

The image shows the interior of a community cafe. In the foreground, a wooden table and a dark wooden chair are visible. In the middle ground, another wooden table is surrounded by various styles of wooden chairs. A chalkboard in the background has some faint writing on it. The room features a wooden floor, a ceiling fan, and a chandelier. A sign on the left wall reads "WASHROOMS".

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 Additional fruit cup - \$1.00	\$6.50 / Person
Locally made bagels with your choice of a spread..... (Cream cheese, butter, almond butter, locally-made jam, local honey) Additional spreads - \$0.50	\$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 a side of hummus. 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
\$60.00 Large

Your choice of:

- 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
\$15.00 Deluxe

Individually packaged lunch that includes a basic or deluxe sandwich/wrap and a side (raw veggies, kettle/apple chips, salad, or a cookie)

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

Fresh Sandwiches/Wraps A La Carte..... \$9.25 Each

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

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).

Delivery is available for an additional fee:

- \$25.00 for deliveries less than 15km away
- \$35.00 for deliveries 15-25km away
- \$1 / km extra for deliveries over 25kms away
- If pickup of carafes is needed there is an additional \$15 fee

All orders will also have a 15% gratuity added on to them.

All catering orders must be paid in full on day of pickup or delivery. Seven Shores accepts E-transfer, cash, debit, and major credit cards.

