



# *Prepackaged Personal Meals*

2023 MENU



## 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*

## BEVERAGES

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

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

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

### Bottled Aquafina \$3.75

# FOOD & BEVERAGE

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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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