

Food For Thought

840 Erin St. (on the corner of St. Mathews)

Wpg, Mb. R3G 2W5

www.foodft.ca

204 772-3663

Catering Menu

Jan-2019

Sandwiches ea.			Comfort Foods & Casseroles		Hot
7001	Tuna Sandwich	\$6.99	7101	2.5 kg. Veggie Lasagna (serves 6-8)	\$40.99
7002	Egg Sandwich	\$6.75	7102	2.5 kg. Chicken Lasagna (serves 6-8)	\$42.99
7003	Chicken Sandwich	\$6.99	7103	2.5 kg. Beef Lasagna (serves 6-8)	\$42.99
7004	Ham Sandwich	\$6.99	7104	2.5 kg. Vegetarian Chili (serves 6-8)	\$35.49
7005	Salami Sandwich	\$6.90	7105	2.5 kg. Chicken Chili (serves 6-8)	\$37.49
7006	Vegetarian Sandwich	\$6.75	7106	2.5 kg. Beef Chili (serves 6-8)	\$37.49
Wraps ea.			7107	Farmers Sausage w. Mustard(ser. 8+)	\$37.49
7011	Tuna Wrap	\$7.49	7108	2.5 kg. Penne Mushroom Alfredo (ser. 6-8)	\$37.49
7012	Egg Wrap	\$7.25	7112	2.5 kg. Vegan Curry (serves 6-8) (V)	\$36.99
7013	Chicken Wrap	\$7.49	7113	2.5 kg. Chicken Stew (serves 6-8)	\$37.99
7014	Ham Wrap	\$7.49	7114	2.5 kg. Chicken Curry (serves 6-8)	\$43.99
7015	Salami Wrap	\$7.35	7116	2.5 kg. Shepherd's Pie (serves 6-8)	\$41.49
7016	Vegetarian Wrap	\$7.20	7117	2.5 kg. Perogy Casserole (ser. 6-8)	\$42.99
7017	Greek Wrap	\$7.25	7119	Sweet & Sour Meatballs (3 dz.)	\$39.49
7020	FFT Falafel (vegan) (V)	\$7.49	7120	2.5 kg. Veg. Moussaka (serves 6-8)	\$42.99
Assorted Buns-Wraps by 1dz.			7121	2.5 kg. Beef Moussaka (serves 6-8)	\$42.99
7021-1dz.	Mini bun sandwiches (12-pc.)	\$38.49	7126	2.5 kg. Beef Stew (serves 6-8)	\$41.99
7023-1dz.	Mini Falafel Platter (12-pc.) (V)	\$28.99	7137	Meatballs & Gravy (3 dz.)	\$39.49
Sandwich Combo Platters			7500	9 inch Ham Quiche (serves 4+)	\$23.49
7024-Sm.	Sandwich Platter Small	\$37.99	7517	9 inch Chicken Quiche (serves 4+)	\$23.49
<i>1-ham, 1-salami, 1-chic, 1-egg, 1-tuna, 1-veg.</i>			7501	9 inch Vegetable Quiche (serves 4+)	\$23.49
7024-Med.	Sandwich Platter Med	\$73.99	7518	9 inch Spinach & Mushroom Quiche	\$23.49
<i>2-ham, 2-salami, 2-chic, 2-egg, 2-tuna, 2-veg.</i>			7503	9 inch Chicken Pot Pie (serves 4-5)	\$28.49
7024-Lg.	Sandwich Platter Large	\$97.99	7512	Beef Burritos w. sauce (min. 6 per order)	\$8.75 ea.
<i>3-ham, 3-salami, 3-chic, 3-egg, 2-tuna, 2-veg.</i>			7513	Chicken Burritos w. sauce (min. 6 per order)	\$8.75 ea.
Wrap Combo Platters			7519	Veggie & Cheese Burritos w. sauce (min. 6)	\$8.75 ea.
7025-Sm.	Wrap Platter Small	\$41.49	7515	Chicken w. Cream Brie (min. 6 per order)	\$7.75 ea.
<i>1-ham, 1-salami, 1-chic, 1-egg, 1-tuna, 1-veg.</i>			Soups (1 Litre Serves 3-4)		Hot
7025-Med.	Wrap Platter Med	\$81.99	400-Lg.	(Hot) Beet borscht w. Sour Cream	\$12.25
<i>2-ham, 2-salami, 2-chic, 2-egg, 2-tuna, 1-veg, 1-greek.</i>			401-Lg.	(Hot) French Farm (V)	\$12.25
7025-Lg.	Wrap Platter Lg.	\$108.99	402-Lg.	(Hot) Beef Barley	\$13.25
<i>3-ham, 3-salami, 2-chic, 2-egg, 2-tuna, 2-veg, 2-greek.</i>			403-Lg.	(Hot) Red Lentil with Apricot	\$12.25
Sandwich & Wrap Combo Platters			406-Lg.	(Hot) Light Chicken Vegetable	\$13.25
7026-Sm.	Sandwich & Wrap Platter	\$39.99	407-Lg.	(Hot) Potato Bacon and Cheddar	\$13.25
<i>1-ham wrap, 1-salami sand, 1-chic wrap, 1-egg sand, 1-tuna sand, 1-veg wrap.</i>			408-Lg.	(Hot) Pumpkin	\$12.25
7026-Med.	Sandwich & Wrap Platter	\$78.99	409-Lg.	(Hot) Classic Tomato	\$12.25
<i>2-ham wrap, 2-salami sand, 2-chic wrap, 2-egg sand, 2-tuna sand, 1-veg wrap, 1-greek wrap.</i>			410-Lg.	(Hot) Broccoli Cheddar	\$12.25
7026-Lg.	Sandwich & Wrap Platter Large	\$104.99	411-Lg.	(Hot) Spaghetti	\$13.25
<i>3-ham wrap, 3-salami sand, 2-chic sand, 2-egg sand 1-tuna sand, 1-tuna wrap, 2-veg wrap, 2-greek wrap.</i>			412-Lg.	(Hot) Minestrone (V)	\$12.25
Cheese Platters			413-Lg.	(Hot) Split Pea and Ham	\$13.25
7240-Mini	Mini Cheese & Fruit (serves 3-4)	\$11.99	Fruit-Veg-Meat Platters		
7240-Sm.	Sm. Cheese & Fruit (serves 12-18)	\$41.99	7243-Mini	Fruit Platter (serves 3-4)	\$10.49
7240-Med.	Med. Cheese & Fruit (serves 24-36)	\$83.49	7243-Sm.	Fruit Platter (serves 12-18)	\$38.49
7241-Mini	Mini Cheese & Pickle (serves 3-4)	\$10.75	7243-Med.	Fruit Platter (serves 24-36)	\$76.99
7241-Sm.	Sm. Cheese & Pickle (serves 15-20)	\$36.99	7244-Mini	Vegetable Platter (serves 3-4)	\$9.99
7241-Med.	Med. Cheese & Pickle (serves 30-40)	\$74.49	7244-Sm.	Vegetable Platter (serves 15-20)	\$36.49
7241-Lg.	Lg. Cheese & Pickle (serves 45-60)	\$111.99	7244-Med.	Vegetable Platter (serves 30-40)	\$73.49
7242-Mini	Mini Cheese & Veg. (serves 3-4)	\$11.49	7244-Lg.	Vegetable Platter (serves 45-60)	\$105.49
7242-Sm.	Sm. Cheese & Veg. (serves 15-20)	\$39.49	7245-Mini	Pickle Platter (serves 3-4)	\$8.75
7242-Med.	Med. Cheese & Veg. (serves 30-40)	\$79.99	7245-Sm.	Pickle Platter (serves 15-20)	\$31.99
7242-Lg.	Lg. Cheese & Veg. (serves 45-60)	\$117.99	7245-Med.	Pickle Platter (serves 30-40)	\$63.99
			7245-Lg.	Pickle Platter (serves 45-60)	\$96.49
			7254-ea.	Buffet Lunch Platter (min. 10 guests)	\$9.25 pp.
			*Deli meats, egg, tuna, cheese, pickles, veg, rye bread & condiments		
			7255-1/2lb.	Assorted Cracker Tray (serves 8+)	\$6.49
			7516-reg.	Hummus Dip 8oz. (V)	\$4.95

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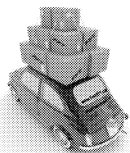
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Catering Menu

Salads		
7214-Sm.	Caesar Salad (serves 4-6)	\$21.49
7214-Med.	Caesar Salad (serves 8-12)	\$30.49
7214-Lg.	Caesar Salad (serves 25-30)	\$66.99
7217-Sm.	Cheesy Caesar Salad (serves 4-6)	\$23.49
7217-Med.	Cheesy Caesar Salad (serves 8-12)	\$32.49
7217-Lg.	Cheesy Caesar Salad (serves 25-30)	\$68.99
7220-Sm.	Greek Salad (serves 4-6)	\$23.49
7220-Med.	Greek Salad (serves 8-12)	\$32.49
7220-Lg.	Greek Salad (serves 25-30)	\$68.99
7223-Sm.	Italian Salad (serves 4-6) (V)	\$21.49
7223-Med.	Italian Salad (serves 8-12) (V)	\$30.49
7223-Lg.	Italian Salad (serves 25-30) (V)	\$66.99
7226-Sm.	Orange Almond Salad (serves 4-6)	\$23.49
7226-Med.	Orange Almond Salad (serves 8-12)	\$32.49
7226-Lg.	Orange Almond Salad (serves 25-30)	\$68.99
7227-Sm.	Potato Salad (serves 8-12)	\$29.49
7230-Med.	Pasta Salad (serves 8-12)	\$32.49
7230-Lg.	Pasta Salad (serves 25-30)	\$68.99
7235-Sm.	Spinach Salad (serves 4-6)	\$23.49
7235-Med.	Spinach Salad (serves 8-12)	\$32.49
7235-Lg.	Spinach Salad (serves 25-30)	\$68.99
7238-Sm.	Strawberry Salad (serves 4-6)	\$24.49
7238-Med.	Strawberry Salad (serves 8-12)	\$33.49
7238-Lg.	Strawberry Salad (serves 25-30)	\$69.99
7239-Mini	Gluten Free Salad Platter (serves 1-2)	\$14.75
Side Orders		H/C
7514-1dz.	Garlic Bread Hot 12-pcs.	\$12.25
7210-Med.	Cumin Basmati Rice (serves 12-16) (V)	\$26.49
7210-Sm.	Cumin Basmati Rice (serves 6-8) (V)	\$16.49
7212-Med.	Med. Rice Pilaf (serves 12-16)	\$26.49
7212-Sm.	Sm. Rice Pilaf (serves 6-8)	\$16.49
7135-24 pc.	Cabbage Rolls (24 pc.) (V)	\$37.99
7213	Mashed Potatoes (serves 8+)	\$25.49
7206-2pc.	Dinner Buns w. becel 2-pcs.	\$2.25
7206-1/2dz.	Dinner Buns w. becel 6-pcs.	\$6.49
7206-1dz.	Dinner Buns w. becel 12-pcs.	\$12.99
Accessories		
8042-ea.	Serving Spoon	\$3.25
8043-ea.	Serving Tongs	\$3.25
8044-ea.	Serving Ladle	\$3.25
8045-ea.	Serving Spatula	\$3.25
Fresh Desserts		COLD
7605-1/2dz.	Muffins w. Becel 6-pc.	\$16.49
7605-1dz.	Muffins w. Becel 12-pc.	\$31.99
7607-1/2dz.	Flourless Peanut Butter Cookies	\$5.99
7607-1dz.	Flourless Peanut Butter Cookies	\$11.99
7609-1/2dz.	Assorted Cookies 6-pc.	\$5.99
7609-1dz.	Assorted Cookies 12-pc.	\$11.99
7611-1/2dz.	Assorted Dainties 6-pc.	\$7.75
7611-1dz.	Assorted Dainties 12-pc.	\$14.99
7612-ea.	Rice Krispie Squares	\$2.59
7613-ea.	Peanut Butter Confetti sq.	\$2.59
7614-ea.	Chocolate Puffed Wheat sq. (V)	\$2.59
7615-ea.	Banana Bread (slice)	\$2.25
7616-ea.	Apple Jacks (each) (V)	\$3.25
7617-450gr.	Chocolate Covered Strawberries (8-15)	\$21.49
7658-1/2dz.	Butter Tarts	\$6.99
Desserts Combo Platters		
7611-30pc.	Dainty Platter (30pc.)	\$28.49
7611-60pc.	Dainty Platter (60pc.)	\$57.99
7611-90pc.	Dainty Platter (90pc.)	\$84.49
7618-Sm.	Breakfast Pastry (serves 10-12)	\$36.99
7618-Med.	Breakfast Pastry (serves 20-24)	\$72.99
7618-Lg.	Breakfast Pastry (serves 30-36)	\$105.99
Beverages		
8000	Five Alive 341ml. can	\$1.89
8001	Orange Juice Minute Maid 341ml. can	\$1.89
8002	Fresca 355ml. can	\$1.59
8003	Apple Juice Minute Maid 341ml. can	\$1.89
8005	Root Beer Barq's 355ml. can	\$1.59
8006	Coca-Cola 355ml. can	\$1.59
8007	Coke Diet 355ml. can	\$1.59
8008	Sprite 355ml. can	\$1.59
8009	Sprite Zero 355ml. can	\$1.59
8010	Ginger Ale Canada Dry 355ml. can	\$1.59
8011	Ginger Ale Diet Canada Dry 355ml.	\$1.59
New! 8020	V8 Vegetable Cocktail Juice 340ml.	\$1.89
Seasonal 8019	Cranberry Ginger Ale 355ml. can	\$1.59
New! 8022	Lemon Iced Tea 341 ml. can	\$1.89
8012	Bottled Water 500ml.	\$1.59
Drink Combo Packs		
8015	6 - Pack Assorted Juice 341ml. 2-Orange/2-Apple/2-FiveAlive	\$10.99
8016	12-Pack Assorted Juice 355ml. 4-Orange/4-Apple/4-FiveAlive	\$21.99
8017	6 - Pack Assorted soft drinks 355ml. 1-Coke/1-Sprite/1-RootB./1-GingerA. /1-D.Coke/1-Sprite Zero	\$8.99
8018	12 - Pack Assorted soft drink 355ml. 2- Coke/ 2- Sprite/ 1- RootB./ 2- GingerA./ 2- D. Coke 1- Fresca/1- Sprite Zero/1- D. GingerA.	\$17.99
Hot & Specialty Drinks		
8013-Reg.	Coffee Carafe (serves 8-10) Hot	\$17.99
8013-Decaf	Coffee Carafe (serves 8-10) Hot	\$17.99
8014	Tea Carafe (serves 8-10) Hot	\$17.99
8040-Med.	DELUXE Punch Kit (ser. 20-25)	\$25.99
8040-Lg.	DELUXE Punch Kit (ser. 40-50)	\$51.99

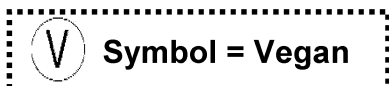


City Wide Delivery



Cash & interac in store only

Monday-Friday \$13.99



Symbol = Vegan

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Prices subject to change without notice.