



GOOD THINGS: RETREAT AND MEETING CATERING

We're determined to make all-day meetings feel good! That's why we've constructed our lunchtime meeting menu in a way that leaves participants feeling nourished, well and in control of their own destiny. Our menu consists of options we would want to eat ourselves if we were at your meeting.

All priced at \$26/pp (+18% gratuity and HST), you choose one of the following options for your entire group. Here for multiple days? Choose a different option each day.

OPTION #1: BUILD-YOUR-OWN GOOD THINGS BOWL: VALLEY HARVEST

Includes: quinoa, roast chicken, roasted seasonal local veggies (i.e. carrots, sweet potatoes, broccoli), feta cheese, pickled onions, dried cranberries, roasted pumpkin seeds, local greens lemon tahini dressing and maple miso dressing

OPTION #2: BUILD-YOUR-OWN GOOD THINGS BOWL: TEX MEX

Includes: rice, taco-spiced beef, fresh veggies (i.e. peppers, tomatoes), pickled onions, cumin-spiced black beans, shredded lettuce, avocado crema, salsa, sour cream and tortilla chips

OPTION #3: BUILD-YOUR-OWN GOOD THINGS BOWL: MEDITERRANEAN

Includes: rice, roast chicken, fresh veggies (i.e. peppers, tomatoes, cucumbers), black olives, roasted red peppers, shredded lettuce, tzatziki, hummus

Note: tofu is available as a vegetarian alternative for all bowls

OPTION #4: SEASONAL SOUP AND SANDWICHES

Includes: seasonal soup +
Herb Flank Steak with Blistered Tomatoes on Bedard's Sourdough
Chicken Salad on Bedard's buns
Italian Cold Cuts on Bedard's Sourdough
Roasted Veggie on Bedard's buns
Chips and pickles on the side
*all served with a GF option.

OPTION #5: CHICKEN CHILI

Includes: chili (roasted chicken breast, peppers, tomatoes), shredded cheddar cheese, green onions, sour cream tortilla chips



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OPTIONAL ADD ONS:

DESSERT: \$4/pp

Bedard chocolate chip cookies OR
Housemade banana bread

MIDDAY SNACK: \$15/pp

Housemade smoothies, Made With Local bars, banana bread OR
Veggies and hummus, chips and salsa

NON-ALCOHOLIC BEVERAGE PACKAGE: \$4/pp

Mix of sodas, sparkling water, juices

*18% gratuity and HST additional to all pricing