

GRAB & GO

Powered by **MEZA GROUP**
CATERING • FOOD WITH PASSION • EVENTS

*Quick, Delicious, No-fuss bites.
Just Grab, Go and Enjoy!*



GRAB & GO

MORNING

No time? No problem. Our Grab & Go menu is here to save you from sad desk lunches.

Breakfast Sandwiches

\$8.00

Assorted Breakfast Burrito

\$10.25

Scrambled eggs, onions, peppers, cheese and choice of:

1. Bacon (NF)
2. Ham (NF)
3. Chorizo (NF)
4. Beyond Meat (NF) (V)

Served with chipotle salsa on the side.

Breakfast Bowl

\$10.25

Red and sweet potato cajun home fries, choice of bacon, smoked breakfast sausage, or beyond meat sausage, scrambled eggs, onions, roasted cherry tomatoes, zucchini and mushroom, chipotle salsa
(NF)(GF)(DF)

Breakfast Box

\$20.00

Includes two mini croissants sandwiches, two egg bites and one seasonal fruit cup

Choose one:

- Mini croissant sandwiches (2pp) (NF)
- Turkey & Swiss (NF)
- Mushroom & Smoked Gouda (NF)(V)
- Ham & Cheddar (NF)

Choose one:

- Veggie egg Bites (2pp)
cheddar cheese and diced vegetables
(NF)(GF)(V)
- Bacon Egg Bites (2pp)
crispy bacon, cheddar cheese, and diced vegetables (NF) (GF)
- Seasonal Fruit and Berry Cup
(NF)(GF)(DF)(VG)

Granola Bites (2pp)

granola, sunflowers feed, sesame, poppy seeds, coconut flakes, maples syrup dark cacao
(NF)(GF)(DF)(VG)

1. Peameal Powerhouse

Poached egg cheddar in a croissant bun (NF)

2. Lox and Loaded

with Roasted Tomato and Swiss Cheese in a Toasted English Muffin (NF) ****cold****

3. The Early Bird

Turkey sausage, poached egg, and cheddar on a soft croissant bun (NF)

4. Harvest Delight

Roasted Tomato, Poached egg and cheddar in a croissant bun (NF) (V)





Parfait

Make Your Own Parfait

Honey-sweetened Yogurt, with homemade crunchy granola, marmalades and fresh berries. (GF)(V)

\$6.95

Vegan Chia & Granola Parfait

Marmalade, raspberry, coconut milk, maple, apricots. (NF)(GF)(DF)(VG)
Small: \$5.50 | Regular: \$6.95

Piña Colada

coconut milk oats, caramelized pineapple, coconut brittle, homemade crunchy granola and fresh fruit (NF)(GF)(DF)(VG)
Small: \$5.50 | Regular: \$6.95

Tropical Parfait

yogurt, homemade crunchy granola, strawberries, kiwi and pineapple marmalade (NF)(GF)(DF)(VG)
Small: \$5.50 | Regular: \$6.95

Berry Parfait

yogurt, homemade crunchy granola, berry compote, and fresh berries (NF)(GF)(DF)(VG)
Small: \$5.50 | Regular: \$6.95

Acai Bowl

Acai yogurt with berries, kiwi, granola and roasted coconut flakes (NF)(GF)(VG)

\$11.25

Protein Bowls

\$22.25

Tastes amazing, requires zero effort. Win-win.

Asian Themed

PROTEIN (Choose 1)

Teriyaki Grilled Chicken (cubed)

(NF) (DF)

Teriyaki Grilled Steak (cubed)

(NF) (DF)

Teriyaki Grilled Salmon

(NF) (DF)

Teriyaki Grilled Tofu Steak (cubed)

(NF) (GF) (DF) (VG)

BASE:

Chow Mein Noodles

Peppers, carrots, cabbage, bean sprouts, mango, and sesame seed dressing topped with sesame seeds (NF) (DF) (V)

Mexican Themed

PROTEIN (Choose 1)

Adobo Grilled Chicken (cubed)

with Mexican adobo and spices

(NF) (LF) (DF)

Adobo Grilled Steak (cubed)

with Mexican adobo and spices

(NF) (GF) (DF)

Adobo Grilled Salmon

with Mexican adobo and spices

(NF) (DF)

Adobo Grilled Tofu (cubed)

with Mexican adobo and spices

(NF) (GF) (DF)

BASE:

Brown Rice and Quinoa

with green onions, cherry tomatoes, black beans, sweet potato, pickled red onion, and chipotle dressing (NF) (GF) (DF) (VG)





Indian Themed

PROTEIN (Choose 1)

Tikka Grilled Chicken (cubed)

(NF) (GF) (DF)

Tikka Grilled Steak (cubed)

(NF) (GF) (DF)

Tikka Grilled Salmon

(NF) (GF) (DF)

Tikka Grilled Tofu

(NF) (GF) (DF) (VG)

BASE:

Barley

with green peas, cherry tomato, cucumber, chickpeas, mint, mango, crispy onions, curry and coconut cream dressing

(NF)(DF) (VG)

Mediterranean Themed

PROTEIN (Choose 1)

Lebanese Grilled Chicken (cubed)

Marinated with garlic & yougurt

(NF) (GF)

Grilled Steak (cubed)

with oregano and middle eastern spices

(NF) (GF) (DF)

Grilled Salmon

with oregano and middle eastern spices

(NF) (GF) (DF)

Falafel

(NF) (GF) (DF) (VG)

BASE:

Barley

with cherry tomato, cucumber, crispy lentils, mint, parsley, pickled red onion, and Greek dressing with feta cheeses

(NF) (V)

Lunch Sandwich Box

\$19.75

Your Choice Of:

1 Sandwich, 1 Salad, 1 Cookie, 1 Pop or Water

Boxed Lunch

\$24.50

Asian Themed

Assorted Sushi (6pcs)

California rolls

(NF) (GF) (DF)

Green dragon rolls

(NF) (GF) (DF)

Spicy salmon roll

(NF) (GF) (DF)

Avocado rolls

(NF) (GF) (DF) (VG)

Yam tempura rolls

(NF) (GF) (DF) (VG)

Shiitake mushroom rolls

(NF) (GF) (DF) (VG)

SAUCES:

Wasabi and pickled ginger

(NF) (GF) (DF) (VG)

Soy sauce

(NF) (DF) (VG)

Chow Mein Noodles

Peppers, carrots, cabbage, bean sprouts, mango, and sesame seed dressing

(NF) (DF) (V)

Vegetarian Gyoza (6pcs)

With carrots, leeks and radish with Thai dipping sauce on the side

(NF) (DF) (V)

Brownie

Peruvian Themed

PROTEIN (Choose 1)

Chicken Thighs (Cubed)

Marinated in aji amarillo and honey
(NF) (GF) (DF)

Sweet Potato Rounds

With hibiscus tinga topped with mole and avocado puree
(NF) (GF) (DF) (VG)

BASE:

Quinoa

Dressed with wancaína sauce
(yellow chili with feta and onion) (NF) (GF) (DF) (VG)

ALL TOPPINGS:

Cucumber

Sweet potatoes

Picked red onions

Coriander

Tomatoes (NF) (GF) (DF) (VG)

Boiled egg (NF) (GF) (DF) (V)

Brownie

Mediterranean Themed

Lebanese Chicken

marinated with garlic and yogurt
(NF) (GF)

Falafel

Fava Beans, Parsley, Lentils and Cumin
(NF) (GF) (DF) (VG)

Bulgar salad

hemp seeds, cucumber, tomato, parsley, fresh lemon juice and olive oil (NF) (DF) (VG)

Grilled Pita

(NF) (DF) (VG)

Hummus

(NF) (GF) (DF) (VG)

Baba ganoush

(NF) (GF) (DF) (VG)

Marinated olives and Sundried Tomatoes

(NF) (GF) (DF) (VG)

Pepperoncino and carrots

(NF) (GF) (DF) (VG)

Brownie



ASIAN BOX
California, Green dragon, Spicy salmon rolls (NF) (GF) (LF)
Avocado, yam tempura, & shiitake mushroom rolls
NF) (GF) (LF) (VG)
Asian noodle salad (NF) (GF) (LF) (VG)
Vegetarian Gyosa (NF) (LF) (VG)

Complete Box Lunch

\$26.00

BBQ Themed

PROTEIN (Choose 1)

Beyond meat Smoked Sausages
Applewood Chicken
Striploin
Orange Glazed Salmon

SIDES:

Yukon Gold and Sweet Potato Salad
with chipotle and green onions
Grilled Veggies
Mac and cheese balls (3pcs)

SALAD:

Roasted corn salad
with peppers, cilantro, and chili lime dressing

SAUCE:

BBQ, Chimichurri, Soy Sauce

Health Conscious

PROTEIN (Choose 1)

Zucchini Boats with caponata
Grilled Chicken Breast
Grilled Striploin
Grilled Salmon with chive and lemon

SIDES:

Roasted sweet and red potatoes
with herbs and olive oil
Roasted mushrooms and Broccolini
Mango Rice Papper Wraps
with sweet chili sauce (4pcs)

SALAD:

Chopped Avocado, Mango & Cherry Tomato
*with red peppers on a bed of baby mixed greens
with maple balsamic dressing*

GARNISH/SAUCE:

Roasted tomatoes





Italian Themed

PROTEIN (Choose 1)

Eggplant

with tomato sauce and vegan cheese

Chicken Bruschetta

with tomato sauce, basil, and cheese

SIDES:

Rice Pilaf

Grilled zucchini and peppers

Caprese Skewers (3pcs)

SALAD:

Kale Caesar Salad

GARNISH/SAUCE:

Pickled Red Onions

Asian Themed

PROTEIN (Choose 1)

Teriyaki Tofu

Teriyaki Chicken

Teriyaki Salmon

SIDES:

Fried Rice

with green onions and egg

Veggie Gyoza(2pc) (NF) (GF) (LF) (VG)

SALAD:

Mango Salad

with red peppers and mirin dressing

Vegetarian Sushi: (4pc)

Cucumber Roll, Shiitake Mushroom Roll, Sweet potato tempura

SAUCE:

Wasabi, Pickled Ginger, Soy Sauce

Mexican Themed

PROTEIN (Choose 1)

Stuffed Peppers

with rice, lentils, quinoa, spinach, butternut squash

Chicken Adobo

Chipotle Striploin

Salmon Adobo

SIDES:

Mexican style rice with corn

Roasted veggies

Mushroom Quesadillas (3pcs)

SALAD:

Black bean and corn salad

GARNISH/SAUCE:

Chipotle Salsa, Sour Cream

A NEW WAY of snacking

\$9pp

Croiscover Breakfast



Mini turkey croissant, granola bites, stick cucumber, kiwi, grapes and cherry tomatoes (NF)

Natural Nibble



Crudites, fruit berries and grapes; kiwi, hummus wheat trail mix and olives. Gluten-free cookies and dry apricots (V)

Cheese Please



Gouda, brie, cheddar, grapes, olives, strawberries, apricots, "34" brand crackers, grissini, honey (NF)(V)

Jam & Jam



Chorizo salami, fig, cornichons peperoncini, "34" brand crackers, grapes, Portuguese chorizo (NF)

Sweetest Temptation



Dark chocolate, coconut macaron, mango, dried cranberries, mixtrail, and pumpkin seeds (VG)

Sushi Delight



Assorted sushi, edamame and wasabi. (GF)(DF)(NF)

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