

**BRAIN**  
**F · O · O · D**  
**CORPORATE CATERING**



[WWW.BRAINFOODCATERING.CA](http://WWW.BRAINFOODCATERING.CA)

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## BREAKFAST (A LA CARTE)

### BAGELS & SPREADS

**SMALL (8-10 PEOPLE): \$25.00**

**LARGE (15-18 PEOPLE): \$45.00**

- A variety of quartered bagels arranged with an assortment of fresh cream cheeses (plain, vegetable, strawberry, herb & garlic)

### PASTRY TRAY

**SMALL (8-10 PEOPLE): \$25.00**

**LARGE (15-18 PEOPLE): \$39.95**

- Mini croissants, cherry & apple cheese danishes, and apple strudel

### MANY MUFFINS

**SMALL (8-10 PEOPLE): \$20.00**

**LARGE (15-18 PEOPLE): \$34.00**

- Freshly baked muffins (includes carrot, cheddar cheese, chocolate chip, blueberry & banana)

### TROPICAL FRUITS

**SMALL (8-10 PEOPLE): \$38.00**

**LARGE (15-18 PEOPLE): \$58.00**

- An artistic arrangement of fresh fruits (includes melon, golden pineapple, grapes, kiwi, and strawberries) served with a tangy yogurt dip.

## BREAKFAST COMBINATIONS

(10 PERSON MINIMUM APPLIES)

### FRESH & LIGHT

**\$4.95 PER PERSON**

- A selection of stirred yogurt cups served with honey & crunchy granola
- Fresh fruit salad
- Assorted chilled juices
- Coffee & tea service

### BAGEL BREAKFAST

**\$6.95 PER PERSON**

- A selection of quartered bagels served with a variety of cream cheese spreads (plain, strawberry & vegetable)
- Citrus salad
- Assorted chilled juices
- Coffee & tea service

## CONTINENTAL

### \$6.95 PER PERSON

- A selection of fresh baked goods, including croissants, Danish, muffins & breakfast loaves, served with butter, jams, and jellies
- Tropical fruits platter served with tangy yogurt dip
- Assorted chilled juices
- Coffee & tea service

## THE BREAKFAST SPECIAL

### \$5.95 PER PERSON

- Scrambled eggs
- Bacon & sausage
- Breakfast potatoes
- A variety of toasted breads served with butter, jams & jellies
- Assorted chilled juices
- Coffee & tea service

## THE COWBOY BREAKFAST

### \$7.95 PER PERSON

- Eggs, sausage, Texas toast, and all the right spices baked into a breakfast pie
- Fruit basket
- Assorted chilled juices
- Coffee & tea service

## GRAND BUFFET

### \$14.95 PER PERSON

- Scrambled eggs
- Breakfast potatoes
- Ham
- Bacon
- Sausage
- Vegetable lasagne
- Mini quiche
- Pancakes
- Assorted baked goods
- Tropical fruits display
- Assorted chilled juices
- Coffee & tea service

## 10 A.M. ENERGY BOOST

### HOME BAKED COOKIES

**SMALL (8-10 PEOPLE): \$18.00**

**LARGE (15-18 PEOPLE): \$32.00**

An assortment of chocolate chip, peanut butter, oatmeal raisin, and trail mix gourmet cookies (2 per person)

### COFFEE CAKE SLICES

**SMALL (8-10 PEOPLE): \$25.00**

**LARGE (15-18 PEOPLE): \$35.00**

A selection of nutritious cakes

### GOURMET DOMESTIC CHEESES

**SMALL (8-10 PEOPLE): \$40.00**

**LARGE (15-18 PEOPLE): \$60.00**

Canadian brie, cheddar, havarti, provolone & emmental sticks presented with gourmet crackers & flat breads, and garnished with fresh fruit

## LUNCH & LIGHT DINNERS

### FRESH SOUPS (MINIMUM 5 PEOPLE PER FLAVOUR)

**\$3.95 PER PERSON**

- Homestyle Chicken Noodle
- Italian Wedding
- Velvety Carrot
- Creamy Potato
- Corn Chowder
- Cream of Broccoli
- Bean with Bacon
- Beef Vegetable
- Pasta Fagioli
- Cheddar Cheese
- Chicken with Wild Rice
- Meatball Stew
- Summer Squash
- Garden Vegetable

## WRAPS/SANDWICHES

**\$9.95 PER PERSON**

**BASKET FOR 8-10 PEOPLE (CHOOSE 3 FILLINGS): \$65.00**

**BASKET FOR 15-18 PEOPLE (CHOOSE 5 FILLINGS): \$95.00**

**SERVED IN A FRESH FLOUR TORTILLA OR ON OUR TASTY FRESH BREAD**

- Black Forest Ham & Swiss
- Roast Beef & Cheddar
- Smoked Turkey & Lettuce
- Horseradish Roast Beef Delight (sliced beef, grated cheddar, horsey cream cheese, baby spinach)
- Berry Turkey (smoked turkey, cranberry orange chutney, shredded lettuce)
- Crunchy Chicken (grilled chicken, walnuts, sundried cherries, celery, shredded carrots, bleu cheese dressing)
- Crunchy Veggies (matchstick carrots, celery, red & green bell peppers, cucumbers, romaine lettuce, with a spicy southwest ranch dressing)
- Hawaiian Island (shaved Black Forest ham, pineapple salsa, shredded lettuce)
- Chicken Fajita (grilled chicken breast, pepperjack cheese, sliced black olives, bell peppers, onions, lettuce & sour cream, with a side of salsa)
- Chicken Caesar (grilled chicken breast, crumbled bacon, parmesan cheese, shredded romaine lettuce, with classic Caesar dressing)
- Turkey Havarti (smoked turkey, Havarti cheese, avocado slices, baby spinach)
- Californian (smoked turkey, mixed greens, avocado, shredded cheddar cheese, Dijon/yogurt dressing)
- Classic BLT (bacon strips, lettuce, fresh tomato sliced, creamy mayonnaise)

**INDIVIDUAL GIFT BAG LUNCH (SERVED WITH TRI-COLOUR PASTA SALAD, CREAMY COLESLAW, OR CRUNCHY VEGETABLES & DIP, AND A LARGE COOKIE, FRUIT WITH YOGURT, OR TRAIL MIX FOR DESSERT**

## WRAP OR SANDWICH BUFFET LUNCHEON

**\$11.35 PER PERSON**

- Choice of Salad (Classic Caesar, Tri-colour Pasta, Traditional Greek, Creamy Coleslaw, Brainy Greens, or Baby Spinach & Mandarin)
- Choice of Dessert (home-baked cookies, assorted squares, lemon mousse cake, or Nana's Chocolate Cake)
- Chilled beverages (bottled water, premium soft drinks, assorted juices)

## GOURMET SALADS

- \$8.95 PER PERSON
- SIDE SALAD FOR 10 PEOPLE: \$25.00
- SIDE SALAD FOR 20 PEOPLE: \$45.00

### BRAINY GREENS

Torn romaine tossed with matchstick carrots, grape tomatoes, English cucumber, diced bell peppers, crunchy celery & spring onions, served with 2 dressings on the side

### TRADITIONAL GREEK

Torn romaine with cucumber chunks, tomato wedges, red onion rings, crumbled feta & Greek olives, served with a tangy Mediterranean dressing

### TRI-COLOUR PASTA

Red, white & green rotini mixed with crunchy diced vegetables & sliced black olives in your choice of creamy ranch dressing or basil parmesan vinaigrette

### CLASSIC CAESAR

Torn romaine with focaccia croutons, parmesan cheese, crumbled bacon & tangy Caesar dressing

### CHEF'S BLEND

Mixed greens topped with diced veggies, shredded cheese, hard-boiled egg, ham, turkey & roast beef with your choice of dressing

### AUTUMN HARVEST

Mixed baby greens topped with sliced red delicious apple, crumbled blue cheese, pecans, julienned smoked turkey & honey-dijon dressing

### SPINACH & MANDARIN

- Baby spinach tossed with mandarin sections, slivered almonds & honey vinaigrette
- Packaged individually with a roll & butter, croutons & dressing on the side, and cookies or yogurt for dessert

## SIDE DISHES

### PITAS & SPREADS

**SMALL (8-10 PEOPLE): \$35.00**

**LARGE (15-18 PEOPLE): \$60.00**

- Hummus, baba ganoush, and tapenade spreads
- Served with pita triangles, garnished with cucumber slices

## BRUSCHETTA

**SMALL (8-10 PEOPLE): \$32.00**

**LARGE (15-18 PEOPLE): \$48.00**

- Fresh tomatoes, onion & garlic with fresh herbs in extra virgin olive oil
- Served on a toasted Italian loaf with fresh parmesan cheese

## VEGETABLES & DIP

**SMALL (8-10 PEOPLE): \$25.00**

**LARGE (15-18 PEOPLE): \$35.00**

- Crunchy garden vegetables presented with our signature south-west ranch dip

# THEMED LUNCHESES

## BBQ PARTY

**\$13.50 PER PERSON**

- Mini burgers with chipotle ketchup
- Tri-colour fries with chilli salt
- S'mores bars & rocky road brownies

## CALIFORNIA DREAMIN'

**\$13.50 PER PERSON**

- California Pitas (avocado, alfalfa sprouts & veggies with shaved chicken breast in our signature tangy yogurt-dill dressing)
- Spicy noodle salad
- Lemon triangles & Tollhouse bars

## SUNBURST

**\$15.95 PER PERSON**

- Chicken crepe bundles
- Mixed greens with raspberry vinaigrette
- Fruit pizza

## EXECUTIVE

**\$16.95 PER PERSON**

- Boeuf en Croute
- Baby Spinach & Mandarin Salad with honey vinaigrette
- Fresh fruit trifle

## MEXICAN FIESTA

**\$13.50 PER PERSON**

- Cheese & mushroom quesadillas
- Taco pie
- Spanish rice medley
- Fresh fruit salad

## A LITTLE ITALY

**\$13.95 PER PERSON**

- Classic lasagne
- Garlic toast
- Caesar salad
- Cheesecake selections

## ASIAN INFLUENCE

**\$14.95 PER PERSON**

- Vegetable spring rolls
- Beef & broccoli stir fry
- Thai salad
- Pastries

## SOUTHERN BBQ

**\$13.50 PER PERSON**

- BBQ-style chicken (drumsticks, thighs & breasts)
- Colusa corn bread
- Creamy coleslaw
- 5-star peach pie

## OFFICE PICNIC

**\$13.95 PER PERSON**

- Balsamic chicken
- Creamy potato salad
- Garden salad with 2 vinaigrettes
- Melon wedges

## HOT & COLD HORS D'OEUVRES

- COCONUT SHRIMP WITH APRICOT-GINGER DIPPING SAUCE
- APPLE CHUTNEY AND HAM SPIRALS
- CURRIED STUFFED EGGS
- HORSERADISH ROAST BEEF ROLLUPS
- HERBED CREAM CHEESE CUCUMBER ROUNDS
- VEGETABLE SAMOSAS WITH FIERY DIPPING SAUCE
- VEGETABLES WITH CHILLI MAYONNAISE
- VEGETABLE SPRING ROLLS WITH MANGO GINGER DIPPING SAUCE
- CARAMELIZED ONION TARTLET
- CHEESE & JALAPENO SCONES WITH SMOKED HAM & CHUTNEY
- CHICKEN SATAYS WITH GINGER LIME PEANUT SAUCE
- ALBONDIGUITAS (LATIN MEATBALLS) WITH FRESH TOMATO SALSA
- ROASTED VEGETABLE PIZZA TRIANGLES WITH FRESH BASIL PESTO
- CRUDITES WITH SOUTHWESTERN DIP
- CRUDITIES WITH ROASTED ONION DIP
- MINI BURGERS WITH CHIPOTLE KETCHUP
- ROASTED VEGETABLE MINI PIZZAS
- TRI-COLOUR FRIES WITH CHILLI SALT SERVED IN PAPER CONES
- PIGGIES-IN-A-BLANKET

PRICED PER PERSON, BASED ON QUANTITY. OTHER OPTIONS AVAILABLE – PLEASE INQUIRE.

## HOT ENTREES & SIDES

GINGER BEEF WITH CARROTS & RICE

\$14.95 PER PERSON

LEMON CHICKEN WITH ROASTED POTATOES & MIXED GREENS

\$15.95 PER PERSON

THREE CHEESE VEGETARIAN QUICHE WITH TOSSED SALAD

\$11.95 PER PERSON

QUESADILLAS, MEXICAN RICE & VEGGIES WITH SOUTHWEST DIP

\$12.50 PER PERSON

CHICKEN POT PIE WITH BABY SPINACH & MANDARIN SALAD

\$12.50 PER PERSON

BLACK BEAN ENCHILADA BAKE WITH TOMATO AVOCADO SALAD

\$12.95 PER PERSON

TURKEY MEATLOAF WITH GOAT CHEESE, BABY POTATOES & BEAN MEDLEY

\$13.95 PER PERSON

TENDER BEEF ON A BUN, CORN & BASIL SALAD, HAND-CUT POTATO CHIPS

\$12.95 PER PERSON

SPANISH MEAT PATTIES WITH RICE & VEGETABLE SAUTEE

\$13.50 PER PERSON

ROTINI WITH CHICKEN & GORGONZOLA, SPINACH SALAD WITH PEARS

\$14.95 PER PERSON

CRAB CAKES WITH ROASTED RED PEPPER SAUCE & GARDEN SALAD

\$15.95 PER PERSON

CALZONE WITH ITALIAN SAUSAGE & OLIVES, CLASSIC CAESAR SALAD

\$13.95 PER PERSON

CHICKEN PARMIGIANA ON PANINI

\$13.95 PER PERSON

BEEF & BROCCOLI STIR FRY

\$14.95 PER PERSON

CORNISH PASTIES

\$13.50 PER PERSON

CLASSIC LASAGNE (MEAT OR VEGETARIAN)

\$13.50 PER PERSON

BEEF FAJITAS

\$14.95 PER PERSON

GARLIC ROAST CHICKEN

\$13.95 PER PERSON

ITALIAN SAUSAGE WITH SAUTÉED PEPPERS

\$12.95 PER PERSON

VEGETABLE STRUDEL

\$13.50 PER PERSON

TURKEY BURGERS

\$12.95 PER PERSON

CUBAN PORK TENDERLOIN

\$13.95 PER PERSON

CLASSIC MANICOTTI

\$13.50 PER PERSON

CHICKEN TETRAZZINI

\$14.50 PER PERSON

BEEF STROGANOFF

\$13.95 PER PERSON

SWEDISH MEATBALLS

\$12.95 PER PERSON

ROAST TURKEY WITH CRANBERRY ORANGE CHUTNEY

\$14.95 PER PERSON

SICILIAN DEEP DISH PIZZA

\$12.50 PER PERSON

SPAGHETTI WITH GIANT MEATBALLS

\$12.50 PER PERSON

MOM'S MEATLOAF

\$11.95 PER PERSON

BRIE & APPLE CHICKEN BREASTS

\$14.95 PER PERSON

MEDITERRANEAN CHICKEN WITH TRI-COLOUR PEPPERS

\$14.95 PER PERSON

MAPLE GLAZED SALMON WITH PEPPER CRUST

\$15.95 PER PERSON

BEEF WELLINGTON WITH HUNTER GRAVY

\$16.95 PER PERSON

CHILI DINNER

\$12.50 PER PERSON

TRADITIONAL ROAST BEEF DINNER

\$14.95 PER PERSON

## VEGETARIAN SELECTIONS (CALL FOR PRICING)

- MUSHROOM CHEDDAR VEGGIE BURGERS
- SPANISH LENTILS
- BLACK BEAN ENCHILADAS
- TOMATO & CHEVRE TART
- VEGETARIAN SPRING ROLLS
- SAMOSAS
- COCONUT & VEGETABLE CURRY
- CURRIED EGGS ON NOODLES
- ASPARAGUS & SWISS QUICHE
- CORN FRITTATA
- VEGETABLE KNISHES
- VERMICELLI PRIMAVERA
- VEGETABLE LO MEIN

## OTHER OPTIONS (CONTACT FOR DETAILS)

- SWEET INDULGENCES DESSERT BAR
- FALL FESTIVAL OR SPRING FLING
- BRAINFOOD BUFFET
- SMOOTHIE BAR
- BEAT-THE-BLAHS LUNCHEON
- INTERNATIONAL INSPIRATIONS (ASIAN, INDIAN, SOUTHWESTERN, ETC.)
- HAWAIIAN LUAU

## BEVERAGES

### HOT BEVERAGES

Includes cream, milk, sugar, disposable cups, and thermos rental

- COFFEE: \$20.00 (SERVES 12 PEOPLE)
- TEA :\$25.00 (SERVES 12 PEOPLE)
- COFFEE AND TEA: \$30.00 (SERVES 12 PEOPLE)

### CHILLED BEVERAGES: PRESENTED ON CRUSHED ICE

- SPRING WATER (500 ML BOTTLES): \$1.50 EACH
- JUICES: \$1.50 EACH
- JONES SODAS: \$2.50 EACH