



## Continental breakfast ideas

**made from scratch muffins** \$2.75  
three varieties baked fresh daily

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

**petite muffins** \$2.75 pp / **GFR \$3 pp**  
fresh baked bite size muffins (*3 pieces per person*)

**mini breakfast pastries** \$3.50 pp  
an assortment that may include  
cinnamon buns, sweet potato breakfast bites with bacon,  
petite muffins, apple or blueberry squares,  
mini fruit scones

**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

**individual breakfast frittata** **GFR** \$4 pp  
carb-free but packed with protein. Choose from ham  
and cheese; or roasted veggie and feta

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

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

**cheese platters** **GFR0**  
served with a variety of crackers and breads  
small \$45 medium \$65 large \$85

**DIY breakfast sandwich** \$8.50 pp  
a make your own buffet of buttermilk biscuits, sliced  
hard boiled eggs, local sliced ham (or sub 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)

**baked frittata breakfast package** \$15 pp **GFR**  
Ham & Swiss OR Roasted Vegetable & Feta;  
Served with sausage OR bacon and home-fried potatoes.

**Hot and Hearty Breakfast Sandwich** \$7.50 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**    **GFR0 = 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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