



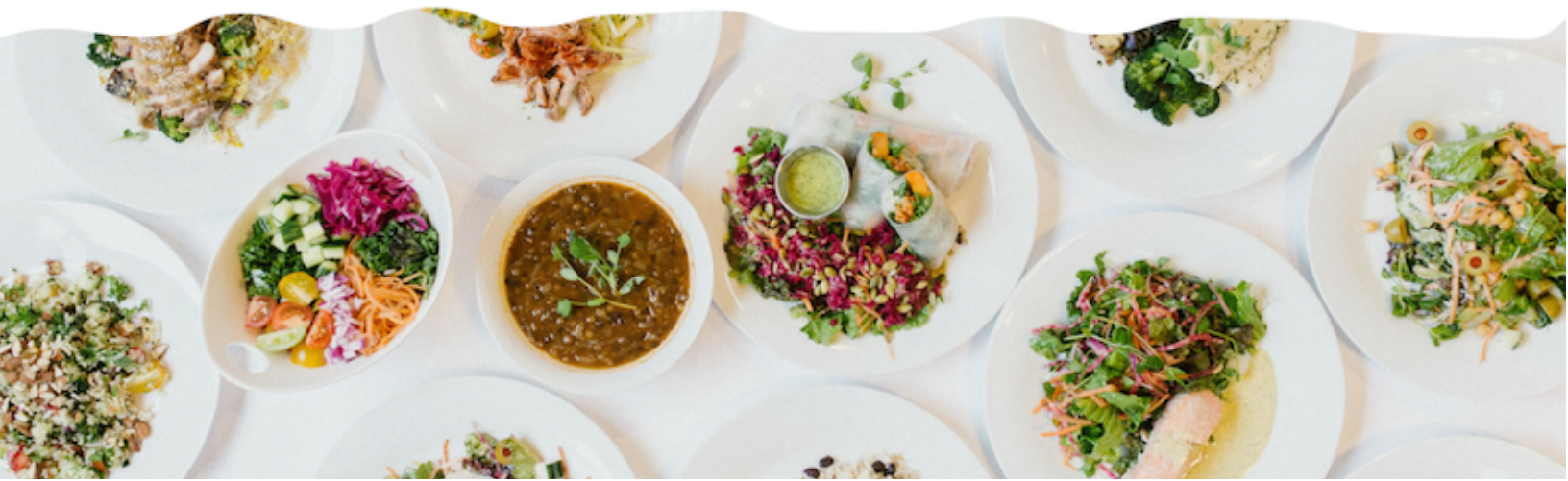
Food Intuition

— CATERING —

MENU

FULL-SERVICE CATERING | DROP-OFF CATERING
TAKE-HOME CATERING

WWW.FOODINTUITION.CA



Breakfast Menu

MINIMUM ORDER 10 PEOPLE

Our breakfast menu is designed to give you a wholesome and nutritious start to your day. Made with locally sourced and seasonal foods to provide the freshest meals. Menu items are served buffet style. Available for pick up or delivery. Delivery fees may vary. Contact our sales team today to build the perfect breakfast for your event!

The Shore Hot Breakfast

A classic breakfast with a homemade taste. This buffet breakfast is made with the freshest ingredients and delicious with added items like our fruit salad and sweet & savoury tray!

Scrambled Eggs Made with local free-range eggs, whisked and seasoned with sea salt & pepper

Hash Browns Large diced real russet potatoes seasoned and baked crisp

Double Smoked Bacon Getaway Farm pasture-raise double smoked bacon thick sliced and baked crisp

Chicken Breakfast Sausage Cogmagun Poultry delicious sun-dried tomato chicken sausage

\$13.95 | pp

Fruit Salad Bowl

An assortment of fresh tropical and local fruits tossed with lime and mint. This may include watermelon, pineapple, cantaloupe, honeydew, strawberries, grapes and berries.

Small	\$26 10-15 pp
Medium	\$36 15-20 pp
Large	\$46 20-25 pp

Scones, Muffins, Sweet & Savoury Loaves

Fresh scones, muffins and loaves made in house with assorted flavours. This may include cranberry orange (something missing here?)

Small	\$45 10-15 pp
Medium	\$63 15-20 pp
Large	\$80 20-25 pp

Yogurt Parfait

Organic yogurt individually portioned with mixed berries and topped with our granola in mason jars

\$4.25 | pp

Fresh Baked Quiche

Flaky homemade pie crust filled with assorted local ingredients. Baked to perfection and sliced. Quiches are served cold or hot. Talk to our sales team to add items to your breakfast!

SERVES 6PP

1. Roasted Pepper, Caramelized Onion & Goat Cheese
2. Broccoli, Ham & Cheddar
3. Sun-dried Tomato Chicken Sausage & Spinach & Feta
4. Bacon, Cheddar Cheese & Chives

\$40 | Quiche

Fruit Kabobs & Dip

An assortment of fresh tropical and local fruits served on skewers. This may include watermelon, pineapple, cantaloupe, honeydew, strawberries, grapes and blueberries with organic honey yogurt dipping sauce.

\$36 | Dozen

Assortment of Bagels

Locally sourced, fresh baked bagels served with butter and local jam. Volume pricing can be discussed

\$2.50 | pp

Beverages

Orange Juice Infused with fresh strawberries \$3 pp

Kombucha Fermented fruit beverage \$4.00 | bottle

Coffee Locally roasted coffee \$27 per pot | 10 cups

Tea Brewed Orange Pekoe tea \$25 per pot | 10 cups

Trays & Treats

Fresh Fruit

An assortment of fresh tropical and local fruits sliced and displayed on a platter. This may include watermelon, pineapple, cantaloupe, honeydew, strawberries, grapes, blueberries with a honey yogurt dip

Small	\$60 15-20 pp
Medium	\$85 25-30 pp
Large	\$110 35-40 pp

Fresh Crudité

A display of fresh crisp vegetables served on a platter with homemade caramelized onion hummus. This may include celery, cucumber, cherry tomatoes, cauliflower, broccoli, bell peppers

Small	\$40 15-20 pp
Medium	\$60 25-30 pp
Large	\$75 35-40 pp

Cheese & Crisps

Assortment of sliced cheeses including cheddar, havarti, monterey jack, and mozzarella served with a basket of crackers

Small	\$65 15-20 pp
Medium	\$85 25-30 pp
Large	\$115 35-40 pp

Mediterranean Platter

A display of caramelized onion hummus, roasted baba ganoush, bruschetta, and olive tapenade. Served with a basket of homemade crisps and crackers

Small	\$95 15-20 pp
Medium	\$145 25-35 pp
Large	\$185 35-40 pp

Gourmet Sweets

House made mini desserts cut small for the perfect bite, may include: lemon squares, mini cinnamon rolls, banana bread, date squares and more

Small	\$70 15-20 pp
Medium	\$105 25-35 pp
Large	\$140 35-40 pp

Assorted Cookies

House made Oatmeal Chocolate Chip, Double Chocolate Walnut, Almond Cranberry Orange, Ginger Snap and Shortbread

Small	\$55 15-20 pp
Medium	\$75 25-35 pp
Large	\$110 35-40 pp



Chef Made Sandwiches

MINIMUM ORDER OF 10 SANDWICHES WITH 5 SANDWICHES PER SELECTION (choose any two)
all sandwiches, salads, soups are presented using reusable serving equipment . Soups are delivered in tureens. Extra charge for disposable serving ware.

Chef sandwiches are made with house made breads (Brioche Baguette & Harvest Multigrain) and filled with local ingredients such as free -range chicken, house made condiments, in season garden vegetables from locally sourced sustainable farmers. Most of our sandwiches can be made with gluten free bread or wraps.

Smoked Paprika Chicken

Sriracha mayo, caramelized onion, aged cheddar, tomato and arugula

Roasted Tomato & Hummus (VG)

Roasted Tomato, hummus, shredded carrot and spinach

Ham & Dijon

Dijon mayo, aged cheddar, red onion and mixed greens

Garden Salad

Dill goat cheese, sliced beet, shredded carrot, cucumber and greens

Cucumber & Dill (VG)

Dill cream cheese, cucumber, shredded carrot and spinach

Curried Chickpea Wrap (VG,V)

Organic chickpeas, cucumber, carrot, red onion, yellow curry, greens, fresh herbs, pickled turnip

Roast Beef & Cheddar

Orange cheddar, shaved roast beef, red onion, arugula and pickle

Chicken Salad Wrap

Pulled spiced chicken, pickled red onion, cucumber, tomato, romaine, feta, hummus

\$10 Each

\$19 pp | *Served w/ Classic Chef Salad & Gourmet Sweets*

\$19 pp | *Served w/ Daily Soup & Gourmet Sweets*

\$21 pp | *Served w/ Artisan Market Salad & Gourmet Sweets*



Salads & Soups

Classic Chef Selections

Side \$5.50 | pp Full Size \$12.00 | pp

Minimum order of 10

Garden Salad

Fresh local greens with cucumber, red onion, shredded carrot, cherry tomatoes, served with a creamy ranch or basil balsamic dressing

Cole Slaw

Thinly shredded cabbage and carrots with fresh herbs, tossed with a lemon lime dressing

Artisan Market Selections

Side \$7.50 | pp Full Size \$14.50 | pp

Minimum order of 10

Broccoli Kale & Apple (GF / V)

Small diced broccoli marinated in a lemon poppy seed dressing and tossed with finely sliced kale, apple, carrot and toasted almonds

Cajun Tossed Salad (GF / V)

Local greens, shredded carrot, onion, black beans, Cajun chickpeas, diced peppers, grilled corn, organic sliced dates tossed with basil balsamic dressing

Roasted Sweet Potato Salad (GF / V)

Seasoned with herbs and chili flakes and tossed with sun-dried tomato, green peas, red onion and arugula

Summer Beet & Spinach (GF / V)

Roasted beets, apple and shredded carrot tossed with spinach, toasted walnuts and goat cheese crumble in a honey lemon oil dressing

Mexican Taco Salad (GF / V)

Romaine Salad, shredded red cabbage, black beans, grilled corn and avocado with lime cilantro dressing

Seasonal Soups

Side \$5.50 | pp Full Size \$12.00 | pp

Minimum Order of 10

Tomato & Basil (V / GF)

Organic Italian romas stewed with local herbs and blended smooth

Roasted Root Vegetable (V / GF)

Medley of seasonal squashes and root veg blended with spices

Parsnip & Pear (V / GF)

Local parsnip and pear blended smooth with warming spices

Roasted Butternut Squash (V / GF)

Roasted and stewed with cinnamon, cayenne and nutmeg

Chicken Noodle (GF)

Free-range chicken stewed in real stock with fresh vegetables

Chicken & Rice (GF)

Free-range chicken in real stock with mushroom, herb and organic rice

Healthy Habits

A selection of tasty items to support healthy habits and boost your energy. Below menu items are made with zero processed sugars and may include fermented foods that promote a healthy gut. Most dishes can be substituted to be vegan or to contain meat protein.

Grain Bowls

Full Size \$15.50 | pp

Mixed Grain Taboule (GF / V)

An abundance of fresh herbs, ripe tomato, cucumber, snow peas and red onion tossed with organic brown rice and organic quinoa in a lemon oil dressing with toasted almonds

Chicken Burrito Bowl (GF/DF)

Chipotle rice and beans topped with fresh pico de gallo, pickled red onion and pulled chili chicken

Moroccan Quinoa & Chicken (GF/DF)

Organic quinoa, shredded kale and carrot with golden raisins, cucumber and toasted almonds tossed in orange spice dressing with diced free-range chicken breast

Garden Buddha Bowl (GF / V)

Organic quinoa topped with cucumber, shredded carrot, fresh greens, organic chickpea hummus, beet sauerkraut and lemon oil dressing

Turkey Cobb Bowl (GF/DF)

Organic brown rice, free-range egg, and ground turkey with tomato, red onion, cucumber, and bell pepper in a light lemon and herb vinaigrette

Tandoori Chicken Bowl (GF)

Tandoori marinated and grilled free-range chicken served on organic brown rice with tomato, cucumber, pickled turnip, beet sauerkraut and tzatziki sauce

Energy Booster Snacks

A variety of gourmet gluten free desserts made with top quality nuts, seeds and dried fruits. May include: breakfast cookies, coconut cashew clusters, trail squares, energy bites.

Small	\$80 15-20 pp
Medium	\$140 25-35 pp
Large	\$160 35-40 pp

Breakfast Cookies

Almond base cookie baked with "Enjoy Life Chocolate Chips", local dried cranberries, hemp hearts and honey

Coconut Cashew Clusters

Roasted coconut shavings, hemp hearts, organic medjool dates, raw cashews

Trail Squares

Assorted nuts and seeds, dried fruit, rolled oats, chocolate drizzle

Energy Bites

Raw organic rolled oats, nut butters, and dried fruits

Boxed Lunches

Individually packaged items are delivered in a compostable box and proper serving ware. Ask our sales team for our customers' favourite combinations.

Minimum Order 10 | Minimum 5 Sandwiches/Bowls per selection

Are you hosting a meeting and want to get your co-workers to create their own boxed lunch? Ask our sales team today how we can provide custom built boxed lunches for everyone!

<i>Boxed Lunch 1</i> \$16 per box	<i>Boxed Lunch 2</i> \$21 p box	<i>Boxed Lunch 3</i> \$21 p box
1 Chef Made Sandwich 1 Cold Beverage 2 Homemade Cookies	1 Chef Made Sandwich 1 Chef Selection Salad 1 Cold Beverage 2 Homemade Cookies	1 Healthy Habit Grain Bowl 1 Cove Kombucha 2 Energy Booster Snack

Beverages

All cold beverages will be delivered chilled. Should you wish to have your beverages presented in beverage bins on ice please ask our sales team.

Coffee

Freshly roasted local coffee served with milk, cream, sweetener & sugar
\$27 per pot | 10 cups

Tea

Brewed orange Pekoe tea served with milk, sweetener & sugar
\$25 per pot | 10 cups

Sparkling Water

Perrier bottled water
\$3.25 per bottle

Flavoured Sparkling Water

Bubbly Brand
\$3.25 per can

San Pellegrino

Sparkling fruit beverage
\$3.25 per can

Cove Kombucha

Fermented fruit beverage
\$4.00 per bottle

Hot Buffet

MINIMUM ORDER OF 10 PER ENTREE SELECTION

Gourmet meals delivered hot and ready to eat. Everything made from scratch using sustainably raised meats and local produce. Meals are priced as a lunch portion and come with a side garden salad. Dinner portions are available upon request

Chicken or Beef Teriyaki (DF/GF) \$18.95*

Free range chicken marinated in a honey garlic teriyaki sauce, and served with a white Basmati rice and a medley of stir fried vegetables

Almond Crusted Salmon (GF/DF) \$20.95

Orange maple marinated sustainably raised salmon baked with almond crumb and served with brown butter beans and sweet potato mash

Smoked Paprika Chicken (DF/GF) \$17.95

Free-range chicken dry rubbed in our signature spice blend. Baked and served with roasted vegetable medley and herb roasted potatoes

Herb Crusted Char (GF/DF) \$19.95

Fresh mix of thyme, basil and parsley crusted on New Brunswick Arctic Char and grilled. Grilled vegetable medley and herb roasted potatoes

Cran-Balsamic Chicken (GF/DF) \$17.95

Marinated in a balsamic, cranberry and herb mixture and baked with whole cranberries and served with roasted potatoes

Beef or Chicken Souvlaki (GF) \$18.95*

Grass-fed beef or free-range chicken skewers marinated and grilled. Served with a vegetable medley, rice pilaf and house made tzatziki sauce

Cashew Butter Chicken (GF/DF) \$17.95*

Free-range chicken in a tomato coconut sauce with spices and herbs. Served with sweet potato, cauliflower, heirloom carrot and onion on white Basmati rice

Bangers N' Mash \$17.95

Pasture-raised banger sausage grilled and served with garlic mashed potatoes, caramelized onions and seasonal vegetables

Haddock Fish Cakes \$19.95

Savory line caught haddock fish cakes served with grilled vegetables, fresh coleslaw and mashed potatoes



Add a tray of desserts to complete the perfect meal *\$3.50/pp*

Add your choice of fresh rolls, naan bread or focaccia bread for *\$3/pp*

Oven Baked Entrees

Our oven baked entrees are made fresh from scratch. Perfect for a buffet set up or family meal. Each item comes in a half size or full size pan.

HALF PAN FEEDS 10 | FULL PAN FEEDS 20

5 Layer Meat Lasagna

A grass-fed beef and pasture-raised pork meat sauce layered with local cheeses with a spinach ricotta filling

Half Pan | \$85

Full Pan | \$155

Grilled Vegetable Lasagna (VG)

Marinated and grilled mixed vegetables layered with a homemade tomato sauce, local cheeses and a spinach ricotta filling

Half Pan | \$85

Full Pan | \$155

Sweet Potato Turkey Pie (GF/DF)*

Free-range turkey cooked in spices and layered with onion, carrot and peas with sweet potato mash

Half Pan | \$75

Full Pan | \$150

Chicken & Roasted Vegetables (GF)*

Seasonal roasted vegetables coated in homemade pesto with spiced free-range chicken and baked with brown rice

Half Pan | \$70

Full Pan | \$140

Add a bread of choice, classic chef salad

or soup & gourmet sweet *\$12/pp*

Add a bread of choice, artisan market

salad & gourmet sweet *\$14/pp*

Grain-Free Cabbage Rolls (GF/DF)

Grass-fed ground beef stewed in spices and cauliflower rice, rolled in cabbage and topped with sauce

Half Pan | \$65

Full Pan | \$130

Italian Sausage & Baked Penne

Pasture-raised pork sausage roasted with onion, pepper and zucchini tossed in house made tomato sauce with penne pasta and cheeses

Half Pan | \$65

Full Pan | \$120

Next Level Mac N' Cheese (VG)

Housemade mornay sauce with mixed cheeses, and mexican chili powder, baked with a layer of cheeses and seasoned bread crumb

Half Pan | \$80

Full Pan | \$145



Hor D'oeuvre Menu

MINIMUM ORDER 3 DOZEN PER TYPE OF HORS D'OEUVRE

Our bite size appetizers are uniquely assembled and packed with flavour. Some items can be displayed on platters while others need to be made onsite by staff. Contact our sales team today to plan your perfect menu. Pricing adjusts with volume. Sold by the dozen.

Hot Hors D'oeuvres

Haddock Fish Cakes (GF/DF) *\$33*

Line-caught haddock cakes served warm with parsnip coleslaw & chow chow

Sausage & Mushroom Phyllo *\$30*

Getaway Farm sausage and local mushroom sauteed in white wine and rolled in phyllo pastry with goat cheese

Mac N' Cheese Bites *\$29*

Macaroni noodle cooked in a house made mornay sauce served crisp with sriracha mayonnaise

Stuffed Mushrooms (GF) *\$30*

Artichoke, spinach and cheese mixture baked in mushroom tops

Fig & Brie Tart (VG) *\$28*

Red wine poached figs on a puff pastry tart with brie and balsamic reduction

Curtido Pork Slider *\$33*

Slow roasted pasture-raised pork with melted swiss cheese and curtido sauerkraut on a toasted brioche bun

BBQ Pork Slider *\$33*

Pasture-raised pork braised in a homemade BBQ sauce, topped with a citrus slaw on a toasted brioche bun

Mini Beef Sliders *\$33*

Homemade grass-fed beef patties with aged cheddar and New Zealand tomato relish on a mini slider bun

Black Bean Burger (V,VG,DF) *\$32*

Cumin spiced black bean burger with citrus slaw on a toasted bun

Pork Empanadas *\$33*

Pasture-raised pork filled pockets served with fresh pico de gallo

Sweet & Sour Meatballs *\$32*

Seasoned grass-fed beef meatballs baked and served with a house made pineapple sweet & sour sauce

Sweet Potato Croquettes (V,VG) *\$30*

Quinoa, black bean and sweet potatoes seasoned and baked crisp with a soft inside. Served with chipotle cashew sauce

Asian Chicken Skewers (GF,DF) *\$32*

Marinated free-range chicken thighs in a soy garlic sauce, grilled and served with a peanut chili dip

Greek Chicken Skewers (DF,GF) *\$32*

Free-range chicken marinated in yogurt, garlic, and herbs, grilled and served with a house made tzatziki sauce

Mexican Street Corn (GF) *\$27*

Spiced corn on the cob grilled and sprinkled with fresh cilantro, feta crumble and creamy chipotle sauce

Sun-dried Tomato & Feta Spirals *\$27*

A mixture of cheeses, sun-dried tomato, artichoke, and herbs baked into a spiralled roll

Chickpea Falafel *\$28*

Fluffy baked falafel served on taboule with pickled turnip, and a zesty yogurt sauce

Cold Hors D'oeuvres

Cran & Cherry Tomato Bruschetta \$27

Local dried cranberries soaked in a balsamic, tomato herb mix and served on crostini with feta crumble

Caprese Salad Skewers \$27

Cherry tomato, and bocconcini cheese marinated in house made pesto and drizzled with balsamic reduction

Veggie Rice Wraps \$28

Bite size rice paper roll ups filled with roasted sweet potato, red cabbage, shoots, and crisp carrot with a lemon cilantro dipping sauce

Spinach & Artichoke Cups \$28

Creamy herb cheese, artichoke and spinach piped into crispy phyllo cups

Beet Cured Trout \$33

House cured trout thinly sliced and served on crisp sourdough rounds with creamy cheese spread and micro cress

Grilled Zucchini Roll Ups (GF, VG) \$29

Thinly sliced charred summer squash rolled up with a goat cheese, sun-dried tomato and herb filling

Beet Napoleon (VG, GF) \$30

Thinly sliced beets layered between dill whipped chevre, and walnut crumble with micro cress



Classic Devilled Eggs (VG, DF, GF) \$28

Free-range eggs piped with a creamy yolk and paprika filling and fresh chives

Melon Fruit Skewers (VG, DF, GF) \$28

Tropical and local fruits marinated in lime and skewered with fresh mint

Curried Chicken & Salsa (DF) \$32

Homemade crisp phyllo cups filled with curried free-range chicken and grilled pineapple salsa

Cambozola & Candied Pecan Crisp \$28

Soft cambozola cheese, apricot chutney and candied pecan served open faced on a crisp cracker

Ordering & Delivery

Ordering

72 hours notice is the best way to guarantee your request. We will do our best to accommodate orders placed within 48 hours. For example: Monday orders must be placed by 1:00 pm the previous Thursday.

A minimum food & beverage purchase of \$100 (before taxes & fees) per delivery or minimum of 10-person order.

Please email order to info@foodintuition.ca or call (902) 981-6651

Delivery

Our drivers will deliver and set up all menu items if required. If you have ordered rental equipment/dishes or extensive set-up is required an additional charge may apply.

Delivery Service fees start at \$30.00 per delivery and are based on individual order needs (distance, set up, same day pick up, etc.)

We require a 30 minute minimum delivery window (for example: 10:30 am – 11:00 am).

The window may increase depending on your individual catering needs.

Delivery fee may include drop off, set up and pick up of our equipment rentals the following business day. Should you require same-day pick up of equipment rentals an additional charge will apply. Please ensure equipment is ready for pick up upon arrival. Delays in retrieving equipment may result in additional charges.

If you require a **specific** delivery time (example: delivery can only arrive at 12:00 pm) this may be arranged at the time of booking and an additional charge may apply.

Cancellation Policy

Cancellation must be received and confirmed by a sales team member via email or phone.

Please email cancellations to info@foodintuition.ca or call (902) 981-6651.

If cancellations occur within 5 business days of the order 100% of the estimated charges noted in your contract will apply. If cancellation occurs within 6-14 days of the delivery/order, unless otherwise stated in your contract, 50% of the estimated catering charges will apply. Any cancellations over 15 days, unless otherwise stated in your contract, will **not** incur any cancellation charges.

Equipment Usage

The customer is responsible for all delivered equipment (example: platters, tongs, chaffers, vessels, etc.) that are left onsite for your event.

Each delivery will include a **Catering Receipt** showing an itemized list of equipment/rentals delivered and will require a signature upon delivery. Upon pick up, the **Catering Receipt** will be used to cross reference equipment/rentals dropped off. Should there be lost or damaged equipment/rentals a charge will be added to your final invoice for replacement costs.

Rental/Disposables

We can supply our disposable or compostable plates, cutlery, napkins and paper cups for your delivery if required. Minimal charges do apply – please let us know when you are ordering. If you require dishes, linens, tables & chairs we can certainly provide a quote from our quality rental purveyors.

Allergy & Dietary Requests

When possible, Food Intuition is happy to accommodate special requests related to allergies and dietary needs. In order to protect you and your guests please find out if the request is an allergy or just a preference.

Our Catering kitchen is an open plan facility and allergens such as nuts and gluten are present. Therefore there is always the possibility of cross contamination even when taking every possible precaution. Food Intuition will not assume any liability for adverse reactions to foods consumed or items an individual may come in contact with at any event catered by Food Intuition.

Additional charges may apply to accommodate special request for allergy and dietary needs due to additional labour and specific ingredients that may be required.

To help you easily identify products that may match your dietary needs and preferences we've incorporated helpful symbols. If you have additional questions about ingredients for any of our products feel free to contact us at (902) 981-6651

Payment

We accept cash, cheque, Visa, MasterCard or Email Money Transfers.

Final Payment is due 2 days prior to the event date. Adjustments on balance can be made 0-5 business days after the event if required. 50% booking charges are applied upon confirming your order unless otherwise noted on your contract.

Food Intuition
— CATERING —