

Office Favourites

**minimum 10 people*

Signature Lunch 16.00

Gourmet Sandwich Platter
Veggie and Dip
Fruit Platter
Dessert Platter
Beverages

Light Lunch 12.00

Gourmet Sandwich Platter
Veggie Platter or Fruit Platter
Beverages
Soup, Salad and Sandwich 10.49
Gourmet Sandwich Platter
Soup of the Day
Choice of Garden or Caesar Salad

Buffet Lunch 12.75

Meat and Cheese Platters
Sweet and Sour Meatballs
Potato Salad, Buns and Butter

Healthy Lunch 13.75

Garden Salad with Grilled Chicken
Bean Salad or Chick Pea Salad
Cheese and Fruit Platter
Multi Grain Bread with Butter

Wrap a Lunch 14.00

Gourmet Wrap Platter
Garden Salad
Potato or Macaroni Salad
Cheese and Fruit Platter
Cookies

Salad Bar to Go...

Pasta Salads

Cheddar Broccoli with Ranch
Seafood Pasta
Sundried Tomato Pasta
Tuna Pasta
Original Macaroni
Summer Rotini
Feta pasta
Cheesy Macaroni
Curry Orzo with Chick Peas
Pad Thai
Sicilian Pasta
Chicken Pasta
Buffalo Chicken Pasta

Bean and Grain

Seven Grain with Curry
Edamame with Cilantro
2 Barley Wild Rice
Cranberry Quinoa
Lemon Quinoa with Barley
Tuscany Chick Pea
Garden Chick Pea
Potato and Slaws
Original Potato Salad
Detox Salad
Superfood
Creamy Coleslaw
Oil and Vinegar Coleslaw
Vegetarian Broccoli Salad
Red Skin Potato
Lite Couscous

Others...

Crab Salad
Tomato Mozzarella
Zesty Parsley
Garden Salad
Caesar Salad
Greek Salad (with romaine)
Greek Salad (cucumber/tomato/peppers)
California Salad
Julienne Salad
Tuna or Egg Salad

Salad's start at \$2.00 per person.



Helen's Deli & Catering

50 James St • St. Catharines

www.helensdeli.com

helensdeli@bellnet.ca

905.685.0452

Hot and Delicious

**minimum 10 people*

All meals and trays are plus HST

Schnitzel Meal

Breaded pork schnitzel, buns, sauerkraut, garden salad and potato salad.

13.25 per person

Chicken Finger Meal

Chicken fingers, spiced potato wedges or curly fries, coleslaw and garden salad

11.50 per person

Penne Pasta Meal

Penne in tomato sauce, meatballs or sausage, dinner rolls and Caesar salad

11.25 per person

Cabbage Roll Meal

Meat and rice cabbage rolls in tomato sauce, buns with butter and garden salad

10.75 per person

Meat on a Stick Meal

Breaded pork on a stick, pan fried Pierogi with bacon and sour cream and garden salad

13.00 per person

(with breaded chicken on a stick 14.50 per person)

Chicken Parmesan Meal

Breaded chicken with mozzarella cheese and tomato sauce, penne pasta with tomato sauce, dinner rolls and Caesar salad

14.50 per person

Roasted Beef Meal

Roast beef in gravy, buns, garden salad and potato salad

14.00 per person

Schnitzel & Spaetzle Meal

Breaded pork schnitzel, spaetzle noodles in mushroom sauce, red cabbage and garden salad

14.25 per person

Grilled Chicken & Rice Meal

Grilled chicken cut into strips, seasoned rice, assorted grilled veggies and garden salad

12.50 per person

By the Tray

Serves 6 to 8 people ~ HOT FOOD

Shepherd's Pie

\$45.00

Macaroni and Cheese

with Ham or Veggie

\$45.00

Penne Pasta

in tomato sauce

& sausage or meatballs

\$35.00

Grilled Veggie's

with chicken and seasoned rice \$45.00

Cheese and Spinach Cannelloni

in tomato sauce (20pc) \$35.00

Roast Beef in Gravy

(5 lbs of r.b.) \$45.00

Roasted Chicken

bone in, white and dark, 8 quarters \$30.00

Penne Pasta

in tomato sauce \$20.00

Cheese Tortellini

in tomato sauce \$45.00

Rotini Pasta

in Pesto sauce \$25.00

Pierogi

with bacon and sour cream (30 pc) \$45.00

add sautéed onions for \$4.00

Roasted Potato

\$35.00

Meat and Rice Cabbage Rolls

in sauce (12 pc) \$45.00

Seasoned Rice

\$20.00

Grilled Veggie's

\$35.00

Cooked Sauerkraut

\$35.00

**taxes extra and prices subject to change*