Healthy Now

Delicious • Catering • Healthy • Meals

Fall 2026
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 to discuss your needs!

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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, AFC Toronto of the Northern Super 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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Protein Power Bowls: $20 per person

Please note minimums may apply, contact us for more info.

- **Honey Cajun Chicken Bowl-** Rice, coleslaw, tomato, chicken thigh, avocado and ranch
- **Jerk Chicken Bowl-** Jerk Chicken, Coconut Rice, Coleslaw
- **Honey Mustard Bowl**- Rice, Sweet Potato, honey mustard chicken, cheddar cheese, apple, kale, honey mustard aioli
- **Teriyaki Shrimp Bowl**-Rice, Red Cabbage, Broccoli, Carrot, Sesame, Green Onion, Teriyaki Sauce
- **Korean Beef Bowl**- brown rice, cucumber, broccoli, shredded carrot, kimchi, green onion, pickled onion gogijang mayo, kimchi
- **Veggie Tempeh Bowl-** Rice, bulgogi style tempeh, cucumber, broccoli, shredded carrot, green onion, pickled onion

Boxed Lunches: $20 per person

Please note minimums quantities may apply. Contact us for more info.

Includes your choice of sandwich, side salad or soup, and dessert.

Sandwiches

- **Roast Beef Sandwich** with Havarti, Heritage Mix, Red Onion, Horseradish Aioli on a Ciabatta
- **Muffaletta -**mortadella and salami, provolone, arugula, olive and veggie spread on focaccia
- **Turkey Club Sandwich-** bacon, ranch, romaine, tomato and cheddar on ciabatta bun
- **Grilled Chicken Wrap-** Chipotle, romaine, cheddar, tomato on a whole wheat wrap
- **Roasted Veggie Sandwich-** Pesto Goat Cheese, Roasted Peppers, Eggplant, zucchini, red onion

Side Salads:

- **Fall Salad:** Apple**,** Candied Pecans, Cheddar, Heritage Mix and Honey Mustard Dressing
- **Garden Salad:** With carrot, tomato, red onion, cucumber, and honey Dijon vinaigrette
- **Ceasar Salad:** Sourdough crouton, bacon, shaved parmesan, creamy Caesar dressing

Side Soup:

- Maple Butternut
- Minestrone
- Broccoli Cheddar
- Creamy Tomato

Desserts:

- Cookies
- Fresh Fruit Cup

Available Add-on Drinks: $2 per person

- Bubbly
- Bottled Water
- Cola
- Diet Cola
- Ginger ale
- Iced tea

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Boxed Breakfasts: $16 per person

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- **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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Buffet Breakfasts

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

Light Continental Breakfast: $20 per person

- Egg Bites
- Yogurt parfait station
- Banana bread
- Oatmeal Station
- Fruit tray
- Pastries
- Coffee/tea/
- Fresh pressed juice

Hot Breakfast Buffet: $25 per person

- Scrambled Eggs
- Bacon or Turkey bacon
- Hashbrowns
- Pancakes
- Fresh Fruit
- Greek Yogurt
- Coffee/Tea
- Fresh Pressed Juices

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Buffet Lunches and Dinners: Prices listed per person

Pricing reflects drop off only, serving staff available for additional fees.
Minimum order size may apply. 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
- **Sautee Kale:** $6
- **Coleslaw:** $4

Salads

- **Caesar: $5.50**
- **Garden:** $5
- **Fall Harvest:** $5
- **Superfood:** $5

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Platters

Fruit Platters

- **Small mixed platter:** 10 – 15 servings, $45 each
- **Large mixed platter:** 25 – 30 servings, $80 each

Vegetable Platters

- **Small mixed platter with dip:** 10 – 15 servings, $35 each
- **Large mixed platter with dip:** 25 – 30 servings, $50 each

Sandwich Platters

- **Small mixed platter:** 10 – 12 servings, $68 each
- **Medium mixed platter:** 15 – 20 servings, $99 each
- **Large mixed platter:** 25 – 30 servings, $120 each

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Appetizers: Prices listed per person

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Hot

- **Mac and Cheese:** Original $4 topped with Pulled Pork $5 topped with Braised Beef, $6
- **Sliders**: Pulled Pork, Beef with Aged Cheddar and Jalapeño, Turkey with Cranberry and Brie, or Jerk Chicken with Pineapple Jalapeño, $5
- **Gourmet Grilled Cheese:** Original, Caramelized Onion with Bacon and Cheddar, or Mushroom and Fontina Cheese, $4
- **Nachos and Queso** $4
- **Chicken Satays** $5
- **Tacos:** Braised Beef, Chicken Tinga or Fish, $5
- **Veggie Spring Roll** $5
- **Flatbread Pizza:** Margherita $4, Bruschetta $4, or Prosciutto, $5
- **Beef Tallow Poutine:** $5
- **Smoked Salmon on a Crostini**: $5
- **Mushroom Duxelle Pastry:** $5
- **Bruschetta:** $4

Cold

- **Small Charcuterie Cups** $10
- **Bocconcini Skewers** $4
- **Bruschetta** $4
- **Veggie Cold Roll $**4
- **Smoked Salmon on a Crostini $**5
- **Mini Sandwiches:** Roast Beef, Turkey, or Carved Ham $5
- **Salad Shooter Cups:** Greek, Pasta, Couscous, or Caesar $3

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Charcuterie

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

Charcuterie Cups, Boxes, Boards and Tables

- **Small Charcuterie Box:** $65, serves 4-6
- **Large Charcuterie Box:** $120, serves 8-10
- **Small Charcuterie Cups**: $10
- **Large Charcuterie Cups:** $15

"Grazing Tables" and Large Event Charcuterie Boards available!
Contact us to discuss and get a quotation

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