



READY-TO-ORDER  
MEAL MENU 2022



# LUNCH MENU

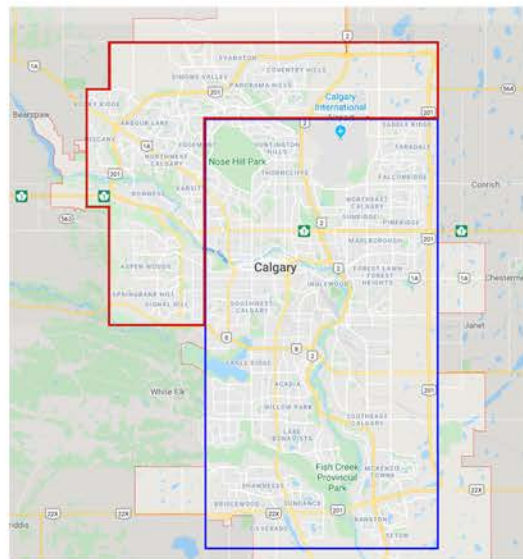
## PICK UP & DROP OFF DELIVERY SERVICE:

Pick up at our kitchen located at #4, 5329 72 Ave SE is available for no charge. Pick up is available between 8am - 4pm, Monday through Friday and 10am - 12pm on Saturdays.

Drop off delivery service is available for all orders of \$200 or more, within Calgary city limits:

- Within 10km of our kitchen = \$15
- \*locations inside **blue** border are \$20
- \*locations inside **red** border = \$30

Delivery service is available between 8am - 4pm, Monday through Friday. We cannot guarantee an exact delivery time and therefore request a window of 30 minutes time for your delivery.



## EXTRAS:

### COFFEE SERVICE

- Includes: cream, sugar, disposable hot cups & stir sticks
- provided in 12cup disposable insulated containers

**\$30/dzn**

### TEA SERVICE

- Includes: premium tea bags, cream, sugar, disposable hot cups & stir sticks
- hot water provided in 12cup disposable insulated containers

**\$30/dzn**

COMPOSTABLE PLATES & INDIVIDUAL CUTLERY PACKS (fork, knife, spoon, napkin, salt & pepper)

**\$0.75/person**

DISPOSABLE SERVING TONGS (recommended for platters)

**\$2.50**

DISPOSABLE HOT LUNCH SERVING SPATULA

**\$4**

BOTTLED WATER

**\$1.50**

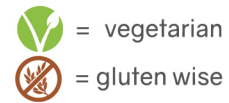
ASSORTED POP / JUICE

**\$2.50**

SAN PELLEGRINO SPARKLING WATER

**\$3**

# LUNCH MENU



\*MIN ORDER OF 8

## BASIC LUNCH BOX

Each box includes a fresh, artisanal sandwich on housemade bun, a small side salad and a pop

**\$12.50ea**

GLUTEN WISE  AVAILABLE - ADD \$2


## SIGNATURE LUNCH BOX

Each box includes a fresh, artisanal sandwich on housemade bun, a small side salad and a mini dessert

**\$15.50ea**

GLUTEN WISE  AVAILABLE - ADD \$2

### Sandwich options:

- THE VEGGIE:  roast vegetables, brie cheese, pesto aioli, lettuce & tomato
- CHICKEN CLUB: roast chicken, smoked bacon, vine-ripened tomato, pesto aioli and lettuce
- HAM & CHEESE: smoked ham, monterey jack & cheddar cheese, dijonaise, lettuce and tomato
- ROAST BEEF: roast beef, caramelized onions, horseradish mayo, cheddar cheese, lettuce and tomato
- THE DELI: salami, calabrese & capicola, provolone cheese, roasted garlic aioli, lettuce and tomato

### Salad options: (\*1 salad type per 6 boxes)

- MIXED GREENS  
- CAESAR
- POTATO
- PASTA



## PREMIUM LUNCH BOX \*MIN ORDER OF 12 & MIN 6 PER SANDWICH SELECTION

Each box includes a fresh, artisanal, premium sandwich on housemade bun, a small side salad and a mini dessert

### Sandwich options:

- SPICY SESAME CHICKEN: ginger, garlic and lemongrass marinated chicken, lime and honey infused shredded carrot and red cabbage, Thai chili mayo
- SMOKED MEAT: house cured meats, pickles, dijon mustard, provolone, smoked paprika mayo
- CUBANO: roasted pork, maple glazed ham, swiss cheese, pickles and grainy dijon aioli
- ALBACORE TUNA: tuna, roasted red peppers, asiago cheese, mixed greens and creamy caesar
- SMOKED TURKEY: sliced roma tomato, mixed greens, red onion and grainy mustard mayo

### Salad options: (\*1 salad type per 6 boxes)

- MIXED GREENS  
- CAESAR
- POTATO
- PASTA

**\$19ea**

GLUTEN WISE  AVAILABLE - ADD \$2

# LUNCH MENU



= vegetarian



= gluten wise

## LUNCH BOWL \*MIN ORDER OF 8 PER SELECTION

fresh bowl options:

- FIESTA: tomato, avocado, radish, corn, black beans, lime, rice, creamy chipotle lime dressing
- THAI QUINOA: steamed quinoa, carrots, scallions, cilantro, chopped peanuts, coconut chili lime dressing
- KETO BOWL: baby kale, broccoli & cauliflower, zucchini, spiced chickpeas, peppers, yogurt lemon dill dressing
- MEDITERRANEAN: tomatoes, cucumber, grated carrots, fresh mint, chickpeas, lemon tahini dressing

**\$11.50ea**

ADD-ONS:

- SALMON **+6**
- GARLIC SHRIMP **+4**
- BOILED EGG **+2**
- TOFU **+4**
- GRILLED CHICKEN **+5**

## MIX & MATCH:

### SIGNATURE SANDWICH \*MIN ORDER OF 10

Sandwich options: (See page 1) - available plattered or individually packaged

**\$9ea** | GLUTEN WISE AVAILABLE - ADD \$1

### PREMIUM SANDWICH \*MIN ORDER OF 12 & MIN 6 PER SELECTION

Sandwich options: (See page 1) - available plattered or individually packaged

**\$12ea** | GLUTEN WISE AVAILABLE - ADD \$1

### SOUP \*MIN ORDER OF 10 PER SELECTION

Soup options:

- ROAST CARROT & GINGER
- TOMATO BASIL
- CURRY COCONUT BUTTERNUT SQUASH
- CREAM OF MUSHROOM
- HEARTY CHICKEN VEGETABLE
- FEATURED SOUP OF THE WEEK

**\$4ea** SM CUP

**\$8ea** LG CUP (\*served with housemade bread)

### SALAD \*MIN ORDER OF 6 PER SELECTION

Salad options:

- MIXED GREENS / CAESAR / POTATO / PASTA

**\$3.50ea** SM CUP

WHIPPT KITCHEN

*www.whippt.ca*



# HOT MENU



= vegetarian



= gluten wise

**HOT MEALS** can be provided hot & ready to enjoy, or cooled with reheating instructions

\*all meals are provided in disposable pan(s)

## CHEF'S LASAGNE

can be prepared vegetarian upon request / served with housemade garlic focaccia

- MEDIUM PAN (SERVES 12-15ppl)

- LARGE PAN (SERVES 18-24ppl)

MED 195 | LG 300 | INDIV 15 \*MIN ORDER OF 12

## ROAST CHICKEN POT PIE

cheddar biscuit crust, herb roasted chicken, red potatoes, peas, mushrooms and white wine gravy

- MEDIUM PAN (SERVES 15-18ppl)

- LARGE PAN (SERVES 24-30ppl)

MED 215 | LG 300 | INDIV 16 \*MIN ORDER OF 12

## SHEPHERD'S PIE

slow cooked sirloin, spring vegetables, cheesy Whippt potatoes and red wine gravy

- MEDIUM PAN (SERVES 15-18ppl)

- LARGE PAN (SERVES 24-30ppl)

MED 215 | LG 300 | INDIV 16 \*MIN ORDER OF 12

## PENNE ALFREDO

penne, parmesan cream sauce, double smoked bacon

- MEDIUM PAN (SERVES 15-18ppl)

- LARGE PAN (SERVES 24-30ppl)

MED 180 | LG 260 | INDIV 14 \*MIN ORDER OF 12

## 5 CHEESE MACARONI WITH DOUBLE SMOKED BACON

white cheddar, monterey jack, mozzarella, provolone, grana padano, Alberta double smoked bacon

- MEDIUM PAN (SERVES 15-18ppl)

- LARGE PAN (SERVES 24-30ppl)

MED 180 | LG 260 | INDIV 14 \*MIN ORDER OF 12

## BBQ MEATLOAF

cheddar cheese, broccoli, Whippt potatoes, bbq ketchup and butter pickles

INDIV 16 \*MIN ORDER OF 12

## PULLED PORK BURRITO BOWL

cumin, chili rice, cheddar cheese, paprika corn chips, julienne vegetables, corn, salsa verde, black bean and lime vinaigrette

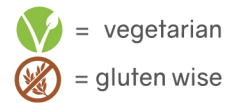
INDIV 16 \*MIN ORDER OF 12

## PEROGIES AND BRATWURST

caramelized onion, green onion, Alberta bacon and sour cream

INDIV 16 \*MIN ORDER OF 12

# PARTY PLATTER MENU



= vegetarian



= gluten wise

**PLATTERS:** \*SIZES & SERVINGS: SM 10ppl | MED 20ppl | LG 30ppl

## ASSORTED ARTISAN SANDWICH

- sandwiches are halved on platter. 2 halves per person

9/PERSON (Custom quantities over 10 are welcome. Gluten wise sandwiches available +1)

## ASSORTED WRAP

9/PERSON (Custom quantities over 10 are welcome. Gluten wise wraps not available)

## ASSORTED MIXED SANDWICH & WRAP

9/PERSON (Custom quantities over 10 are welcome)

## MARKET FRESH VEGETABLE

- seasonal fresh vegetables served with assorted dip

SM 45 | MED 70 | LG 100

## MARKET FRESH FRUIT

- seasonal fresh fruit including an assortment of berries, melons and grapes

SM 50 | MED 90 | LG 130

## CHARCUTERIE

- chorizo, salami, prosciutto, spicy capicola, pate, gherkins, assorted olives,  
pickled onion, grainy mustard and rosemary flatbread

SM 80 | MED 130 | LG 180

## ASSORTED CHEESE

- not limited to: havarti, sharp white cheddar, roquefort, brie & fromage de chevre,  
with assorted compotes, nuts and fresh housemade bread

SM 75 | MED 125 | LG 175

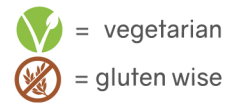
## MEDITERRANEAN DIP

- roasted garlic hummus, tzatziki and roma tomato bruschetta, served with naan and flatbreads

MED 120 | LG 170



# PARTY PLATTER MENU



**PLATTERS:** \*SIZES & SERVINGS: SM 10ppl | MED 20ppl | LG 30ppl

## ANTIPASTI

- grilled vegetables, olives, artichoke hearts, italian meats and bocconcini cheese, served with housemade focaccia bread

MED 125 | LG 175

## THE GRAZE

- mixed charcuterie, cheese and antipasti

MED 130 | LG 180

## ASSORTED MINI DESSERT

SM 50 | MED 75 | LG 100

## ASSORTED COOKIE

SM 28 | MED 50 | LG 70

## FAMILY STYLE SALAD

- mixed greens   / caesar / potato / pasta

4.25/PERSON (Min 12 per salad type. Custom quantities over 12 are welcome)

PLATTERS 5 / REAL FOOD / HANDCRAFTED

CATERING@WHIPPT.CA



WHIPPT KITCHEN  
*www.whippt.ca*