



sandwiches

served on our house-made sourdough and multigrain breads \$8.35 ea
~ *Gluten free* breads available by special request ~

house roasted beef

with horseradish aioli, onion marmalade,
aged white cheddar

chicken wrap

roast chicken breast, lemon mayo, Swiss, lettuce

turkey salad

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

tuna salad

with red onion, celery, capers, sundried tomatoes,
tabasco, dill, mayo, cucumber

local smoked ham

sliced roast smoked ham. Swiss cheese, honey mustard aioli

Nova Scotia smoked salmon

with capers, greens,
lemon-herbed cream cheese

egg salad

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

cheese and chutney

feta, dill and cream cheese spread, English cheddar, fruit
chutney, mixed greens *vegetarian*

Banh Mi *Vegan*

with seasoned tofu, pickled vegetables,
Sriracha 'nayo'naise'

lobster rolls

Classic lobster salad on house made rolls
(\$14 each; minimum of 6)

Salads

Individually packaged salads

The Chef's garden salad ** *GFR, V* \$7.50

fresh greens, crisp colourful julienned vegetables,
candied pumpkin seeds, vinaigrette

kale and quinoa salad ** *GFR* \$7.50

with kale, quinoa, toasted pumpkin seeds,
golden raisins, goat cheese and citrus vinaigrette

Mediterranean salad** *GFR* \$7.50

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

winter salad** *GFR* \$7.50

with greens and arugula, roasted squash,
toasted pecans, dried cranberries,
goat cheese, sherry and shallot vinaigrette

crunchy Asian cabbage salad** *GFR, V* \$7.50

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

brussel sprout and kale *GFR* \$5.25

with pinenuts, parmesan,
lemon, garlic, olive oil

Moroccan lentil salad *GFR, V* \$5.25

with radish, celery, toasted sunflower seeds,
raisins, and a preserved lemon vinaigrette

Italian bean salad *GFR, V* \$5.25

with marinated mushrooms, artichoke heart,
tarragon vinaigrette

quinoa tabouleh *GFR, V* \$5.25

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

orzo & chickpea salad \$5.25

orzo pasta, feta cheese, sundried tomatoes,
white balsamic vinaigrette

*GFR = gluten free recipe GFR0 = gluten-free recipe option available-please ask
V= vegan VO= vegan option available 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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soups & stews

minimum 6 guests

soup of the day delicious, satisfying , thoughtfully prepared soups	\$5 pp	harvest vegetable quinoa stew GFR, V with tomatoes, zucchini, red peppers, squash, assorted beans & quinoa	\$6.50 pp
southwestern beef chili GFR hearty & spicy	\$6.50 pp	seafood chowder creamy seafood chowder with haddock, salmon, scallops, lobster, baby clams & bacon	\$7 pp
fresh buttermilk biscuits served with butter balls	\$1.25 ea		

desserts

dessert tray an assortment of our house-made sweets. Selection may include; gluten-free brownies, lemon curd squares, carrot cake with cream cheese icing, date squares, & assorted cookies (2 bite sized pieces per serving)	\$3.25	fresh baked cookies selection may include; old fashioned ginger, chocolate chip, chocolate shortbread with fleur de sel (2 per serving)	\$2.50
		Dark Chocolate, Coconut & Sesame Cup V, GFR	\$4

beverages

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

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