

Simplicity

A division of Active Soul
Located in Journey to Wellness



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SIMPLICITY

*Simply Fresh, Simply Healthy,
Simply Delicious*

In-House Catering Menu



Other Simplistic Gatherings

- Interactive culinary classes
- Deliciously healthy meals to go
- Lifestyle programming
- Kidz in the Kitchen
- Picnics to go
- Plus more!

Simplicity

Located @ Journey to Wellness
239 West Amelia St

No matter the weather,
food brings people together.

Simplicity's sole aim is to produce satisfying flavour for you and your guest. *Simplicity* believes in providing the guest with an experience that they will truly embrace and appreciate. Fresh ingredients, fresh tastes and fresh service . What ever the occasion, *Simplicity* is here to help you plan a meal to your specifications and deliver it to your guests with ease and comfort.

Celebrations, meetings, parties, anniversaries are all opportunities for people to gather around the table and enjoy each other's company through the sharing of a meal.

Cooking for you and your guests is like cooking for one of the family.

Gather around and enjoy!

Vegetables

Green beans with balsamic vinaigrette
Chili roasted corn
Curry glazed carrots
Sautéed greens
Spicy black beans
Buttered vegetable medley

Entrées

Penne pasta with meatballs in a marinara sauce
Roasted vegetable quiche
Ricotta and mushroom ravioli
Maple-mustard pork tenderloin with caramelized apples
Chicken parmigiana
Brie, caramelized onions, mushroom stuffed chicken breasts

Dessert

Swiss Chocolate Fondue
sliced fresh fruit, assorted dips,
freshly baked cookies, tarts, brownie

Dinner Buffet

\$ 14.95 1 salad, 1 starch, 1 vegetable, 1 entrée

\$ 22.95 1 salad, 1 starch, 2 vegetable, , 2 entrée, dessert

\$ 25.95 2 salads, 1 starch, 2 vegetables, 2 entrees, dessert

Salads

Tossed lettuce greens with choice of dressing

Caesar salad

Black bean and lime chili salad

Creamy coleslaw with cranberries and sunflower seeds

Vegetable Ribbon Salad in Balsamic dressing

Starches

Roasted garlic mashed potatoes

Herb potatoe wedges

Scalloped potatoe gratinee

2 potatoe hash

Vegetable fried rice

Garlic buttered linguini

Catering Policies

Deposit and Payment

A 20% deposit is required to confirm our services for your event. The remaining balance is due on the day of the function.

Cancellation

Cancellation of a catering contract up to one month prior to the event date will result in a full refund of your deposit. The patron will be responsible for any expenses incurred. Cancellation of a catering contract less than one month prior to the event date will result in a forfeit of the security deposit. The patron will be responsible for all expenses incurred. If cancelled due to drastically inclimate weather, such as a blizzard, severe storm, etc. and is rescheduled within one week, no fee will be charged. If not rescheduled, the patron will be responsible for all expenses.

Guest Count

A final guest count is required one week prior to the event. This guaranteed count is the figure we will use to base our food quantities from. Please note: it is our policy to prepare more food then we expect to serve to insure against unexpected guests. Because of this and the Health Departments regulations, we do not release any leftover food products to you or your guests. We trust that you will honour this policy.

MORNING MENU

Whether it is starting your day off right with a nutritious breakfast, or preparing yourself for the big meeting, Simplicity and wholesome cooking will satisfy your taste and prepare you for the day.

[Cold Breakfast Buffet](#) (minimum 15 guests)

\$6.95 per person

Assorted freshly baked muffins, loaves, scones

A variety of jams and butters

Tea and coffee

\$9.95 per person

Assorted freshly baked muffins, loaves, scones

A variety of jams and butters

Strawberry yogurt, fruit and granola parfait

Selection of chilled fruit juices

Tea and coffee

[Hot Breakfast Buffet](#) (minimum 15 guests)

\$14.95 per person

Crepes & Waffles

Heavenly hash—scrambled eggs, veggies and cheese

Fruit salad

Yogurt, whipping Cream, syrup, cinnamon sugar, sauces

Tea and coffee

Design Your Lunch

Minimum 15 guests

[Build Your Own Sandwich Buffet](#)

A combination of freshly tossed green salads drizzled with homemade dressings, creamy coleslaw, , assorted vegetables and dips, roasted vegetables, spreadable goat and other cheeses, sliced roast pork, chicken, egg, tuna salads, fresh rolls, buns, flatbreads, pickle and olive tray, dainties, coffee, tea and punch
\$14.95 per guest

[Build Your Own Salad Buffet](#)

A combination of freshly gathered greens, homemade dressings, croutons, bacon, chicken strips, cheeses, pine nuts, cranberries, black beans, corn, creamy coleslaw, thinly sliced vegetables, a pickle and olive tray, hard boiled eggs, boiled mini potatoes, fresh rolls, buns, flatbreads, corn chips, dainties, coffee, tea and punch
\$ 14.95 per guest

[Freshly Made Soups](#)

Mediterranean Vegetable Soup

Cream of Broccoli

Black Bean & Sweet Corn Chowder

Red pepper- Tomatoe Soup

[Freshly Made Quiche](#)

Spring Vegetable

[Desserts](#)

The grand finale made simple, yet fun and delicious.

Black Bottom Banana-Cream Pie

No-Guilt Brownie and Fresh Fruit compote

Sinfully Low Fat Lemon Cheesecake

Add \$ 4.95 per guest