



## 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** \$2.75 each  
not sweet and packed with protein,  
whole grains, nuts and seeds

**vegan power cookies** \$3 each **V, Dairy Free, GFR**  
banana, coconut, sunflower seeds, gluten free oats,  
quinoa

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

**fresh fruit platter**  
small \$35; medium \$45; large \$65

**cheese platters** **GFR**  
served with a variety of crackers and breads  
small \$45 medium \$65 large \$85

**breakfast sandwich** \$7.50 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 honey-mustard aioli  
**add NS smoked salmon, cream cheese \$2.50 pp**

## hot breakfast (minimum of 10 people)

**Frittata Breakfast Package** \$15 pp **GFR**  
Ham & Swiss OR Roasted Vegetable & Feta;  
Sausage OR Bacon; Home-fried potatoes

**French Toast** \$15 pp  
Pecan-Sweet Potato French Toast Casserole with Maple  
Syrup; Bacon OR Sausage and a fresh fruit platter

**Hot and Hearty Breakfast Sandwich** \$7.50 pp  
4" Flaky Homemade Buttermilk Biscuit with Egg,  
Cheddar, Local Smoked Ham, and Honey Mustard.

*Go Veggie and substitute roasted sweet potato  
for the ham*

## 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

**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

**GFR = gluten free recipe**    **GFR** = 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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