

The Green House



SALADS

You Jerk

Coconut lime vinaigrette, mangoes, carrots, cranberries, coconut, feta cheese, spinach



sm: 10.50 • lg: 14.50

Sol Caesar

Ranchers caesar dressing, turkey bacon, mozzarella, croutons, mixed greens



sm: 10.50 • lg: 14.50

Brain Food

Curried avocado aioli, carrots, raisins, peanuts, apple & red pepper chutney, spinach



sm: 11.50 • lg: 15.50

Running Wild

Balsamic vinaigrette, quinoa, carrots, eggs, trail mix, sweet potatoes, spinach



sm: 10.50 • lg: 14.50

The Brazilian

Spicy tomato vinaigrette, red peppers, mushrooms, broccoli, bean medley, mozzarella, sunflower seeds



sm: 10.50 • lg: 14.50

Greens & Proteins

Balsamic vinaigrette, eggs, trail mix, mozzarella, bean medley, mixed greens



sm: 10.50 • lg: 14.50

The Undecided

Pick your size, pick 1 protein, pick your greens, pick your dressing, pick 3 toppings

sm: 11.50 • lg: 15.50



BOWLS

Balsamic Linguine Light

Balsamic vinaigrette, spinach, red peppers, mushrooms, broccoli, feta cheese



13.00

gluten free: add \$2.00

Iron Born Pesto Penne

Pesto vinaigrette, sweet potatoes, zucchini, carrots, cauliflower



13.00

gluten free: add \$2.00

La Rioja Tomato Paella

Lentil jasmine brown rice, tomatoes, red peppers, broccoli, mushrooms, feta cheese, pick a protein



14.00

Curry Jerk Paella

Lentil jasmine brown rice, bean medley, zucchini, cauliflower, carrots, pick a protein



14.00

Sweet Chili Pad Thai

Pick quinoa/cauliflower rice, mixed greens, eggs, zucchini, cauliflower, carrots, peanuts, pick a protein



15.00

Bourbon Street Creole

Pick quinoa/cauliflower rice, spinach, creole sauce, chickpeas, black, pinto, kidney beans, carrots, pick a protein



15.00

Pasta add on

chicken, salmon, steak, tofu, prawns, snapper



4.00



The Green House



WRAPS

The Jerk

Jerk sauce, grilled chicken, spinach, red peppers, carrots, bean medley



10.00

English Bay BLT

Curried avocado aioli, pacific seafood salad, carrots, turkey bacon, tomatoes



10.00

A Gaucho BBQ

Sweet chilli vinaigrette, steak, broccoli, carrots, jasmine brown rice, lentils



10.00

Pesto & Roasted Vegetable

Pesto vinaigrette, hummus, zucchini, carrots, cauliflower, quinoa



10.00

SANDWICHES

High River Steak Melt

Tomato vinaigrette, spinach, steak, carrots, mushrooms, mozzarella



13.00

Plato's Fish Taco

Pesto vinaigrette, Morne Jaloux hot pepper sauce, snapper, mixed greens, tomatoes, feta cheese



12.00



DIPS

Roasted Garlic Hummus

Served with your choice of pita nann bread or raw vegetables (1/2 & 1/2 add: \$0.50)



9.00

Spinach Dip

Served with your choice of pita nann bread or raw vegetables (1/2 & 1/2 add: \$0.50)



8.00

KEY



The Green House

EXTRAS

Extra dressing

0.75

Soup

1 cup: 4.50 • 1 1/2 cup: 6.50

Rice

1/2 cup: 2.00 • 1 cup: 4.00

Rye bread

2.00

Garlic rye bread

2.25

Garlic pita bread

2.50

Cliff energy bar

4.00

Cliff builder bar

4.00

Banana/Zucchini bread

5.00

Greek yogurt parfait

Served with seasonal fruit

6.00

Fruit Salad

5.00

Frozen greek yogurt

Served with seasonal fruit

5.00

Morne Jaloux Hot Pepper sauce

0.75

DRESSINGS

Greenhouse dressing

13.00

Greenhouse jerk sauce

15.00

Morne Jaloux Hot Pepper sauce

16.00

COMBOS

Soup & Salad

sm:14.00 • lg:17.00

Soup & Dip

12.00

Wrap & Soup

14.00

Wrap & Salad

19.00

Frozen greek yogurt & salad

sm:14.50 • lg:17.50

DRINKS

Pop/Water/Juic

2.00

Vitamin / Sparkling water

2.75

Coconut water

3.75

Ask us about catering your next event!
www.thegreenhousesalad.com

The Green House



The Green House

CATERING

Let the greenhouse cater your next event!
Looking for a healthy tasty option delivered to your boardroom, office, or special event? we would love to help!
please email your catering request to

mikhail@thegreenhousesalad.com

please include: date & time of the event, ideal budget, number of people, location, dietary concerns/issues & a phone number.

LOCATIONS

University
780.757.1731
8623 112 St NW,
Edmonton, AB,
T6G 2H1

Downtown
587.524.9226
10119, 101 St,
Edmonton, AB
T5J 1V9



Tired of the same old workplace luncheon/dinner party? Let The Greenhouse cater your next event! With lots of healthy dietician/chef inspired menu options to choose from, everyone will be sure to enjoy whatever you choose. Our caterings can be customized to suit any dietary intolerance or allergies. So... Bon appetite!

Chef's Selection Menu serves Groups of 8 – 100+

****Please note upon request, all Greenhouse Luncheons can be altered and prepared Lactose free, Gluten Free, Vegetarian & Vegan Friendly.***

1. Wraps (\$10/person)

Assorted Wraps: Jerk Chicken, English Bay B.L.T., Gaucho Steak, Roasted Vegetable & Hummus

2. Wrap & Snack (\$12/person)

Assorted Wraps: Jerk Chicken, English Bay B.L.T., Gaucho Steak, Roasted Vegetable & Hummus

-Please select one of the following sides-

Fresh Fruit Cup: cantaloupe, honeydew, pineapple & grapes

Hummus or Spinach Dip with Veggies & flatbread

Greek Yogurt Parfait: Topped with seasonal fruit

Daily Soups: Ask to find out what is available on the day of your catering

3. Salad & Snack (\$13.5/person)

-Please select one of the following-

You Jerk Salad: spinach, mangoes, carrots, cranberries, feta cheese, Coconut Lime Vinaigrette

Caesar Salad: romaine & cabbage, mozzarella cheese, turkey bacon, croutons, Ranchers Caesar

Run Wild Salad: spinach, quinoa, carrots, trail mix & sweet potato, eggs, Balsamic Vinaigrette

-Please select one of the following-

Fresh Fruit Cup: cantaloupe, honeydew, pineapple & grapes

Hummus or Spinach Dip with Veggies & flatbread

Greek Yogurt Parfait: Topped with cranberries & mangoes

Daily Soups: Ask to find out what is available on the day of your catering



Buffet Style

4. Spread # 1 (\$15/person)

La rioja Tomato Paella: mushrooms, broccoli, red peppers, tomatoes, feta cheese

You Jerk Salad: spinach, mangoes, carrots, cranberries, feta cheese, Coconut Lime Vinaigrette

Hummus with Veggies & flatbread

5. Spread #2 (\$15/person)

Balsamic Linguine Light: Linguine, spinach, mushrooms, broccoli, red peppers & feta cheese, Balsamic Vinaigrette

Caesar Salad: romaine & cabbage, mozzarella cheese, turkey bacon, croutons Greenhouse Ranchers Caesar

Greek Yogurt Parfait: Topped with cranberries & mangoes

6. Spread #3 (\$15/person)

Assorted Wraps: Jerk Chicken, English Bay B.L.T., Gaucho Steak, Roasted Vegetable & Hummus

Run Wild Salad: spinach, quinoa, carrots, trail mix & sweet potato, eggs, Balsamic Vinaigrette

Fresh Fruit Cup: cantaloupe, honeydew, pineapple & grapes

For luncheons 3 - 6:

Please select 1 of the following proteins: chicken, salmon, snapper, steak, tofu, prawns

Please select 1 of the following styles: grilled (plain), jerk (mildly spicy), Cajun



Additional Catering Offerings

- 1.Split Protein \$1/person (i.e. chicken & prawns instead of just chicken)**
- 2.Additional Protein \$3/person (chicken, salmon, snapper, steak, tofu, prawns)**
- 3.Additional Sides \$4/person (fruit, yogurt, hummus & pita, granola squares, trail mix)**
- 4.Level 1 Drink \$1.75 (pop, water, Juice)**
- 5.Level 2 Drink \$3 (vitamin water, sparkling water, coconut water)**
- 6.Side Soup \$4/person**
- 7.Side Flatbread/ Garlic Bread/Raw Veggies \$1/person**

Custom Caterings (Special off Menu Requests, Executive, Wedding)

The Greenhouse is pleased to offer a full service kitchen with capable of meeting your every culinary need. We have extensive experience dealing with every type of client in every type of situation. Please email mikhail@thegreenhousesalad.com to schedule a menu consult via email, phone, or in person.

Payment: *This section must be filled out to book your catering.

Payment Information:

Payment Type: Visa MasterCard American Express Debit
 Cheque (please indicate which method of payment you wish to use)

For Credit Card Payments Only:

Expiration End Of: _____

Name of Cardholder (as it appears on the card): _____

Card Number: _____

Security Pin (Last 3 Numbers on the back of the card): _____

Signature: _____

(Please note: We require payment on receipt of an invoice; if you require an extension on the payment period please indicate below the date that we can expect the payment to be issued)

Expected Payment Date: _____

Signature Authorizing the processing of the order: _____



Catering Client Information Sheet

****To book your catering please tell us a little about your event so that we can better serve you.***

Contact Name: _____.

Phone: _____.

Date & Time Event: _____.

Catering Contact & Phone (if different from above): _____.

Phone: _____.

Business Name: _____.

Billing Address: _____.

Postal Code: _____.

Catering Address (if different from above): _____.

Room/Suite: _____.

Menu # selected: _____.

Number of Guests: _____.

Additional sides or drinks:

_____.

_____.

_____.

_____.

_____.

Dietary Intolerances/Allergies & Numbers of these guests:

_____.

_____.

_____.

_____.

Delivery Service Required? (***\$25.00 & Service Fee applied on all caterings; this includes delivery, plates & napkins. Please note, delivery price may vary depending on distance of travel required.***)

Yes No

Delivery Time/Pick up Time: _____.

Delivery Specifications (How to get the food in your hands):

_____.

Do you need plates, cutlery & napkins?

Yes No