



Healthy Now

MEAL PREP • JUICES • CATERING

Hot Breakfast Buffet Options

Package #1- \$16.99/pp

Fresh Fruit
Assortment bread and bagels served with a variety of jams, cream cheese, and whipped butter
Scrambled Eggs
Breakfast Sausage
Sweet Potato Hashbrowns
Coffee/Tea Station

Package #2-\$20.99/pp

Fresh Fruit
Assortment bread and bagels served with a variety of jams, cream cheese, and whipped butter
Oatmeal Station- will a variety of toppings dried fruit, nuts, seeds, and berries
Sweet Potato Hash
Scrambled Eggs
Bacon/Turkey Bacon
Coffee/Tea Station

Package #3- \$25.99/pp

Fresh Fruit
Bagels, baguette, tea biscuits, muffins served with variety of jams, cream cheese and whipped butter
Vegetable Frittata
Sweet Potato Hash
Bacon/Turkey Bacon
French Toast with Fruit
Preserves
Coffee/Tea Station

All plates, cutlery, glasses/coffee cups and buffet linen included

Breakfast Boxes- \$15 pp

Breakfast Wrap Box – Choice of meat (Egg, Ham, Cheddar and Green Pepper) or veggie (Egg White, Spinach and Mushroom) whole wheat wrap served with fresh fruit

Bagel Box- Multigrain bagel (Smoked Salmon and Cream Cheese, Roasted Veggies with Goat Cheese or Turkey Bacon Lettuce and Tomato) with Greek Yogurt and Fresh Fruit

Crêpe Box- Hazelnut Crêpes and Greek Yogurt and Fresh Fruit

Protein Box- Frittata, Mixed Nuts, HealthyNow Protein Ball and Fresh Fruit

Check us out at www.HealthyNow.ca ,
on Facebook at www.facebook.com/healthynow40/
or on Instagram at www.instagram.com/healthynow_40/