



specialty sodas	2.75
sparkling water	2.50
bottled water	1.50
Calories fresh fruit juice	3.00
Calories Saskatoon berry lemonade	4.00
coffee thermos (6)	13.50
coffee/tea bar w/ fixings (pp)	2.25

## beverages

sandwich (see current sandwich menu)	11.00
house salad/feature salad	12.00/15.00
cup of soup (250mL)	4.00
large soup (500mL)	8.00
Calories "petit" dessert	4.00
Calories cookies 1/dzn	1.50/9.50

## essentials

sandwich/"petit" dessert	14.00
sandwich/"petit" dessert/beverage	16.00
sandwich/side house salad/"petit" dessert (add \$1 feature salad)	17.00
sandwich/cup of soup/"petit" dessert	17.00
sandwich/side house salad/cup of soup (add \$1 feature salad)	17.00
Calories quiche w/ side salad (add \$1 feature salad)	16.00
Chickpea & Rapini Bowl (vegan & gluten free; see description on page 2)	16.00

## essentials+

fresh fruit platter (pp)	4.00
fresh vegetable platter (pp) w/ hummus & herbed cheese dip	4.00
cheese board (pp) w/ preserves/fruit/breads/crackers	5.00
charcuterie board (pp) w/ preserves/pickles/breads/crackers	5.00

## platters

**Minimum order for delivery 6 lunches**

**24 hour notice required for delivery**

**Delivery: Broadway Avenue - Free / Saskatoon - \$25**

**Compostable paper service \$0.50 pp/Boxed Sandwich add \$1**

See next page for menu details.

Vegetarian, vegan, gluten and lactose free options are available.



## sandwiches

**Vegan&Gluten Free Wrap:** organic chickpea hummus, tomato, red pepper, cucumber, avocado, lettuce, rice wrap

**Vegetarian:** local organic chickpea hummus, tomato, red pepper, cucumber, avocado, lettuce

**California Club:** roasted turkey breast, bacon, avocado, sweet onion, tomato, lettuce, lime jalapeno mayo

**2 Feature Sandwiches :** change weekly, please inquire via email or visit Order Online Tab on our website [www.caloriesrestaurant.ca](http://www.caloriesrestaurant.ca)

**Breads:** unless specified sandwiches are prepared on assortment of organic baguette, SK wild rice bread, sourdough

**Note:** Catering package prices include Chef's selection of the above listed sandwiches, customization of the standard packages may affect the package price

## soups

**Choice of 2 soups** prepared daily (1 gluten free, dairy free selection)

Vegetarian

Local meat/Fish or Seafood

We can accommodate special requests with 5 days order notice

## salads

**House Salad:** organic baby greens w/ julienned root vegetables, house croutons / choice of 2 dressings

**Roasted Beets:** butter leaf lettuce, roasted & raw beets, carrot ribbons, pickled shallot & crumbled feta

**ADD:** buttermilk marinated 'Cool Springs Ranch' chicken breast \$4

## quiches

Daily quiche option is vegetarian prepared w/ farm eggs, cream, cheese & seasonal vegetables

We can accommodate special requests including:

**Quiche Lorraine**

**Quiche Florentine**

**Quiche of your choice** (with 5 days order notice)

## hot features

**Chickpea & Rapini Bowl:** Tunisian spiced local organic chickpeas w/ roasted zucchini, onion, organic sweet potato & grilled rapini w/ house harissa & charmoula  
*(vegan & gluten free)*

## desserts

Calories Petit Desserts include an assortment of seasonal tarts, squares and cupcakes

Anything else? Please ask. We will do our best.