

Grounded

KITCHEN, COFFEE & BAR



CATERING 2017

CORPORATE LUNCHEONS

PRICED PER PERSON

1

SANDWICH PLATTERS SERVED BUFFET-STYLE

\$15

AN ASSORTMENT OF EXCLUSIVE SANDWICHES & WRAPS FROM OUR WEEKLY ROTATION*

Locally sourced breads, tortilla wraps (gluten-free available on request)

Cookies, brownies, & other baked goods

PLUS...

Choice of two sides:

Grounded greens

Vegetable tray and house dips

Black Bean salad - corn, bell peppers, green onion, cilantro, house Aztec dressing

Cajun Pasta salad - green onion, bell peppers, cherry tomatoes, carrot, house Cajun dressing

Green & Gold - spinach, beets, roasted butternut squash, goat cheese, walnuts, vinaigrette

Tomato, cucumber & feta salad

*OUR ROTATING SANDWICHES

Caprese / con carne - lettuce, tomato, mozzarella, basil pesto aioli (beef, chicken or capicola)

Roast Beef - horseradish aioli, house beer mustard

Calabrese - Genoa salami, mortadella, capicola, spicy pickled vegetables, mozzarella

Chickpea Bahn - Mi, hoisin chickpeas, pickled vegetables, wasabi mayo, cilantro, sriracha

Smoked Turkey - apple chutney, smoked Gouda, lettuce, mango

Mexican Torta - chicken, black beans, tomato, guacamole, salsa verde, queso fresco

2

POWER SALAD BAR SERVED BUFFET-STYLE

\$18

A SALAD BAR SET-UP WITH A SELECTION OF:

Avocado, sriracha chickpeas, bell peppers, red & green onions, cranberries, quinoa, butternut squash, harissa hummus, oranges, beets, pumpkin seeds, feta, black beans, spinach, mixed greens and a variety of vinaigrettes (harissa, red wine & herb, lemon & herb)

Choice of two proteins:

Atlantic Salmon

House-marinated Grilled Chicken Breast

Pan seared Ahi-tuna

Add cookies, brownies, & more! (\$2)

*THIS MENU IS GLUTEN FREE



CORPORATE LUNCHEONS

PRICED PER PERSON

3

ENTRÉE LUNCHEONS SERVED BUFFET-STYLE

From \$24+

CHEF-CREATED HOT MEAL LUNCH SPECIALS**

Choice of:

* Minimum 6 servings
per item required

Grilled Harissa Chicken, baby potatoes,
baby carrots, brussel sprouts ●

Three-Cheese Eggplant and Zucchini Lasagne,
basil pesto cream sauce, Caesar salad

Grilled Basa Fillets with preserved lemon &
herb butter sauce, rice pilaf, snap peas,
cherry tomatoes ●

Southern Fried Chicken, creamed corn,
jalapeno corn bread

Beef Bourguignon, mashed potatoes,
sautéed vegetables ●

Seared House-Cured Pork Belly,
hoisin glaze, sesame sticky rice, broccoli ●

Blackened Cajun Catfish, herb & lemon
potato croquettes

Indian Chicken Curry or Vegetable Curry,
basmati rice, pickled vegetables ●

Roast Pork Porchetta, baby potatoes,
roasted vegetables ●

Root Beer BBQ Pork Ribs, spicy coleslaw,
Cajun pasta salad

Rare Roast Beef, pommes Dauphinoise,
baby carrots, brussel sprouts,
horseradish jus ●

Bacon Wrapped Mustard & Maple Meatloaf,
smashed potatoes, green beans

Add cookies, brownies, & more: \$2

GLUTEN FREE ●

4

INDIVIDUAL BOXED LUNCHEONS

TWO OPTIONS FOR
GRAB-AND-GO BOXED LUNCHEONS:

OPTION A

\$16.50

Sandwich
and your choice of side,
with generous-sized cookie

Choices of sides are:

Grounded greens

Vegetable tray and house dips

Black Bean salad - corn, bell peppers, green
onion, cilantro,
house Aztec dressing

Cajun Pasta salad - green onion,
bell peppers, cherry tomatoes, carrot,
house Cajun dressing

OPTION B

\$12

Individual salad and
generous-sized cookie

Choices of salad are:

Grounded Greens

Green & Gold - spinach, beets,
roasted butternut squash, goat cheese,
walnuts & vinaigrette

Niçoise - baby greens, cucumber, red onion,
tomato, carrots, potato, hard-boiled egg,
olives, green beans & red wine vinaigrette

Add Chicken, Salmon, or Ahi Tuna: \$8

SALADS & SOUP FOR GROUPS

FEATURE SALADS

House-made salads, available in a range of sizes:

Small	\$52
Medium	\$72
Large	\$106

SALAD SELECTIONS

Grounded greens

Black Bean salad - corn, bell peppers, green onion, cilantro, house Aztec dressing

Cajun Pasta salad - green onion, bell peppers, cherry tomatoes, carrot, house Cajun dressing

Green & Gold - spinach, beets, roasted butternut squash, goat cheese, walnuts & vinaigrette

Tomato, cucumber & feta salad

Niçoise - baby greens, cucumber, red onion, tomato, carrots, potato, hard-boiled egg, olives, green beans & red wine vinaigrette

PROTEIN ADD-ONS

Salmon, Chicken or Ahi Tuna

Small	\$77
Medium	\$124
Large	\$193



FRUIT TRAYS

An assorted selection of fresh fruit

Small	\$50
Medium	\$72
Large	\$106

HOUSE-MADE SOUP

Chef's creation, served with baguette; note that soup is served hot, in a warmer that must be plugged in (self-serve).

Small	\$50
Medium	\$72
Large	\$106



SIZING SUGGESTIONS:

Small: up to 10 people
Medium: 10 - 16 people
Large: 16 - 25 people

PLATTERS

SAVORY

SWEET

ARTISAN CHEESE PLATTER

Selection of fine boutique cheeses, locally-sourced, served with grapes and fresh sliced baguette

Small	\$75
Medium	\$120
Large	\$185

INTERNATIONAL CHEESE PLATTER

Selection of Brie, Cheddar, and Havarti, served with grapes and fresh sliced baguette

Small	\$58
Medium	\$91
Large	\$140

CHARCUTERIE PLATTER

A selection of smoked, cured, confit and/or pickled items, served with Ashton's beer mustard, red onion jam, and fresh sliced baguette

Small	\$65
Medium	\$105
Large	\$160

CRUDITES

A seasonal assortment of fresh vegetables, served with our house dips

Small	\$40
Medium	\$64
Large	\$100

NACHO PLATTER

Hummus, pico de gallo, guacamole, and pickled corn, served with nacho chips

Small	\$58
Medium	\$94
Large	\$146

CLASSIC DESSERT PLATTER

Assorted cookies and brownies

Small	\$32
Medium	\$52
Large	\$81

GROUNDOLA SNACK PLATTER

House-made Groundola Bars, served with fresh-cut citrus and strawberries

Small	\$43
Medium	\$68
Large	\$100



SIZING SUGGESTIONS:

Small: up to 10 people
Medium: 10 - 16 people
Large: 16 - 25 people

BREAKFAST

BREAKFAST SANDWICHES

\$6.50

HOT BREAKFAST SANDWICHES, SERVED ON AN ENGLISH MUFFIN
(GLUTEN-FREE AVAILABLE ON REQUEST)

#1 - Double smoked bacon, eggs and cheddar cheese

#2 - Custom-made sausage, eggs and cheddar cheese

#3 - Tomato, eggs and cheddar cheese

#4 - Smoked turkey, brie cheese and tomato

EUROPEAN CONTINENTAL BREAKFAST CHARCUTERIE

Small	\$123
Medium	\$196
Large	\$300

Traditional European Continental Breakfast. Selection of artisanal cheeses, cured meats, fruit and freshly baked goods

BREAKFAST PARFAITS

Fruit salad, with yogurt, honey, and granola, available individually-packaged or family-style.

\$8 / person

Family-style sizes:

Small	\$70
Medium	\$112
Large	\$175



BAKED GOODS

Muffins, croissants, scones & Montreal-style bagels, served with cream cheese, peanut butter, and jam.

Small	\$60
Medium	\$96
Large	\$136

BAGEL PLATTER

Toasted Montreal-style bagels, served with sliced cheese, lettuce, tomato

Small	\$60
Medium	\$96
Large	\$136

BAGEL & LOX

Toasted Montreal-style bagels and smoked salmon, served with cream cheese, red onion, and capers

Small	\$77
Medium	\$124
Large	\$193

BEVERAGES

Coffee: Premium, locally roasted coffee, with accompaniments

Carafe (serves 10-12)	\$27
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Cold Beverages: Sparkling water, Minute Maid juices, soft drinks, etc.

Each	\$2.55
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SIZING SUGGESTIONS:

Small: up to 10 people
Medium: 10 - 16 people
Large: 16 - 25 people



Our catering & hospitality is not limited to just this menu...

OUR KITCHEN IS ALWAYS COOKING!

ENTREE HOT MEAL LUNCHEONS, BUFFET SET-UPS
AND COCKTAIL DINNER MENUS.
CALL OR EMAIL FOR MORE INFO.

ON SITE:

Private events and corporate parties
Birthdays and Anniversaries
Team building cooking classes

OFF SITE:

Full service catering for 20 to 200+ people
Family Gatherings, Weddings,
Reunions and MORE!

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