



## continental breakfast ideas

**made from scratch muffins \*** \$2.95  
full-sized, three varieties baked fresh daily

**cranberry-almond muffin** **GFR** \$3.25  
full-sized, made with ground almonds, not flour!

**petite muffins** \$2.95 pp / **GFR \$3.25 pp**  
fresh baked bite size muffins (*3 pieces per person*)

**assorted breakfast bites** \$3.25 pp  
an assortment of sweet potato breakfast bites  
with bacon, petite muffins, mini fruit scones  
(*3 pieces per person*)

**health nut cookies** \$3.00  
not sweet and packed with protein,  
whole grains, nuts and seeds

**vegan power cookies** \$3.50  
*V, Dairy Free, GFR*  
banana, coconut, sunflower seeds,  
gluten free oats, quinoa

**freshly baked fruit scones \*** \$3

**LF Croissant \*** \$3.50  
from the amazing French bakery next door

**individual breakfast frittata** **GFR** \$4.50  
carb-free but packed with protein. Choose from ham  
and cheese; or roasted veggie and feta

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

**fresh fruit platter**  
xtra small \$30 small \$45; medium \$60; large \$75

**fresh fruit and cheese platters** **GFR**  
served with a variety of crackers and breads  
small \$50 medium \$65 large \$85

\* add butter balls .25 cents each

\* add a jar of homemade jam (250 ml) \$6.50

## hot breakfast (minimum of 10 people)

**Frittata breakfast package** \$15 pp **GFR**  
Individual frittatas (ham and cheese OR  
roasted veggie and feta), bacon OR sausage,  
petite muffins (2 pp), fresh fruit

**Hot and Hearty Breakfast Sandwich** \$7.95 pp  
4" Flaky Homemade Buttermilk Biscuit with Egg,  
Cheddar, local ham, and honey mustard.

*Go Veggie and substitute roasted sweet potato*

## 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**O = 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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