

CATERING

# THIS IS THE CATERING MENU

 AvōcoBar





## GRILLED HALF WRAPS

4 PACK  
FEEDS 2-4

**\$16<sup>95</sup>**

CHOOSE 1 RECIPE

8 PACK  
FEEDS 4-8

**\$33<sup>95</sup>**

CHOOSE 3 RECIPES

12 PACK  
FEEDS 6-12

**\$49<sup>95</sup>**

CHOOSE 3 RECIPES

## BIG BOX SALADS

FAMILY  
FEEDS 3-6

**\$16<sup>95</sup>**

APPROX. 4 HALF SALADS

PARTY  
FEEDS 6-9

**\$33<sup>95</sup>**

APPROX. 8 HALF SALADS

TRIBE  
FEEDS 9-12

**\$49<sup>95</sup>**

APPROX. 12 HALF SALADS



ADD **LEAN PROTEIN** **\$1.50** PER **WU COLD DRINKS**

TO ANY 1/2 WRAP OR 1/2 SALAD

- QUINOA
- STEAK
- CHICKEN
- FISH
- FALAFEL
- CHIPOTLE CHICKEN

WE ONLY SERVE POP THROUGH OUR SPEAKERS.

- SPRING WATER \$1.75
- SODA WATER \$2.25
- VITAMIN WATER \$3.25
- COCONUT WATER \$3.50
- CHOCOLATE MILK \$2.50



## SCRATCH MADE SOUPS

OUR SOUPS CHANGE WITH THE SEASONS; INQUIRE

4 PACK

**\$11<sup>95</sup>**

CHOOSE 1 FLAVOUR

8 PACK

**\$23<sup>95</sup>**

CHOOSE 2 FLAVOURS

12 PACK

**\$34<sup>95</sup>**

CHOOSE 3 FLAVOURS

## FRUIT + VEGGIE CUPS

4 PACK

**\$11<sup>95</sup>**

8 PACK

**\$23<sup>95</sup>**

12 PACK

**\$34<sup>95</sup>**



## HALF PINT SMOOTHIES

4 PACK

**\$15<sup>95</sup>**

CHOOSE 1 FLAVOUR

8 PACK

**\$29<sup>95</sup>**

CHOOSE 2 FLAVOURS

12 PACK

**\$43<sup>95</sup>**

CHOOSE 3 FLAVOURS

BANANA BLUE > PINEAPPLE KALE > ORANGE COCONUT > CHOCOLATE ALMOND > BLACK RAZZ > MANGO BLUSH

# RECIPES

## Smokey Pear

w/ WHITE BALSAMIC n' HERB

arugula | red onion  
pear | smoked gouda  
pecans | smoked bacon

## Kale Caesar

w/ CAESAR DRESSING

egg | parmesan cheese  
fresh lemon | ciabatta croutons  
kale | smoked bacon

## Mediterranean

w/ WHITE BALSAMIC n' HERB

green olive | parmesan cheese  
red onion | sun-dried tomato  
bacon

## Classic Greek

w/ GREEK MERLOT DRESSING

cucumber | black olive  
tomato | bell pepper  
red onion | feta cheese

## Hawallan Curry

w/ PINEAPPLE CURRY DRESSING

pineapple | gouda cheese  
mushroom | smoked bacon  
red onion | bell pepper

## Beets n' Goat Cheese

w/ BLUEBERRY BASIL VINAIGRETTE

beets | pumpkin seeds  
red onion | goat cheese  
blueberry

## Pesto BLT

w/ PESTO VINAIGRETTE

red onion | smoked bacon  
cucumber | parmesan cheese  
tomato | ciabatta croutons

## Cilantro Lime

w/ CILANTRO LIME DRESSING

avocado | corn chips  
black bean | red onion  
corn | fresh cilantro

## Chipotle Cobb

w/ CHIPOTLE AVOCADO

egg | onion  
tomato | blue cheese  
corn | bacon

## Thal Peanut

w/ THAI PEANUT DRESSING

edamame | mandarin orange  
carrot | green onion  
cabbage | bell pepper  
peanuts

## Peppercorn Blue

w/ SWEET DUON PEPPERCORN DRESSING

baby fries | smoked bacon  
blue cheese | green olive  
corn | mushroom  
onion

## Spicy Bacon Ranch

w/ SRIRACHA RANCH DRESSING

jalapeño | cheddar cheese  
corn | smoked bacon  
red onion | baby fries

## Cranberry Kale

w/ POMEGRANATE POPPYSEED DRESSING

feta cheese | trail mix  
cranberry | kale  
red onion | green grapes

## Lemon Tahini

w/ LEMON TAHINI DRESSING

green onion | sunflower seeds  
chick pea | alfalfa sprouts  
green peas

## Maple-Berry Spinach

w/ MAPLE BALSAMIC DRESSING

strawberry | red onion  
cranberry | cucumber  
apple | feta cheese  
almonds

## Tzatziki Dill

w/ TZATZIKI DILL DRESSING

dill pickle | alfalfa sprouts  
cucumber | green onion  
chick pea

## Classic Caesar

w/ CAESAR DRESSING

croutons | parmesan cheese  
fresh lemon | smoked bacon

## Hot Asian

w/ SESAME GINGER DRESSING

jalapeño | mandarin orange  
edamame | crispy noodles  
red onion | carrot and cabbage

## GREENS

- ROMAINE
- SPINACH
- SPRING MIX

## TORTILLA FLAVOURS

- SPINACH-HERB
- TOMATO BASIL
- JALAPEÑO CHEDDAR
- WHOLE WHEAT
- GLUTEN FREE + \$.75

INCLUDES AVOCOPICKLES



NEED TONGS ?

\$2.00



NEED PLATES ?

25¢



DELIVERY ?  
LET'S CHAT!

# HOW MUCH SHOULD I ORDER ?

**GREAT QUESTION!** Are your guests PECKISH, ADVENTUROUS, HUNGRY, or WANTING IT ALL ?

## PECKISH

1/2 WRAP OR 1/2 SALAD

'A GREAT ADDITION TO YOUR EVENTS AND MEETINGS'



## ADVENTUROUS

1/2 WRAP AND 1/2 SALAD

'THE BEST OF BOTH WORLDS - VARIETY IS KEY'



## HUNGRY

FULL WRAP OR FULL SALAD

'FUEL YOUR GUESTS WITH FULL-SIZED WRAPS OR SALADS'



## WANT IT ALL ?

1/2 WRAP AND 1/2 SALAD AND SIDE

'THE WORKS!' ENSURES THAT NOBODY LEAVES HUNGRY'



We've included these pictures to help you visualize your order.



NEED SOME HELP?  
705.795.1300



CONNECT WITH US  
eat@avocobar.com



565 BRYNE  
705.739.0505



18 CUNDLES  
705.733.5050



149 WELHAM  
705.727.0505



43 COLLIER  
705.739.5050

### Pick-up & Delivery

\$5.00 delivery within 5km, +\$0.95 per additional km. If picking up, we'll specify which store to drive to. Please try to provide 24 hours notice (if you can). Ask us about **SOUP the DISHES**.

### Kids & Allergies

Not everyone can enjoy all the toppings in our salad bar. Inform us of allergies when ordering, we'll take care of the rest. Please try to provide 24 hours notice. Ask us about **SOUP the DISHES**.

### Custom Orders

Order & let us take care of the 'Restaurant Menu' as an addition to your catering order. We'll make it perfect. Please try to provide 24 hours for custom orders. Ask us about **SOUP the DISHES**.

### Minimum Orders

This is our 'Catering Menu,' designed for 4 PERSON minimum orders. It's like ordering pizza! Less than four people? Please call for 'Restaurant Menu' pickup. Ask us about **SOUP the DISHES**.