



# *Prepackaged Personal Meals*

2022 MENU



# FOOD & BEVERAGE

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## BREAKFAST

### Fruit & Yogurt Parfait \$7

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

### Fruit Salad \$9

*seasonal fruit & berries*

### Breakfast Wrap \$11

*spinach, tomato, feta, charred onion, egg white*

### Frittata \$11

*mushroom, tomato, feta, egg white*

### Breakfast Sandwich \$12

*bacon, egg, cheese, avocado, JRG secret sauce*

### Working Breakfast \$12

*juice, assorted mini pastries, fruit salad*

### Commuter Breakfast \$13

*juice, choice of breakfast sandwich or wrap, hashbrowns*

### West Coast \$15

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

## FRESH JUICE BY

### Rinse & Rebeet \$9

*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

*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

*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

*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

*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*

## BEVERAGES

### Canned Pop (355ml) \$2

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

### Bottled San Pellegrino (250ml) \$4

### Bottled Aquafina \$3.75

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## SALADS

### Market Salad \$19.50

*sautéed garlic chicken, heritage greens, cucumber, edamame, radish, carrot, roasted red peppers, pea shoots, grapes, toasted almonds, maple dijon vinaigrette*

### Chicken Caesar \$19

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

### Ahi Tuna Poke Salad \$27

*cabbage slaw, cucumbers, crab, edamame beans, carrots, pickled ginger, scallions, sesame soy vinaigrette*

## APPETIZERS

### Crab Cakes \$17.25

*pickle remoulade, slaw*

### Deep Fried Pickles \$14

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

### Chicken Tenders \$17.50

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

### Chicken Wings \$17

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

## SOUPS

### Cream of Mushroom \$7 Cup

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

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## COLD HANDHELDS

*served with potato chips*

### **Stak'd Ham and Swiss Sandwich \$15.50**

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

### **BBQ Chicken Salad Sandwich \$16**

*house made bbq sauce, lettuce, dill pickle, Portuguese roll*

### **The Garden Sandwich \$15.50**

*Lettuce, tomato, smashed avocado, sweet red onion, cucumber, sprouts, Dijon aioli*

## WARM HANDHELDS

*served with a choice of fries or house salad*

### **JRG Cheeseburger \$18**

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

### **Buttermilk Fried Chicken Sandwich \$20.50**

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

### **Braised Beef Dip \$20.50**

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

### **Impossible Burger \$20**

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

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## POKE BOWLS

### Spicy Tuna Bowl \$17.50

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

### Tokyo Dome Bowl \$17.50

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

### Maui Wowee Bowl \$17.50

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

### I Am Plant Based Bowl 🌱 \$16

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

## MAINS

### Mexicali Chicken Rice Bowl \$17.50

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

### Ginger Beef \$21

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

### Szechuan Rice Bowl \$21.25

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 \$20.50

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

### Black Bean Chicken Quesadilla \$18

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

### Kazusaki Salmon Rice Bowl \$28

mango, edamame, scallions, crispy garlic, seasoned rice

### Grilled Angus Sirloin Steak \$35

olive oil crushed potato, green beans, roasted shallot jus

### BBQ Spiced Breast of Chicken \$32

chipotle whipped yams, roasted carrots, carrot top pistou

### Lumachi Pasta \$22

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



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