



# Fall 2024 Catering Menu

We specialize in fuelling teams for success!

HealthyNow caters a variety of events including:

Team Breakfasts

Team Lunches

Buffet Lunches

Buffet Breakfasts

Boxed Breakfasts

Team Dinners

Fruit, Veggie, Sandwich Platters

Cocktail Parties

Sports Team Training

Sports Team Road Trips

Special Events

And many, more!

Delivery across York Region, and the Greater Toronto Area available. Most dietary constraints can be addressed.

**Contact Christine at 647-210-0047, or [Christine@HealthyNow.ca](mailto:Christine@HealthyNow.ca)  
to discuss your needs!**



# Healthy Now

MEAL PREP • JUICES • CATERING

## About HealthyNow

HealthyNow is an incorporated business, owned and operated by me, Christine Hickson-Rooney, with Sales, IT and logistical support from my husband, Jamie Rooney.

We offer catering and prepared meals, all focused on being delicious and healthy. Our clients tell us they love our meals and how they fuel them for success, and don't cause them and their team to be sleepy or bloated afterwards.

This menu includes our standard catering selections, but we are also happy to collaborate with clients to plan a catering solution that fits their needs, constraints and budgets.

HealthyNow also owns and operates Chilly Willy Ice, so we can also supply any needed bags of cubed ice, or blocks of ice, needed for events.

Our clients include the Toronto Sceptres of the Professional Women's Hockey League, Raptors 905 of the NBA G League, and corporations and organizations across York Region and the Greater Toronto Area including Southlake Hospital, Celestica, MultiMatic, York Region, and many, many others.

We thank you for considering HealthyNow's catering, and for supporting my local, small business!

*Christine*



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## Boxed Lunches - \$20 per person

which include choice of Wrap, Salad or Soup and Fresh Fruit Cup or Cookie

Minimum order size: 10. Delivery charge may apply.

### Wraps

**Roast Beef and Havarti** with a creamy garlic, grain Dijon sauce, red onion, field greens

**Smoked Salmon** with Dill cream cheese, cucumber, red onion, field greens

**Cobb Turkey Wrap** with cheddar, bacon, egg, tomato, shredded carrot, honey mustard aioli

**Roasted Vegetable Wrap** with Basil goat cheese or basil cashew cheese

**Grilled Chicken Wrap** with chipotle aioli, lettuce, tomato, cheddar, cucumber and red onion

**Roast Ham Wrap** with Swiss, romaine, honey mustard aioli

### Salads

**Caesar** sourdough crouton, double smoked bacon, shaved parmesan.

**Garden Veggie** with carrot, tomato, red onion, cucumber, and honey Dijon vinaigrette

**Harvest Fall Salad** with mixed greens, radicchio, roasted butternut squash, pumpkin seeds

### Soups (Choice of two)

Broccoli and Cheddar  
Cream of Cauliflower

Minestrone  
Butternut Maple

Creamy Tomato

### Available Add-On Drinks - \$1

Bubbly  
Bottled Water

Cola  
Diet Cola

Ginger ale  
Iced tea

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## Protein Power Bowls - \$17 per person

Minimum order size: 10. Delivery charge may apply.

**Jerk Chicken Bowl** - coconut rice and coleslaw

**Turkey Chili Bowl** - brown rice, turkey chili, diced tomato, green onion, cheddar, and sour cream

**Fall Chicken Bowl** - brown rice, grilled chicken, shredded carrot, kale, apple, pumpkin seeds, and cider-mustard dressing

**Egg Roll Bowl** – Seasoned ground beef, brown rice, shredded carrot, broccoli, bean sprouts, napa cabbage, green onion, plum dressing

**Firecracker Shrimp Bowl** - brown rice, sweet and spicy shrimp, cabbage, carrot, tomato, and green onion

**Fall Veggie Power Bowl** - brown rice, lentils, shredded carrot, roasted butternut squash, kale, apple, pumpkin seeds, and cider-mustard dressing.

## Available Add Ons - \$3 per person

Fresh Fruit Cup  
Homemade Cookie

Side Caesar Salad  
Side Garden Veggie Salad

Side Harvest Salad

## Available Add On Drinks - \$1 per person

Bubbly  
Bottled Water

Cola  
Diet Cola

Ginger ale  
Iced tea

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## Boxed Breakfasts - \$15 per person

Minimum order size: 10. Delivery charge may apply.

**Ham & Egg Wrap Box** – Egg, ham, cheddar, tomato, and green onion in a whole wheat wrap, served with fresh fruit

**Veggie Egg Wrap Box** – Egg, tomato, green onions, and peppers in a whole wheat wrap, served with fresh fruit

**Smoked Salmon Bagel Box** - Smoked salmon, dill, cream cheese, roasted veggies with goat cheese on a multigrain bagel, served with yogurt parfait

**Turkey Bacon Bagel Box** – Turkey bacon, cream cheese, tomato, lettuce on a multigrain bagel, served yogurt parfait

**Protein Box** - Frittata, mixed nuts, and protein square with fresh fruit

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## Platters

Delivery charge may apply.

### Fruit Platters

Small mixed platter (10 – 15 servings): \$35

Large mixed platter (25 – 30 servings): \$60

### Vegetable Platters

Small mixed platter with dip (10 – 15 servings): \$25

Large mixed platter with dip (25 – 30 servings): \$40

### Sandwich Platters

Small mixed platter (10 – 12 servings): \$68

Medium mixed platter (15 – 20 servings): \$99

Large mixed platter (25 – 30 servings): \$120

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## Buffet Lunches and Dinners

Priced listed per person and reflects drop off only. Serving staff available for additional fees.

Minimum order size: 10. Delivery charge may apply.

Includes compostable plates, cutlery, napkins, glasses, coffee cups. Rental dishes, cutlery and linens available for additional fee.

### Mains

Chicken Parmesan: \$13  
Roast Beef \$32

Stuffed Chicken: \$20  
Jerk Chicken: \$15

Pulled Pork: \$15  
Shepherd's Pie: \$20

### Pastas

Tomato sauce: \$10  
Rose sauce: \$10  
Spicy Tomato sauce with Sausage: \$20

Alfredo Sauce with Bacon: \$15  
Traditional Lasagna: \$25  
Sweet Potato Lasagna: \$25

### Sides

Roast Potato: \$5  
Brown Rice: \$4  
Mashed Potato: \$7  
Sweet Potato Mash: \$7

Sweet Potato Wedges: \$7  
Coconut Rice: \$5  
Roast Veggie Medley: \$9  
Green Beans: \$8

Sauté Kale: \$6  
Coleslaw: \$4

### Salads

Caesar: \$5.50

Garden: \$5

Fall Harvest: \$5

Superfood: \$5

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## Buffet Breakfasts

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Minimum order size: 10. Delivery charge may apply.

Includes compostable plates, cutlery, napkins, glasses, coffee cups. Rental dishes, cutlery and linens available for additional fee.

### Package #1: \$16.99

Fresh Fruit

Assortment bread and bagels served with a variety of jams, cream cheese, and whipped butter

Scrambled Eggs

Breakfast Turkey Sausage/Bacon  
Sweet Potato Hashbrowns  
Coffee/Tea Station

### Package #2: \$20.99

Fresh Fruit

Assortment bread and bagels 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

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

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## Cocktail Party Boards and Appetizers

Priced listed per item per person and reflects drop off only. Serving staff available for additional fees. Delivery charge may apply. Includes compostable plates, cutlery, napkins. Rental dishes, cutlery and linens available for additional fee.

### Charcuterie Boards

Small Charcuterie Board: \$65

Large Charcuterie Board: \$120

### Appetizers

Minimum order size per selection: 12.

Chicken Satays: \$5

Veggie Cold Roll: \$5

Pulled Pork Sliders: \$5

Tomato Bocconcini Skewers: \$4

Veggie Spring Rolls: \$4

Smoked Salmon on a Crostini: \$4

Turkey Brie and Cranberry Slider: \$5

Mushroom Duxelle Pastry: \$5

Jerk Pulled Pork Sliders: \$5

Gourmet Grilled Cheese: \$4

Bruschetta: \$4

Charcuterie Cups: \$12

And many, more!

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