



CATERING MENU

LIGHT & HEALTHY BREAKFAST

CONTINENTAL **\$4.49**

Home baked; pastries, scones, assorted muffins, croissants, coffee cake, cinnamon rolls, jam and butter.

BREAKFAST WRAPS **\$4.99**

Roasted vegetable, egg and Swiss cheese.
Bacon, tomatoes, egg and cheddar.
Ham, egg and provolone.

GRAND CONTINENTAL **\$9.49**

Chilled juices, breakfast wraps, scones, muffins, croissants, coffee cake, cinnamon rolls, jam and butter, seasonal fruit. Organic coffee and/or a selection of organic teas.

FRESH FRUIT **\$9.99 SM/\$19.99 LG**

Tray of fresh seasonal fruits.

FRUIT KABOBS **\$2.49 SM/\$4.99 LG**

Enjoy fresh fruit, individual servings.

COFFEE AND TEA **\$1.49**

Organic coffee and/or a selection of organic teas.

LUNCH & DINNER

GOURMET SANDWICHES **\$8.49**

A selection of our most popular sandwiches.

GOURMET WRAPS **\$6.99**

A selection of our most popular wraps.

SANDWICH/WRAP/SALAD COMBO **\$8.99**

A selection of our sandwiches, wraps and salads.

THE COMPLETE LUNCH **\$11.99**

A selection of our sandwiches and wraps, fresh salads, seasonal fruit and home baked treats. Chilled juices, organic coffee and/or a selection of organic teas.

VEGETABLES **\$9.99 SM/\$19.99 LG**

Fresh vegetables served with dip.

*** PRICES LISTED PER PERSON.
OTHER OPTIONS ARE AVAILABLE.
MINIMUM 10 PEOPLE.**

PANINI SANDWICH OPTIONS

PESTO CHICKEN

Roasted chicken breast, roasted red peppers, sun dried tomatoes, pesto, Swiss cheese on your choice of bread.

CHICKEN BREAST WITH AUBERGINE CRISP

Savoury roasted chicken breast, aubergine crisp (eggplant), portobello mushrooms, provolone cheese with herb mayo, served on a ciabatta bun.

MEDITERRANEAN CHICKEN

Roasted chicken breast lightly seasoned with lemon, olive oil and oregano, topped with feta cheese, tomato, cucumber, red onions and tangy Greek dressing, served on your choice of bread.

ROASTED VEGETABLE

Roasted sweet pepper, zucchini, portobello mushrooms, provolone cheese, with your choice of pesto or herb mayo, served on a ciabatta bun.

SPICY CURRY CHICKEN

Roasted chicken breast seasoned in sweet madras curry and fresh herbs, served with lettuce, tomato, red onions and herb mayo, served on a ciabatta bun.

SALAMI PANINI

Salami, provolone cheese, arugula, tomato, red onion, herb mayo, served on a ciabatta bun.

THREE CHEESES

Swiss, provolone and cheddar cheeses, bacon can be added, served on your choice of bread.

DELI CLUB

Roasted chicken breast, bacon, lettuce, tomato and Swiss cheese, herb mayo, served on your choice of bread.

BLACK FOREST HAM & BRIE

Sliced ham, arugula, brie, homemade cranberry sauce, herb mayo, served on your choice of bread.

ITALIANO

Prosciutto, pickles, lettuce, red onion, provolone cheese, herb mayo, served on a ciabatta bun.

* BREAD CHOICES; multigrain, sunflower seed, gluten free.

WRAP OPTIONS

CHICKEN CAESAR SALAD

Roasted chicken breast, romaine lettuce, homemade croûtons, parmesan cheese, caesar dressing tossed, served in a wrap.

GREEK CHICKEN & FETA

Roasted chicken lightly seasoned with lemon, olive oil and oregano, topped with feta cheese, lettuce, tomato, cucumber, red onions, a tangy Greek dressing, served in a wrap.

SUMMER SALAD WRAP

Fresh mix baby greens, tomato, cucumber, red onion, roasted red peppers, hummus, sweet chili vinaigrette, served in a wrap.

PORTOBELLO MUSHROOM & SWISS

Roasted portobello mushrooms, mixed greens, tomato, Swiss cheese, herb mayo, served in a wrap.

TUNA SALAD WRAP

Tuna mixed with mayo, green onion & relish, lettuce, tomato, served in a wrap.

TEA SANDWICHES & PINWHEEL WRAPS

A selection of elegant finger sandwiches arranged on a platter including: smoked turkey, savoury cheeses, cucumber and dill cream cheese, roasted vegetables, egg salad, tuna salad, prosciutto with goat cheese and cranberries.

SALAD OPTIONS

CRANBERRY HERB COUSCOUS SALAD

Couscous, dried cranberries, green onion, fresh herbs, light lemon and olive oil dressing.

QUINOA SALAD

Quinoa, tomato, cucumber, parsley, mint, dressed with red wine vinegar, lemon and olive oil.

PESTO PASTA SALAD

Pasta, cherry tomatoes, baby spinach, olives, chickpeas, feta cheese, fresh pesto dressing.

SEASONAL GREENS

Mixed greens, vegetables, tossed in a light herb and lemon dressing.

BIG ITALIAN

Romaine lettuce, cherry tomatoes, cucumber, sweet pepper, carrot ribbons, served with a fresh herb dressing.

CAESAR SALAD

Romaine lettuce, homemade croûtons, parmesan cheese, with or without bacon bits, caesar dressing.

WARM OPTIONS

TROPICAL BBQ CHICKEN LEGS

Herb seasoned chicken legs, slow roasted in a homemade honey tangerine BBQ sauce.

ITALIAN CHICKEN

Roasted chicken breast seasoned in Italian herbs with roasted zucchini and portobello mushrooms.

BAKED SALMON

Baked salmon fillet, with a fresh lemon dill sauce on a bed of sautéed baby spinach with garlic.

CHICKEN PENNE PRIMAVERA

Roasted lightly seasoned chicken breast, penne pasta, mixed grilled vegetables in a tomato herb sauce. Also available without chicken.

RICE PILAF

Rice, vermicelli, simmered in vegetable broth and seasoned with fresh herbs.

ROASTED POTATOES & VEGETABLES

Lightly seasoned roasted potatoes and seasonal vegetables.

*Please contact for Warm Option pricing.

DINNER OPTIONS

1. CHOICE OF **SANDWICH OR WRAP**
2. CHOOSE A **SALAD**
3. CHOOSE **COFFEE, TEA OR POP**
4. A SURPRISE **DESSERT**

DINNER FOR TWO **\$25.99**

DINNER FOR FOUR **\$45.99**

HOME BAKED GOURMET DESSERTS

CHEESECAKES \$4.49

Vanilla Cheesecake Strawberry Cheesecake
Chocolate Cheesecake Salted Caramel Cheesecake

TARTS \$4.49

Classic Butter Tart Maple Pecan Butter Tart
Coconut Cream Tart Lemon Meringue Tart
Chocolate Tart Fruit Tart

CUPCAKES \$2.50 each \$30.00/dozen

Cookies & Cream Red Velvet
Espresso Mocha Double Chocolate
Vanilla Fruit Lemon Coconut

PIES \$3.99/slice

Grandpa's Apple Pie Apple Crumble Pie
Fruit Pie Lemon Meringue Pie

ASSORTED SWEETS \$2.49/serving

Squares Loaves
Coffee Cake

GOURMET COOKIES \$1.69

Double Chocolate Chocolate Chip
Snicker-Doodle Cranberry, White Chocolate
Cinnamon Oatmeal

* Be sure to ask about our weekly flavours.
** Gluten and dairy free desserts are also available.



We look forward to catering all your events,
meetings and celebrations!

A **MINIMUM 48 HOURS NOTICE** is required
for all catering appointments.

Business Hours

MON 7:30 AM – 8:00 PM
TUES 7:30 AM – 8:00 PM
WED 7:30 AM – 9:00 PM
THUR 7:30 AM – 9:00 PM
FRI 7:30 AM – 10:00 PM
SAT 8:00 AM – 10:00 PM
SUN 10:00 AM – 5:00 PM



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