

A photograph of the interior of the Seven Shores Community Cafe. The space features rustic wooden tables and chairs, a large wooden dining table in the foreground, and a chalkboard menu in the background. A chandelier hangs from the ceiling, and a window with a striped cushion is visible on the right. The text "seven shores" is overlaid in a large, white, serif font, with "COMMUNITY CAFE" in a smaller, white, sans-serif font below it.

seven shores

COMMUNITY CAFE

CATERING MENU

SEVEN SHORES CATERING MENU

We love offering locally produced food to organizations and groups within Waterloo region. We can cater from small to large groups offering a variety of breakfast, lunch and snack options.

Seven Shores connects local and global food producers to those living in Waterloo Region. We work with local farmers and suppliers and buy and sell product at fair prices to support sustainable living. We specialize in healthy cuisine and cater to gluten-free, vegetarian and vegan diets. We also bake our delicious baked goods in house daily.

Please browse our catering menu and send us email with any inquiries. We would love to work with you to provide a delicious spread that suits the style of your event. Please speak to us to customize your order. We look forward to serving you!

CONTACT INFORMATION

Phone: 519-342-0916

Email: sevenshorescafe@gmail.com

Website: www.sevenshores.ca

Address: 10 Regina Street N. Unit 4, Waterloo, ON N2J 2Z8



BREAKFAST

Mixed Breakfast Baking..... (Muffins, scones, vegan-baked loaves)	\$3.85 / Person
Seasonal Fruit Bowl..... Served with a side of organic yogurt & house-made maple nut granola	\$6.50 / Person
Locally made bagels with your choice of a spread..... (Cream cheese, butter, almond butter, locally-made jam, local honey) Additional spreads - \$0.60	\$3.00 / Person
Bagged Breakfast..... Individually packaged breakfast that includes a vegan loaf, fruit cup with yogurt and house-made maple nut granola, and a fresh bagel with your choice of cream cheese or jam	\$15.00 Each

LUNCH PLATTERS

Assorted Sandwich Platter..... An assortment of halved fresh sandwiches made on local bread with local deli meats and vegetables Regular (serves 10-14) Large (serves 15-20)	\$70.00 Regular \$95.00 Large
Fresh Veggies and Hummus Platter..... Regular (serves 10-14) Large (serves 15-20)	\$45.00 Regular \$60.00 Large
Seasonal Fruit Platter..... Regular (serves 10-14) Large (serves 15-20)	\$50.00 Regular \$65.00 Large
Meat and Cheese Platter..... Assortment of local meats and cheeses served with a pile of fresh crackers. This platter can be made gluten free or can be expanded to add our house-made hummus. This platter includes: Medium Cheddar, Havarti and Marble cheeses only. Regular (serves 10-20) Large (serves 20-30)	\$65.00 Regular \$95.00 Large
Fresh Rice Paper Spring Roll Platter..... Filled with a colourful variety of fruits and vegetables, cilantro, and sunflower butter. Served with a spicy Thai dipping sauce. Small (20 pieces) Medium (30 pieces) Large (40 pieces)	\$50.00 Small \$65.00 Medium \$80.00 Large

LUNCH & SNACKS

Salad Bowls.....	\$45.00 Regular
Your choice of:	\$60.00 Large

- Fresh garden with a balsamic vinaigrette
 - Spinach & mushroom with a citrus yogurt dressing
 - Tomato basil navy bean salad in a lemon oil dressing
- Regular (serves 10-14) | Large (serves 15-20)

Bagged Lunch.....	\$13.00 Basic
Individually packaged lunch that includes a basic or deluxe sandwich/wrap and a side (raw veggies, kettle/apple chips, salad, or a cookie)	\$15.00 Deluxe

*Please contact us for a list of available sandwiches/wraps

Fresh Sandwiches/Wraps A La Carte.....	\$9.25 Each
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All sandwiches are made with a selection of fresh, local veggies and meats and can be made with gluten free bread. Choice of:

Chicken Kaiser*, Roast Beef*, Black Forest Ham,
Turkey Wrap, Chickpea Wrap*, Fresh Veggie Wrap,
"Hi-Tech" Veggie Sandwich

*Minimum order of 6

DESSERTS & SWEETS

Dessert Platter.....	\$3.85 / Item
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Assorted variety of freshly baked in house brownies, cookies and squares (items can be cut in half to provide variety)

DRINKS

Direct Trade Social Coffee.....	\$2.50 / cup
Direct Trade Social Tea.....	\$3.00 / cup
Seven Shores Hot Chocolate.....	\$2.25 / cup
House Brewed Iced Tea.....	\$11.00 / Litre
Live Kombucha.....	\$4.75 / Bottle
Hitchhiker Lemonade.....	\$4.00 / Bottle
Kiju Organic Juice Box.....	\$2.65 / Each
Kiju Organic Juice 1L.....	\$9.00 / Litre

ORDERING, PAYMENT PICK UP & DELIVERY

Pricing includes serving trays, 100% biodegradable cups (if ordering drinks), plates, cutlery and napkins. HST is not included. All prices and selections are subject to changes.

If you require items individually packaged, a \$1.00 fee per package will be added.

To place an order, please email **sevenshorescafe@gmail.com** at least 48 hours in advance. A 15% rush charge applies if your order is placed in less than 48hrs. Canceling an order requires a minimum of 24 hours notice for full refund. Any orders cancelled with less than 24 hours notice will be subject to full payment.

Pick up is available at no additional charge at our cafe in Uptown Waterloo (10 Regina Street N. Unit 4, Waterloo).

The earliest possible pick up time for any breakfast related items, as well as coffee & tea, is 8:30 AM.

The earliest possible pick up time for any lunch related items (e.g. sandwich platters, spring roll platter, etc.) is 10:00 AM.

Delivery is available for an additional fee:

- \$15.00 for deliveries less than 15km away
- \$25.00 for deliveries 15-25km away
- \$1 / km extra for deliveries over 25kms away
- If pickup of carafes is needed there is an additional \$10 fee

All coffee/tea orders are served in carafes and include milk/cream and sugar. Carafes will have to be returned to the café after your event.

All catering orders are subject to automatic 15% gratuity.

All catering orders must be paid in full before your pick up or delivery date, unless otherwise confirmed by Seven Shores Café staff member. Seven Shores accepts E-transfer, cash, debit, and major credit cards.



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