# The Green House





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
 Downtown

 780.757.1731
 587.524.9226

 8623 112 St NW.
 10119. 101 St.

 Edmonton. AB.
 Edmonton. AB

 T6G 2H1
 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

**Lunch** 

Dinner

Day 1	Day 2	Day 3
		Greens & Proteins Steak Salad (764 Calories)
Ratatouille Chicken Salad	Curry Jerk Wild Salmon Paella	Guilt Free Wild Salmon Salad
(450 Calories)	(571 Calories)	(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
<u>Breakfast</u>	Cereal with Dried Fruit &	Oatmeal with Dried Fruit	Southwestern Breakfast with
	Almond Milk (264 Calories)	(354 Calories)	Steak (264 Calories)
Snack 1	Jerk Chicken Salad Wrap	Greenhouse Soup Of The Day	Roasted Vegetable& Hummus
	(532 Calories)	(250 Calories)	Wrap (414 Calories)
<u>Lunch</u>	Guilt Free Wild Salmon Salad	Brain Food Salad With Curry	Running Wild Salad With Jerk
	(320 Calories)	Chicken (311 Calories)	Salmon (379 Calories)
<u>Dinner</u>	Greens & Proteins Salad With	Sol Caesar Salad With Cajun	Curry Jerk Rice Paella with
	Jerk Steak (442 Calories)	Chicken (442 Calories)	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
<u>Breakfast</u>	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)
<u>Lunch</u>	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)
<u>Dinner</u>	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 macronutirents & 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:	
Nutritonal 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:	
<b>6</b>	
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

## The Green House



### SALADS













## The Undecided



### BOWLS









The Brazilian















### The Jerk

red peppers, carrots, bean medley





### A Gaucho BBQ

jasmine brown rice, lentils



........

10.00

## English Bay BLT

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



10.00

## Pesto & Roasted Vegetable

Pesto vinaigrette, hummus, zuccini carrots, cauliflower, quinoa



10.00

......

### High River Steak Melt

carrots, mushrooms, mozzarella



## Plato's Fish Taco

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

12.00



### Roasted Garlic Hummus

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



Salmon

### Spinach Dip

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



KEY















## The Green House

## **EXTRAS**

Soup

1 cup: 4.50 • 1 1/2 cup: 6.50

1/2 cup: 2.00 • 1 cup: 4.00

Garlic pita bread

Banana/Zucchini bread

Rye bread

Extra dressing

Cliff energy bar

Greek vogurt parfait

Served with seasonal fruit

Cliff builder bar

Garlic rye bread

Fruit Salad

Frozen greek yogurt

Served with seasonal fruit

Morne Jaloux Hot Pepper sauce

## **DRESSINGS**

Greenhouse dressing

Greenhouse jerk sauce

15.00

13.00

Morne Jaloux Hot Pepper sauce

COMBOS

Soup & Salad

Soup & Dip

Wrap & Soup

Wrap & Salad

Frozen greek yogurt & salad sm:14.50 • lg:17.50

DRINKS

Pop/Water/Juic

Vitamin / Sparkling water

Coconut water

Ask us about catering your next event!

www.thegreenhousesalad.com





Jerk sauce, grilled chicken, spinach,



Sweet chilli vinaigrette, steak, broccoli, carrots,



**SANDWICHES** 

Tomato vinaigrette, spinach, steak,

13.00





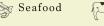
Tofu

(#) Gluten free

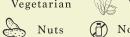














Client Name	<u>e</u>
	day 1
breakfast	greenhouse selected until client has preference
snack 1	greenhouse selected until client has preference
lunch	
snack 2	athens
dinner	
	day 2
breakfast	greenhouse selected until client has preference
snack 1	greenhouse selected until client has preference
lunch	
snack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

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