Located inside Whole Foods Market
103-1770 Main St. Penticton
493-2855
email: organicrichard@shaw.ca

Catering Menu

FREE DELIVERY ANYWHERE IN PENTICTON

We are pleased to offer the most extensive catering menu for vegetarian, vegan, all-natural, organic and special dietary needs in the South Okanagan. The following catering selections represent our standard fare. We are more than happy to accommodate you and your organization in terms of other items and ingredient selections. Please contact us for more details.

Name of organization: _____
Address: _____

Telephone: _____ Fax: _____ e-mail: _____

Contact person: _____ Cell: _____ Today's date: _____ Event date: _____

Delivery required? Yes _____ No _____ Delivery date: _____ Delivery Time: _____

Soups & Chili

We offer 3 types of soup: vegetarian, non-dairy cream and organic chicken soup.
2 sizes: 8 oz cup and 12 oz bowl.

	Cost	Qty.
Vegetarian Soup		
8 oz cup	$3.28	
12 oz bowl	$4.28	
Non-Dairy Cream Soup		Qty.
8 oz cup	$3.28	
12 oz bowl	$4.28	
Organic Chicken Soup		Qty.
8 oz cup	$3.68	
12 oz bowl	$4.68	
Vegetarian Chili		Qty.
8 oz cup	$3.28	
12 oz bowl	$4.28	

Salads

All salads come in 150 g servings. Substitutions may be necessary depending on the quantity ordered.

	Cost	Qty.
Broccoli Boo	$1.98	
Carrot Raisin Apple	$1.98	
Orange Cashew	$1.98	
Supreme Bean	$1.98	
Veggie Medley	$1.98	
Bow Tie Pasta	$1.98	
Thai Noodle	$1.98	
Macaroni	$1.98	
Italian Pasta	$1.98	
Cranberry Coleslaw	$1.98	
Spicy Thai Coleslaw	$1.98	
Classic Coleslaw	$1.98	
Couscous	$1.98	
Quinoa	$1.98	
Tabouli	$1.98	
Organic Potato	$1.98	
Curried Corn	$1.98	
Waldorf	$1.98	

Indicate choice with a ✔

		Sandwich	Wrap	Trays	Individual
Sandwiches & Wraps	Cost	Qty.	Qty.		
Organic Chicken Salad	$7.98				
Tuna Salad	$4.98				
Salmon Salad	$6.98				
Egg Salad	$4.98				
Organic Chicken	$7.48				
Turkey	$7.48				
Corned Beef	$6.98				
Organic Roast Beef	$7.48				
Ham	$6.48				
Californian	$5.48				
Italian	$5.98				
Veggie	$5.98				
Vegan	$5.48				
Turkey Cranberry	$6.98				
Organic Chicken Pesto	$7.48				
Greek	$5.98				

Prices do not include GST

Please fax your order to: 493-2822

www.wheatgrasscafe.ca

Soups and salads are packed and delivered in insulated containers. Sandwiches and wraps are cut into either halves or quarters and are packed either onto catering trays with lids or into individual containers. All orders include additional plates, cutlery, utensils and napkins (all disposable).

Payment method: We accept Visa, MC, Amex, cheque or cash. Credit card type: Visa _____ MC _____ Amex _____

Card #: _____ Expiry Date: _____ Name on card: _____

Total charges (incl. GST): _____