

CATERING MENU



Breakfast Items

MUFFINS \$3.50*

Date or raisin bran, lemon zucchini, rhubarb with pecan streusel topping, pineapple sour cream, pumpkin raisin, banana, chocolate chip orange, blueberry lemon, pantry raid or zucchini carrot cranberry

SCONES \$3.50*

Apricot almond and white chocolate, currant, mango lime, cranberry almond, maple, apple and cinnamon, coconut chocolate... the list goes on...

CINNAMON BUNS \$3.50*

Made with biscuit dough, fresh and delicious (add raisins, hemp hearts or sunflower seeds)

BREAKFAST PANINO \$9.00

Fresh basil or arugula pesto, provolone cheese, capicollo ham and an omelette. Served hot and melty, highly addictive. Available all day. *pesto contains nuts

FRUIT CUPS \$7.00*

Chopped seasonal fruits - a perfect way to start the day.

**(minimum quantity of 6 on special orders)*

Lunch Items

PANINI Prices Vary \$8.00 - \$10.00

Italian grilled sandwiches, served hot. The Bomba, Ham & Cheese, Breakfast, and Veggie are the standards. Ask us about what seasonal favourites are on offer.

B.F.S. (Big Fat Sandwich) \$9.00

A multigrain bun stacked high with premium toppings, spreads and veggies. Order vegetarian or meat varieties.

SOUP full size \$9.00 - \$10.00

A variety of soups made fresh daily or made to order (24 hours notice required). Some favourites include creamy tomato and spinach, Greek red lentil with rosemary and feta, Italian sausage minestrone, African yam and peanut, Tuscan white bean, curried chickpea, summer harvest chowder, fall harvest borscht, or ZB bean chili

QUICHE \$7.00/slice or made to order \$63.00 full pie (serves 8-12 depending on how you slice it)

Made fresh daily with a variety of ingredients - a decadent choice.

PIZZA \$10.00 individual pie or made to order full pie \$50 (cut in 8-12) Call us - we'll talk toppings.

HUMMUS \$8.00 - add veggies for \$4.00

Our signature hummus served with caperberries and grilled bread.

HUMMUS AND VEGGIE CUP \$7.00

A healthy helping of fresh veggies with a 2 oz portion of our signature hummus. Great for a lunch on the go!

(panini can be made with gluten free bread- add \$1.00/each)

Salads

THE GOAT \$18.00 full / \$10.00 side

Thin sliced red onions, toasted pecans and crumbled goat cheese on a bed of mixed greens with a nutty maple vinaigrette. Light and delicious!

SMOKIN' CHIPOTLE \$19.00 full / \$10.00 side

BBQ'd salmon, roasted red peppers, toasted pine nuts and smoked cheddar served on mixed greens with a "smoking" chipotle dressing. Loved by all.

MEDITERRANEAN BULGUR WHEAT \$8.00*

Cracked cooked wheat grains with sun-dried tomato, kalamata olives, feta cheese, artichoke hearts and fresh mint dressed with a simple lemon vinaigrette.

OLD SCHOOL \$9.00 / \$17.00

Classic green tossed salad with seasonal veggies and a simple vinaigrette. *vegan

CORSICAN BEAN SALAD \$8.00*

The tastiest bean salad you've ever met. Fresh mint, Dijon mustard, garlic and chopped shallot make this one highly addictive and healthy salad.

HAPPY HIPPIE SALAD \$8.00*

A blend of brown, red and wild rice combined with toasted pecans, dried apricots and cranberries, cilantro, green onion and sweet peppers and tossed with a delicious citrus soy dressing. A very satisfying vegan choice.

THE GREEK \$6.00 half / \$12.00 full

Locally sourced peppers, tomatoes and cucumbers mixed with red onion, feta cheese and kalamata olives and dressed in a light, lemony dressing.

**(minimum quantity of 6 on special orders)*

Afternoon or After Dinner

DECADENT COOKIES \$2.50 or 6/\$12.50 Gluten free peanut butter chip, oatmeal chocolate chip, molasses ginger, or our house biscotti.

CHOCOLATE CHIP SHORTBREAD MORSELS 3 for \$2.00 Tiny and rich.

VEGAN FUEL COOKIES \$3.00 or 6/\$15.00 Sweetened with molasses and organic cane sugar and full of oats, seeds, raisins and plant based chocolate chips - a perfect treat to help you make it through the day.

GLUTEN FREE OUTRAGEOUS BROWNIES \$6.00 Fudgy and nutty, the best you've ever had.

CARROT CAKE with cream cheese icing \$6.00/slice or \$65.00 full cake (serves 12-16) The best in town!

CREAMY LEMON SLICE \$8.00/slice or \$72.00 full pie (serves 12-16) A ZB favourite.

CHEESECAKE \$9.00/slice Mochaccino, lemon, New York style with a variety of toppings, chocolate, eggnog (for the holidays) or turtle.

COCONUT MACAROONS \$4.00 A gluten free treat with almonds, dried apricots and cranberries.

QUEEN ELIZABETH DATE CAKE \$6.00/slice or \$65.00 full cake (serves 12-24) A gooey walk down memory lane.

This is just a small sample of our more popular desserts. If you have a request just call and we'll do our best to accommodate. Minimum quantities apply for most special orders.

Trays

FRESH FRUIT TRAY \$6.00/person

Artfully displayed selection of seasonal fruits (minimum order 6 people)

VEGETABLE TRAY \$5.00/person

A variety of seasonal vegetables chopped fresh and artfully displayed. (minimum order 6 people)

Add hummus \$7.00/250ml.

BRUSCHETTA \$6.00/person (minimum 6 people)

A ZB favourite served with baguette. Fresh & delicious.

ANTIPASTO PLATTER \$15/person (minimum order 6 people)

A selection of Italian meats and cheeses served with artichoke hearts, olives and marinated eggplant and lots of fresh bread.

MEAT BOARD \$15.00/person (minimum order 6 people)

A selection of locally cured meats, italian salami and a selection of pickles & mustard.

Served with crackers & bread.

HUMMUS TRAY \$4.50/person (minimum 6 people)

Served with pita triangles. Add an assortment of veggies for \$4.00/person

MIXED DESSERTS \$5.00/person

A lovely selection of our signature desserts cut into bite sized portions and artfully arranged.

For those who want just a little of everything! (minimum order 6 people)

COOKIE TRAY \$20.00/dozen A selection of ZB favourites.

Drinks

MINI FRUIT NECTAR \$2.00 / 125ml (peach or apricot)

ITALIAN CARBONATED WATER \$4.00 / 350ml

GRIZZLY PAW SODAS \$3.50 / 341ml bottle

(root beer, cherry cola, orange cream soda, cream soda)

BLACK RIVER JUICES \$4.00 / 300ml

(apple+cranberry, apple+mango, pure red grapefruit, apple+raspberry, pure orange, classic lemonade)

LOCALLY MADE KOMBUCHA OR WATER KEFIR - your choice \$5.00 / 341ml

(variety of flavours)

We can deliver to your door for an additional \$7.00.

A 15% gratuity will be added to any take out orders over \$15.00.

Prices are subject to change without notice.

