



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 48 hours in advance

15% Rush Charge if Order is Under 48hrs

For a Catering Reference Please Contact:

Dr. James M. Skidmore. Associate Professor of German Studies.
Uof W. 519.888.4567, x33687 skidmore@uwaterloo.ca

**Seven Shores 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
E-mail: info@sevenshorestrading.com

Monday – Saturday 7am to 6pm
Sunday: Closed



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 \$9.99/person or any 4 trays for \$11.99/person

Sandwiches

Roast Chicken, Black Forest Ham, Roast Beef, Egg Salad, Tuna, Salmon, Chick Pea, Fresh Veggie. All served on Organic Local Breads \$5.99/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 \$29.99 (6-8 people), 30 pieces \$43.99 (9-11 people), 40 pieces \$56.99 (12-15 people)

Salads

\$2.49/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

Coffee, Tea, Soft Drinks, Water and Juice are available. \$1.50 each

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

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.