

**Blank
Canvas
Catering**

the art of catering



PREPACKAGED PERSONAL MEALS

BROUGHT TO YOU BY BLANK CANVAS CATERING,
A DIVISION OF THE JOSEPH RICHARD GROUP



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BREAKFAST

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BREAKFAST

FRUIT & YOGURT PARFAIT \$7.00

greek yogurt, house-made seasonal fruit compote, granola, berries

FRUIT SALAD \$9.00

seasonal fruit & berries

BREAKFAST WRAP \$11.00

spinach, tomato, feta, charred onion, egg white

BREAKFAST SANDWICH \$12.00

bacon, egg, cheese, avocado, JRG secret sauce

FRITTATA \$11.00

mushroom, tomato, feta, egg white

WORKING BREAKFAST \$12.00

juice, assorted mini pastries, fruit salad

COMMUTER BREAKFAST \$13.00

juice, choice of breakfast sandwich or wrap, hashbrowns

WEST COAST \$15.00

juice, assorted mini pastries, coconut chia pudding, fruit & yogurt parfait, oatmeal

BEVERAGES

CANNED POP (355ML) \$2.00

pepsi, Diet Pepsi, Dr. Pepper, 7-up

BOTTLED SAN PELLEGRINO (250ML) \$4.00

BOTTLED AQUAFINA \$3.75

FRESH JUICE BY CREATIVE JUICES



RINSE & REBEET \$9.00

this superfood detox is just what you need, anytime. The apple, carrot, lemon, ginger, and beet greens will get you re-started so you take control of your day

E-MCJUICED \$9.00

greens make you smart. This juice is vitamin enriched and packed full of fruits and veggies like kale, parsley, apple, celery, and lemon. Drink this and you may just solve the world's hardest math problem

BETA CHARGE \$9.00

need to charge up? Look no further. The carrot, orange, pineapple, and turmeric in this juice will give that extra boost of vitamin C for a powerful immune system

BALANCE \$9.00

if you are feeling a little unbalanced, the apple, raspberry, sarsaparilla, Siberian ginseng, and rhodiola in this juice will get you right on track

HULK SMASH \$9.00



drink this green juice and you will feel like a superhero. With cucumber, pineapple, lime, and mint, your strong alter ego will be out in no time

SALADS & SOUPS APPETIZERS

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SALADS

SPA SALAD   **\$17.00**

garlic chicken, artisan greens, radish, cranberry, feta, snap peas, sunflower seeds, pomegranate vinaigrette

TOMATO CAPRESE SALAD  **\$19.00**

parmesan wafers, basil pesto, pickled onions, fior di latte, balsamic

CHICKEN CAESAR **\$17.00**

cajun chicken, romaine lettuce, parmesan yogurt dressing, panko parmesan crumble, crispy capers, Grana Padano cheese

AHI TUNA POKE SALAD **\$27.00**

cabbage slaw, crispy wontons, cashews, scallions, sprouts, pickled ginger vinaigrette

SOUPS

CREAM OF MUSHROOM **CUP \$6.00**

roasted forest mushrooms, vegetable broth, olive oil, scallion, fresh thyme

APPETIZERS

AVOCADO HUMMUS   **\$13.00**

pita, edamame, crispy garlic, vegetables for dipping

DEEP FRIED PICKLES  **\$11.00**

*(served with choice of fries or side house salad)
dill pickle spears, horseradish aioli, chipotle aioli*

CHICKEN TENDERS **\$16.00**

*(served with choice of fries or side house salad)
house made panko breaded chicken, sea salted fries, honey mustard dip*

CHICKEN WINGS **\$15.00**

1 lb of wings and drumettes, choice of Frank's Hot Sauce, teriyaki, honey garlic, BBQ or salt and pepper

HANDHELDS

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COLD HANDHELDS

(served with potato chips)

STAK'D HAM AND SWISS SANDWICH \$12.25

artisan filone, Black Forest ham, Swiss cheese, alfalfa sprouts, iceberg lettuce, tomatoes, and honey mustard, and served with potato chips

ITALIAN GRINDER \$12.25

genoa salami, sopresatta, ham, roasted red pepper, cucumber, sweet red onion, Calabrian chili aioli

TOMATO CAPRESE SANDWICH \$15.50

sourdough bread, buffalo mozzarella, sliced tomato, fresh basil and pesto

WARM HANDHELDS

(erved with choice of fries or house salad)

JRG CHEESEBURGER \$16.50

hand pressed patty, American cheddar, burger sauce, iceberg lettuce, tomato, red onion, ketchup, pickles, potato bun

BUTTERMILK FRIED CHICKEN SANDWICH \$18.00

buttermilk fried chicken breast, honey mustard, BBQ coleslaw, pickles, tomatoes, potato bun

BRAISED BEEF DIP \$17.00

4 hour braised Canadian beef, horseradish aioli, dream rings, garlic toasted filone, au jus or gravy for dipping

IMPOSSIBLE BURGER \$15.50

impossible burger patty, lettuce, tomato, red onion, pickles, vegan burger sauce, Portuguese bun

AHI TUNA CLUB \$20.00

togarashi crusted tuna steak, served open faced and rare, smoked bacon, tomato, tartar sauce, sprouts, country sourdough

BOWLS & MAINS

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POKE BOWLS

SPICY TUNA BOWL \$13.75

sushi rice, OBEY tuna, crab, edamame, fresh jalapenos, cucumbers, pickled ginger, tempura flakes, carrots, and spicy mayo

TOKYO DOME BOWL \$14.00

sushi rice, OBEY salmon, crab, edamame, tobiko, masago, bamboo shoots, pickled ginger, tempura flakes, unagi sauce, and furikake

MAUI WOWEE BOWL \$13.50

sushi rice, OBEY tuna, crab, pineapple, fresh jalapenos, cucumbers, avocado, pickled onions, tempura flakes, and togarashi mayo

I AM PLANT BASED BOWL 🌱 \$11.75

sushi rice, OBEY tofu, edamame, pickled ginger, carrots, cucumbers, bamboo shoots, tempura flakes, and vegan spicy mayo

MAINS

MEXICALI CHICKEN RICE BOWL \$16.00

blackened chicken, roasted corn, pico de gallo, smashed avocado pickled onions, black beans, crispy tortilla strips

GINGER BEEF \$17.00

garlic ginger sauteed beef, green beans, bell peppers, carrots, scallions, jasmine rice

SZECHUAN RICE BOWL \$17.75

choice of chicken or crispy tofu, market vegetables, soy lemon grass glaze, bean sprouts, sliced radish, kimchi, miso yogurt, sesame seeds, jasmine rice

CAJUN CHICKEN ALFREDO \$19.00

cajun chicken, button mushrooms, alfredo, linguine, Grana Padano, parsley, garlic toast

BLACK BEAN CHICKEN QUESADILLA \$15.50

cajun chicken, three cheese blend, black beans, corn, fire roasted salsa, chipotle aioli

KAZUSAKI SALMON RICE BOWL \$28.00

mango, edamame, scallions, crispy garlic, seasoned rice

GRILLED ANGUS SIRLOIN STEAK \$35.00

olive oil crushed potato, green beans, roasted shallot jus

BBQ SPICED BREAST OF CHICKEN \$32.00

chipotle whipped yams, roasted carrots, carrot top pistou

LUMACHI PASTA \$22.00

vegan alfredo, roasted tomato, confit garlic, gremolata
(can be gluten free upon request)

