

# BREAKFAST MENU

Let us make your entertaining pleasurable and memorable.  
G.F. | Gluten-free, V | Vegan

Banana french toast, cinnamon-pecan syrup 10

Buttermilk pancakes 10

Sausage and broccoli rabe frittata G.F 10

Egg n' cheese sandwich, aged cheddar, tomato sauce 10

Potato latkes, smoked salmon, chive crème fraiche 12  
add fried egg 3

Breakfast tacos 12

Scrambled eggs, bacon and hash browns 12

Winter salad, pear, apple, dates, oranges G.F 4

## Quick + Healthy

Chocolate-coconut date bars 3.95

Power balls, pepitas, cranberries, peanut butter, honey G.F. 3.95

Oatmeal blueberry breakfast bars G.F + V. 3.95

Blueberry granola parfait 5

Apple crunch chia parfait 5



# BREAKFAST MENU

Let us make your entertaining pleasurable and memorable.  
G.F. | Gluten-free

## Pâtisserie

5 | 2 per person

sweet and savoury scones

seasonal muffins

mini montréal bagels, plain and savoury cream cheese

honey, bacon, apricot corn bread

## Breakfast Sides

bacon or sausage G.F 3

maple molasses baked beans G.F 4

basket of whole seasonal fruit G.F 3

fresh fruit 3

## Beverages

fair trade coffee and organic tea service 3

flavoured sanpellegrino, soft drinks or bottled water 2

## Service Ware

biodegradable service wear available 2

## How we work.

All prices are based per person. Minimums may apply.

All food is prepared with local and organic ingredients when possible.

Please advise us of any dietary concerns and we will strive to accommodate.

All orders require a minimum of **48 hours** notice.

Please ask about service, platters, dishes and linen rentals.

To order: [zest@zestforfood.com](mailto:zest@zestforfood.com)



**zest**