



Please direct any catering requests to:

catering@loafe.ca
604-802-9359

BREAKFAST OF CHAMPIONS

MORNING TREATS

ASSORTED NUTRITIOUS BREAKFAST BREADS \$3.00

GLUTEN FREE BREAKFAST BREADS \$4.25

ASSORTED HOMESTYLE MUFFINS \$3.00

ASSORTED ARTISAN PASTRIES \$3.95

sweet and savory pastries, danishes and scones

SIEGEL'S BAGELS WITH CREAM CHEESE \$3.95

SIEGEL'S VEGAN BAGEL WITH BEET HUMMUS \$4.50

SUPER FOOD PARFAIT IN A JAR – \$5.95

agave greek yogurt, shredded coconut, dried cranberries & apricots, honey almond granola

CHIA PARFAIT, BERRY COULIS, GRANOLA - \$5.95

chia seed, almond milk, fruit coulis, fresh fruit, house made granola

BREAKFAST BUFFETS

CONTINENTAL BREAKFAST BUFFET - \$12.99 (MINIMUM ORDER 10)

- chef's selection muffins and pastries
- fresh fruit
- greek yogurt
- honey almond granola

NORTH AMERICAN BREAKFAST BUFFET – \$17.99 (MINIMUM ORDER 20)

- house-made potato hash
- scrambled eggs with fresh garden herbs
- maple smoked bacon
- breakfast sausage (hormone and nitrite free)
- chef's selection of pastries and breakfast breads

LUNCH OPTIONS

INDIVIDUAL SALADS

TOMATO BOCCONCINI SALAD - \$8.95

Roma tomatoes, bocconcini salad, fresh basil, balsamic.

HARVEST MIX SALAD - \$8.95

Mesclun salad, local berries and vegetables, oranges. Orange vanilla dressing.

GENOVESE PASTA SALAD - \$8.95

Suchetti pasta, vegan pesto, balsamic glaze, tomatoes

POTATO SALAD - \$8.95

Local potatoes, scallions, local red peppers, fresh garden herbs, mustard dressing.

KALE CAESAR - \$8.95

Fresh local Kale, caesar dressing, red cabbage, garlic chips, parmesan

ROASTED ROOT VEG SALAD - \$8.95

Roasted carrots, beets, quinoa, orange and arugula topping, balsamic glaze.

SPINACH SALAD - \$8.95

Local spinach, onion dressing, radish, local carrots, red cabbage.

SANDWICHES

PORK CARNITAS- \$9.95

naturally raised pork, pickled radish and jalapeno, enchilada sauce, cilantro.

FALAFEL WRAP- \$8.95

house made falafel, tzatziki, romaine, cucumbers.

GREEK WRAP - \$6.95

cucumbers, red peppers, tomato, tzatziki, red onions, feta

MEATBALL - \$9.95

organic blue goose beef, pomodoro sauce, provolone, arugula.

MUSHROOM AND CHEESE- \$6.95

local mushroom, provolone, pesto, balsamic glaze

KALE CHICKEN CAESAR WRAP- \$9.95

local kale, red cabbage, caesar dressing, chicken, flour tortilla

TERIYAKI CHICKEN RICE WRAP- \$9.95

Roasted chicken, Japanese rice, house made teriyaki sauce, red cabbage.

VEGAN VEGGIE BAGEL- \$3.95

Beet hummus, tomato, red onions, cucumber, sprouts.

ROAST BEEF- \$7.95

Organic roast beef, sliced cheddar, horseradish mayo, romaine, red onions

HAM AND CHEESE- \$6.95

Organic ham slices, cheddar, romaine, mayo

TURKEY PROVOLONE - \$6.95

Organic Turkey slices, mayo, provolone, romaine.

OCEANWISE TUNA SALAD - \$6.95

Tuna salad with celery, mayo, romaine.

LUNCH BUFFETS

SALAD BUFFET - \$12.95 (MINIMUM ORDER 20)

choice of 3 salads from below

Add-ons for any salad: roasted chicken thighs, hard-boiled egg, roasted balsamic, tofu, balsamic mushrooms, feta cheese - \$4.00

TOMATO BOCCONCINI SALAD

Roma tomatoes, bocconcini salad, fresh basil, balsamic.

HARVEST MIX SALAD

Mesclun salad, local berries and vegetables, oranges. Orange vanilla dressing.

GENOVESE PASTA SALAD

Suchetti pasta, vegan pesto, balsamic glaze, tomatoes

POTATO SALAD

Local potatoes, scallions, local red peppers, fresh garden herbs, mustard dressing.

KALE CAESAR

Fresh local Kale, caesar dressing, red cabbage, garlic chips, parmesan

ROASTED ROOT VEG SALAD

Roasted carrots, beets, quinoa, orange and arugula topping, balsamic glaze.

SPINACH SALAD

Local spinach, onion dressing, radish, local carrots, red cabbage.

GREEK BUFFET- \$18.95 (MINIMUM ORDER 20)

Local free-range chicken roasted with Mediterranean spices, Greek salad, pita bread, tzatziki, roasted Mediterranean vegetables. Greek potatoes, rice pilaf.

PASTA BUFFET - \$18.95 (MINIMUM ORDER 20)

Suchetti pasta, Organic Blue Goose beef Bolognese sauce, vegetable symphony pomodoro sauce, spinach strawberry salad, bread and chive butter, classic romaine Caesar salad, seasonal fruit platter.

LIGHT AND HEALTHY: \$18.95 (MINIMUM ORDER 20)

Oceanwise oven-roasted lemon and herb salmon fillet, Seasoned oven roasted Tofu, roasted local vegetable platter, wild mixed greens salad, Japanese steamed rice with garlic and scallions, buttered peas and pearl onions, seasonal fruit platter.

SUSHI PLATTERS

VEGETABLE TRAY (71 pieces) - \$90.00 – (suggested for groups of 10-15)

Avocado roll (8 pcs), yam roll (8 pcs), gomaе roll (8 pcs), inari roll (8 pcs), agedashi tofu roll (8 pcs), banana squash roll (8 pcs), vegetable roll (5 pcs), kappa maki (6 pcs), oshinko maki (6 pcs), asparagus maki (6 pcs).

ASSORTED TRAY (40 pieces) - \$75 (suggested for groups of 5 – 10)

Tuna roll (6 pcs), California roll (8 pcs), tako sushi (2 pcs), masago sushi (2 pcs), hokkigai sushi (2 pcs), yam roll (8 pcs), tai sushi (2 pcs), tuna sushi (2 pcs), salmon sushi (4 pcs), tamago sushi (2 pcs), ebi sushi (2 pcs).

PARTY TRAY (70 pieces) - \$115 (suggested for groups of 10 – 15)

Yam roll (8 pcs), California roll (8 pcs), salmon maki (6 pcs), tuna roll (6 pcs), BC roll (6 pcs), alaska roll (5 pcs), dynamite roll (5 pcs), tamago sushi (2 pcs), ebi sushi (4 pcs), hokkigai sushi (2 pcs), tuna sushi (4 pcs), tobiko sushi (2 pcs), toro sushi (2 pcs), tako sushi (2 pcs), inari sushi (2 pcs), salmon sushi (4 pcs), tai sushi (2 pcs).

AFTERNOON TREATS

ASSORTED NUTRITIOUS BREAKFAST BREADS \$3.00

ASSORTED HOMESTYLE MUFFINS \$3.00

ASSORTED FRESH-BAKED COOKIES \$1.95

ASSORTED ARTISAN PASTRIES \$3.95
sweet and savory pastries, danishes and scones

SIEGEL'S BAGELS WITH CREAM CHEESE \$3.95

SIEGEL'S VEGAN BAGEL WITH BEET HUMMUS \$4.50

LEMON BARS \$2.50

GLUTEN FREE TREATS (MINIMUM ORDER 6)

COCONUT MACAROONS \$2.50

PECAN BITE WITH SALTED CARAMEL \$2.50

CHOCOLATE CHIP COOKIE \$2.50

FRUIT CRUMBLE BAR (VEGAN & GF) \$3.50

CHOCOLATE BROWNIES \$2.75

GLUTEN FREE BREAKFAST BREAD \$4.25

VEGAN TREATS (MINIMUM ORDER 6)

FRUIT CRUMBLE BAR (VEGAN & GF) \$3.50

APPLE CRUMBLE MUFFIN \$2.95

VEGAN BREAKFAST BREAD \$4.25

CANAPÉS \$38/DOZEN (MINIMUM 1 DOZEN)

Fried chicken and biscuit, gravy
Tomato bocconcini caprese
watermelon , whipped feta, basil
Chorizo and egg canape, caramelized onion,
Mushroom provolone
Grilled cheese , tomato soup
Falafel ball, tzatziki.
Beet hummus, cucumbers, radish
Blue cheese and meatballs. Tomato relish
Apple and brie
Tea style egg sandwich
Pakorras

PLATTERS

Small (25 bites) / Medium (50 bites) / Large (75 bites)

Artisan Charcuterie Platter served with crostinis – \$65/\$110/\$155
Cheese Platter served with fruits, honey and crackers – \$40/\$80/\$120
Fresh Vegetable Platter with buttermilk and chive ranch – \$35/\$60/\$80
Seasonal Fresh Fruit Platter – \$35/\$60/\$80

ARTISAN DIPS

Beet hummus served with veggies and Siegels bagels – \$49.95
Smoked yogurt with chickpeas, onion ash, garlic confit, cumin scented fried tortillas – \$49.95

BEVERAGES

HOT BEVERAGES

Locally Roasted Pallet Coffee – \$55 / Gallon

(One Gallon Serves 25 People – Minimum 10 cups)

Locally Roasted Decaf Pallet Coffee - \$55 / Gallon

(One Gallon Serves 25 People – Minimum 10 cups)

Assorted Organic Tea – \$2.50 / Cup

(Min 10 Cups)

Hot Chocolate – \$55 / Gallon

(One Gallon Serves 25 People - Minimum 10 Cups)

NON-ALCOHOLIC BEVERAGES

Soft Drinks – \$2.50

Assorted Juices – \$3.50

San Pellegrino Limonata & Aranciata – \$3.50

San Pellegrino Sparkling Water 1L – \$5.00

Individual San Pellegrino or Fiji Water 300ml – \$3.50

Fresh Pressed Juices – \$5.95