



Prepackaged Personal Meals

2023 MENU



FOOD & BEVERAGE

Blank Canvas Catering

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the art of catering

BREAKFAST

**minimum of 30 orders required
*\$1000 minimum spend
labour & delivery fees may apply

Fruit & Yogurt Parfait \$9.50 per cup
*greek yogurt, house-made seasonal fruit compote,
granola, berries*

Fruit Salad \$9 per cup
seasonal fruit & berries

Breakfast Wrap \$18.50
spinach, tomato, feta, onion, egg

Working Breakfast \$22
juice, assorted mini pastries, fruit salad

BEVERAGES

Canned Pop (355ml) \$3.50
Pepsi, Diet Pepsi, Dr. Pepper, 7-up

Bottled San Pellegrino (250ml) \$5

Bottled Aquafina \$4

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**\$600 minimum spend
labour & delivery fees may apply

APPETIZERS

**minimum quantity of 5 orders required per item*

Chicken Wings \$20.50

*breaded wings and drumettes, brined and crispy
choice of Frank's Hot Sauce, teriyaki, honey garlic, Korean
BBQ, dry garlic pepper, BBQ or salt and pepper*

Perogies \$20

*cheddar and potato dumplings, smoked bacon, gravy,
sour cream, green onions*

Memphis Hot Chicken Bites \$19.50

*buttermilk brined chicken breast, signature honey hot
sauce, Alabama white sauce, sliced jalapeno, pickles*

Pork Gyoza \$19

*pan or deep fried, choice of spicy dumpling sauce
or soy lemongrass*

Chicken Tenders \$19.50

*house-made panko breaded chicken, sea salted fries,
honey mustard dip*

SALAD

**minimum quantity of 5 orders required per item*

Caesar Salad 🌱 \$16.25

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

Market Salad \$17

*heritage greens, seasonal fruit, pickled red onions,
feta cheese, almonds, vinaigrette
add chicken +8 | half avocado +4¼*

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HANDHELDS

**minimum quantity of 5 orders required per item
*all handhelds are served with house salad or sea salted fries |
gluten free buns are available + 2%*

JRG Cheeseburger \$22

*Certified Angus Beef®, American cheese, burger sauce,
butter lettuce, tomato, red onion, pickles, potato bun
Make it double meat and double cheese +6*

JRG Impossible Burger \$24

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

Buttermilk Chicken Sandwich \$24

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

PASTA

**minimum quantity of 5 orders required per item*

Cajun Chicken Alfredo \$23

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

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BOWLS

**minimum quantity of 5 orders required per item*

Butter Chicken \$24.25

*tandoori marinated chicken,
butter chicken sauce, basmati rice, house made naan,
pickled onions, mint yogurt*

Spicy Ahi Poke \$26.75

*sushi rice, soy marinated tuna, crab, jalapeño,
edamame, pickled ginger, tempura puff, matchstick
carrot, sriracha aioli*

Korean BBQ Salmon Bowl \$27

*pineapple fried rice, edamame, carrot, ginger, corn,
kimchi, sesame*

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