunflower seeds, radish, cherry tomato, feta cheese + lemon raspberry dressing	7.00	~	25.00		45.00	
greek salad cucumber, roma tomatoes, bell peppers, red onion, feta cheese , kalamata olives + red wine vinaigrette	~	~	25.00		45.00	
spinach salad baby spinach, cherry tomato, fresh ricotta cheese + balsamic vinaigrette	6.50		25.00		45.00	
spinach salad with grilled chicken seasoned grilled chicken, baby spinach, cherry tomato, fresh ricotta cheese + balsamic vinaigrette	9.50		35.00		65.00	
pasta salad fusili pasta, sundried tomatoes + seasonal vegetables tossed in a pesto dressing	~	~	25.00		45.00	

quinoa salad cup black quinoa, cucumber, bell pepper, spinach, tomato, basil + red wine vinaigrette	5.25	
Italian bean salad marinated mixed beans, cucumber, tomato, spinach + red wine vinaigrette	5.25	

PANINI/WRAP SELECTION

gourmet panini & wraps are sliced in half
grilled upon request

wraps 7.25

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 fajita chicken breast, cheddar cheese, mango + pepper salsa, green onion, chipotle mayo + sour cream	
chicken + chorizo wrap chicken, chorizo sausage, rice, black beans, bell peppers, cilantro, salsa + cheddar cheese on a cheese wrap.	
southwestern pulled pork pulled pork, white rice, black beans, bell peppers, jalapeno salsa, cilantro, cheddar cheese	

panini 8.50

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

chef assortment of panini	
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	

HOT SELECTION

small serves 6 – 8

large serves 12 – 16

1 day advanced notice required by 3pm

pasta 52.99 small 85.99 large

chorizo farfalle farfalle pasta, dried chorizo sausage, mushrooms, tomato, basil + parmesan cheese		
meat lasagna layered with ground beef, veal, tomato + béchamel sauce, ricotta, mozzarella + parmesan cheese		
penne pomodoro penne tossed with rich tomato basil sauce + finished with extra virgin olive oil + parmesan cheese		
rotini pesto rotini with pesto cream sauce + topped with parmesan cheese		
penne with meatballs penne tossed with rich tomato basil sauce + topped with meatballs + parmesan cheese		
vegetarian lasagna layered with spinach, tomato, béchamel sauce, ricotta, mozzarella + parmesan cheese		

*Add grilled chicken to any pasta dish

sides (price per person)

garlic bread slice	2.00	
grilled chicken breast	8.99	

PLATTERS**platters**

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

1 day advanced notice required by 3pm

	small	large
fresh vegetable assortment of seasonal vegetables + dips	25.00	45.00
fresh fruit assortment of sweet seasonal fruits	35.00	65.00
cheese assortment of domestic + imported cheese accompanied with a variety of crackers + fruits	38.00	76.00

SWEET INDULGENCE

EVERYDAY FAVOURITES

bars 2.75 each

assortment of bars			
addiction rolled oats, coconut, toasted pecans, chocolate and dried fruit enhanced with a hint of espresso		rocky road bar delicious combination of marshmallows, chocolate, peanut butter + pecans	
cream cheese fudge brownie moist chocolate fudge brownie with cream cheese swirl.		gluten friendly apple crumble bar apple spiced with cinnamon + nutmeg on gluten free pastry topped with streusel	
date bar classic date bar with orange essence, topped with oat crumble.		lemon bar a homemade shortbread crust with lemon + topped with streusel + shredded coconut.	

nature bar 2.60 each

nature bar cornflakes, almonds, sesame seeds, flax seeds, pumpkin seeds, raisins + cranberries	
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cookies 2.25 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 2.60 each

chocolate chip cookie	
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small biscotti 1.50 each

double chocolate almond		white chocolate cranberry	
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large biscotti 2.45 each

double chocolate almond		white chocolate cranberry	
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desserts

cinnamon twist puff pastry topped with cinnamon + sugar (6 minimum order)	.95	
rice crispy square a classic treat made in house.	2.45	
mocha coffee cake a dark chocolate coffee cake with streusel topping	2.75	
apple walnut coffee cake moist butter cake with apples and walnuts and topped with streusel.	2.75	
carrot cake moist carrot cake with raisins and coconut, topped with cream cheese frosting	3.00	
cheesecake square traditional cheesecake filling on a chocolate coconut walnut crust topped with chocolate glaze	3.05	
apple crostata spiced apple filling in a light pastry dough	3.25	
cinnamon bun gourmet cinnamon bun topped with cream cheese icing (6 minimum order)	3.95	

COLD BEVERAGES

SELECTION

juices

apple juice 300mL	2.29	cranberry juice 300mL	2.29
orange juice 300mL	2.29	V8 tomato juice 355mL	2.29

soft drinks

coke 355mL	1.50	sprite/ 7up 355mL	1.50
diet coke 355mL	1.50	nestea	1.50
ginger ale 355mL	1.50	V8 tomato juice	2.29

italian soda

san pellegrino araciata italian orange	1.99	san pellegrino limonato italian lemon	1.99
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water

Take Five Café bottled water 500mL	\$1.90	miller springs sparkling water 341mL	\$2.68
san pellegrino sparkling water 250ml	\$3.25		

HOT BEVERAGES

Our coffee is selected + roasted in small batches exclusively for Take Five Café. Coffee is roasted locally in a carbon neutral facility in Delta, B.C.

SELECTION

half service serves 8 cups
full service serves 16 cups

coffee service \$18.00 half \$34.00 full

half full

la flor de cafe a medium roast with smokey cedar notes + sweet chocolate		
decaf roast 100% arabica, swiss water accredited & OCIA certified		

tea service \$16.00 half \$32.00 full

half full

assortment of teas – please enquire		
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