

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

Meal Prep Packages

Name: The Replacements

Price: \$15.00/meal (4 oz. Protein)

additional oz of protein can be added on for \$1.50/oz

	Day 1	Day 2	Day 3
Lunch	Fusilli Marinara with Wild Salmon (548 Calories)	You Jerk Chicken Salad (691 Calories)	Greens & Proteins Steak Salad (764 Calories)
Dinner	Ratatouille Chicken Salad (450 Calories)	Curry Jerk Wild Salmon Paella (571 Calories)	Guilt Free Wild Salmon Salad (580 Calories)
	998 Calories	1262 Calories	1344 Calories

please note, macronutrient levels can be adjusted for various dishes.

Name: Greenhouse Fit

Price: \$37.50/ day w/breakfast \$35.00 w/out (4 oz. Protein)

additional oz of protein can be added on for \$1.50/oz

	Day 1	Day 2	Day 3
Breakfast	Cereal with Dried Fruit & Almond Milk (264 Calories)	Oatmeal with Dried Fruit (354 Calories)	Southwestern Breakfast with Steak (264 Calories)
Snack 1	Jerk Chicken Salad Wrap (532 Calories)	Greenhouse Soup Of The Day (250 Calories)	Roasted Vegetable & Hummus Wrap (414 Calories)
Lunch	Guilt Free Wild Salmon Salad (320 Calories)	Brain Food Salad With Curry Chicken (311 Calories)	Running Wild Salad With Jerk Salmon (379 Calories)
Dinner	Greens & Proteins Salad With Jerk Steak (442 Calories)	Sol Caesar Salad With Cajun Chicken (442 Calories)	Curry Jerk Rice Paella with Chicken (571 Calories)
	1707 Calories	1848 Calories	1954 Calories

please note, macronutrient levels can be adjusted for various dishes.

Name: Athens

Price: \$47.50/ day (6 oz. Protein)

additional oz of protein can be added on for \$1.50/oz

	Day 1	Day 2	Day 3
Breakfast	Cereal with Dried Fruit Banana & Almond Milk (364 Calories)	Oatmeal with Blueberries Dried Fruit (354 Calories)	Southwestern Breakfast with Steak (394 Calories)
Snack 1	Jerk Chicken Salad Quinoa Wrap (552 Calories)	Greenhouse Soup Of The Day & Coconut Brown Rice (410 Calories)	Roasted Vegetable & black bean Hummus Wrap (494 Calories)
Lunch	Brain Food Wild Salmon Salad (580 Calories)	Brain Food Salad With Chickpea Curry Chicken (572 Calories)	Running Wild Salad With Jerk Salmon & Broccoli florets (711 Calories)
Snack 2	Vanilla Bean Yogurt Parfait & Hummus (528 Calories)	Curried Avocado Tuna Egg Wrap (491 Calories)	Hummus & Raw Vegetables (326 Calories)
Dinner	Greens & Proteins Salad With Jerk Steak & Brown Rice (800 Calories)	Sol Caesar Salad With Cajun Mushroom Chicken (636 Calories)	Curry Jerk Rice & Quinoa Paella with Chicken (671 Calories)
	2824 Calories	2463 Calories	2596 Calories

please note, macronutrient levels can be adjusted for various dishes.

please note that these are example plans, each plan is written specifically based on macronutrients & provided information for each client.



Greenhouse Meal Prep client information & contract

Name:	
Gender:	
Age:	
Height:	
Current Weight:	
Target Weight:	
Fitness Goals:	
Meal Plan Selected (replacements, gh-fit, athens):	
Meal Days Per Week (3 days, 4 weeks min.):	
Do You require delivery? Ideal deliverytime (10am - 5pm):	
Preferred Pick-up/Delivery Days & Location:	
Nutritional Philosophy/Current Diet:	
Food intolerances/Allergies:	
List Of Health Conditions:	
How Many Day's/Week Are You Active:	
Describe Your Current Physical Condition:	
Rate Your Level Of Activity At Work:	
Occupation:	
Email:	
Phone:	
Trainer/Nutritionist/Dietician Name:	
Trainer/Nutritionist/Dietician Email:	
Notes:	
Do You Smoke:	
Do You Drink? If Yes How Many Times/Week:	
Do You Have Access To An Oven Or Microwave All Day?	
Billing Address/Work Address:	
Date:	
Payment Method:	
Name as it appears on Card:	
Expiry:	
Card Number:	
CVV number (3 digits on the back of card):	
Signature Acknowledging Terms & Pre-Auth Payment:	

please fill out the form thoroughly, it helps us design the best plan possible for you!

Meal Plan Rules & Instructions:

- 1)There is a 48 hr meal day cancellation policy in effect. Should you fail to pick up the food it will be shipped the next day at your charge (\$20.00)
- 2)The Greenhouse Meal Prep program has a 3 day/week 4 week minimum subscription. All Cash accounts must leave a week's deposit on account. Early cancellation penalties will be charged based on minimum subscription price.
- 3)All changes or cancellation to the Meal Prep program must be submitted via email or text message to:
- 4)Delivery fee: \$20.00/delivery max 3 meal days.

C: 7808638947 email: mikhail@thegreenhousesalad.com

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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



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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



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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

Client Name	
	day 1
breakfast	<i>greenhouse selected until client has preference</i>
snack 1	<i>greenhouse selected until client has preference</i>
lunch	
snack 2	<i>athens</i>
dinner	
	day 2
breakfast	<i>greenhouse selected until client has preference</i>
snack 1	<i>greenhouse selected until client has preference</i>
lunch	
snack 2	<i>athens</i>
dinner	
total	
	day 3
breakfast	<i>greenhouse selected until client has preference</i>
snack 1	<i>greenhouse selected until client has preference</i>
lunch	
snack 2	<i>athens</i>
dinner	
total	
	<u>please use attached greenhouse menu pdf to select meals.</u>

	day 4
breakfast	<i>greenhouse selected until client has preference</i>
snack 1	<i>greenhouse selected until client has preference</i>
lunch	
snack 2	<i>athens</i>
dinner	
	day 5
breakfast	<i>greenhouse selected until client has preference</i>
snack 1	<i>greenhouse selected until client has preference</i>
lunch	
snack 2	<i>athens</i>
dinner	
total	
	day 6
breakfast	<i>greenhouse selected until client has preference</i>
snack 1	<i>greenhouse selected until client has preference</i>
lunch	
snack 2	<i>athens</i>
dinner	
total	
	please use attached greenhouse menu pdf to select meals.