



Catered Healthy Snacks and Lunch

Delicious Wholesome Organic Foods by Request

Saturday, January 23, 2010



Arrival Fresh Assorted **Organic Fruit Platter** and Assortment of **Apple Pie Granola** and **Super Hero Granola**

1st Break Smoothie “Green Kick”

8oz of Kale, pear, dandelion, ginger and lemon

Lunch “Pad Thai”

Zucchini Noodles in an Almond (not too spicy) Chilli Sauce and **Pecan ‘Tempura’ Sushi** (2 pieces per person) and **Salad** and **Coconut Water** with E3 Live



2nd Break Dessert Tiramisu Slice

At least 95% of our menu is organic.

We are committed to the essential stewardship of our Earth and land through sustainable organic food production and support for local farmers.

We believe that the only way food should be processed is by the human body. We believe that flavour comes first and that vegan foods are just another palette with which to create a gourmet dining experience. In addition, we use no preservatives, no dairy, no eggs, and no animal products whatsoever.

\$30 per person

To be Ordered On or Before
Wednesday, January 20, 2010, midnight ET

Dianne Tel: 416.551.7259

DianneEMF@live.ca

