

BEVERAGES

LAS CHICAS COFFEE (self-serve station) **\$24**
locally roasted, fair trade, organic coffee serves 8-10 people

ASSORTED PREMIUM TEA (self-serve station) **\$24**
premium, assorted tea bags w/ hot water serves 8-10 people

BOTTLED BEVERAGES **\$ per bottle**
assorted soft drinks \$2.50
juice (assorted flavours) \$3
sparkling water \$3.50

HOUSE JUICE **\$25**
juice (assorted flavours) serves 20-25 people

BREAKFAST + BREAKS

BREAKFAST WRAP **\$7**
scrambled egg, bacon, tomato, avocado + house spicy mayo in a soft, warm tortilla per person

BAGEL BREAKFAST SANDWICH **\$7**
scrambled egg, choice bacon or ham, cheese + tomato in a fresh bagel per person

MUFFINS AND PASTRIES **\$32**
baker's platter of freshly made muffins + pastries serves 8-10 people

\$57
serves 16-20 people

HOT BREAKFAST BUFFET * **\$13**
scrambled eggs, bacon, sausage, homefries per person

*horton location only

FRUIT PLATTER **\$35**
platter of sliced fresh fruit serves 8-10 people

\$69
serves 16-20 people

WHOLE FRESH FRUIT **\$1.25**
each

GOURMET COOKIE PLATTER **\$23**
baker's choice of assorted, freshly-baked cookies serves 8-10 people

\$46
serves 16-20 people

ASSORTED DESSERT PLATTER **\$35**
baker's choice of assorted, freshly-baked desserts serves 8-10 people

\$69
serves 16-20 people

ENERGY BAR PLATTER **\$35**
peanut butter, honey, cranberries, apricots + pumpkin seeds w/ oats serves 8-10 people

\$69
serves 16-20 people

*gluten free

LUNCH + FEATURES

HOMESTYLE SANDWICHES **\$80**
chef's choice sandwiches served on our signature bread + wraps + includes vegetarian option serves 8-10 people

\$160
*gluten-free options are available serves 16-20 people

HOUSE PASTA BAKE **\$16**
house pasta baked in a rich, tomato sauce w/ AAA ground beef, mozzarella + house roll per person min 8 people

*vegetarian and chicken option available

HOMEMADE LASAGNA **\$18**
house baked lasagna w/ a rich, tomato sauce, AAA ground beef, mozzarella + house roll per person min 8 people

*vegetarian option available

VEGAN SHEPHERDS PIE **\$17**
brown rice, toasted barley + savory mushroom filling topped w/ cauliflower + potato mash. baked until golden + served w/ house roll per person min 8 people

TRADITIONAL MAC + CHEESE **\$17**
creamy, homestyle 3 cheese blend mac + cheese, baked to perfection w/ fresh baked roll per person min 8 people

HOUSE STIR FRY **\$18**
choice of asian chicken or beef stir fry on a bed of jasmine rice + seasonal vegetables per person min 8 people

MEDITERRANEAN SALAD **\$30**
penne, chick peas, artichokes, tomato, cucumber, feta, sweet red onion and spinach tossed in a red wine vinaigrette serves 8-10 people

ANCIENT GRAINS SALAD **\$30**
brown rice, millet, quinoa, dried berries, almonds, flaxseed w/ tomato, cucumber + kale in a rice wine + honey dressing serves 8-10 people

CHEF'S SALAD BOWL **\$28**
choice of mixed greens or caesar serves 8-10 people

*add salmon or chicken **+ \$5/PERSON**

SEASONAL SIX BEAN SALAD **\$28**
seasonal beans w/ red onion, cilantro + tomato in a lime vinaigrette serves 8-10 people

VEGGIES + DIP TRAY **\$35**
garden fresh vegetables w/ fresh prepared dip serves 8-10 people

\$69
serves 16-20 people

CHEESE + CRACKER PLATTER **\$40**
chef's assorted cheese + cracker selection serves 8-10 people

\$79
serves 16-20 people

ANTIPASTO PLATTER **\$45**
chef's choice of cheese, pickles, olives + meats. served w/ crackers + breadsticks serves 8-10 people

\$85
serves 16-20 people

QUESTIONS?

email us at events@goodwillindustries.ca
or call 519-850-9000 ext 2269

***CUSTOM MENUS AVAILABLE ON REQUEST**