



CATERING MENU



REBEL BREAKFAST

6-8 PPL 10-12 PPL 16-18 PPL

SWEET BAGEL PLATTER

A SELECTION OF MONTREAL STYLE BAGELS WITH CREAM CHEESE, JAM AND PEANUT BUTTER

32 50 70

BAKED BREAKFAST GOODS

BREAKFAST PASTRIES, FRESH MUFFINS AND OTHER FRESH BAKED GOODS

35 55 85

BOARD OF DIRECTORS PASTRY PLATTER

GOURMET PLATTER WITH SWEET & SAVORY SCONES, BREAKFAST BREADS AND FRESH MUFFINS SERVED WITH JAM AND BUTTER

49 79 135

FRUIT PLATTER

A FRESH SELECTION OF SEASONAL AND TROPICAL FRUITS SLICED AND DICED FOR YOUR ENJOYMENT

35 55 85

SWEET & SAVORY SCONE PLATTER

FRESH SCONES BAKED IN HOUSE AND SERVED WITH JAM AND BUTTER
MINIMUM ORDER 6 PEOPLE

PER PERSON 5.00

MUFFIN PLATTER

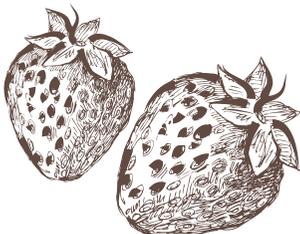
A VARIETY OF FRESH BAKED MUFFINS

PER PERSON 2.75

LAYERED YOGURT PARFAIT

YOGURT, FRUIT & MUESLI SERVED IN A COMPOSTABLE CUP

PER PERSON 5.75



CLEAN BODY. CLEAN WORLD. GREEN REBEL.

BREAKFAST LUNCH AND IN BETWEEN



SWEET TARTINES

A VARIETY OF SWEET TOPPINGS ON CRUSTY BREAD.
MINIMUM ORDER 6 PEOPLE

PER PERSON **6.50**

SAVORY TARTINES

A VARIETY OF SAVORY TOPPINGS ON CRUSTY BREAD.
MINIMUM ORDER 6 PEOPLE

PER PERSON **8.50**

FRITATTA MINI

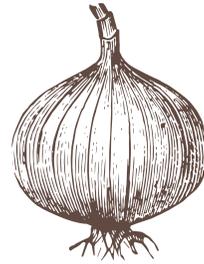
SERVED IN TRADITIONAL PASTRY SHELL.
VEG OR BACON OPTION. MINIMUM ORDER 6 PEOPLE

PER PERSON **4.50**

SOUP OF THE DAY

PER PERSON **5.75**

PLEASE ASK US ABOUT
OUR CURRENT SELECTION.
MINIMUM ORDER 6 PEOPLE



LUNCH

SANDWICHES

PER PERSON **9.50**

SANDWICH PLATTER

A VARIETY SERVED ON MULTIGRAIN
CIABATTA AND FLAT BREAD
INCLUDING VEG OPTIONS

REBEL WRAPS PLATTER

MIXED WHOLE WHEAT WRAPS
INCLUDING VEG OPTIONS

SANDWICHES & WRAPS

MIXED SANDWICHES AND WRAPS
INCLUDING VEG OPTIONS



SIDE SALADS

6-8 PPL **32** 10-12 PPL **50** 16-18 PPL **75**

GARDEN SALAD

CARROT, CUCUMBER, TOMATO, HERBS, BALSAMIC DRESSING

ASIAN TOSS

CUCUMBER, CARROT, CRISPY NOODLES, MINT, CILANTRO, SESAME
DRESSING

GREEK PASTA SALAD

PASTA, CUCUMBER, TOMATO, FETA, OLIVES, GREEK DRESSING

QUINOA SALAD

HOMEMADE QUINOA SALAD WITH A LIGHT VINAIGRETTE

DAILY VARIETY

PLEASE ASK ABOUT OTHER VARIETIES WE MAY HAVE AVAILABLE



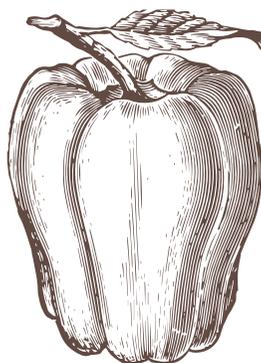
BOXED LUNCH

SANDWICH OR WRAPS
WITH SIDE SALAD

PER PERSON 14.75

SANDWICH OR WRAPS
WITH SIDE SALAD AND COOKIE
OR TERRA CHIPS

PER PERSON 16.50



REBEL PLATTERS

6-8 PPL 10-12 PPL 16-18 PPL

VEGETABLE PLATTER

VEGGIE SPEARS SERVED WITH A VARIETY OF DIPS

35 55 85

VEGGIES, PITA CHIPS AND DIP

VEGGIE SPEARS SERVED WITH PITA CHIPS, HUMMUS AND DIP

39 59 89

CHEESE PLATTER

LOCAL GOUDA, AGED CHEDDAR, CREAMY GOAT CHEESE, BRIE,
SERVED WITH CRACKERS & FRUIT GARNISH



49 79 119

CHARCUTERIE PLATTER

CLASSIC CHARCUTERIE INCLUDING CURED MEATS, LOCAL CHEESE,
PICKLED VEGGIES, FRUIT, BREAD AND ACCOMPANIMENTS

64 89 149

FEEL GOOD ABOUT THE WAY YOU EAT. GREEN REBEL.



SWEET PLATTERS

6-8 PPL 10-12 PPL 16-18 PPL

FRUIT PLATTER

A FRESH SELECTION OF SEASONAL AND TROPICAL FRUITS
SLICED AND DICED FOR YOUR ENJOYMENT

35 55 85

BAKED GOODS

AN ASSORTMENT OF SQUARES, COOKIES AND OTHER GOURMET BAKED GOODS

35 57 85

CHOCOLATE FRUIT PLATTER

FRESH FRUIT COVERED IN DARK CHOCOLATE

PER PERSON 5.75

COOKIE PLATTER

A VARIETY OF DELICIOUS COOKIES, BAKED FRESH EACH MORNING IN HOUSE MINIMUM ORDER 6 PEOPLE

PER PERSON 2.50

BEVERAGES



HOT DRINKS

ORGANIC FAIR TRADE COFFEE

SERVES 8 22.50

ORGANIC FAIR TRADE COFFEE SERVED
WITH MILK, CREAM AND RAW SUGAR

MIGHTY LEAF TEAS PER PERSON 2.75

A VARIETY OF DELICIOUS ARTISAN WHOLE
LEAF TEAS, IN BIODEGRADABLE POUCHES

COLD DRINKS

BOTTLED WATER

STILL OR SPARKLING

PER PERSON 2.00

MIXED JUICE

A VARIETY OF MIXED FRUIT JUICE

PER PERSON 2.00

SOFT DRINKS

MIXED SOFT DRINKS

PER PERSON 2.00

ASSORTED BEVERAGE PACK PER PERSON 2.00

STILL AND SPARKLING WATER,
ICED TEA, SOFT DRINKS AND JUICE



TO ORDER

WE PREFER TO HAVE ORDERS EMAILED TO CATERING@GREENREBEL.CA. WE'LL RETURN YOUR EMAIL WITHIN A FEW HOURS WITH A CONFIRMATION OR QUOTE.

ORDER TIMING

ALL OF OUR FOOD IS MADE FROM SCRATCH AND PREPARED FRESH EACH AND EVERY DAY. WE REQUEST 24 HOURS NOTICE ON ALL CATERING ORDERS. WE UNDERSTAND THAT LAST MINUTE ORDERS WILL COME UP, AND WE WILL DO OUR BEST TO ACCOMMODATE EVERY REQUEST.

DELIVERY

WE OFFER FREE DELIVERY WITHIN THE DOWNTOWN CORE, CONTACT US FOR MORE DETAILS. A MINIMUM ORDER OF \$60 IS REQUIRED FOR DELIVERY.

CANCELLATION POLICY

24 HOURS NOTICE IS REQUIRED FOR CANCELLATION ON ALL ORDERS. SAME DAY CANCELLATION WILL REQUIRE A 50% CHARGE.

WANT TO KNOW MORE?

WOW YOUR GUESTS AT YOUR NEXT MEETING/EVENT! EMAIL ORDER TO CATERING@GREENREBEL.CA

CHECK US OUT AT: GREENREBEL.CA
OR GIVE US A CALL AT: 613-232-3642



**DON'T EAT LESS.
JUST EAT REAL.**

WWW.GREENREBEL.CA
