



NOURISH

EATERY & CATERING

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THERECC.CA

Let Nourish Eatery & Catering tantalize your taste buds with healthy and hearty home-style foods, wholesomely prepared with local products that complement an active lifestyle of well-being and care for the whole body.

BREAKFASTS

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

THE PERFECT STARTER

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

\$13.95

ANY TIME'S A GOOD TIME

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.

\$11.95

FAST BREAKS

Price per person. Tax & gratuity extra

MORNING FUEL

Assorted yogurt and fresh fruit and protein bites

\$4.95

NUTS N CHEESE

Sliced Cheese, nuts and fresh fruit

\$3.95

PICK ME UP

Homemade Oat cakes & brownies served with fresh coffee

\$3.95



LUNCH TIME

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

THE DELI

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

\$14.95

CHICKEN TERIYAKI POWER BOWL

Seasoned & roasted chicken teriyaki with rice, broccoli, peppers, and green onion.
Served with assorted power bars, bombs and squares + Bottled or Bubbly water

\$14.95

GINGER BEEF POWER BOWL

Baked ginger beef with rice, kale, sauteed peppers and onions.
Served with assorted power bars, bombs and squares + Bottled or Bubbly water

\$14.95

HOMESTYLE CASSEROLES

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.

\$15.95

FRITTATA

House made frittata (egg) with spinach, mushrooms, broccoli and cheese.
Served with roasted mini potatoes, fruit and banana cake.

\$14.95

LUNCH ADD-ONS

Price per person. Tax & gratuity extra

Soup of the Day **\$4.00**

Garden or Caesar Salad **\$2.50**

Deli Style Sandwiches/Wraps **\$4.95**

Pasta Salad **\$1.75**

Baby Potato Salad **\$2.95**





PIZZA

Tax & gratuity extra



GARLIC FINGERS

Garlic Butter and Mozzarella Cheese served with Dip

\$16

THREE CHEESE

Tomato Sauce, Mozzarella, Cheddar and Feta Cheese

\$16

PEPPERONI & CHEESE

Tomato Sauce, Sliced Pepperoni and Mozzarella Cheese

\$16

VEGETARIAN

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

\$16

TWO TOPPER

Tomato Sauce, Two Toppings of your choice and Mozzarella Cheese

\$16

HAWAIIAN

Tomato Sauce, Ham, Pineapple Pieces and Mozzarella Cheese

\$18

THE WORKS

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

\$18

BBQ CHICKEN

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

\$18

DONAIR

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

\$18





TRAYS

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

CANADIAN CHEESE

Assorted Cheeses with Brothers Pepperoni and Crackers small: **\$46** large: **\$84**

VEGETABLES AND DIP

Farmer Fresh Vegetables and Dip small: **\$25** large: **\$45**

FRESH FRUIT

Variety of Seasonal Fruits small: **\$34** large: **\$60**

DESSERT

Assortment of Various Dessert Squares and Brownies small: **\$32** large: **\$50**

DIPS N SPREADS

Assorted House Made Dips with Artisan Breads and other Dipables small: **\$50** large: **\$80**

THE BUFFETS

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

BUFFET ITALIANO

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

BACKYARD BAR-B-Q

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.

BUFFET MEXI-CASA

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.

ROASTED DINNER

Choose between Turkey, Ham or Roast Beef House roasted local Withrow's meat,
with mashed potatoes, gravy and seasonal vegetables served with apple pie.

\$15.95
EACH



RECEPTION

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

BRUSCHETTA

Balsamic Vinegar and Fresh Basil

\$14

ASSORTED MINI QUICHE

Spinich, Ham and Mushroom

\$15

STUFFED MUSHROOM CAPS

Herb and Cheese Stuffed Mushroom Caps

\$16

SPANAKOPITA

Spinach and Feta Parcels

\$16

TACO TARTS

Taco meat, Cheese and Salsa in a Wonton Tart

\$16

ASSORTED MEATBALLS

Honey Garlic, Sweet & Sour and Chili Sauce

\$20

RECONSTRUCTED EGG ROLLS

Cabbage, Carrot and Asian Seasonings

\$20

CHICKEN SKEWERS

Hoisin and Thai Sauce

\$20

TWO FLATBREAD PIZZAS

12" x 5" open donair pizza served for 12

\$20

SWEET & SAVORY BISCUITS \$14

CHICKEN TENDERS + SLICE VEGGIES \$20

