

**NOURISH**  
**ON & OFF SITE**  
**CATERING**  
**MENU**

[THERECC.CA](http://THERECC.CA)



**NOURISH**  
EATERY & CATERING

# NOURISH



Let **Nourish Eatery and Catering** tantalize your taste buds with healthy and hearty home-style foods!

Offering a full menu for breakfast, lunch and dinner. Let our food whet your appetite, energize your body, and satisfy your cravings.

All food is wholesomely prepared with local products that complement a healthy lifestyle of well-being for the whole body.

**Nourish Eatery and Catering** offers flexibility to plan your next business or social event in pleasant surroundings, with great food and amazing service. **Book your next event today!**



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[NOURISH@RATHEASTLINKCC.CA](mailto:NOURISH@RATHEASTLINKCC.CA)



**902.843.4829**



**THERECC.CA**

## BREAKFASTS

All served with water, fresh brewed coffee & tea - Price per person. Tax & gratuity extra

### THE PERFECT STARTER

\$13.95

Featuring scrambled eggs and your choice of bacon, ham or sausage. With fresh fruit salad & baked home fries.

### ANY TIME'S A GOOD TIME

\$11.95

House made Quiche with your choice of four of the following fillings: peppers, mushrooms, onions, broccoli, ham, bacon or spinach. Blended with a selection of creamy cheeses and baked in a puff pastry crust.

## FAST BREAKS

Price per person. Tax & gratuity extra

### THE SHAKEY BREAKY

\$5.95

Fruit smoothie with muffin (add protein powder for \$1)

### "DIP AWAY" BREAK

\$5.50

An assortment of pita bread, flat breads and tortilla chips served with assorted dips, including hummus and bruschetta.

### SWEET TOOTH BREAK

\$4.95

Freshly baked coffee cake with a delicious assortment of gourmet cookies and dessert squares.

## LUNCH TIME

All served with fresh brewed coffee and tea. Price per person. Tax & gratuity extra

### THE DELI

\$14.95

Chef's choice soup of the day, pasta salad, and dip with a variety of freshly made sandwiches served on artisan breads. Hot and fresh seasonal fruit crisp with whipping cream to finish it off.

### THE FULL LUNCH

\$15.95

Chef's choice soup of the day, pasta salad, and a variety of hot sandwiches, such as cheese steaks and pulled pork. Served with fresh fruit and strawberry short cake.

### HOMESTYLE CASSEROLES

\$15.95

Your choice of Mac and Cheese, Shepard's Pie, or Broccoli and Chicken Alfredo. Served with a Caesar Salad or Garden Salad and home made biscuits. Finished with assorted squares.

### + LUNCH ADD ONS

Price per person. Tax & gratuity extra

Soup of the Day	\$3.95
Fresh Baked Biscuits with Butter	\$0.85
Deli Style Sandwiches / Wraps	\$4.95
Pasta Salad	\$2.25
Baby Potato Salad	\$3.25
Garden or Caesar Salad	\$3.25

## SNACKS AND BEVERAGES

Tax & gratuity extra

CINNAMON BUN	\$1.75
COFFEE CAKE	\$1.75
BROWNIE	\$1.75
BANANA BREAD	\$1.75
MUFFIN/CUPCAKE	\$1.75
WHOLE FRUIT	\$1.50
SOFT COOKIE	\$10/DOZEN
COFFEE OR TEA	\$1.75
FRUIT JUICE	\$1.75
SOFT DRINK by THE BOTTLE	\$2.25
SOFT DRINK by THE PITCHER	\$4.00
AQUAFINA WATER	\$1.75
FRUIT SMOOTHIE	\$4.00

## PIZZA TIME

Tax & gratuity extra

**GARLIC FINGERS** \$16

Garlic Butter and Mozzarella Cheese served with Dip

**THREE CHEESE** \$16

Tomato Sauce, Mozzarella, Cheddar and Feta Cheese

**PEPPERONI & CHEESE** \$16

Tomato Sauce, Sliced Pepperoni and Mozzarella Cheese

**VEGETARIAN** \$16

Tomato Sauce, Mushrooms, Onions, Peppers, Black Olives and Mozzarella

**TWO TOPPER** \$16

Tomato Sauce, Two Toppings of your choice and Mozzarella Cheese

**HAWAIIAN** \$18

Tomato Sauce, Ham, Pineapple Pieces and Mozzarella Cheese

**THE WORKS** \$18

Tomato Sauce, Pepperoni, Bacon, Mushrooms, Onions, Peppers, Mozzarella

**MEAT LOVERS** \$18

Tomato Sauce, Pepperoni, Ham, Bacon and Mozzarella Cheese

**BBQ CHICKEN** \$18

BBQ Sauce, Seasoned Chicken Strips, Onions, Peppers and Mozzarella

**DONAIR** \$18

Donair Meat, Onions, Tomatoes, Mozzarella Cheese and Donair Sauce

## TRAYS

Small: 10-15 people  
Large: 25-35 people Tax & gratuity extra

**CANADIAN CHEESE** small: \$46 | large: \$84

Assorted Cheeses and Crackers with Seasonal Berries

**VEGETABLES AND DIP** small: \$25 | large: \$45

Farmer Fresh Vegetables and Dip

**FRESH FRUIT** small: \$33 | large: \$63

Variety of Seasonal Fruits

**DESSERT** small: \$32 | large: \$50

Assortment of Various Dessert Squares and Brownies

**DIPS N SPREADS** small: \$50 | large: \$80

Assorted House Made Dips with Artisan Breads and other Dipables

## RECEPTION

Mix n Match by the dozen. Priced by the dozen. Minimum order is two dozen.

**BRUSCHETTA** \$14

Balsamic Vinegar and Fresh Basil

**ASSORTED MINI QUICHE** \$15

Spinich, Ham and Mushroom

**STUFFED MUSHROOM CAPS** \$15

Herb and Cheese Stuffed Mushroom Caps

**SPANAKOPITA** \$16

Spinach and Feta Parcels

**TACO TARTS** \$16

Taco meat, Cheese and Salsa in a Wonton Tart

**ASSORTED MEATBALLS** \$20

Honey Garlic, Sweet & Sour and Chili Sauce

**RECONSTRUCTED EGG ROLLS** \$20

Cabbage, Carrot and Asian Seasonings

**CHICKEN SKEWERS** \$20

Hoisin and Thai Sauce

## THE BUFFETS

All served with fresh brewed coffee and tea. Price per person. Tax & gratuity extra

**BUFFET ITALIANO** \$15.95

Spaghetti and Meatballs, or Lasagna. Served with creamy tomato basil soup, garlic cheese bread and followed with assorted squares.

**A TASTE OF THAILAND** \$15.95

Pad Thai and Sweet Chili Chicken Stir Fry with Veggies. Served with Asian Chicken Lettuce Wraps and your choice of steamed rice or rice noodles. Followed by Banana Cake.

**BUFFET MEXI-CASA** \$15.95

Your choice of two: Chicken Fajitas, BBQ Chicken Quesadillas, or Beef Tacos. Served with your choice of 3 bean salad or Mexican rice. Followed by Banana Cake.

**BACKYARD BAR-B-Q** \$15.95

Your choice of either BBQ Sauce smothered Pulled Pork Sandwiches or BBQ Chicken Kabobs. Served with your choice of Homestyle Potato Salad or Roasted Potatoes. Served with seasonal Veggies and finished with Strawberry Shortcake.