

## Homemade Goodness On-The-Go

### Deli

*Yes, we roast the Turkey Breast, Rare Beef & Peameal in our own ovens!*

#### Bottle Box Lunches

*Sandwich, your choice of salad or root vegetable chips, plus a little fruit and veg on the side. Re-use your bottle box, and receive a free cookie.*

	<u>Full</u>	<u>Half</u>
• Egg Salad • Tuna Salad	\$9.00	\$7.50
• Grilled Caprese • Maple Glazed-Peppercorn Peameal & Tomato • Corned Beef on Marble Rye • Sweet Dijon Chicken Salad	\$9.50	\$8.00
• Grilled 6 Cheese on Multigrain - Swiss, Cheddar, Mozzarella, Parmesan, Romano & Asiago, with Apple or Onion	\$10.00	\$8.50
• Oven Roasted Turkey & Swiss on Multigrain • Rare Roast Beef & Cheddar on a Ciabatta • Rueben • Tuna Melt	\$10.50	\$9.00
“Club It” (Add Tomato & Bacon to Your Sandwich)		\$3.00

Other than specified, our sandwiches are prepared on your choice of White, Multigrain, or Marble Rye and topped with any of our signature dressings.

*\* All of our sandwiches are available on their own for approx. \$1.50 less than the listed prices. \**

### Salads

*All vegetarian friendly! Available seasonally, and sold by weight, or as a side dish in our Bottle Box Lunches. Mixed Greens, Pickled Potato Salad, Greek Pasta, Quinoa Creations, Broccoli & Cauliflower or other inspirations.*

#### Other Lunch Options

Turkey Julienne Salad (Gluten Free)  
*With Maple Balsamic Vinaigrette Dressing* \$13/lb

Soup & EVOO Dunkers  
*Soup of the day with a side of Extra Virgin Olive Oil Dunkers*

8oz	\$3.50
16oz	\$6.50

Chili & EVOO Dunkers (available seasonally)

8oz	\$4.50
16oz	\$6.75

## Home Baking

*Of course, it's all made from scratch! Ask us about Gluten Free Treats & other available inspirations.*

- Cookies • Muffins • Butter Tarts • Fresh Fruit Pies
- Squares • Oatmeal Date Sandwich Cookies
- Carrot Pineapple Cake • Lemon Cranberry Loaf

*We're proud to serve locally grown Johnston's Cranberries and Four Season Greens!*

## Take Home Comfort Foods

*Fresh & frozen entrees that you can take home and pop into the oven. Or, call ahead and we'd be happy to take care of that for you! We've got snacks & appetizers too!*

- 10" Quiche with homemade pastry or Gluten Free Available
- Baked Mac & Cheese (plain or gourmet)\*
- Lasagna Varieties\*
- Shepherds Pie\*
- Swiss Steak & Mashed Potatoes
- Chicken Cordon Bleu Bake\*
- Homestyle Meatloaf\*
- Meat Pot Pies\*
- Soups & Chili (available seasonally)
- BBQ Bacon Wrapped Water Chestnuts
- Caramelized Onion Dip\*
- EVOO Crisps
- Freezer to oven Gluten Free Pizza
- Combo or blend of Root Vegetable Chips (Russet & Sweet Potato, Candy Stripe Beets, Parsnip, Purple Yam, Taro or corn)

*\* Priced by weight to be fair to everyone*

Just like the weather, we're always changing. Come visit us in store to take advantage of our featured specials and new creations!

Want to see what we've been up to?  
Curious about what's cooking?  
“Like” us on Facebook and check out our website!

*\*All prices are subject to HST where applicable and may change without notice\**



## Custom & Corporate Catering

*Take a load off. Well Fed's got you covered. We offer sandwich/dessert/appetizer trays and/or hot meals with pricing to accommodate your budget. You can even bring us your own dishes/platters (don't worry, your secret's safe with us).*

*Visit in store, or call for a quote today! Please keep in mind that our busiest hours are from 11-2.*

### Premium Sandwich Trays

*Garnished with our amazing, salt-free Root Vegetable*

*Chips and fresh fruit and vegetable sticks.*

**12" (5 Sandwiches)**

**18" (10 Sandwiches)**

12" - \$45

18" - \$90

#### Veggie

12" - \$35

18" - \$75

#### Fruit

12" - \$45

18" - \$85

#### Homemade Sweets

12" - 36-40 pieces \$25

18" - 120-130 pieces \$75

#### Sweets & Fruit

12" - \$35

18" - \$75

Morning Continental Choose From - fresh fruit, whole grain & fruit muffins, dried fruit & cream cheese pinwheels, cinnamon pastries, glazed sweet buns or granola topped fruit & yogurt parfaits (Call for Quote)

Coffee - 5 gallon Party Urn (75-80 cups) with all the fixins: Cream/Milk, Sugar, Cups and Stir sticks - \$85

Delivery Rates: \$15 in town, \$25 out of town, up to 20 minutes one way.

### Do-It-Yourself Bulk Catering Package

*Feeds 20-25 People \$175*

- 5lbs sliced meats - 2lbs Roast Beef, 2lbs Oven Roasted Turkey, 1lb Black Forest Ham or Maple Glazed Peppercorn Peameal
- 5lbs sliced cheese - 2lbs Cheddar, 2lbs Swiss, 1lb Mozzarella
- 2 dozen assorted Rolls - Pretzel, Ciabatta, Multigrain OR 4 dozen small dinner rolls - White, Brown, Pretzel Stick

#### Deli Trays & Lids

Small \$5.00 Large \$8.00

Bulk Ordered Salads 5lb minimum - must be ordered at least one week in advance - 10% discount from current per pound rate

*"The fondest memories are made when gathered around the table"*



**Deli • Home Baking  
Take Home Comfort Foods  
Custom & Corporate Catering**

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