



CALL 905-493-2387 ext. 1 for ASSISTANCE

CATERING BAKERY CAFÉ OUTDOOR EVENTS  
Café and Retail Location – 105 Consumers Drive, Whitby LIN IC4

## WELCOME TO FRANTASTIC EVENTS 2019 CATERING MENU

We are pleased to present our offerings, which are ALWAYS Peanut and Tree Nut-Free!

Are you looking to include specific dietary concerns?  
Ask about our Ketogenic, Gluten-Free, Dairy-Free, Sugar-Free and Halal options!

We've tried to include a selection which would please most palates  
but cannot include everything herein, if there is something you would like,  
but do not see listed.... Please ask!

We have geared this catering menu to a 10 person minimum order; however  
exceptions may be made on an availability basis...Please ask!

Orders of less than 10 persons may be subject to a "below minimum order" processing fee.

Menu selections are subject to substitution, depending on availability.

Prices included herein are subject to change.

Delivery Charges, HST and Service Charge are not included in this Catering Menu and will be  
added at the point of ordering.



PRICES DO NOT INCLUDE SERVICE CHARGE OR TAXES  
WHICH WILL BE ADDED AT POINT OF ORDERING





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## BEVERAGES

PRICED PER PERSON – 10 PERSON MINIMUM

### wet

Chilled Bottled Water

1.

### f'n punch ☺

Fresh, Fizzy Fruity Flavours Flowing from a Frantastic Fountain (it's really a dispenser, shhh!)  
The test to knowing if someone spiked the punch is in repeating the description!

2.

### chilled

An assortment of Pop and Bottled Water

2.25

### hot

Coffee and a Selection of Tea

3.

### hot & cold

Coffee and a Selection of Tea  
An assortment of Juice and water

3.5

### premium cold

An assortment Premium Spring Water, Enhanced Water, Sparkling Water, Fruit Infused Sparkling Water

4.

### frozen

Mango, Strawberry, Banana, Wild Berry Smoothies  
Frozen Lemonade, Frozen Shirley Temples, Frozen Hot Chocolate.

6.

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## BREAKFAST PACKAGES

PRICED PER PERSON – 10 PERSON MINIMUM

### fast break

In-house baked seasonal breakfast loaf slices with Whipped Butter  
Bakers' choice of 2: Cinnamon Buns OR Scones OR Croissants OR Danish  
Freshly Cubed Fruit

8.

### continental

In-house baked seasonal breakfast loaf slices with Whipped Butter  
Bakers' selection of assorted Cinnamon Buns, Scones, Croissants and Danish  
Assorted Yogurts and Fruit platter

11.

### burrito

Eggs with 3 different fillings wrapped in flour tortillas  
Choose 2 items for each filling: cheddar cheese, feta cheese; tomato; sautéed onions; sweet pepper; bacon; ham  
Breakfast Potatoes and Freshly Cubed Fruit

In-house baked seasonal breakfast loaf slices with Whipped Butter

12.

### english

Scrambled Eggs  
Bacon & Breakfast Sausages  
Breakfast potatoes, Assorted Yogurts and Fruit platter  
In-house baked seasonal breakfast loaf slices with Whipped Butter

13.

### fully loaded

Meat Lovers' Egg Scramble - with Sausage, Bacon and Cheese  
OR  
Veggie Lovers' Egg Scramble - with Roasted Eggplant, Zucchini and Peppers (V, GF)  
Teresa's French Toast Bake OR Pancakes with Syrup  
Breakfast Potatoes and Freshly Cubed Fruit

In-house baked seasonal breakfast loaf slices with Whipped Butter

14.

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## BREAKFAST PACKAGES

PRICED PER PERSON – 10 PERSON MINIMUM

### 50 shades of quiche brunch

Individual Bacon, Cheese & Onion Quiche baked in our Cheddar Cheese Crust

Breakfast Potatoes and Fresh Cubed Fruit

In-house baked seasonal breakfast loaf slices with Whipped Butter

14.

### the other quiche brunch ☺ (V)

Individual Spinach and Feta Cheese Quiche baked in our Cheddar Cheese Crust

Breakfast Potatoes and Fresh Cubed Fruit

In-house baked seasonal breakfast loaf slices with Whipped Butter

14.

### breakaway

Scrambled Eggs

Bacon & Breakfast Sausages

Teresa's French Toast Bake OR Pancakes with Syrup

Breakfast potatoes, Assorted Yogurts and Fruit platter

In-house baked seasonal breakfast loaf slices with Whipped Butter

17.

### belgian waffle bar

Belgian Waffles with Savory AND Sweet self-serve toppings

Savory: ham, sausages and bacon; sautéed spinach, onion, and mushroom; shredded cheese, feta

Sweet: whipped cream, seasonal diced fruits, chocolate chips, syrups, cinnamon/sugar

20.

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## INDIVIDUAL BREAKFAST ADD-ONS

PRICED PER PIECE

Mini Crust-less Quiche (minimum order 12)	2.
Individual Yogurt (minimum order 6)	2.
Individual Greek Yoghurt (minimum order 4)	3.
Gluten-Free Muffins (minimum order 6)	3.
Gluten-Free Scones (minimum order 6)	3.
Apple, Blueberry, Lemon or Cherry Danish (type varies) (minimum order 6)	3.
 Bagel, Cheese Bun or 2 pcs of Cloud Bread	3.5
Individual 5" Quiche (minimum order 6)	7.

## SHAREABLE BREAKFAST ADD-ONS

SUGGESTED SERVING SIZES ARE A SUGGESTION – NO JUDGING! 😊

Cinnamon Buns with Cream Cheese Icing (serves 6)	10.
Frantastic Granola Bowl (serves up to 10 as a garnish)	10.
Yoghurt Bowl (serves up to 10)	14.
Sliced Seasonal Breakfast Loaf Slices with Butter (serves up to 8)	15.
Whole 10" Quiche (serves 4- 6)	16.

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## SANDWICH COMBOS

PRICED PER PERSON – 10 PERSON MINIMUM

**Each Sandwich Combo is served with 1 vegetable choice from:**

Garden Salad OR Caesar Salad OR Pasta Salad OR Potato Salad OR Coleslaw OR Veggie Platter with Dip  
**AND 1 dessert choice from:** Frantastic Treat Platter OR Fresh Fruit Platter

### triangle

Triangle Sandwiches, served on white and whole wheat bread  
with Cucumber & Cream Cheese, Egg Salad and Tuna Salad (Salmon or Deli Meat add \$1)  
13.

### traditional

Traditional sandwiches, served on Wraps OR Marbled Rye OR Rolls OR Focaccia  
Choose up to 3 “traditional” fillings: Egg OR Tuna OR Chicken Salad, Ham & Cheese OR Roast Beef  
14.

### frantastic 😊

Gourmet sandwiches, served on Wraps OR Marbled Rye OR Rolls OR Focaccia  
Choose up to 3 “frantastic” fillings: Roast Chicken & Veggies, Grilled Chicken with Baby Spinach & Mango,  
Pulled Pork with Coleslaw, Slow Roasted Beef, OR Roast Vegetables with Goat Cheese (V)  
16.

### colin’s italian cousin 😊

Gourmet Italian sandwiches, served on Buns  
Choose up to 3 “italian” fillings: Italian Sausage with Peppers and Onions  
Veal OR Chicken OR Eggplant Parmigiana (V), with Marinara Sauce and Parmesan Cheese  
17.

### boxed lunch

Individually packaged and ready to go!  
Sandwiches, served on Wraps OR Marbled Rye OR Rolls OR Focaccia  
Choose up to 3 fillings: Egg Salad, Tuna Salad, Chicken Salad, Ham & Cheese OR Roast Beef  
Served with 1 choice of: Garden Salad OR Caesar Salad OR Pasta Salad OR Potato Salad OR Coleslaw  
a Whole Fruit (Fruit Salad add \$1), a Chocolate Chip Cookie (Dessert Square add \$1), and a Bottled Water  
18.

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## WOULD YOU LIKE SOUP WITH THAT??

PRICED PER PERSON – 10 PERSON MINIMUM

### SLOW-SIMMERED, SAVOURY, STEAMING SOUP!

Vegetable Soup (Vegan, DF, GF)

Chicken Vegetable Soup with or without Noodles OR Rice!

Beef Vegetable Soup with or without Noodles!

Roasted Butternut Squash Soup (seasonal)

Chef's Daily Creation - Please inquire!

A little dab'll do ☺ - side order 3.5

A whole big bowlful ☺ - regular order 6.5

### SANDWICH SUBSTITUTIONS

Substitute bread with Croissants 1.

Substitute bread with Gluten Free Waffle 3.

Substitute bread with  Bagel, Cheese Bun or 2 pcs Cloud Bread 3.5

### SALAD UPGRADE

Upgrade Salad to Baby Spinach Salad OR Greek Salad 2.

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## LOADED SALAD COMBOS

PRICED PER PERSON – 10 PERSON MINIMUM

These salads eat like meals! Can be packaged in individually for quick lunch-meetings and bus trips (add \$2)

### **south-west nacho (V)**

Sweet Corn, Fire-Roasted Peppers, Red Onion, Black Olives, Black & Red Beans, Cheddar Cheese, Sour Cream, Salsa, Guacamole topped with Tortilla Chips (add Taco Beef \$2)

Frantastic Treat Platter OR Fresh Fruit Platter

15.

### **chicken caesar**

Crisp Romaine Lettuce Caesar Salad crowned with Tender Chicken Breast (Salmon add \$3)

Frantastic Treat Platter OR Fresh Fruit Platter

15.

### **chicken greek**

Crisp Greek Salad with Red Onion, Sweet Pepper, Tomato, Feta Cheese and Olives topped with Tender Chicken Breast (Salmon add \$3)

Frantastic Treat Platter OR Fresh Fruit Platter

16.

### **moroccan couscous (V)**

Savoury Couscous with a Roasted Vegetable Medley of Red Onion, Zucchini, Mushroom, Sweet Peppers Topped with Eggplant Parmigiana (add Chicken Parmigiana \$3)

Frantastic Treat Platter OR Fresh Fruit Platter

16.

### **cobb**

Chopped Salad Greens, Tomato, Crisp Bacon, Chicken Breast, hard-boiled Eggs, Cheddar Cheese and Avocado!

Frantastic Treat Platter OR Fresh Fruit Platter

17.

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## HOT DISH COMBOS

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### **chili / stew combo**

House-Made Beef Chili OR Beef Vegetable Stew OR Chicken Vegetable Stew,  
served with our House-Baked Corn Bread OR House-Baked Challah Bun  
Frantastic Treat Platter OR Fresh Fruit Platter

13.

### **falafel combo (V)**

Three hand-rolled Falafels with Tzatziki and Hummus dips,  
served with Pita triangles and Greek Salad  
Frantastic Treat Platter OR Fresh Fruit Platter

13.

### **pot pie combo**

Gourmet Pot Pie (Chicken, Steak and Vegetarian options),  
served with Garden Salad  
Frantastic Treat Platter OR Fresh Fruit Platter

13.

### **stuffed pepper combo (V, GF)**

Fresh Sweet Peppers stuffed with Spanish Rice & Chick Peas  
(with Cheese add \$1), (with Ground Beef or Chicken add \$2)  
served with a Garden Salad

Frantastic Treat Platter OR Fresh Fruit Platter

14.

### **chicken & mushroom penne combo**

Chicken and Mushrooms tossed in a creamy Rosé Sauce  
Served with Dinner Roll and Market Fresh Garden Salad  
Frantastic Treat Platter OR Fresh Fruit Platter

14.

### **eggplant parmigiana combo (V)**

Breaded Tender Eggplant (available in GF), slices in Marinara Sauce  
served with Couscous and Roasted Zucchini  
Frantastic Treat Platter OR Fresh Fruit Platter

14.

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## MORE HOT DISH COMBOS

PRICED PER PERSON – 10 PERSON MINIMUM

### eggplant rollini combo (V, GF)

Sliced Eggplant rolled up with Cheesy goodness and baked in Tomato sauce  
Served with Rice and Roasted Mixed Vegetables  
Frantastic Treat Platter OR Fresh Fruit Platter

14.

### moroccan meatball combo

Hand rolled savoury Beef Meatballs served with Rice and Glazed Carrots  
Frantastic Treat Platter OR Fresh Fruit Platter

14.

### 50 shades of quiche combo

Bacon, Cheese and Onion filling baked into our own Cheddar Cheese Crust  
Served with a Medley of Roasted Potato and Vegetables  
Frantastic Treat Platter OR Fresh Fruit Platter

14.

### the other quiche combo ☺ (V)

Spinach and Feta Cheese filling baked into our own Cheddar Cheese Crust  
Served with Garden Salad and Dinner Roll with Whipped Butter  
Frantastic Treat Platter OR Fresh Fruit Platter

14.

### lasagna combo

We layer Pasta, Cheese, Meat, Tomato Sauce and REPEAT!  
Served with Caesar Salad and Garlic Bread (add \$1 for Cheesey ☺ Garlic Bread)  
Frantastic Treat Platter OR Fresh Fruit Platter

15.

### the other lasagna combo ☺ (V)

Vegetarian layers of Tomato Sauce, Pasta, Cheese, Spinach, and REPEAT!  
Served with Caesar Salad and Garlic Bread (add \$1 for Cheesey ☺ Garlic Bread)  
Frantastic Treat Platter OR Fresh Fruit Platter

15.

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## EVEN MORE HOT DISH COMBOS

PRICED PER PERSON – 10 PERSON MINIMUM

### **mashed potato bar combo**

Creamy mashed potato with “choose your own” toppings:  
Ground Beef, (Shredded Chicken add \$ 3), (Bacon add \$2)  
Lettuce, Grated Cheese, Green Onion, Sautéed Mushroom, Sour Cream,  
Roasted Garlic, Chili Flakes and Hot Sauce  
Frantastic Treat Platter OR Fresh Fruit Platter

15.

### **taco bar combo**

Soft Taco Shells (add Crunchy \$1) with “choose your own toppings” :  
Taco Beef, (Taco Chicken add \$ 3), Rice,  
Lettuce, Tomato, Grated Cheese, Green Onions, Guacamole, Salsa and Sour Cream  
Mixed Hot Peppers, Chili Flakes and Hot Sauce, for those who dare!  
Frantastic Treat Platter OR Fresh Fruit Platter

15.

### **chicken/veal parmigiana combo**

Crispy breaded Chicken OR Veal with House-Made Marinara and cheese ☺ over tender pasta  
Served with Caesar Salad and Garlic Bread (add \$1 for Cheesey ☺ Garlic Bread)  
Frantastic Treat Platter OR Fresh Fruit Platter

16.

### **roasted chicken combo**

Oven roasted, marinated Chicken Thighs and Drums (Breast add \$3)  
Served with Roasted Potatoes and Roasted Vegetables  
Frantastic Treat Platter OR Fresh Fruit Platter

16.

### **souvlaki combo**

Two skewers of tender marinated Pork OR Chicken with Tzatziki Sauce  
Served with Rice, Potato & Greek Salad  
Frantastic Treat Platter OR Fresh Fruit Platter

16.

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## SERIOUSLY?! MORE HOT DISH COMBOS! OMG!!

PRICED PER PERSON – 10 PERSON MINIMUM

### **butter chicken combo**

Mildly spiced Curry with juicy Chicken Breast pieces  
Served with Market Fresh Garden Salad, Rice and Na`an  
Frantastic Treat Platter OR Fresh Fruit Platter  
17.

### **pulled meat combo**

Slow-Roasted Pork OR Chicken OR Turkey (seasonal)  
Served with Baked Beans, Loaded Mashed Potato, Coleslaw and Corn Bread  
Frantastic Treat Platter OR Fresh Fruit Platter  
18.

### **frantastic chicken breast combo ☺**

Succulent Chicken Breast smothered with Basil Pesto, Sliced Tomato and Cheddar Cheese  
Served with Rice Pilaf and Green Beans & Carrots  
Frantastic Treat Platter OR Fresh Fruit Platter  
19.

### **salmon florentine pasta combo**

Salmon filets topped with spinach, baked over Pasta in a light Rosé Sauce  
Served with Dinner Roll and Market Fresh Garden Salad  
Frantastic Treat Platter OR Fresh Fruit Platter  
22.

### **classic roast beef combo**

Succulent Roast Beef in its' own Gravy with Mashed potato, Green Beans, Corn, and Carrots  
Served with Market Fresh Garden Salad, Horseradish and Dinner Roll OR Yorkshire Pudding  
Frantastic Treat Platter OR Fresh Fruit Platter  
25.

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# WHAT'S THE PLATTER? ☺

Fresh Fruit Platter	Small (serves up to 12)	45.
	Medium (serves up to 25)	55.
	Large (serves up to 40)	65.
Fresh Vegetable Platter with Dip	Small (serves up to 12)	45.
	Medium (serves up to 25)	55.
	Large (serves up to 40)	65.
Deli Meat Platter (sliced Kaiser buns \$12/dozen) (sliced dinner buns \$6/dozen)	Small (serves up to 12)	55.
	Medium (serves up to 25)	100.
	Large (serves up to 40)	140.
Cheese and Cracker Platter with Grapes and Strawberries	Small (serves up to 12)	55.
	Medium (serves up to 25)	100.
	Large (serves up to 40)	140.
Spinach Dip OR Hummus OR Layered Dip Platter, Served with Pita Triangles and Tortilla Chips	Small (serves up to 12)	40.
	Medium (serves up to 25)	75.
	Large (serves up to 40)	95.
Charcuterie Platter (A variety of Specialty Cheeses, Cured & Smoked Meats, Preserved Vegetables and Dips with Crostini and Breadsticks)		Per Person starting at 18.
Frantastic Treat Platter (an assortment of cookies and squares)	Small (30 pieces)	50.
	Medium (50 pieces)	75.
	Large (70 pieces)	100.
Assorted Cookie Platter	Small (30 pieces)	40.
	Medium (50 pieces)	60.
	Large (70 pieces)	80.
Assorted Squares Platter	Small (30 pieces)	60.
	Medium (50 pieces)	90.
	Large (70 pieces)	120.
Assorted Tartlet Platter	Small (30 pieces)	80.
	Medium (50 pieces)	120.
	Large (70 pieces)	160.

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# WE'VE GOT BIG BOWLS! 😊

Garden Salad OR Caesar Salad OR Pasta Salad OR Potato Salad OR Coleslaw Bowl

Big (serves up to 10)	45
Bigger (serves up to 18)	55
Biggest (serves up to 24)	65

Baby Spinach Salad OR Greek Salad Bowl

Big (serves up to 10)	55
Bigger (serves up to 18)	65
Biggest (serves up to 24)	75

Market Fresh Fruit Salad Bowl

Big (serves up to 10)	30
Bigger (serves up to 18)	40
Biggest (serves up to 24)	50

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## APPETIZERS

PRICED PER PERSON - 10 PERSON MINIMUM -

SUGGESTED 6-8 PIECES PER PERSON FOR COCKTAIL PARTY/SNACKS

8-10 PIECES PER PERSON FOR A MEAL (Remember, just suggestions - NO JUDGING ☺)

### cold stuff

Bruschetta with Tomato, Basil and Feta Cheese	3.
Craisin Chicken Salad Crostini	3.
Caramelized Onion Tartlet	3.
BLT Skewer	3.
Goat Cheese & Sun-Dried Tomato Puff	3.
Mini Spinach and Feta Cheese Quiche	3.
Sweet Potato Canapé with Baby Goat Cheese and Preserve	3.
BLT Waffle Bite	4.
Cherry Tomato and Baby Bocconcini Skewer with Dark Chocolate Balsamic Drizzle	4.
Chicken Caesar Spear (Chicken Salad served on endive spear)	4.
Crudités in a Cup (raw vegetables with dip)	4.
Potato Pancakes with Lax and Dill	4.
Shrimp Cocktail with Seafood Sauce	5.
Jumbo Lemon Shrimp on Cucumber Canapé	5.
California Roll Sushi (2 pcs)	5.

### hot stuff

Soup Shooters	2.
Chicken Spring Rolls (2 pcs)	3.
Mini Grilled Cheese Triangles (2 pcs.)	3.
Mini Macaroni & Cheese	3.
Mini Spinach and Feta Cheese Quiche	3.
Moroccan Meatballs (2 pcs)	3.
Perogies (2 pcs)	3.
Vegetable Spring Rolls (2 pcs.)	3.
Bacon Wrapped Pretzel Rod with Honey Mustard Dipping Sauce	4.
Chicken Parmigiana in a Cup with Marinara Sauce	4.
Mini Gourmet Macaroni & Cheese	4.
Sliders - Beef Burger, Pulled Chicken/Turkey (seasonal) OR Pulled Pork with Coleslaw	4.
Slow Roasted Beef Sliders	5.
Jumbo Coconut Shrimp with Citrus Dip	5.

### sweet stuff

Cake Pop (Chocolate, Vanilla, Red Velvet)	3.
Dessert Waffle Bites with Whipped Cream and Strawberries (Cinnamon-Sugar, Chocolate, Caramel and Strawberry Syrup)	4.
Cheesecake Pop	4.25

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# JUST DESERTS ☺ LOL! We ALL deserve DESSERTS!

PRICED PER SERVING – 1 DOZEN MINIMUM (EXCEPT WHOLE CAKES AND PIES!)

**ALWAYS** Peanut and Tree Nut-Free!  , Gluten-Free, Dairy-Free, Egg-Free and more on request!

## biscotti (\$1.50)

Chocolate OR Vanilla

## cakes and cupcakes (call for pricing)

Chocolate, Vanilla, Marble, Red Velvet, Lemon, Strawberry with Butter Cream Filling and Frosting

## cake pops (\$3)

Chocolate, Vanilla OR Red Velvet smothered in Milk Chocolate or White Chocolate  
Specialty Flavours, Colours and Decor on request

## cookies (\$1.25)

Chocolate Chip, Double Chocolate, Oatmeal, Snickerdoodles  
Custom Sugar Cookies available, call for pricing

## danish (\$2.50)

Blueberry, Lemon, Custard, Cherry, Apple or Savoury Ham & Cheese

## sin-naamon buns ☺ (\$2.50)

Our Cream Cheese Frosting makes these house-baked Cinnamon Buns SINFUL!

## squares (\$2)

Brownies, Blondies, Carrot Cake, Vanilla OR Chocolate Cake Bites, Lemon, Apple Crumble

## tartlets (\$2.5)

Chocolate OR Strawberry Mousse, Custard, Apple Crumble, Pumpkin OR Lemon with Toasted Coconut

## whole pies (\$15)

Chocolate OR Strawberry Mousse, Custard, Apple Crumble, Pumpkin OR Lemon with Toasted Coconut

## zero calorie cheesecake OR carrot cake ☺ (\$35)

Sorry, now that we have your attention, there are plenty of calories in both! LOL  
House-baked WHOLE Cheese Cake OR Carrot Cake with Cream Cheese Frosting  
But check out our ketoTASTIC baked options for **Low Carb - Gluten Free - Sugar Free** options - **FOR REAL!**

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LOW CARB ~ SUGAR FREE ~ GLUTEN FREE

## KetoTastic Catering Options

Call for Pricing!

### BREAKFAST

Bagels (House-Made)  
Breakfast Sandwiches  
Cauliflower Frittata  
Pancakes  
Market Vegetable & Cheese Omelette

### LUNCH OR DINNER

Cobb Salad - Taco Salad - Chicken Souvlaki Salad  
Cauli "Mac" & Cheese  
Deli Meat (Roast Beef, Turkey OR Ham), Sandwich on House-Made Bagel or Cheese Bun  
Egg OR Tuna Salad on House-Made Bagel or Cheese Bun  
Pizza with our House-Made KetoTastic crust  
Sheppard's Pie  
Tex-Mex Meatballs  
Zucchini Lasagna  
Ask about the Chef's Daily ketoTASTIC Choice, single-serving meals!

### TREATS

Brownie  
Butter Tart  
Cakes/Cupcakes  
Cheesecake-Brownie Bite  
Crustless Cheesecake "Original" OR Chocolate  
Cinnamon Buns  
Coconut Cluster/Cookies/Macaroons  
Chocolate Mousse

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