



## Continental breakfast ideas

**made from scratch muffins** \$2.50  
three varieties baked fresh daily

**cranberry-almond muffin** \$3  
*gluten-free muffin* **GFR**

**fresh baked scones** \$3.50  
Sweet William's Ham & Swiss Cheese;  
Roasted Garlic, Feta & Dill;  
OR Dried Fruit

**petite muffins** \$2.50 pp / **GFR \$3 pp**  
fresh baked bite size muffins (*3 pieces per person*)

**breakfast bites** \$2.50 pp  
muffins, sweet potato aged cheddar &  
bacon bites, & baby scones (*3 pieces per person*)

**health nut cookies** \$2.25 each **NEW**  
not sweet and packed with protein,  
whole grains, nuts and seeds

**granola, yogurt & fruit cup** \$3.50 ea  
individual cups served with house-made granola,  
plain yogurt, fruit

**fresh fruit platter**  
small \$30; medium \$45; large \$65

**cheese platters** **GFR**  
served with a variety of crackers and breads

**Canadian & International**  
small \$45 medium \$65 large \$85

**Nova Scotia**  
small \$60 medium \$80 large \$105

**Fruit & Cheese Combination Plates** **GFR**  
small \$40; medium \$55; large \$75

**breakfast sandwich** \$6.50 pp  
a make your own buffet of buttermilk biscuits, sliced  
hard boiled eggs, Sweet William's ham, roast beef,  
aged white cheddar, with jam and chili remolade

add NS smoked salmon, cream cheese \$2.00 pp

**don't hesitate to ask us about hot  
breakfasts for groups of 10 or more**

## beverages

**fair trade organic 'common blend' coffee**

small urn (*10 cups*) \$20  
large urn (*16 cups*) \$30

**assorted herbal & black tea**

small urn (*10 cups*) \$20  
large urn (*16 cups*) \$30

**hot chocolate** \$3.25 ea  
made with real Belgian chocolate  
served with house-made marshmallows

**juice** \$1.75 ea  
apple, cranberry and orange

**real smoothie** **GFR** \$3 ea  
9oz cup of real fruit, real yogurt, real fruit  
juice, and a touch of Nova Scotia honey

**apple cider** \$2.75 ea  
hot spiced Nova Scotia cider

**GFR = gluten free recipe    GFRO = gluten-free recipe option available-please ask**  
**V = vegan    VO = vegan option available-please ask**

***We use nuts and wheat flours in our kitchen.***

*Menu subject to seasonal & market availability. Prices are subject to change without notice*

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