

Boxed Meals and Protein Bowls

SANTAGUIDA *fine foods*

QTY.



BOXED LUNCH

A gourmet sandwich, organic mixed greens with balsamic vinaigrette. Served with a mix of juice, pop & still bottled water (on the side).

- ☐ Sandwich
- ☐ Wrap

\$22.95

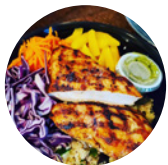


BOXED LUNCH WITH A COOKIE

A gourmet sandwich, organic mixed greens with balsamic vinaigrette and a fresh baked cookie. Includes a compostable cutlery kit.

- ☐ Sandwich
- ☐ Wrap

\$24.35



PIRI PIRI GRILLED CHICKEN PROTEIN BOWL

Our protein box is a great way to go easy on the carbs. Brown rice, black beans, corn, carrot, cabbage and parsley dressing. Includes compostable cutlery and napkin kit.

\$21.95

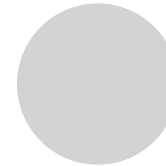


SALMON PROTEIN BOWL

Our protein box is a great way to go easy on the carbs. Salmon filet with grain salad and shaved vegetables. Includes compostable cutlery kit.

\$21.95

QTY.



ORANGE TERIYAKI TOFU PROTEIN BOWL

Our protein box is a great way to go easy on the carbs. Brown rice, black beans, corn, carrot, cabbage and parsley dressing. Includes compostable cutlery and napkin kit.

\$21.95



MEDITERRANEAN PROTEIN BOWL

Our protein box is a great way to go easy on the carbs. Brown rice, curried cauliflower, black bean, fattoush salad (tomato, cucumber, radish, lettuce) and tahini dressing. Includes compostable cutlery kit.

\$21.95

Gourmet Meal Combos

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QTY.



GOURMET MEAL COMBO A: \$28.95

Served room temperature

A grilled chicken breast with tomato cucumbers salsa. Served with organic mixed green salad with balsamic vinaigrette and an assortment of daily sweets and fresh fruit. Price is based on one portion per person.

Add-ons:

- ☐ Premium Lavazza dark roast coffee +\$2.95
- ☐ Tea +\$3.25
- ☐ Assorted juice & pop +\$2.75

QTY.



GOURMET MEAL COMBO C: \$32.95

Served room temperature

Salmon filet with chimichurri sauce. Served with organic mixed green salad with balsamic vinaigrette, gourmet salad, fresh fruit, and an assortment of sweets. Price is based on one portion per person.

Add-ons:

- ☐ Imported & domestic cheeses +\$5.25
- ☐ Premium Lavazza dark roast coffee +\$2.95
- ☐ Tea +\$3.25
- ☐ Assorted juice & pop +\$2.75



GOURMET MEAL COMBO B: \$32.95

Served hot

Roasted chicken breast, with lemon and herbs. Served with organic mixed green salad with balsamic vinaigrette, chef's selection gourmet salad, fresh fruit and an assortment of sweets. Served in a chafing dish to keep it hot! Price is based on one portion per person.

Add-ons:

- ☐ Imported & domestic cheeses +\$5.25
- ☐ Premium Lavazza dark roast coffee +\$2.95
- ☐ Tea +\$3.25
- ☐ Assorted juice & pop +\$2.75



GOURMET MEAL COMBO D: \$34.95

Served hot

Roasted salmon filet with salsa liguria. Served with organic mixed green salad with balsamic vinaigrette, chef's selection gourmet salad, fresh fruit, and an assortment of sweets. Served in a chafing dish to keep it hot! Price is based on one portion per person.

Add-ons:

- ☐ Imported & domestic cheeses +\$5.25
- ☐ Premium Lavazza dark roast coffee +\$2.95
- ☐ Tea +\$3.25
- ☐ Assorted juice & pop +\$2.75

Gourmet Meal Combos

SANTAGUIDA *fine foods*

QTY.



GOURMET MEAL COMBO E: \$28.95

Vegetarian lasagne

Served hot

Vegetarian lasagne with san marzano tomato sauce and mozzarella cheese. Served with garlic bread, organic mixed green salad with balsamic vinaigrette, fresh fruit and an assortment of sweets. Served in a chafing dish to keep it hot! Price is based on one portion per person.

Add-ons:

- ☐ Imported & domestic cheeses +\$5.25
- ☐ Premium Lavazza dark roast coffee +\$2.95
- ☐ Tea +\$3.25
- ☐ Assorted juice & pop +\$2.75

QTY.



GOURMET MEAL COMBO G: \$28.95

Eggplant parmiggiana

Served hot

Tender eggplant layered with san marzano tomato sauce, bread crumbs and local mozzarella cheese. Served with garlic bread, organic mixed green salad with balsamic vinaigrette, fresh fruit and an assortment of pastries. Served in a chafing dish to keep it hot! Price is based on one portion per person.

Add-ons:

- ☐ Imported & domestic cheeses +\$5.25
- ☐ Premium Lavazza dark roast coffee +\$2.95
- ☐ Tea +\$3.25
- ☐ Assorted juice & pop +\$2.75



GOURMET MEAL COMBO F: \$31.95

Meat Lasagne

Served hot

Meat lasagne with housemade bolognese beef & veal tomato sauce and Ontario mozzarella cheese. Served with garlic bread, organic mixed green salad with balsamic vinaigrette, fresh fruit and an assortment of pastries. Served in a chafing dish to keep it hot! Price is based on one portion per person.

Add-ons:

- ☐ Imported & domestic cheeses +\$5.25
- ☐ Premium Lavazza dark roast coffee +\$2.95
- ☐ Tea +\$3.25
- ☐ Assorted juice & pop +\$2.75

GOURMET MEAL COMBO K: \$32.95

Chicken parmiggiana

Served hot

Tender Chicken Parmiggiana with tomato sauce and Ontario mozzarella cheese. Served with garlic bread, organic mixed green salad with balsamic vinaigrette, fresh fruit and an assortment of pastries. Served in a chafing dish to keep it hot! Price is based on one portion per person.

Add-ons:

- ☐ Imported & domestic cheeses +\$5.25
- ☐ Premium Lavazza dark roast coffee +\$2.95
- ☐ Tea +\$3.25
- ☐ Assorted juice & pop +\$2.75