

# The Healthy Chef



"Creating Culinary Excellence"

Phone: (604) 273 - CHEF

or Fax Orders (604) 273-2493



## PLATTERS

	Small	Medium	Large
Selection of International cold Deli meats		60.00	90.00
Imported and Domestic Cheeses with crackers		60.00	90.00
Seasonal fresh fruit platter	30.00	55.00	80.00
Market vegetable and blue cheese dip	25.00	50.00	70.00

## Salads: Minimum 12 persons. Per person \$2.15

Caesar with spiced pita chips

Traditional Greek with feta

Rustic Field greens with assorted dressings

Thai noodle salad with red curry and coconut

Spinach salad with mandarin, toasted pecans and buttermilk dressing

Roasted red potato salad

Grilled vegetable with balsamic

Roma tomato, roasted pepper and bocconcini salad

## Soup: Minimum 12 portions (10ozs) \$2.50

Roasted squash and red pepper

Tomato, garlic and cilantro

Corn and roasted pepper chowder

Beef and Barley

Chicken Noodle

## Desserts: Per dozen \$25.00

Assorted dessert bars and squares

Fresh baked cookies

Seasonal fresh fruit Kebabs (with chocolate \$28.00)

Mini French pastries \$28.00 per dozen

Apple pie (14pcs) \$35.00

Cheese cake (14pcs) \$35.00

Chocolate cake (16 pcs) \$35.00

*Based on availability, please ensure that specialty dessert orders are placed by 3:00 pm the day before.*