



BREAKFAST ITEMS

YOGURT PARFAIT	\$4.95
FRUIT CUP	\$4.95
CHIA SEED PUDDING PARFAIT	\$5.95
FRENCH TOAST	\$4.95
PANCAKES	\$4.95
BREAKFAST SANDWICH/ WRAP (Add \$2 for croissant)	\$8.95
MEXICAN BREAKFAST BURRITO	\$12.95

CRAVORY SANDWICHES & WRAPS

Make it a Meal Combo
(Add salad + dessert) for +\$8

SMOKED TURKEY Smoky turkey with sweet & spicy cranberry-jalapeño mayo, with lettuce, cucumber and slice of cheese	\$9.95
ROAST BEEF Classic roast beef elevated with horseradish cream, lettuce and caramelized onions with a slice of cheese	\$9.95
VIRGINIA HAM Smoky ham, lettuce and a slice of cheese with roasted red pepper mayo	\$9.95
EGG SALAD Lettuce, egg salad with celery, mayonnaise, mustard Ask for our hot and spicy egg salad if interested!	\$9.95
TUNA SALAD Light, fresh, and satisfying – our classic tuna salad prepared with care for a simple, no-fuss favorite.	\$9.95
FALAFEL WRAP Crispy falafel with lettuce, cucumber, tomato, pickled red onion, and a layer of hummus	\$9.95

BOXED LUNCHES

CRAVORY SANDWICH LUNCH Sandwich, Salad, Dessert, Beverage	\$19.95
ELEVATED SANDWICH LUNCH Elevated Sandwich, Salad, Dessert, Beverage	\$20.95
SANDWICH SNACK LUNCH Sandwich, Bag of chips, Whole fruit, Beverage	\$16.95

BREAKFAST PLATTERS

BAGEL BOARDROOM An assorted platter of freshly baked Kettleman's bagels paired with cream cheeses.	\$4.95
PICK ME UP A light and uplifting start to the day featuring assorted breakfast loaves and delicate beignets.	\$5.95
SAVOURY BUTTER PASTRIES An assortment of Margherita, Cheese and Pesto pastries, baked fresh.	\$6.95
MORNING CRAVINGS A spread of flaky croissants, buttery danishes, and fresh-baked muffins	\$7.95
MORNING LUXE An upgraded morning feast of flaky pastries, scones, fresh muffins, croissants, and bagels	\$9.95
EXECUTIVE SUNRISE A well-rounded breakfast with warm cheddar omelette, home fries, halal chicken sausage, bacon, and danishes, assorted coffee cakes, and croissants	\$19.95

ELEVATED SANDWICHES & WRAPS

Make it a Meal Combo (Add salad + dessert) for +\$8

ROASTED TURKEY Lean turkey layered with crisp greens, cucumber, pickled onions, slice of cheese and avocado crema	\$10.95
NATURAL ROAST BEEF Bold roast beef, baby greens, crispy onions, and zesty chive-horseradish cream with a slice of cheese	\$10.95
SWEET THAI CHICKEN SALAD Creamy chicken salad with slice of cheese, teriyaki sauce, and fresh veggies for an interesting twist	\$10.95
PANEER TIKKA SALAD Soft tortilla wrap filled with chilled masala paneer, crisp lettuce, tomato, red peppers and a light green chutney – a refreshing masala twist.	\$10.95

SALADS

Add grilled chicken breast for additional \$7

MIXED GREEN SALAD	\$5.95
CLASSIC CAESAR SALAD	\$5.95
GREEK SALAD	\$5.95
POTATO SALAD	\$5.95
PASTA SALAD	\$5.95



HOT ENTREES

All entrees come with a side of complimentary Salad and Dessert

FOREST MUSHROOM RAVIOLI Delicate mushroom ravioli in a creamy rose sauce, finished with earthy mushrooms, tender spinach, and sweet cherry tomatoes.	\$22.95
SILK ROAD GREEK KEBAB Juicy grilled chicken skewers paired with fragrant rice, tzatziki & hummus and a tangy garlic-sumac finish.	\$21.95
GINGER FLAME CHICKEN Savory chicken wok-tossed in a soy-ginger glaze, served with golden fried rice and crisp bok choy.	\$21.95
HERITAGE QUARTER CHICKEN A timeless favorite – tender roasted chicken with golden potatoes, rich gravy, and fresh slaw.	\$18.95
CHICKEN PARMESAN & MEATBALL MANIA Tender, golden-breaded chicken parmesan paired with juicy, savory meatballs, all tossed in rich tomato basil sauce with al dente penne. Served with a side of perfectly crisp, buttery garlic bread	\$25.95
CLASSIC ROAST BEEF Traditional roast beef served with gravy, mashed potatoes, green peas, horseradish for a comforting, hearty classic.	\$27.95
CITRUS FLAME SALMON Grilled salmon finished in a bright lemon glaze, balanced with herbed rice and seasonal vegetables	\$27.95
SAHIBA BIRYANI (CHICKEN/ PANEER) Slow-cooked basmati rice layered with aromatic spices, caramelized onions. Served with raita on side	\$20.95

BOWLS

SHAWARMA BOWL Chicken shawarma with tahini, garlic sauce, pickles, parsley, onions, rice, and crisp pita chips.	\$19.95
ISLAND FIRE JERK BOWL Boneless jerk chicken served with coleslaw, rice, and peas for a bold Caribbean flavor.	\$19.95
GINGER-GLAZED SALMON BOWL Salmon in a soy-ginger glaze, paired with cilantro rice and stir-fried vegetables.	\$19.95
MEDITERRANEAN FALAFEL BOWL Falafel with pickled red onion, tomato-cucumber salad, rice, and creamy hummus.	\$19.95
BAJA BEEF TINGA BOWL Pulled beef in a smoky marinade with salsa verde, guacamole, Mexican rice, and tortilla chips.	\$19.95
MASALA BOWL Choice of Chicken Masala or Chana Masala, served with jeera rice, tomato-cucumber salad, and naan bites.	\$19.95

BEVERAGES

Pop/ Juice/ Water	\$2.25
Perrier/ Chocolate Milk/ Strawberry Milk	\$3.50
Mother Parker's Coffee Thermos (for 10)	\$29.95
Mother Parker's Coffee Thermos (for 100)	\$199.95

PLATTERS

	Small (for 10)	Medium (for 20)
Crudite Platter	\$49.95	\$79.95
Mezze Platter	\$89.95	\$159.95
Cheese Platter	\$89.95	\$159.95
Charcuterie Platter	\$99.95	\$199.95
Cravory Whole Fruit Bowl	\$39.95	\$69.95

	Small (for 10)	Medium (for 20)
Sliced Fruit Platter	\$49.95	\$79.95
Cookie Platter	\$39.95	\$74.95
Dessert Platter	\$49.95	\$89.95
Cupcake Platter	\$54.95	\$99.95
European Pastry Platter	\$59.95	\$109.95