

The Healthy Chef



CREATING CULINARY EXCELLENCE



Breakfast



Is served between 7 am and 10 am. We would be happy to accommodate special requests for other times for an extra charge.

Breakfast Packages (minimum 12 per order)

Continental Breakfast: \$6.95 per person
Muffins, fruit and Juice.

Traditional Breakfast: \$14.25 per person
Cheddar cheese scrambled eggs OR fluffy pancakes OR French toast, bacon, sausage, hash browns, muffins, fresh sliced fruit, and juice.

Tex Mex Breakfast: \$9.25 per person
Breakfast wrap, fresh fruit salad and juice.

Canadian Back Bacon and Egg melt: \$8.95 per person
Served with fruit salad and juice.

Fresh Baked Regular and Low Fat Muffins

\$2.25 each (served with butter and preserves)

Fresh Baked Selection of Bagels

\$2.25 each (served with cream cheese)

Seasonal Fruit Selection

Fruit salad bowl: Small \$30 Medium \$55 Large \$80

Fresh fruit platter: Small \$30 Medium \$55 Large \$80

Small: 10-15 people, Medium: 15-30 people, Large: 30-50 people.

Skewered Fruit kebabs: \$25.00/dozen; with chocolate \$28.00/ dozen.

Hot Breakfast Items (minimum 12 per order)

Canadian Back Bacon and Egg Melt: \$5.25 per person

Served on a bagel, with aged cheddar cheese and a sprinkle of chive.

Breakfast Wrap: \$5.25 per person

Two mini wraps with egg, diced sausage, cumin, cilantro, fresh tomato, and peppers.

Multigrain Pancakes: \$6.95 per person

Two homemade fluffy multigrain and buttermilk pancakes served with whipped butter and Canadian maple syrup.

French Toast: \$6.95 per person

Made with Artisan French baguette, dipped in cinnamon flavored egg custard, served with whipped butter and Canadian maple syrup.

Beverages

Freshly squeezed orange juice: \$15.00 per jug

Bottled water, assorted juices: \$1.95 each

Sparkling water: \$2.75 each

Soft drinks: \$1.50 each

Organic gourmet coffee: \$20.00 per pot (8-10 cups)

Regular and Herbal teas: \$18.00 per pot (8-10 cups)

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~ creating culinary excellence in the Vancouver area since 1999 ~

