

## BREAKFAST

**Okanagan Breakfast Platter** **24hr notice**  
Kitchen sink muffins, bran muffins, blueberry muffins fruit  
tea biscuit s & sweet Danish minimum 10 -51.20

**Beach Ave Continental** **24hr notice**  
Kitchen sink muffins, bran muffins, blueberry muffins, fruit  
tea biscuits & Fruit Danish. Includes our organic Cherry Hill  
barista box coffee and Organic OJ  
*Full service convenience!* serves 10 -86

**French Continental** **48hr notice**  
Butter croissants chocolate croissants, Fruit Danish, ham &  
cheese croissants & mini quiche. Includes our organic Cherry  
Hill barista box coffee and Organic OJ  
*Full service convenience!* serves 10 -119.25

**Hip & Healthy Platter** **48hr notice**  
Our amazing Hola granola bars made with peanut butter/  
fresh apples along with our famous tree hugger cookies  
made with spelt flour & 10 x 8oz organic vanilla bean yo-  
gurt with fresh fruit parfait . minimum 10 -112.75

**Breakfast Wrap Hungry Breakfast** **48hr notice**  
Organic tortilla filled with scrambled eggs, bacon, roast  
hash potatoes, salsa & cheddar cheese . Fuels a hungry ap-  
petite for the day! minimum 10 -97.60

**Vegetarian Diva Wraps** **48hr notice**  
Organic sundried tomato tortilla filled with fluffy baked egg  
whites, fresh spinach, fresh tomatoes, grilled onions & feta  
cheese. minimum 10 -70.60

**Buttermilk Chorizo Breakfast Biscuit** **48hr notice**  
Fresh baked buttermilk biscuit, chorizo egg frittata with  
sundried tomatoes, fusion bean mix & cilantro , house be-  
chamel sauce, swiss cheese. This dish served at room tem-  
perature. serves 20 -126.80  
Add on a side order fresh sliced tomatoes -5

*..”everyone keeps saying that the breakfast sandwich is liter-  
ally the best thing they have ever ate” Ashley @JPBG*

**Fresh Fruit Platter** **48hr notice**  
Delectable hand cut fresh fruit including pineapple, melon,  
kiwi fruit & fresh berries. minimum 10 -78

## Add on Breakfast Items:

Morning Glory Muffin (*no gluten flour*) -4.6  
Spelt Sugar Free Muffin - 4.3  
Vegetarian Diva Wrap -7  
Vegan Breakfast Wrap -10.25  
50 cup Organic Cherry Hill Coffee -80  
100 cup Organic Cherry Hill Coffee -110  
Tea Service assorted organic teas. *serves 10* -20  
Coffee/Tea Station Caddy *per person* -0.50  
(includes cups/lids/stir sticks/sugar/cream/

## HANDCRAFTED SALADS **48hr notice req**

**Our salad bowls all serve 10-15 people**

**NEW! Hail Kale Vaesar Salad** **plant based**  
Kale & romaine salad greens, broccoli, green  
beans and brussel sprouts, tossed in our house  
signature Vaesar salad dressing made with Cash-  
ew Nuts and topped with toasted sesame seeds. -65

**Fresh Fruit Salad Bowl**  
Seasonal assortment including pineapple, mel-  
on, berries and tropical exotics when available. -65

**Pesto Orzo with Walnuts** **Signature Salad**  
Orzo pasta is tossed in basil pesto, grape toma-  
toes, sundried tomatoes, walnuts and topped  
with feta. Fragrant & delicious crowd pleaser!  
-78

**Greek Salad**  
Classic! Fresh chopped cucumbers, peppers, fine  
red onion & grape tomatoes, topped with feta  
cheese, kalamata olives and house made herb  
Greek dressing -65

**Quinoa Sprouted Rice** **plant based**  
Loads of fresh herbs including mint & parsley  
are tossed with loads of fresh veggies and our  
house made lemon dressing. -75

## HOT HEARTY SOUPS **Keeping it real!**

*Our soups all start with fresh vegetables and herbs  
simmering in a stock pot for hours, making our  
commissary kitchen as aromatic as your mamas  
kitchen!* **48hr notice req for specific variety**

### Tomato Spinach

Sautéed onions and garlic build the base for simmering to-  
matoes. No dairy in here but you wont miss it in this creamy  
comfort soup. A fav in our stores! We serve this with our  
triple type dough Bliss Braid. minimum 10 -73

### Marvellous Minestrone **plant based**

Slowly sautéed fresh sage and fresh rosemary gives our ver-  
sion of this classic Italian such big flavour we didn't need the  
pasta. We serve this with our Country Sourdough Loaf  
minimum 10 -74

### Roasted Carrot Sweet Potato **plant based**

First we coat our carrots in pure olive oil and slowly roast  
them to develop their sweet flavour. We roast our curry  
flavoured sweet potatoes and bring the Indian inspired fla-  
vours together in this incredible soup. We serve this with  
our Country Sourdough loaf minimum 10 -74

### Potato Leek with Bacon

This creamy classic needs little explanation. Satisfying com-  
fort soup and oh yes it has bacon! We serve this with our  
Cheddar Ale Potato Bread minimum 10 -75

### Spicy Sicilian

Delicious spicy capicolti, beef, tomatoes, beans and split  
peas and finished with fresh basil. We serve this with our  
Okanagan Sourdough loaf minimum 10 -73.50

### Wild Rice Ham Chowder

The bold flavour of wild rice is perfectly matched with ham  
to create this earthy chowder with veggies. We serve this  
with our Peasant Seed loaf. minimum 10 -75.75

## Hearty Blackbean **plant based**

Loads of beans and corn are simmered with to-  
matoes, cilantro and red onions. Finished with  
lime juice, this soup is so satisfying. We serve  
this with our Country Sourdough Loaf  
minimum 10 -74

### Chicken Corn Chowder

This complex chowder has many steps to create  
the final creamy bowl of soup. It starts with sau-  
téed chipotle peppers in adobo and ends with  
roasted scallop potatoes and cream. Carrots and  
corn fill in all the in-between. We pair this with  
Rosemary Focaccia minimum 10 -73.50

### Chicken Rice Tomato

This soup has so much flavour happening with  
the leeks and sundried tomato! We use a hearty  
brown rice to give this chicken soup lots of  
body. We serve this with our triple type dough  
Bliss Braid. minimum 10 -73

### Add on Soup items:

Harvest Personal Focaccia -4.25  
Spinach & feta Quiche -8.4  
Ham & Cheese Croissant -5.50

## EASY CROWD PLEASERS **48hr notice req**

*Great Hostess gift or party add on!*

### Martini Platter

Includes 10 Mini quiche, 9 mini ham & cheese  
croissants, 9 mini chorizo croissants, 5 finger  
chicken baguette, 5 finger ham & swiss ba-  
guette, grape tomatoes, chocolate toffee nut  
square, date square & bliss bar. Includes metal  
service tongs. Serves 10 -133.80

### Assorted Dessert Squares

Includes bliss bars, lemon squares, date squares,  
Chocolate toffee nut bars & PB Nanaimo bars or  
mint meltie bar. minimum 10 -43.90

### Assorted Cookie Monster

Includes our Callebaut Choc Chunk, PB Choc  
Chunk, Salty Choc Toffee & Treehugger -38.15

## Sandwiches

*Gourmet sandwiches made just for your order best paired with our Artisan made breads. Build your own tray with a minimum of 10 sandwiches, price based on your selection. **48 hour notice a must!***

**Crantastic Turkey** *traditional sourdough takes 48 hrs*  
Oven roasted turkey breast piled high on our cranberry sourdough, village smoked gouda cheese, caramelized onions, lettuce & tomato with aioli -12.85

## New York Special

Thinly shaved pastrami piled high on our espresso rye bread, creamy Havarti cheese, thinly sliced red onions, tomatoes & lettuce with honey Dijon and aioli -10.90

## Pesto Poultry

Roasted chicken breast on our crusty traditional baguette, creamy Havarti cheese, lettuce & tomato with our house pesto aioli -11.80

## Ham & Swiss

*traditional sourdough takes 48 hrs*

Honey ham shaved thin and piled high on our Okanagan Sourdough with Swiss cheese, tomatoes & lettuce with sweet heat mustard and aioli -9.95

## Mediterranean Chicken

Roasted chicken breast on our rosemary garlic ciabatta, provolone cheese, roasted sweet peppers & lettuce with our house olive mayo. -11.80

## Roasted Roma & Brie

Roasted roma tomatoes on our bliss braid bread with creamy brie cheese and basil and house basil aioli - 10.45

## Bistro Platter

*available with 24 Hours notice*

New York Special, Pesto Poultry, Mediterranean Chicken & Roasted Roma. Comes masterfully plattered  
**No substitutions.** Serves 10 -116

*Production Fees may apply to some orders, this includes custom menu consultation and menu changes up to 48 hours in advance. We can accommodate certain menu changes within 48 hours, these may accrue additional charges. Orders cancelled less than 24 hours notice will result in 100% fee*

## PACKAGED CORPORATE LUNCHES

*We are able to assist with single use recyclable-paper goods at additional fee. Please let us know*

### 48hr notice is a must !

#### Bliss Picnic Pack

Our most popular choice which is a real crowd pleaser. We are masters of platter presentation and our salads and desserts compliment the pre-set sandwich selection perfectly. Includes even number of Crantastic turkey, New York Special, Roasted Roma, Ham & Swiss, Mediterranean Chicken. Your choice of Greek Salad or Cranberry Coleslaw and assorted dessert squares. *minimum 10 no substitutions.* -212.13

Add on specific sandwich \$ *Based on selection*  
Packaged individually add .60 per person

#### Power Lunch Pack

This selection offers our Peppered Roast Beef OR Okanagan Chicken on our beautiful ciabatta bread. Comes with your choice of apple or banana and our wholesome Tree hugger cookie. The perfect healthy lunch! *minimum 10* -131.70

#### Millennial Power Lunch Pack **vegan**

This satisfying lunch built on a sourdough bun filled with fresh veggies and our house made plant based avocado Veasar aioli and featuring Daiya cheese, fresh fruit and our scrumptious Naked Baker Bar. *minimum 10* -164.10

#### Wrap Star Lunch

Organic wraps filled with house butter chicken on a masala wrap, chipotle turkey on a coriander wrap and garden vegetable on a chapati wrap serves 15 -160

Add on extra wrap(s) -10.60

## Hot Entrée Pans

### Delivery Monday—Friday only 7.30am –noon

*Hot group meals that keep it easy! These meals are served in foil trays, ready for service and come with metal serving spoon. **72 hr notice is a must!***

#### Southern Pulled Pork

Our pulled pork is slow roasted for 16 hours and pulled apart in cooking juices. Serves with panini buns and creamy coleslaw. serves 20 -151

#### Best Ever Vegetarian Chili **vegetarian**

Sweet potatoes, sweet peppers, tomatoes, fresh jalapenos, onions, beans/chickpeas and our secret fresh herb mix. We make our corn kernel muffins serves 20 -140

#### Rich Meat Lasagna

Layers of rich beef sauce, veggies and house bechamel sauce, served with our crusty traditional baguette and side tossed greens salad. serves 12-15 -158

#### Garden Vegetable Lasagna **vegetarian**

Deliciously sautéed vegetables layered with cheese and house bechamel sauce, served with our crusty traditional baguette and side tossed greens serves 12-15 -158

#### White Wine Mac N' Cheese

Mac N Cheese for grown ups! There is nothing out there like our noodles drowned in our decadent cheese sauce made with slowly simmered white wine, served with our signature Cheddar Ale Dinner buns and tossed greens salad. serves 12-15 -161.25

#### Stroganoff Stew

Our kitchen always has a stew on the stove and this classic is a customer favourite with rich sauce and mushrooms served with creamy mash potatoes serves 12-15 -178

#### Guinness Irish Stew

We make this true to our Irish recipe, each batch has 2 Guinness Beer and 4 cups of Red wine. We do not skimp on ingredients and pair this with our Cheddar Ale dinner buns and creamy mash potatoes. serves 12-15 -186.25

## Beverages

Tropicana Juices -3  
San Pellegrino -3  
Bliss Water -2

## Serving Organic **Cherry Hill Coffee**

Locally roasted fresh daily  
50 Cup Urn & 100 Cup Urn available  
Add on Coffee Caddy

## Serving Organic Numi Teas

Assorted breakfast/earl grey/gunpowder green/chamomile/chai/mint  
Add on Coffee Caddy

**Place orders Mon to Fri 9am-4pm**  
**[catering@blissbakery.ca](mailto:catering@blissbakery.ca)**

We are able to provide single use recyclable paper goods at additional cost. Please let us know.

## Delivery

**Monday—Friday 6am—12 Noon**

**Sat & Sun 8-11am**

**Delivery fees vary based on distance**

**Pick up available at Bake Naked Kitchen**

**Monday—Friday 7.30-4pm**

**Changes or cancellation less than 48 hrs may incur + 30% fee.**

**Cancellation less than 24 hours 100% of fee**  
**All prices subject to change**