

In recognition of our commitment to providing healthier options to our clients, Lakeside Bakery has become a Meet Smart certified caterer. This Meet Smart designation means that we offer affordable, healthy menu options for all meals and refreshment breaks.

catering



Using only the finest meats, and cheeses from around the world, our deli platters are made to order. Let us cater your next

Meet Smart Snack



Option #1

(10 - 20 ppl)

Option #2

(20 - 30 ppl)

Option #3

(30 - 40 ppl)

(10 - 20 ppl)

The Nibble

1 Regular

Perfectly cubed oven roasted turkey and cooked european ham along with assorted



1 Regular

Assorted fresh crisp seasonal vegetables served with a creamy onion dip.



Fruit Platter 1 Regular

Assorted fresh seasonal fruits garnished with grapes.

\$9.99



The Nibbler

1 Large

Perfectly cubed oven roasted turkey and cooked european ham along with assorted



croutons. Dressings: Oil & Vinegar Greek Vinaigrette Italian

Salad Bowl

1 Large Crisp romaine lettuce served with tomato, red onion,

cucumber with side of

Veggie Platter 1 Large

Assorted fresh crisp seasonal vegetables served with a creamy onion dip.



Fruit Platter 1 Large

Assorted fresh seasonal fruits garnished with grapes

\$11.00 per person



cheeses.

The Nibbler

1 X Large & 1 Regular Perfectly cubed oven roasted turkey and cooked european ham along with assorted



Salad Bowl

1 Large

Crisp romaine lettuce served with tomato, red onion, cucumber with side of croutons.

Dressings:

Oil & Vinegar Greek Vinaigrette Italian



Veggie Platter 1 XLg & 1 Reg

Assorted fresh crisp seasonal vegetables served with a creamy onion dip.



Fruit Platter

1 XLg & 1 Reg

Assorted fresh crisp seasonal vegetables served with a creamy onion dip.

\$13.00 per person

Meet Smart Meal



Sandwich / Wrap Platter

1 Regular

Perfectly assembled oven roasted turkey & cooked european ham topped with cheese lettuce, tomato, on whole wheat or multi-grain soft buns or whole wheat wraps



Veggie Platter 1 Regular

Assorted fresh crisp seasonal vegetables served with a creamy onion dip.



1 Regular

Assorted fresh crisp seasonal vegetables served with a creamy onion dip.

\$9.99 per person



Sandwich/Wrap Platter

1 X Large & 1 Regular

Perfectly assembled oven roasted turkey & cooked european ham topped with cheese lettuce, tomato, on whole wheat or multi-grain cucumber with side of soft buns or whole wheat wraps.



Salad Bowl

1 Large

Crisp romaine lettuce served with tomato red onion,

croutons. Dressings Oil & Vinegar

Greek Vinaigrette

creamy onion dip.

vegetables served with a

Veggie Platte

1 Large Assorted fresh crisp seasonal

Assorted fresh crisp seasonal vegetables served with a

creamy onion dip.

Fruit Platte 1 Large

> \$12.00 per person

(20 - 30 ppl)

Option #2

Sandwich/Wrap Platter

1 X Large & 1 Regular

Perfectly assembled oven roasted turkey & cooked european ham topped with cheese lettuce, tomato, on whole wheat or multi-grain Dressings: soft buns or whole wheat wraps.



Salad Bowl

Veggie Platter 1 X Large

Crisp romaine lettuce served with tomato, red Assorted fresh crisp seasonal vegetables served with a creamy onion dip.

Option #3 (30 - 40 ppl)

Fruit Platter

1 X Large & 1 Large

Assorted fresh crisp seasonal vegetables served with a creamy onion dip.



1 Large

onion, cucumber with side of croutons.

Oil & Vinegar Greek Vinaigrette

\$14.00 per person





Antipasto Platter

Roasted red peppers, artichoke hearts, grilled eggplants, and gourmet olives tastefully arranged.

Meet Smart Breakfast

Choice #1 Two (2)Eggs / Veggie Omelette / Yogurt Parfait

(eggs any style / mushroom, onion, pepper, cheese / vanilla greek yogurt, 5 grain hazelnut honey granola, mixed berries Choice #2 Side of Fruit Cup / Side of Raw Veggies

(4oz cup fresh fruit / 4oz cup tomato and cucumbers) Choice #3 Side of Toast / Side of Mini Muffin

(Choice of whole wheat, multigrain or rye bread / lemon or carrot muffin)

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10.95

Meet Smart Lunch

Soups & Salads

Signature Soup & 1/2 Sandwich Combo

\$8.25

Soup Options: Chicken Noodle, Roasted Red Pepper, Signatuare Tomato

Sandwich Options: Oven Roasted Turkey, Roast Beef, Egg Salad, or Tuna Salad topped with cheese, lettuce, and tomato

Homemade Chili

\$7.25

Our signature chill is made with lean ground beef, onion, green peppers, tomatoes, kidney beans, housing seasonings served with whole wheat garlic bread.

Asian Ginger Salad

Reg \$5.75

Lg \$7.50

Spring mix salad, toasted almonds, sesame seeds, chow mein noodles, green onions, cucumber, carrots, and red pepper, croutons tossed in a citrus ginger sesame dressing.

Reg \$6.50 Lg \$8.25 Crisp greens, cooked curopen ham, oven roasted turkey, cheddar and swiss cheese, hard boiled egg, tomato, cucumber, and green onion, croutons served with dressing of your choice. Greek

Vinaigrette, Italian, or Oil & Vinegar.

Lg \$10.75 Reg \$8.95 Garden Salad Crisp romaine lettuce served with tomato, red onion, cucumber, grilled chicken, and croutons. Salad Dressings: Greek Vinaigrette, Oil & Vinegar.

Reg \$9.95 Lg \$11.50 **Greek Salad**

Crisp romaine lettuce, feta, kalamata olives, tomato, red onion, cucumber, grilled chicken, and croutons served with greek dressing

Reg \$6.50 Spring Mix Salad Lg \$8.25

Spring green mix, strawberry, grapes, mandarin oranges, cranberries, hazelnuts, green onion, red pepper, tomato, red onion and croutons tossed na lemon ginger vinaigrette.

Sandwiches

Grilled Chicken Ciabatta \$8.55

Grilled chicken breast on a fresh ciabatta bun, and topped with grilled peppers, grilled onions, and mushrooms. Side of coleslaw.

Pulled Pork Panini \$8.25

Slow roasted sweet barbequed pork with melted mozzarella served on our fresh baked ciabatta bun, and served with a side of coleslaw.

Warm Florentine Wrap

Whole wheat or white tortilla topped with spinach dip, fresh tomatoes, mushrooms, and cheddar. Side Multisub Turkey Delight \$8.25

Oven roasted turkey, swiss cheese, roasted red pepper, and cucumber on a fresh baked multigrain sub with a layer of our homemade pesto mayo. Side of coleslaw

Veggie Panini

Our fresh baked panini's served with roasted red pepper, pesto and brie cheese. Side of coleslaw.

Philly Beef Ciabatta \$8.95

Freshly sliced roast beef served on a fresh baked ciabatta bun topped with grilled dpeppes, onions mushroom, and havarti cheese. Side of coleslaw.

Vegetarian Ciabatta

Our fresh baked ciabatta served with roasted red peppers. mushrooms, onions havarti cheese, and Lakeside's special sauce. Side of coleslaw.

Beverages

Coffee OR Tea (regular, decaf, or herbal teas)

Sm \$1.45

Med \$1.95

Lg \$2.10

PRICES SUBJECT TO CHANGE



In recognition of our commitment to providing healthier options to our clients, Lakeside Bakery has become a Meet Smart certified caterer. This Meet Smart designation means that we offer affordable, healthy menu options for all meals and refreshment breaks.

Meet Smart menu options are well-balanced and include fresh, wholesome foods that promote good health, including:

- A selection of vegetables or fruit.
- Leaner protein options, including lean meats, fish, and legumes.
- Whole grains for at least half of the grain choices.
- Foods that contain minimal added sugar, salt, or unhealthy fats.

Look for the Meet Smart logo to identify menu options that meet these criteria.

Many other menu options can be customized into Meet Smart options upon request.

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Many other menu options can be customized into Meet Smart options upon request.

Please inquire for more details.

The Meet Smart catering designation program is offered by Go for Health

in collaboration with the Windsor-Essex County Health Unit.

For more information on this program call 519-258-2146 ext. 3100.