

# CORPORATE CATERING MENU

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As the return to the office begins, we have been busy thinking of ways we can safely cater to a crowd, while maintaining our commitment to fresh, local and sustainably sourced ingredients!

We will deliver your delicious and healthy meals right to your office so your employees can fuel-up, while keeping everyone safe by minimising outside exposure.

Reach out now to order your office lunches! (48 hours advance notice please)

**MILESKITCHEN@MILES.BM | 441 295 1234**



# SANDWICHES

## Fresh Croissants \$9

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### Freshly Made Croissant Sandwich

roast beef, roast turkey, black forest ham + swiss, tuna + scallions, or hummus + roasted vegetables  
- served with lettuce and tomato

## Gourmet Wraps \$11

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### Chicken Caesar

romaine lettuce, creamy dressing,  
shredded parmesan

### Curried Chicken Salad

mango chutney, sliced almonds

### Spiced Beef

red onion, roasted peppers, chopped  
tomato, chili garlic dressing

### Rosemary Roast Ham

roasted peppers, grainy mustard, creamy brie

### Flaked Salmon

sliced cucumber, chopped tomato,  
lemon dill mayonnaise

### Marinated Grilled Vegetables

sun-dried tomato pesto, romaine lettuce,  
crumbled feta

### Grilled Chicken

onions, peppers, guacamole, sour cream,  
salsa, iceberg lettuce

## Freshly Baked Rolls \$11

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### Deli Turkey

sliced avocado, smokey bacon,  
chopped tomato, ranch dressing

### Italian Prosciutto

ripe tomato, fresh arugula, basil pesto,  
sliced provolone

### Grilled Flank Steak

romaine lettuce, English mustard,  
aged cheddar, caramelized onion chutney

### Smoked Salmon

sliced red onion, baby spinach, lemon,  
dill, cream cheese

# INDIVIDUAL SALADS

### Classic Caesar Salad

romaine lettuce, shaved parmesan,  
croutons, side creamy caesar dressing **\$13**  
with grilled chicken **\$17**

### Chef Salad

mixed greens, boiled egg, deli ham, turkey, roast beef,  
sliced swiss, cheddar, side thousand island dressing **\$17**

### Mixed Greens Salad

peppers, cauliflower, broccoli, cucumber,  
grape tomatoes, side balsamic vinaigrette **\$13**  
with tuna salad **\$14**  
with grilled salmon **\$15**

## LUNCH PLATTER COMBOS

*priced per person, minimum 10 people*

### Basic Combo \$18 pp

assorted finger sandwiches, veggies + dips, assorted small bags of crisps, assorted whole fruits, cookies

### Soup, Salad + Sandwich Combo \$22 pp

choice of fish chowder, minestrone or creamy pumpkin soup, croissant sandwiches, garden salad, mini cupcakes

### Gourmet Combo \$24 pp

assorted gourmet sandwiches + wraps, marinated roasted veggies, assorted small bags of crisps, fruit salad, mini chocolate brownies

### Nutrifit Salmon Combo \$27 pp

wild rice + chickpea salad, grilled chilled salmon fillets, veggies + hummus, go macro mini bars

### Nutrifit Chicken Combo \$27 pp

crunchy quinoa + kale salad, grilled sliced chicken breast, marinated vegetable platter, Nutrifit chocolate chip banana bread

*\*add assorted soft drinks for \$3 pp*

## NUTRIFIT LUNCHES

All Nutrifit Lunches are Gluten-Free + Dairy-Free developed along side  
Nutritionist Catherine Burns

### Mango Chicken, Hong Kong Confetti + Kickin Kale Salad \$19

carrots, red cabbage, peppers, cilantro, kale, lemon juice, olive oil, curry powder, mango chutney, sesame, rice vinegar, lime, honey, tamari, ginger, pine nuts

### Flank Steak with Crunchy Quinoa + Kickin Kale Salad \$19

cashews, cranberries, champagne vinaigrette, kale, lemon, olive oil, honey, tahini, pine nuts

### Vegan

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### Moroccan Salad \$15

quinoa, pomegranate, orange, chickpeas, cucumber, mint, cilantro, pistachios, coconut yogurt, olive oil, lemon, maple syrup, miles-to grow microgreens + sprouts

### Spicy Wild Rice, Chickpea + Arugula Salad \$15

lentils, onion, peppers, cilantro, chipotle, honey, mustard, cherry tomatoes, hummus

# LUNCH BOXES

## LUNCH BOX #1 \$18

any croissant sandwich, apple, small bag of crisps, cookie, soft drink of choice

## LUNCH BOX #2 \$20

any gourmet sandwich wrap, side quinoa salad, chocolate brownie, soft drink of choice

## LUNCH BOX #3 \$22

any gourmet sandwich roll, veggie sticks + hummus, fruit salad cup, soft drink of choice

## Nutrifit LUNCH BOX #4 \$24

moroccan salad or spicy wild rice, chickpea & arugula salad, veggie sticks & hummus, Go Macro mini bar, flavored sparkling water

## Lunch Add-Ons

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### Kind Bars

assorted nuts & spices bars under 5g of sugar!

\$5 ea

### Small Bags of Crisps

assorted flavors

\$3 ea

### Go Macro Bars

certified organic, vegan, & gluten-free, mini plant-based nutrition bars are the perfect 100-110 calorie snack!

\$3 ea

### Beverages

- assorted soft drinks
- still or sparkling waters
- flavored sparkling waters

\$3 ea

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# DESSERTS

## Mini Brownies

bite sized chocolate brownies

\$19 / dz

## Assorted Macaroons

\$15 / 10pcs

## Mini Vegan Chocolate Brownies

\$23 / dz

## Fruit Salad Cup

honeydew melon, cantaloupe, pineapple, grapes, oranges

\$6.50 ea

## Cupcakes

red velvet, chocolate, vanilla

\$4.00 ea

\$44 / dz

## Carrot Cake

chopped nuts, cinnamon, cream cheese icing

\$5.50 ea

## Assorted Mini Cupcakes

\$27 / dz

## Cookies

chocolate chip, oatmeal raisin, sugar cookies

\$15 / dz

## Nutrifit Banana Bread

lower-sugar option with extra protein & fibre to steady energy release, plus a few chocolate chips to make this a treat!

\$4.50 ea

## Assorted Dessert Bars

\$27 / dz

# BREAKFAST

## Breakfast Burrito Wrap \$10

scrambled eggs, shredded cheddar, chopped peppers + onions, salsa, guacamole

## Breakfast Croissant Sandwich \$10

scrambled eggs, smoky bacon, aged cheddar

## Bagelwich \$12

scottish smoked salmon, cream cheese, sliced avocado on a bagel

## Fruit Salad Cup \$6.50

honey dew melon, cantaloupe, pineapple, grapes, oranges

## Muffins \$2.50 ea \$25 / dz

blueberry, chocolate chip, oat bran + raisin, lemon-poppysseed, apple-cinnamon, cranberry-orange

## Breakfast Parfait \$8

organic plain yoghurt, drizzle honey, Linwoods sunflower/pumpkin/sesame mix + fresh berries GF

## Holy Crap Breakfast Cookie \$3.50

packed with protein and fibre for more steady energy release, contains chia seeds for a dose of brain-boosting omega-3 GF + DF

## Breakfast Boxes

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### BREAKFAST BOX \$18

breakfast croissant sandwich, fruit salad, soft drink of choice

### Nutrifit BREAKFAST BOX #3 \$24

breakfast parfait, holy crap cookie, pure greens juice shot

## BREAKFAST PLATTER COMBOS

*priced per person, minimum 10 people*

### Continental Breakfast Combo \$18 pp

mini assorted pastries, butter + jam, sliced fruits platter, assorted yoghurts, fruit juices

### Hearty Breakfast Combo \$21 pp

spinach, feta + sun-dried tomato frittata, bacon, sliced fruits platter, yoghurts, fruit juices

We will deliver your delicious and healthy meals right to your office! Delivery is complimentary for The Waterfront Properties tenants with a 10 person minimum order. \$25 delivery charge applies to deliveries to other offices located inside Hamilton.

Reach out now to order your office lunches! (48 hours advance notice please)