

Customized Breakfast Box Menu

ADD FRESHLY SQUEEZED
ORANGE JUICE FOR JUST \$2

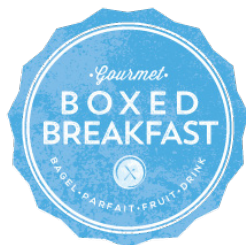


SIGNATURE BOXED BREAKFAST

includes choice of:

- Muffin or Croissant
- Whole Fruit or Yogurt
- Parfait or Fruit Cup
- Water, Juice or V8

\$10

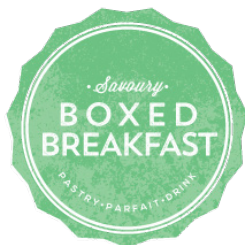


GOURMET BOXED BREAKFAST

includes choice of:

- Bagel or English Muffin
- Whole Fruit or Yogurt
- Parfait or Fruit Cup
- Water, Juice or V8

\$10

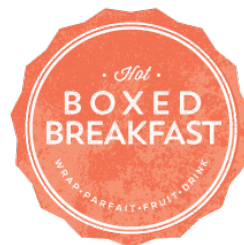


SAVOURY BOXED BREAKFAST

includes choice of:

- Assorted Savoury Pastry
- Parfait or Fruit Cup
- Water, Juice or V8

\$10



HOT BOXED BREAKFAST

includes choice of:

- Wrap Or English Muffin
- Parfait or Fruit Cup
- Whole Fruit or Yogurt
- Water, Juice or V8

\$12

Options

PASTRY:

A variety of fresh baked muffins, croissants and danishes.

BAGELS AND ENGLISH MUFFINS:

A variety of bagels and english muffins served with butter, jam, peanut butter and cream cheese.

SAVOURY PASTRY:

Tomato & olive, spinach & feta or leek & parmesan served in a flaky croissant dough.

HOT BREAKFAST:

Egg white, spinach and tomato or egg and cheese.

Snack Add-Ons Add on a mid-morning snack to hold you over until lunch

GREEK YOGURT

Variety of flavours.

\$2

PARFAIT

Yogurt mixed with berries and granola.

\$4

FRUIT CUP

Seasonal fresh cut fruit

\$4

GRANOLA BARS

Assorted variety of granola Bars

\$2

YCC MARKETPLACE

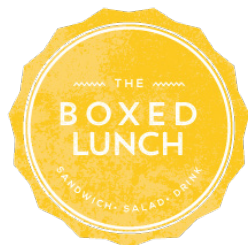
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PLACE YOUR ORDERS ONLINE AT
WWW.MPLACE.CA

Customized Lunch Box Menu

ADD FRESHLY SQUEEZED
ORANGE JUICE FOR JUST \$2



GOURMET BOXED LUNCH

includes choice of:

- Gourmet Sandwich
- Side Salad
- Water, Juice or V8

\$12



GOURMET BOXED SALAD

includes choice of:

- Gourmet Boxed Salad
- Fresh Bun
- Water, Juice or V8
- \$3- Add grilled chicken

\$11



SOUP BOX

includes choice of:

- Soup of the Day
- Half Sandwich
- Side salad
- Water/Juice

\$12



HOT BOXED LUNCH

includes choice of:

- Protein
 - Grain or Potato
 - Vegetables
 - Water/Juice
- (Minimum Order of 10)

\$12-15

Options

GRILLED PANINI OR WRAPS:

- Grilled chicken, pesto, mozzarella, spinach, peppers.
- Tuna, cucumbers, spinach.
- Eggplant, peppers, zucchini, mozzarella.

CROISSANT SANDWICHES:

- Ham, apples, butter, mozzarella cheese
- Tuna, mayo, tomatoes, hard boiled egg
- Turkey, pesto, peppers, mozzarella
- Peppers, olives, feta, olives, lemon, yogurt, olive oil

GOURMET BOXED SALAD:

- Arugula Salad – arugula, avocado, cherry tomatoes, feta, dressing
- Spinach Salad – spinach, dried cranberries, almonds, fresh strawberries, dressing
- Caesar Salad - romaine lettuce, croutons, parmesan cheese, dressing
- Garden Salad – spring mix, olives, tomatoes, cucumber, mix peppers, dressing

SIDE SALAD:

Choose from our large variety of salads
(over 25 salads to choose from).

Hot Boxed Lunch Options

PROTEIN:

Grilled Chicken (\$12), Grilled Fish (\$15), Butter Chicken (\$12), Teriyaki Noodles (\$12)

GRAIN OR POTATO:

Daily Rice or Potato

VEGETABLES:

Grilled Vegetables or Side Salad

Snack Add-Ons Add on an afternoon snack to beat those 3 o'clock cravings.

\$4-HUMMUS & PITA

Baked pita chips with hummus.

\$3-VEGETABLES & DIP

Fresh market vegetables with ranch dip.

\$1--COOKIES

Assorted varieties

\$4-FRUIT CUP

Seasonal fresh cut fruit.

\$5-CHEESE + CRACKERS

Assorted variety of cheese served with crackers.

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