



### Catering With a Difference

Seven Shores is a company that connects local and global food producers to those living in Waterloo Region. We buy and sell product at fair prices to support sustainable living. We work in a positive eco-environment, educating about living a healthy lifestyle, conscious consumerism and bringing people together as a community.

Supporting Seven Shores is supporting our Local Producers (Farmers) and Organic Producers. You are creating a difference in the economy to small and independent farms and businesses, along with improving your health as you consume fresh nutritious food.

### Let Seven Shores Help You

#### Plan with Ease

Please call or email your order 24 hours in advance

#### For a Catering Reference Please Contact:

Dr. James M. Skidmore. Associate Professor of German Studies.  
Uof W. 519.888.4567, x33687 [skidmore@uwaterloo.ca](mailto:skidmore@uwaterloo.ca)

**Seven Shores Recent Recipient of the 2011  
Environment Award from K-W Chamber of Commerce  
for Business Excellence in Sustainable Practices**



10 Regina Street N. Unit 4  
Waterloo, ON N2J 2Z8  
(Parking off Dupont St.-behind building)

Phone: 519-342-0916

[www.sevenshorestrading.com](http://www.sevenshorestrading.com)  
E-mail: [info@sevenshorestrading.com](mailto:info@sevenshorestrading.com)

Monday - Friday 7am to 6pm  
Saturday 7am to 4pm  
No Sunday Sales



### Working with Local and Organic Farmers

#### Catering Menu



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Thank you for your support of  
local farms and businesses

## Breakfast Selection

**Mixed Baked Goods:** may include: Muffins, Bagels, Banana Bread offered with sides of Butter, Cream Cheese and Fruit Tray including Dip \$4.99/person

## Lunch/Evening Selection

**Sandwich Tray, Vegetable Tray, Fruit Tray, Cheese Tray, Dessert Tray**

Combine any 3 trays for \$8.99/person or any 4 trays for \$10.99/person

## Sandwiches

Roast Chicken, Black Forest Ham, Roast Beef, Egg Salad, Tuna, Salmon, Chick Pea, Fresh Veggie. All served on Organic Local Breads \$4.99/person

**GLUTEN FREE AND VEGAN OPTIONS AVAILABLE**



## All Day Snack Trays

**Veggie Tray & Hummus Dip** \$2.49/person

**Cheese Tray:** Assortment of Cheese \$2.49/person  
Include our Famous Cheese Ball for \$2.99/person

**Mexican Layer Dip with Nacho Chips:** \$2.49/person

**Vegetarian Pizza Pastries:** 10 pieces \$18.49 (5 people); 20 pieces \$35.99 (10 people); 30 pieces \$52.49 (15 people); 40 pieces \$67.99 (20 people)

**Famous Rice Paper Spring Rolls:** Vegetables, Spicy Cashew Butter and Thai Chili Dipping Sauce  
20 pieces \$26.99 (6-8 people), 30 pieces \$40.49 (9-11 people), 40 pieces \$53.99 (12-15 people)

## Salads

\$2.25/person includes homemade dressing on the side

**Pasta Salad** with Grilled Vegetables

**Spinach Salad** – Fresh Fruit + Mushrooms

**Garden Salad** - Fresh Vegetables

**Caesar Salad**-Homemade Croutons

**3 Bean Salad** – Homemade Salsa

**\*Marg's Famous Chicken Caesar** \$3.25/person

## Drinks

Fair Trade Coffee, Tea, Soft Drinks, Water and Juice are available. Please inquire for pricing.

## Fruit/Dessert Trays

**Assortment of Fruit with Dip:** \$2.49/person

**Fancy Displayed Fruit Kebabs with dip**  
\$2.99/person

**Chocolate Dipped Pretzels & Pringles** \$2.49/person

**Shortcake with Fruit:** \$2.99/person

**Fresh Fruit with Chocolate Dip** \$2.99/person

**Cookies, Squares, Pastries** \$2.49/person



Please Note: Pricing includes serving trays, 100% biodegradable cups, plates, cutlery and napkins. HST not included. Please inquire about delivery fee. All prices and selections are subject to changes.