

## Breakfast Menu

### Breakfast Packages

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#### Petite All Inclusive Breakfast

A fresh baked muffin served with orange juice and yogurt granola parfait.

**\$6.95**

#### Petite All Inclusive Hearty Breakfast

Breakfast sandwich (English Muffin), orange juice, and small fruit salad.

**\$9.50**

#### All Inclusive Continental Breakfast

Fresh baked croissants, scones, and assorted muffins served with butter and fruit preserves, assorted fresh cut seasonal fruits and berries, vanilla yogurt parfait, fresh brewed coffee and assorted fruit juices.

**\$12.95**

#### All Inclusive Hearty Breakfast

Scrambled eggs, pan fries, assorted fresh cut seasonal fruits and berries, toast, your choice of smoky bacon or sausages, fresh brewed coffee and assorted fruit juices.

**\$14.95**

### A-la-carte

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#### Fruit, Yogurt and Granola Parfaits

Fresh seasonal berries layered with yogurt and crunchy granola.

**\$3.00**

#### Breakfast Sandwich

A delicious hot breakfast sandwich served on an English muffin. Your choice of protein: Egg only, sausage, ham or bacon. All sandwiches served with cheese. Gluten free option available.

**\$4.95**

## Beverages & Desserts

### Beverages

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Juice Boxes (Assorted Varieties) **\$1.05**

Canned Pop (Assorted Varieties) **\$1.50**

Coffee (min. order of 8) **\$1.60**

Tea **\$1.60**

San Pellegrino Aranciata **\$1.95**

San Pellegrino Blood Orange **\$1.95**

Milk 2% (500 ml) **\$2.25**

Chocolate Milk (500 ml) **\$2.25**

Bottled Juice (Assorted Varieties) **\$2.35**

Perrier Water (550 ml) **\$2.35**

Infused Water **\$5.00**

### Desserts

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Chocolate Chip Cookie **\$1.35**

Oatmeal Raisin Cookie **\$1.35**

Double Chocolate Cookie **\$1.35**

White Chocolate Macadamia Nut **\$1.35**

Dessert Tray (per person) **\$2.99**

\*Prices and products subject to change without notice.



**catering**

breakfast

lunch

catering

**H: Monday - Friday (7 AM - 3:30 PM)**

**T: (403) 268-8900**

**W: <http://zestmarket.ca>**

**Free deliveries** within the Water Centre. All other buildings in the Manchester Compound are free but subject to a \$45 minimum. We also **customize!** Let us work with you for your catering event. Please contact [catering@zestmarket.ca](mailto:catering@zestmarket.ca) with any inquiries.

#### **City of Calgary Employees**

Type "Zest" into **mycity.ca** to view the daily in-house features and online catering instructions!

## Lunch Menu

### Hot Meals (minimum order of 5)

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#### Sesame Chicken and Rice Bowl GF

Sauteed chicken, toasted white sesame seeds, bok choy, jasmine rice.

\$12.95

#### Chicken Parmesan with Penne

Herbed breadcrumb crusted chicken breast, napolitana sauce, mozzarella.

\$12.95

#### Chicken Cordon Bleu

Chicken breasts stuffed with swiss cheese served with vegetables and roasted potatoes.

\$12.95

#### Thai Red Curry Coconut Chicken GF

Thai red curry coconut chicken served with jasmine rice.

\$12.95

#### Stir-fried Chicken and Vegetables GF

A delicious medley of crisp vegetables served with chicken. Substitute chicken with beef or shrimp at no additional charge. We also offer a Vegetarian option.

\$12.95

#### Beef Stroganoff

Slow roasted beef in a rich sauce, sour cream and some diced pickles served over a bed of egg noodles.

\$12.95

#### Lasagna (choice of Vegetarian or Meat)

Layers of pasta with your choice of vegetables or beef baked with meat sauce, cheddar and mozzarella cheese served with a piece of garlic toast.

\$12.95

## Lunch Sandwiches/Soups

### Sandwich Packages

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#### All Inclusive Sandwich Lunch

Zest's Signature Sandwich, side salad and can of pop.

\$11.95

#### Zest Sandwich with Fruit Cup

Includes one sandwich, a chocolate chip cookie and a fruit cup.

\$11.95

#### Zest Sandwich with Veggie Cup

Includes one sandwich, a chocolate chip cookie and a veggie cup.

\$11.95

#### All Inclusive Executive Sandwich

One of Zest's Executive sandwiches, side salad, dessert, and juice.

\$13.95

### Soups/Salads

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#### Side Artisan Green Salad

Artisan greens with pumpkin seeds and dressing.

\$2.95

#### Side Caesar Salad

Romaine lettuce topped with croutons, parmesan cheese and Caesar dressing.

\$2.95

#### Soup du Jour

Inquire about our daily soup options. You can choose from a cream or broth based variety.

\$4.50

#### Hearty Chili

A hearty chilli made with lean ground beef, beans and vegetables.

\$4.95

## Trays

### Assorted Trays (per person)

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#### Muffin Tray

A selection of our most popular fresh baked muffins served with whipped butter.

\$2.25

#### Bagel Tray

A selection of bagels served with whipped butter and preserves.

\$2.25

#### Variety Baked Goods Tray

A mixed variety of our most popular baked goods.

\$2.25

#### Fruit Platter GF

A selection of the freshest seasonal fruits and berries.

\$3.50

#### Vegetable Platter GF

A selection of the freshest seasonal vegetables.

\$3.75

#### Vegetable and Cheese Tray GF

An assortment of cheese and fresh vegetables.

\$3.75

#### Domestic and Imported Cheese Tray

A selection of cheeses served with crackers.

\$4.95

#### Assorted Sandwich Tray

A selection of sandwiches that are made with white, whole wheat and multigrain bread.

\$6.95

#### Wrap Tray

A variety of nutritious wraps that are made from whole wheat and flour tortillas.

\$7.95