



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 

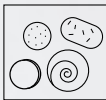
PERSONAL SANDWICHES

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

WHOLESONE 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

FETA & HUMMUS GARDEN

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.

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

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



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

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2025.V2