

the three catering

light & fresh

ideal for small events, business presentations or meetings

ENERGY BITES

standard or seasonal flavours
dairy-free, gluten-free
\$2.25 each

GLUTEN-FREE MUFFINS

banana chocolate chip or seasonal flavours
dairy-free, gluten-free
\$2.25 each

MINI PROTEIN COOKIES

vanilla trail mix or ginger molasses
dairy-free, gluten-free, can be made nut-free
\$2.25 each

10OZ SMOOTHIES

flavours from our smoothie menu
minimum quantities may apply
\$6.50

PLATTERS (SERVES 8-10)

fruit platter | \$45
veggie + hummus/dip platter | \$30
sweet snack tray | \$55
(8 energy bites, 8 muffins, 8 mini protein cookies)

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
\$15.29 each + optional protein

HARVEST CRUNCH SALAD

spring mix, spinach, quinoa, carrot, cabbage,
beets, apple, feta, cranberries, pecans,
balsamic vinaigrette
\$15.29 each + optional protein

DECONSTRUCTED BURGER BOWL

romaine, brown rice, grass-fed ground beef,
pickles, aged cheddar, sautéed onions, tomato,
special burger sauce (contains almond)
\$17.29 each

OTHER MEAL OPTIONS

available by season and current menu
starting at \$15.29 + optional protein
5 meals or less: full menu available
> 5 meals: no paninis, burritos or pad thai
20+ meals: limited bowl or salad selections,

fill out this form with your catering request

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 sparkling water \$2.59
Juice (apple or orange) \$2.29
Bottled water \$1.69
Sapsucker \$2.89

OTHER WHOLESOME BEVERAGES

ask about iced tea or bone broth hot chocolate
starting at \$4 each

other key notes

CREDIT CARD PROCESSING FEE

a 2.5% post-tax fee is applied to credit card payments
(e-transfer or cheque accepted with no fee)

AUTO GRATUITY

as of May 2025, we have implemented a 10% pre-tax auto-gratuity to catering orders

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.

fill out this form with your catering request