

CONTINENTAL BREAKFAST

EXECUTIVE CONTINENTAL

muffin, bagel, cream cheese, jam, butter, yogurt & sliced fruit (serves 1)

CEO CONTINENTAL

muffin, croissant, bagel, cream cheese, jam, butter, smoken salmon, hard boil egg & prosciutto, jam & butter (serves 1)

ATLANTIC CONTINENTAL

cereal, bagel, sliced fruit, yogurt & milk (serves 1)

KIDS MINI CONTINENTAL

Cheesy scrambled eggs with hash browns and choice of bacon, ham or sausage
(all kids meals served with juice box & fruit snack)

BREAKFAST TRAYS (serves 1-2)

LOX & BAGEL

fresh lox served with bagels, cream cheese, chopped onions, capers, lemon wedges & crackers

TRADITIONAL BREAKFAST

assorted bagels (2), muffins (2), croissants (2), danishes (2) presented on tray with cream cheese, jam & butter

FRESH FRUIT

assortment of fresh sliced fruit & cheese served with yogurt dip



HOT BREAKFAST

(all hot breakfast items served with bagel, cream cheese, hash browns)

OMELETTE

choice of cheese, ham, vegetable, western or your own creation

BREAKFAST BURRITO

scrambled eggs, cheese, peppers, onions served with salsa & sour cream

BREAKFAST SANDWICH

choice of bagel, english muffin or croissant layered with eggs, cheese & your choice of ham, sausage or bacon

NEWFIE SCRAMBLER

marinated steak, bologna, scrambled eggs & cheese

BACON & EGGS

QUICHE OF THE MORNING



SALADS

(side or entree portion, add chicken or shrimp)

CHEF

lettuce, hard boiled-egg, bacon, ham, turkey & cheese served with ranch dressing

GARDEN

assortment of garden vegetables served with balsamic oil & vinaigrette dressing

CAESAR

lettuce, bacon, croutons, parmesan cheese & dressing

GREEK

lettuce, olives, tomato, cucumber, red onion, peppers & feta cheese with balsamic vinaigrette

SEAFOOD

crab meat, shrimp, scallops, hard boiled eggs on bed of lettuce & assorted vegetables

STRAWBERRY SPINACH

spinach, strawberries & red onion served with raspberry vinaigrette

PASTA

your choice of traditional, greek or seafood



Catering Menu

St John's FBO



APPETIZERS

FRESH FRUIT

selection of seasonal fresh fruit accompanied by yogurt dip (serves 4)

ANTI-PASTO

cheese, salami, olives, artichoke hearts, sundried tomato, roasted red peppers, prosciutto & flat breads (serves 4)

CRUDITÉS

fresh assortment of vegetables accompanied by our homemade dip

SOUTH OF THE BORDER DIP

combinations of salsa, sour cream, jalapeno peppers served with tortilla chips



Catering Menu

St John's FBO



EXECUTIVE BOX LUNCH

Each box lunch contains salad, sandwich, dessert, utensils, condiments & wet nap

STANDARD BOX LUNCH

Choice of breads: ciabatta, croissant, whole wheat, multigrain, foccacia & white

Choice of fillings: black forest ham, roast beef, honey roasted turkey, herbed chicked breast, montreal smoked meat, cajun chicken break, chicken salad (add curry for some extra spice), havarti, swiss, cheddar, or mozza cheese and a wide variety of vegetables.

GRILLED VEGETABLE SANDWICH

zucchini, roast red peppers, sundried tomato & mushroom served on ciabatta

FAJITA WRAP

grilled chicken, red & green peppers, onion, cheese & salsa in flour tortilla

VEGETARIAN WRAP

zucchini, roast red peppers, sundried tomato & mushroom served on flour tortilla

CHICKEN CAESAR WRAP

grilled chicken, lettuce, bacon, parmesan cheese & dressing

ASSORTED DELI WRAPS

choice of fillings as above in standard box lunch

ADD ONS

FRESH WHOLE FRUIT, YOGURT, CHEESE



ENTRÉES

(our tastefully prepared entrees are served with chefs choice of one side as well as a garden salad, dinner roll, butter & dessert)

NL SAVOURY STUFFED CHICKEN BREAST

ATLANTIC SALMON

OVEN ROASTED TURKEY

SLOW ROASTED BEEF

GLAZED PORK LOIN

PRIME RIB OR BEEF

SESAME BEEF

TAI PORK

CHICKEN ALFREDO

BOW TIE PASTA WITH PORTOBELLO MUSHROOMS

LASAGNA (MEAT OR VEGETABLE)

GRILLED SKEWERS (SEAFOOD, CHICKEN, BEEF OR VEGETABLE)



TRAYS AND APPETIZERS

SANDWICH

assortment of deli sandwiches on variety of bread & garnished with crudités (1 per person)

DELUXE SANDWICH

assortment of fresh roast meats on artisan breads & garnished with crudités (1.5 per person)

DELI STYLE (make your own serves 4)

generous selection of sliced deli meats, cheese, breads & crudités for your own personal sandwich creation

CHEESE AND CRACKER

a selection of domestic & imported cheese served with an assortment of crackers & flat breads (serves 4)

FRESH FRUIT

selection of seasonal fresh fruit accompanied by yogurt dip (serves 4)

ANTI-PASTO

cheese, salami, olives, artichoke hearts, sundried tomato, roasted red peppers, prosciutto & flat breads (serves 4)

CRUDITES

fresh assortment of vegetables accompanied by our homemade dip (serves 4)

SOUTH OF THE BORDER DIP

combination of salsa, sour cream, jalopeno peppers served with tortilla chips



TRAYS AND APPETIZERS

FRUIT BASKET

selection of fresh whole fruit (8-10 pieces)

SHRIMP

jumbo shrimp served with cocktail sauce & lemon wedges (serves 4)

SEAFOOD CREATIONS

crab salad, smoked salmon, shrimp, scallops also available in season lobster tail & crab claws served with cocktail sauce, lemon wedges & crackers (serves 4)

WARM ASSORTED APPETIZERS

cod tongues, phyllo pastry, meat balls, mini quiche, mini satays, bacon wrapped scallops & coconut shrimp (3 per person)

COLD ASSORTED APPETIZERS

shrimp, canapés, prosciutto wrapped melon, smoked salmon & stuffed mushrooms (3 per person)

COOKIE & BROWNIE

(1 cookie & 1 brownie per person)

GOURMET DESSERT

chefs choice of individual gourmet dessert (1 per person)

