



sandwiches

*served on our own organic sourdough & multigrain breads \$8 ea
~ Gluten free breads available by special request ~*

house roasted beef

with horseradish mayo, onion marmalade, aged white cheddar

chicken salad

with free range NS chicken, pecans, apple, celery, blue cheese, greens

turkey salad

with free-range Nova Scotia turkey, dried cranberries, green onion, celery, sage, thyme, greens

tuna salad

With red onion, celery, capers, sundried tomatoes, tabasco, dill, cucumber

Sweet William's smoked ham

Swiss cheese, honey mustard mayonnaise

Nova Scotia smoked salmon

with capers, greens, lemon-herbed cream cheese

egg salad

with free-range eggs, freshly squeezed lemon juice, aioli, poppy seeds, celery, green onion, dill pickle, spinach

avocado

with feta cheese and pine nut spread, cucumber and sprouts

chickpea **V**

with ginger and Asian seasonings, cucumber, pickled carrot, and daikon radish

lobster rolls

Classic lobster salad on housemade Challah rolls
(Small: \$12 Large: \$14)

Salads

*\$5.00 per person as a side serving
(** available as individually packaged main serving for \$7)*

the Chef's garden salad **** GF, V**

Fresh greens, crisp colourful julienned vegetables, candied pumpkin seeds, honey balsamic dressing

kale and quinoa salad **** GF**

w/ kale, quinoa, toasted pumpkin seeds, orange segments, goat cheese and citrus vinaigrette

Mediterranean salad **** GF**

with romaine lettuce, tomatoes, cucumbers, black olives, feta, lemon oregano vinaigrette

baby spinach salad **** GF**

candied walnuts, caramelized shallots, Ran-Cher Acres goat cheese, lemon poppy seed dressing

crunchy Asian cabbage salad **** GF**

with carrot, nappa cabbage, red peppers, red cabbage, cashews & a spicy sesame dressing

quinoa tabouleh **GF, V**

red & white quinoa, tomato, parsley, mint, lemon vinaigrette

Mexican bean salad **GF**

with chickpeas, white beans, black beans, corn, chipotles

orzo & chickpea salad

orzo pasta, feta cheese, sundried tomatoes, balsamic vinaigrette

fresh ginger & green pea salad **GF, V**

crisp & colourful; with red bell peppers, cilantro, garlic, scallions, black mustard seed

colourful bell pepper salad **GF, V**

chunks of crisp fresh peppers, cucumber, and cherry tomatoes in a light vinaigrette

GF = gluten free recipe V= vegan

*Menu subject to seasonal & market availability. Prices are subject to change without notice
We use nuts and wheat flours in our kitchen*

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soups and stews

minimum 6 guests

soup of the day always changing (e.g. roasted tomato & white bean, Thai carrot & ginger, butternut squash & apple, spicy sweet potato)	\$5 pp	harvest vegetable quinoa stew GF with tomatoes, zucchinis, red peppers, squash, assorted beans & quinoa	\$6.50 pp
southwestern beef chili GF hearty & spicy	\$6.50 pp	seafood chowder creamy seafood chowder with haddock, sea trout, scallops, lobster, baby clams & bacon	\$7 pp
fresh buttermilk biscuits served with butter balls	\$1.25 ea		

desserts

assorted dessert tray an assortment of our house-made sweets. Selection may include; gluten-free brownies, lemon curd squares, carrot cake with cream cheese icing, maple pecan squares, & assorted cookies (2 pieces per serving)	\$2.50	fresh baked cookies selection may include; old fashioned ginger, chocolate chip, chocolate shortbread with fleur de sel, almond macaroons (GF), chocolate macaroons	\$2.25
cranberry hazelnut biscotti	\$1.75	dark chocolate, sunflower seed and coconut cup V, GF	\$4.00 each

beverages

coffee & tea fair trade organic coffee, assorted tea, herbal tea		cold drinks	
Small Urn (10 cups)	\$20.00	premium sparkling sodas (San Pellegrino sparkling limonata, aranciata, rossa, & Propeller Root Beer, Ginger Beer)	\$2.50
Large Urn (16 cups)	\$30.00	pop and juice (orange, apple, & cranberry juices, Pepsi, Coke, Sprite, 7Up (regular & diet))	\$1.75
		bottled water (600 ml) San Pellegrino sparkling water	\$1.65 \$2.00

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