



**ALL SEASONS CATERING**  
**[www.allseasonscatering.ca](http://www.allseasonscatering.ca)**  
**204-477-1897**

***Breakfast Packages (Minimum 15 People)***  
***"The Most Important Meal of the Day Made Easy"***

- \$6.50 The Mini Continental**  
Assorted Mini Pastries, (Mini Bagels, Muffins, Scones, & Danish, based on 2 pp), Fresh Fruit Platter, Bottled Juices
- \$ 7 The Continental**  
Assorted Pastries, (Muffins, Scones, & Danish, based on 1.5 pp), Fresh Fruit Platter, Bottled Juices
- \$ 8 The Gourmet Continental**  
Assorted Gourmet Pastries, (Breakfast Breads, Croissants, Cinnamon Buns, Bagels), Fresh Fruit Kabobs, Bottled Juices
- \$7.50 The Parfait**  
Fruit Muffins, Individual Yogurts, Fresh Fruit Salad, Our Famous Granola, Bottled Juices
- \$8.50 The Pegger**  
Our Famous Breakfast Bagel, (Fried Egg, Smoked Ham, Bothwell Cheddar Cheese), Assorted Mini Pastries, Fresh Fruit Cup, Bottled Juices
- \$7.50 The Golden Boy**  
***"Wrap It Up"*** A Twelve Inch Whole Wheat Tortilla With Breakfast Sausage, Fluffy Scrambled Eggs, Bothwell Cheddar Cheese, Peppers, and Salsa
- \$8.50 The Manitoban**  
Bothwell Cheddar & Ham Croissants, Assorted Pastries, Fresh Fruit Platter, Bottled Juices
- \$10.50 The All Canadian**  
Assorted Mini Pastries, Fluffy Scrambled Eggs, Home Style Pan Fries, Crispy Bacon, Breakfast Sausages
- \$12.50 The Maple Leaf**  
Assorted Mini Pastries, Home Style Mini Pancakes, Fluffy Scrambled Eggs, Crispy Bacon, Breakfast Sausages



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### ***Healthy Breakfast Choices***

- \$ 6 Cottage Cheese and Fruit Plate
- \$ 6 Oatmeal, Skim Milk, Flaxseed, Fresh Berries, and Toasted Almonds
- \$ 5 ***Parfait***  
Fat Free Yogurt, Fresh Fruit, and Granola
- \$ 8 ***Low Fat Breakfast Wrap***  
Omega-3 Egg Whites, Low Fat Skim Cheese, Sauteed Mushrooms, Peppers, Chopped Scallions, & Salsa Wrapped in a Whole Wheat Tortilla

### ***Breakfast a la Carte***

- \$ 1.50 Whole Fruit (*Seasonal Selection*)
- \$ 3 Housemade Energy Granola Bar
- \$ 2.50 **Assorted Breakfast Pastries** (minimum 15)  
A selection of muffins, bagels, Danish, croissants, cinnamon buns
- \$ 22.00 **Assorted Breakfast Loaves** (serves 8)  
Baked Fresh Daily
- \$ 1.95 Individual Yogurt
- \$ 2 Home Style Pan Fries
- \$ 2.50 Fresh Fruit Kabobs
- \$ 3 Fluffy Scrambled Eggs (3 eggs)
- \$ 3 Crispy Bacon or Sausage (3 pcs)
- \$ 3 Grilled Breakfast Ham (2 pcs)
- \$ 6 **Stuffed Breakfast Croissants**
  - ❖ Smoked Ham & Bothwell Cheddar
  - ❖ Bacon, Tomato & Bothwell Monterey Jack Cheese
  - ❖ Spinach and Feta
- \$ 5 Individual Yogurt Parfaits



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- \$ 6 **Savoury Quiche Individual Tart Shells**
- ❖ Quiche Lorraine (Bacon, Caramelized Onion, and Cheddar Cheese)
  - ❖ Smoked Ham and Cheddar Cheese
  - ❖ Asparagus and Brie
  - ❖ Chorizo and Roasted Peppers
- \$ 6 **Breakfast Sandwich**  
A Toasted English Muffin or Whole Wheat Bagel with Egg, Cheese, and Tomato With Your Choice of Ham, or Bacon
- \$ 8 **Lox and Bagel** (*Smoked Salmon, Capers, Red Onions and Dill Cream Cheese*)
- \$ 8 **Breakfast Wraps**  
A Twelve Inch Tortilla Filled With Your Choice of Fillings:
- ❖ Bacon, Fluffy Scrambled Egg, Aged Cheddar and Salsa
  - ❖ Sausage, Fluffy Scrambled Egg, Aged Cheddar and Salsa
  - ❖ Mushroom, Spinach, Caramelized Onions and Swiss
  - ❖ Fluffy Scrambled Egg, Caramelized Onions, Roasted Peppers, Monterey Jack Cheese, and Salsa
- \$ 45 **Frittata A Crust less Egg Dish Baked in the Oven**  
*Half Pan (Feeds 9-12) Full Pan (Feeds 18-24)*
- \$ 85 **Full**
- ❖ Leek and Potato
  - ❖ Chorizo and Spinach
  - ❖ Smoked Ham, Peppers, and Mushroom
- \$ 47 **Strata An Egg and Bread Dish Baked in the Oven**  
*Half Pan (Feeds 9-12) Full Pan (Feeds 18-24)*
- \$ 87 **Full**
- ❖ Western Strata – Eggs and Bread Blended with Smoked Ham, Sautéed Vidalia Onion, Green Pepper, with Marble Cheese
  - ❖ Florentine Strata – Eggs and Bread Blended with Spinach, Monterey Jack Cheese, and Roasted Red Peppers
  - ❖ Vegetable Strata – Eggs and Bread Blended with Asparagus, Bell Peppers, Mushrooms, Vidalia Onion, Broccoli and Marble Cheese
- Breakfast Beverages**
- \$ 2.25 Regular, Decaffeinated Coffee, or Tea  
With Cream, Sugar, Sweetener, Stir Stix, 8 oz Coffee Cups, and Lids
- \$ 2.50 Gourmet Herbal Teas
- \$ 1.75 Assorted Chilled Juices (300 ml)
- \$ 1.50 Assorted Chilled Soft Drinks (355 ml)
- \$ 1.75 Bottled Water