



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