

the three catering

light & fresh

ideal for small events, business presentations or meetings

ENERGY BITES

standard or seasonal flavours
dairy-free, gluten-free
\$2.49 each

100Z SMOOTHIES

flavours from our smoothie menu
minimum quantities may apply
\$6.49

MINI PROTEIN COOKIES

vanilla trail mix or ginger molasses
dairy-free, gluten-free, can be made nut-free
\$2.49 each

PLATTERS

fruit, vegetable, dessert platters are available

individual meals

ideal for dietary considerations or individual preference

ONTARIO FIESTA BOWL

spring mix, brown rice, corn, black beans,
aged cheddar, red pepper, tomato, avocado,
catalina dressing
\$4.99 each + optional protein

DECONSTRUCTED BURGER BOWL

romaine, brown rice, grass-fed ground beef,
pickles, aged cheddar, sauteed onions, tomato,
special burger sauce
\$17.29 each

HARVEST CRUNCH SALAD

spring mix, spinach, quinoa, carrot, cabbage,
beets, apple, feta, cranberries, pecans,
balsamic vinaigrette
\$14.99 each + optional protein

OTHER MEAL OPTIONS

available by season and current menu
starting at \$14.99 + optional protein

email morgan@thethreewellness.com with your catering requests

the three

boxed lunches

ideal for meetings, conferences or retreats

OPTION 1: SPECIALTY WRAP

10" specialty wrap (choice of tofu or chicken protein), chopped veggies + hummus, seasonal fruit, energy bite or mini trail mix cookie

\$20 per box

OPTION 2: GRAZER BOX

hard boiled eggs (2), crackers + Eby Manor aged cheddar, chopped veggies + hummus, sliced apple, energy bite or mini cookie, almonds

\$18 per box

beverages

COFFEE CARAFES

1 carafe provides 5 small or 4 large coffees includes cups, lids, stirsticks, milk, cream, sugar

\$14 per carafe

INDIVIDUAL DRINKS

Perrier, Sapsucker, bottled water, juice starting at \$1.69 each

OTHER WHOLESOME BEVERAGES

ask about iced tea or bone broth hot chocolate

starting at \$3.99 each

have another vision?

We are happy to offer bespoke catering and help your idea come to life. Let us know what's on your mind & how we can help.

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