



Winter 2025 Catering Menu

We specialize in fuelling teams for success, including:



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 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, AFC Toronto of the NSL professional women's soccer 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



To order or for more information, contact Christine at 647-210-0047 or Christine@HealthyNow.ca

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Boxed Lunches - \$20 per person

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

Minimum order size: 10. Delivery charge may apply.

Wraps

Roast Beef and Havarti Wrap with creamy garlic, grain Dijon sauce, onion, field greens

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

Roast Turkey Wrap with aged cheddar, honey mustard aioli, lettuce, tomato

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

Grilled Chicken Sandwich with marinara sauce, grilled veggies, and mozzarella

Philly Cheese Steak Sandwich with peppers, onions, mushroom, Philly sauce, mozzarella

Grilled Cheese Sandwich with a blend of three cheeses on Sourdough Bread

Salads

Caesar Salad sourdough crouton, double smoked bacon, shaved parmesan

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

Winter Salad, greens, roast squash, radicchio, pumpkin seeds & apple cider vinaigrette

Soups (Choice of two)

Roasted Tomato

Minestrone

Chicken and Brown Rice

Butternut Maple Squash

Available Add-Ons - \$4 each

Side Salad

Side Soup

Fresh Fruit Cup

Homemade Cookie

Available Drinks Add-On - \$2 each

Bubbly

Bottled Water

Cola

Diet Cola

Ginger ale

Iced tea

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Protein Power Bowls - \$18 per person

Minimum order size: 10. Delivery charge may apply.

Jerk Chicken Bowl with coconut rice and coleslaw

Turkey Taco Bowl with brown rice, lettuce, diced tomato, onion, cheddar and sour cream

Chipotle Lime Chicken Bowl with brown rice, lettuce, tomato, feta cheese and verde sauce

Korean Beef Bowl with brown rice, shredded carrot, broccoli, cucumber, pickled onion, kimchi and gojulang aioli

Shrimp Taco Bowl with brown rice, pico de gallo, mango, lettuce, coleslaw and chipotle aioli

Veggie Power Bowl with quinoa, lentil and chickpea mix, shredded beet, shredded carrot, edamame, coleslaw, and honey mustard vinaigrette

HealthyNow Salads - \$18 per person

Minimum order size: 10. Delivery charge may apply.

Greek Chicken Salad with romaine, diced tomato, red onion, olives, feta and vinaigrette

Shrimp Cobb Salad with romaine, cucumber, chopped tomato, shredded carrot, boiled egg, bacon and honey mustard vinaigrette

Chicken Caesar Salad with sourdough crouton, double smoked bacon, shaved parmesan

Turkey Taco Salad with Diced tomato, pickled jalapeno, green onion, avocado dressing.

Vegan Cobb Salad with Chickpea and lentil mix, romaine, cucumber, tomato, shredded carrot, and honey mustard vinaigrette

Available Add-Ons - \$4 each

Side Salad

Side Soup

Fresh Fruit Cup

Homemade Cookie

Available Drinks Add-On - \$2 each

Bubbly

Bottled Water

Cola

Diet Cola

Ginger ale

Iced tea

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Boxed Breakfasts - \$16 per person

Minimum order size: 10. Delivery charge may apply.

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

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

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

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

Protein Box with frittata, mixed nuts, and protein square with fresh fruit

Available Coffee Add-Ons - \$25 each

Tim Horton's "Take 12"
coffee box of 12 servings including cups, lids,
sweeteners, milk and cream packs

Starbucks "Coffee Traveler"
coffee box of 12 servings including cups,
lids, sweeteners, milk and cream packs

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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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MEAL PREP • JUICES • CATERING

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: \$20

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: \$24

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: \$27

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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MEAL PREP • JUICES • CATERING

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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