



A DELICIOUS EXPERIENCE



WE SLICE TOMATO, CHOP CUCUMBER, COOK QUINOA AND SWEET POTATO, AND MASH AVOCADO EVERY DAY IN OUR KITCHENS.



OUR BREAD IS BAKED FRESH IN-HOUSE ALL DAY.



WARM AND FLAKY PASTRIES ARE BAKED FRESH IN-HOUSE TO ENSURE SUPERIOR QUALITY AND TASTE.

\* BIODEGRADABLE CUTLERY AND PLATES PROVIDED.

DELIVERY CHARGES MAY APPLY, BASED ON DELIVERY LOCATION AND ORDER SIZE. MENU ITEMS AND PRICES MAY VARY BY LOCATION. MANY OF OUR PRODUCTS CONTAIN ALLERGENS. THEREFORE, WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE ALLERGEN-FREE.

\*\* ALL CATERING ORDERS CAN BE CANCELLED FREE OF CHARGE UP TO 12 HOURS BEFORE SCHEDULED PICK-UP OR DELIVERY TIME. ORDERS CANCELLED LESS THAN 12 HOURS BEFORE SCHEDULED PICK-UP OR DELIVERY TIME WILL INCUR A CHARGE OF 50% OF THE CATERING ORDER.

# aroma catering made easy

## pre-set menus

FRESHEN UP YOUR NEXT MEETING OR SPECIAL EVENT WITH GOURMET SANDWICHES, NUTRITIOUS SALADS, FRESHLY-BAKED PASTRIES AND FRESHLY-BREWED COFFEE. FROM PERSONALIZED LUNCH BOXES TO CUSTOM PLATTERS, WE HAVE SOMETHING TO SUIT EVERY TASTE.

CALORIE COUNT BASED ON WHOLE-WHEAT BREAD  
SUBSTITUTE WHITE ADD 20 Cals

\* ADULTS AND YOUTH (AGES 13 AND OLDER) NEED AN AVERAGE OF 2,000 CALORIES A DAY, AND CHILDREN (4 TO 12 YEARS) NEED AN AVERAGE OF 1,500 CALORIES A DAY. HOWEVER, INDIVIDUAL NEEDS MAY VARY.

## 6 - 8 people

198.25 | 480-1360 Cals  
per serving

12 x

### PERSONAL SANDWICHES

4 x Grilled Chicken & Avocado, 2 x Turkey BLT, 2 x Tuna Salad, 2 x Mediterranean Grilled Halloumi, 2 x Grilled Portobello & Hummus

1 x

### THE AROMA SALAD

with feta and tuna

1 x

### ASSORTED COOKIE BOX

\* based on 8 servings with assorted breads.

## 10 - 12 people

294.25 | 520-1500 Cals  
per serving

18 x

### PERSONAL SANDWICHES

6 x Grilled Chicken & Avocado, 3 x Turkey BLT, 3 x Mediterranean Grilled Halloumi, 2 x Tuna Salad, 2 x Grilled Portobello & Hummus, 2 x Egg Salad

2 x

### SALADS

\* The Aroma with feta and tuna  
\* Caesar Salad

1 x

### LARGE ASSORTED COOKIE BOX

\* based on 12 servings with assorted breads.

## personal lunch box

20.25 | 470-860 Cals  
per serving

1 x

### PERSONAL SANDWICH

1 x

### SIDE SALAD

\* Green Salad OR  
\* Vegan Salad OR  
\* Caesar Salad

2 x

### COOKIES





# sandwiches

WHOLESGOME AND HEARTY GOURMET  
SANDWICHES PREPARED TO ORDER ON YOUR  
CHOICE OF FRESHLY-BAKED BREAD.



WHOLE  
WHEAT



WHITE



SERVED ON A CROISSANT  
ADD 1.85 | 160 Cals

**PRE-SET ASSORTED SANDWICH BOX 168.75**  
**INCLUDES 18 PERSONAL SANDWICHES | 200-400 Cals per sandwich**  
6 x Grilled Chicken & Avocado, 3 x Turkey BLT, 3 x Tuna Salad,  
2 x Grilled Portobello & Hummus, 2 x Mediterranean Grilled Halloumi,  
2 x Egg Salad, served on assorted breads.

**OR BUILD YOUR OWN CUSTOM SANDWICH BOX BY  
CHOOSING YOUR FAVOURITE PERSONAL SANDWICHES.**  
**PRICE VARIES BASED ON SELECTION.**

VEGETARIAN, VEGAN AND GLUTEN-FREE OPTIONS AVAILABLE  
CALORIE COUNT BASED ON WHOLE-WHEAT BREAD  
SUBSTITUTE WHITE ADD 20 Cals



**BREAKFAST**  
omelette, parsley,  
cream cheese, lettuce,  
tomato, pickle  
**8.75 | 270 Cals**



**EGG SALAD**  
classic egg salad,  
tomato, chives  
**8.75 | 270 Cals**



**TURKEY BLT**  
sliced turkey, turkey  
bacon, lettuce, tomato,  
mayonnaise  
**9.75 | 250 Cals**



**SMOKED SALMON**  
smoked salmon, cream  
cheese, lettuce, tomato,  
red onion  
**10.75 | 200 Cals**



**TUNA SALAD**  
tuna salad with roasted red  
pepper, pickle, Kalamata  
olives and parsley, served  
with arugula, pickle,  
red onion, za'atar mayo  
**9.75 | 260 Cals**



**MEDITERRANEAN  
GRILLED HALLOUMI**  
grilled halloumi cheese,  
house-made avocado  
spread, parsley, pickle,  
sun-dried tomato pesto  
**9.75 | 380 Cals**



**STEAK & CHEESE MELT**  
grilled steak, sautéed red  
pepper and onion, havarti  
cheese, za'atar mayo  
**10.75 | 370 Cals**



**GRILLED CHICKEN  
& AVOCADO**  
grilled chicken breast with  
house-made avocado spread,  
goat cheese, arugula, roasted  
red pepper, za'atar mayo  
**10.75 | 400 Cals**



**GRILLED PORTOBELLO  
& HUMMUS**  
grilled portobello mushrooms,  
hummus, sun-dried tomato  
pesto, feta cheese, alfalfa  
sprouts, fresh basil  
**9.75 | 340 Cals**

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A DAY, AND CHILDREN (4 TO 12 YEARS) NEED AN AVERAGE OF 1,500 CALORIES A DAY. HOWEVER, INDIVIDUAL NEEDS MAY VARY.





# salads

FRESH VEGETABLES PILED HIGH.

**add:** **grilled chicken** 11.75 | 300 Cals / **grilled steak** 11.75 | 390 Cals  
**cheese** 7.45 | 240-420 Cals / **tuna** 10.75 | 180 Cals  
**turkey bacon** 7.45 | 105 Cals / **smoked salmon** 11.75 | 270 Cals

**SALADS ARE SERVED IN A CATERING-SIZED CONTAINER.**  
**SUGGESTED SERVING SIZE: 4-6 PEOPLE.**

ALL CALORIE COUNTS FOR SALADS DO NOT INCLUDE DRESSING.

**LEMON VINAIGRETTE\*:** 260 CALS  
**ZA'ATAR VINAIGRETTE\*:** 190 CALS  
**MAPLE BALSAMIC VINAIGRETTE\*:** 250 CALS  
**LEMON TAHINI\*:** 160 CALS  
**CAESAR DRESSING\*:** 220 CALS

\* based on 45ml serving.

## THE AROMA

mixed greens, hard-boiled egg, tomato, cucumber, red onion, Kalamata olives and choice of feta cheese or tuna, served with za'atar vinaigrette or maple balsamic vinaigrette

**49.75**  
**with Feta: 570 Cals**  
**with Tuna: 630 Cals**

## GRILLED HALLOUMI & SWEET POTATO

grilled halloumi cheese, roasted sweet potatoes, arugula, lentils, fresh basil, sesame seeds and honey-roasted pumpkin seeds, served with maple balsamic vinaigrette

**58.45 | 1350 Cals**

## MEDITERRANEAN PASTA

whole-wheat rotini, arugula, roasted red pepper, red onion, Kalamata olives, fresh basil, feta cheese and green peas, served with lemon vinaigrette

**54.75 | 1440 Cals**

## KALE & AVOCADO POWER

shredded kale, quinoa, sliced avocado, hard-boiled egg, feta cheese, chives and honey-roasted pumpkin seeds, served with lemon tahini

**54.25 | 1710 Cals**

## GRILLED CHICKEN CAESAR

romaine, grilled chicken breast, Grana Padano, and house-baked garlic croutons, lemon wedge, with house-made Caesar dressing

**58.45 | 870 Cals**

## CAESAR

romaine, Grana Padano, and house-baked garlic croutons, lemon wedge, with house-made Caesar dressing

**34.35 | 480 Cals**

## GREEK CHICKPEA

fresh mix of chickpeas, tomatoes, cucumber, parsley and za'atar vinaigrette with red onion, Kalamata olives, feta, and sliced avocado, served on romaine lettuce with lemon tahini

**49.75 | 1020 Cals**

## FRESH FEAST

romaine, hummus, lentils, cucumber, feta, pickle, and garlic-toasted sunflower seeds, with lemon tahini

**44.75 | 1230 Cals**

## GREEN

arugula, feta cheese and honey-roasted pumpkin seeds, served with lemon vinaigrette

**34.35 | 540 Cals**

## VEGAN

arugula, roasted sweet potato, roasted red pepper and garlic-toasted sunflower seeds, served with lemon vinaigrette

**34.35 | 600 Cals**

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# breakfast

JUST LIKE HOME-MADE. SERVED ALL DAY.

## sandwiches

### BREAKFAST

omelette, parsley, cream cheese, lettuce, tomato, pickle  
**8.75 | 270 Cals**

### SMOKED SALMON

smoked salmon, cream cheese, lettuce, tomato, red onion  
**10.75 | 200 Cals**

### EGG SALAD

classic egg salad, tomato, chives  
**8.75 | 270 Cals**

### MEDITERRANEAN GRILLED HALLOUMI

grilled halloumi cheese, house-made avocado spread, parsley, pickle, sun-dried tomato pesto  
**9.75 | 380 Cals**

## croissants

### EGG SALAD

classic egg salad, tomato, chives  
**10.60 | 430 Cals**

### EGG & CHEESE

omelette, havarti cheese  
**8.95 | 510 Cals**

### EGG, CHEESE & TURKEY BACON

omelette, havarti cheese, turkey bacon  
**11.40 | 540 Cals**

### FIG & GOAT CHEESE

fig jam, goat cheese, arugula, grilled red onion, and maple balsamic vinaigrette  
**9.45 | 490 Cals**

### SMOKED SALMON

smoked salmon, cream cheese, lettuce, tomato, red onion  
**12.60 | 360 Cals**

### TURKEY BLT

sliced turkey, turkey bacon, lettuce, tomato, mayonnaise  
**11.60 | 420 Cals**

THE RIGHT START TO YOUR DAY.  
WHETHER LIGHT OR HEARTY, SAVOURY OR SWEET,  
BREAKFAST AT AROMA HAS SOMETHING FOR EVERYONE.

CALORIE COUNT BASED ON WHOLE-WHEAT BREAD  
SUBSTITUTE WHITE ADD 20 Cals

\* all sandwiches are personal size.

## pre-set breakfasts

### BREAKFAST FOR 8

16 mini-pastries and 8 assorted personal sandwiches on assorted breads: **4 x Breakfast, 2 x Mediterranean Grilled Halloumi, 2 x Egg, Cheese & Turkey Bacon Croissant**  
**127.85 | 710-960 Cals per person**

### CROISSANT BOX

18 croissant sandwiches: **6 x Breakfast, 3 x Egg & Cheese, 3 x Egg, Cheese & Turkey Bacon, 3 x Fig & Goat Cheese, 3 x Mediterranean Grilled Halloumi**  
**178.75 | 420-520 Cals per croissant sandwich**

### SANDWICH BOX

18 personal sandwiches on assorted breads: **6 x Breakfast, 4 x Turkey BLT, 2 x Mediterranean Grilled Halloumi, 2 x Egg & Cheese, 2 x Egg, Cheese & Turkey Bacon, 2 x Fig & Goat Cheese Croissant**  
**162.50 | 260-540 Cals per person**

### POWER OATMEAL FOR 10

unsweetened oats, almonds, coconut, dried fruit (blueberries, cranberries, dates) served with hot water & honey packs  
**57.50 | 300 Cals per person**

### FRUIT PLATTER

SUGGESTED SERVING SIZE 10-12 PEOPLE.  
blueberries, strawberries, honeydew melon, pineapple  
**49.50 | 1770 Cals**

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\* SUBJECT TO AVAILABILITY



# pastries

BAKED FRESH IN STORE  
THROUGHOUT THE DAY.

CHOOSE A PRE-SET PASTRY BOX OR BUILD YOUR  
OWN WHEN PLACING YOUR ORDER.



**CROISSANTS** (12)  
freshly-baked butter and chocolate  
croissants  
**64.85 | 290-530 Cals per croissant**

**PASTRIES** (12)  
fresh pastries including croissants,  
danishes and brownies  
**57.85 | 290-460 Cals per pastry**

**ASSORTED MINI-PASTRIES** (24)  
freshly-baked mini-pastries including apple danishes, raspberry  
crowns, cinnamon swirls, vanilla custards and maple pecan  
**58.95 | 160 Cals per pastry**

**COOKIES** (24)  
signature aroma cookies including alfajores, biscotti,  
and black & white  
**49.85 | 45-240 Cals per cookie**

# coffee & tea

OUR FRESHLY-BREWED SIGNATURE BLENDS

**HOUSE OR DARK ROAST**  
(8 servings of 12 oz. each)  
**28.75 | 4 Cals per serving**  
(50 servings of 12 oz. each)  
**157.75 | 4 Cals per serving**

**TEA**  
(8 servings of 12 oz. each)  
**28.75 | 0 Cals per serving**  
(50 servings of 12 oz. each)  
**157.75 | 0 Cals per serving**

\* includes cups, sugar and sweetener, milk and cream.  
\* calories for coffee and tea do not include milk, cream or sugar.

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# cold drinks

**SOFT DRINKS**  
**3.85 | 0-140 Cals**  
**COLD-PRESSED JUICES**  
**8.50 | 90-150 Cals**  
**SPARKLING WATER**  
**4.45 | 0 Cals**  
**SPRING WATER**  
**3.45 | 0 Cals**





[aromaespressobar.ca](http://aromaespressobar.ca)

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