

Valentine's Fresh Sheet 2012

Celebrate Valentine's Day with some of our heart healthy menu options, containing heart friendly ingredients like blueberries, salmon, soy, and spinach.

Heart Healthy Menu Options

Priced per guest (minimum 6 guests).

Heart Healthy Baked Goods - \$3.55

Flax super fruit muffins with blueberries, omega-3 cranberry loaves, and blueberry bagels

Breakfast Panini - \$9.30

Made with egg whites, smoked tofu, onions and fresh herbs. Wrapped and served warm.

Healthy Start-\$15.50

Flax super fruit muffins and omega-3 loaves, yogurt parfaits with fresh fruit and granola, and fresh fruit platter


Spinach Salad - \$5.20

Organic baby spinach with candied pecans, tomatoes and mandarin oranges with a sesame mango dressing

The Venice Buffet-\$25.85

Spinach salad
Chicken Cacciatore
Fettuccini noodles
Chocolate and raspberry biscotti

The Last Samurai Buffet-\$26.90


Tomato and green bean salad in a creamy ponzu dressing
Teriyaki salmon 
Stir fried vegetables
Steamed rice
Chocolate silk cake

Artichoke and Spinach Dip - \$62.00

Presented in a hollowed out sourdough loaf, served with sliced baguettes
Minimum order of 1. Serves 35 guests.

The Sweet Heart Reception - \$16.55

Priced per guest, minimum 15 guests –one portion of each item per person.
Available until February 29th.

Asparagus spears wrapped in wild Pacific smoked salmon with lime chipotle cream cheese
Mini cheese scone filled with black forest ham, cucumber and baby spinach with dijonaise
Kalamata olive, cherry tomato and bocconcini skewer drizzled with basil oil
Peking duck and scallion served in a soft spinach taco with chili hoisin sauce
Gravlax platter with dark mini rye bread and Swedish mustard sauce
Domestic cheese platter served with assorted crackers 

Don't forget to indulge in some decadent sweets and treats!

Available until February 29th.

Sweets and Treats

Priced per item. *Minimum 6 per variety.*

Heart Cookies - \$2.10

Assorted heart cookies made with almond sugar dough, coated with coloured chocolate.

Red Velvet Chocolate Cakes - \$3.10

Mini red velvet heart shaped sponge coated with chocolate ganache and sprinkled with edible gold

Chocolate Silk Cake (Gluten Free) - \$5.20

A flourless chocolate cake brimming with moist chocolate

Rose Chocolate Cupcakes - \$3.10

Decadent devils sponge cupcakes finished with an all butter icing to look like a real rose

Red Velvet Loaves - \$3.55

Our luscious red velvet sponge finished with a light cream cheese icing

Mini Cake Pops - \$1.55

Includes a variety of Chocolate Salted Caramel, Chocolate Banana Split, Red Velvet, and Lemon Drop.
Minimum order of 8 required.

