



New Leaf Enterprises Catering Menu

22 Fielding Avenue, Dartmouth, Nova Scotia B3B 1E2
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To request a quote, place an order or ask questions, please contact
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Follow us on social media:

 facebook.com/NewLeafSocialEnterprise/

 instagram.com/newleafenterprises/

Baked Goods

Cookies - Chocolate chip, oatmeal chocolate, macaroon, oatmeal raisin, gingersnap and our very own "Monster Cookie" (a mix of our baked goods made into cookies)	\$1.25
Date Squares & Brownies	\$2.50
Slices of Banana Bread & Lemon Loaf	\$2.50
Cinnamon Buns	\$2.50
Muffins – Blueberry, lemon poppyseed, cranberry lemon, chocolate chip, oatmeal...\$2.50	
Rotating Specialty bakes – apple squares, cherry almond loaf, oatcakes & more	\$2.50
Cinnamon Buns with cream cheese icing	\$3
Carrot Cake Square	\$3
Assorted Gluten Friendly baked goods	\$4

Breakfast Sandwiches

Breakfast Sandwiches on an English muffin or homemade biscuit	
Bacon \$5 Veggie \$5 House made pork sausage \$6	
Breakfast Sandwiches on house made focaccia bread	
Bacon \$6 Veggie \$6 House made pork sausage \$7	
**Add extra toppings: bacon \$1, tomato & lettuce or sausage \$2	
Breakfast sandwiches have butter or mayo, cheddar cheese & a fried egg	

Snack items

Fruit Salad Cups (minimum of 4 required to order).....	\$4.95
Fruit & Yogurt Parfait (minimum of 4 required to order).....	\$5.95
** Add house made granola to a parfait \$2	
Individual Yogurt (minimum of 4 required to order).....	\$2
Seasonal Fresh Fruit.....	\$1.50
Individual Veggie & Ranch Dip Cups	\$4.95
Seasonal Veggies & Hummus Plates	\$6.25
Pepperoni Plates – Brothers pepperoni, cheese portion, crackers & honey mustard..	\$6.25

Sandwiches & Wraps

Regular Sandwiches.....	\$6
Gluten Free Regular Sandwiches.....	\$6.50
Wraps.....	\$7

**All regular sandwiches & wraps can be made with the following traditional fillings – ham & cheese, deli turkey, salami and roast beef, egg, tuna and chicken salad, roast chicken, and veggie – Add chicken Caesar to the wrap selection

Gourmet Sandwiches.....	\$8.25
Gourmet Wraps.....	\$9

**Gourmet sandwiches are made on homemade bread (soft rolls, focaccia, and ciabatta) and can be made with the following fillings- curried chicken salad, chicken, bacon & ranch, vegetarian with house made hummus, pesto chicken, BLT, cold cut and roast beef with horseradish aioli

Soups

Soup.....	\$5
Chili.....	\$8
Chowder.....	\$12

All soups, chowders and chili bowls are served with a homemade biscuit! Stocks are made in house with the best of ingredients. Prices are per bowl

Salads

Side Salad.....	\$5
Regular Salad.....	\$8
Add sliced roast chicken to any salad.....	\$3

** Pick from Garden, Caesar, Spinach, Greek, Potato, & Macaroni

Hot Lunches

- Lasagna (meat or vegetable) & garlic bread
- Baked chicken breast, rice & seasonal roasted vegetables
- Sweet & Sour Meatballs, rice & seasonal roasted vegetables
- Stir-Fry (chicken or vegetable) with rice
- Butter Chicken served with rice & naan bread

Individual portions, a minimum of 4 hot lunches per type, required to order\$15 each

Food for a Crowd

Veggie Tray.....	\$60
Fruit Tray.....	\$60
Cheese & Cracker Tray.....	\$85
Cold Cut Deli Tray.....	\$85

All trays are created to serve approx. 25-30 people

Salad Bowl (Garden, Caesar, Greek or Spinach – feeds 8 to 10 people).....\$55

**Add roast chicken to your Salad Bowl \$12

Full Carrot Cake (12.5 x 17.5").....\$60

Sandwich Trays, Sweet Trays and Soup Pots

- All built to the size of your requirements- prices will vary – call for details
- Sandwiches can be individually wrapped or served on trays

Beverages

Bottled Water.....	\$2
Canned Pop & Juice.....	\$2.25
Bottled Pop & Juice.....	\$2.50
Coffee & Tea.....	\$2
Coffee and Tea \$15.00 – 1 pot - serves 10 (8 oz serving)	
Coffee and Tea \$20.00 – 1 air pot - serves 15 (8 oz serving)	
Gatorade.....	\$2.50
Rockstar Energy Drink.....	\$3.50
Jones Soda.....	\$2.50

- We require a minimum of 24-hours for all orders
- 24-hour cancellation notice is required – If less than 24-hour notice is given, a charge may apply for any labor and ingredients used in preparation of your order
- All orders will be confirmed via email or phone
- All prices are subject to change without notice due to the fluctuation in food costs
- Gluten friendly items are available with notice
- Please disclose all allergy and food sensitivities at the time of ordering
- Supplies such as paper plates, napkins etc. are available upon request
- Delivery is available within 15km from our center for \$18
- All prices/ orders are subject to 15% HST
- Methods of payment: cash, Visa, Mastercard, cheque, and e-transfer to donations@easterseals.ns.ca

Please be advised, the following potential allergens are handled within our facility: dairy, egg, wheat, soybean, chickpea, peanut, tree nuts, mustard, fish and shellfish