

# FREE DELIVERY IN VGH & DMCBH/UBC HOSPITAL

VGH Phone 604-875-5340

Fax 604-708-0014

UBC Phone 604-822-2348

Fax 604-822-2326

Two weekdays advanced notice required, but we will do our best to help. For delivery, two fresh gourmet coffee thermos or \$70 minimum order. Subject to availability.



## GOURMET COFFEES

Ten Cup Coffee Thermos**	29.50
Organic Tea Selection (each) **	3.50
Hot Water Thermos – extra (w/o) tea	8.00

*Includes milk, cream, sugar selection, cups, napkins & stir sticks.*

## COLD BEVERAGES

Juices (Apple, Orange)	3.70
Flavoured Sparkling Water – (selection)	3.75
Naked Smoothies	4.75
Pop – assorted	3.20
Snapple – Iced Tea	3.75
Water – natural	2.45
Water – sparkling	3.20
Water – vitamin (selection)	5.05

## BREAKFAST PASTRIES

Bagels (selection)	3.10
Bagel w/ cream cheese	4.80
Butter Croissant	3.50
Almond Croissant	7.30
Chocolate Croissant	5.35
Crostata (Apple)	6.30
Danish (raspberry)	5.99
Ham & Cheese Croissant	7.15
Loaf Slices (selection)	4.25
Loaf – Energy (GF)	4.50
Loaf – Omega	4.75
Muffins (selection)	4.50
Muffin (GF or Vegan)	4.75
Scones (selection)	4.70

## SQUARES & COOKIES

### Cookies

Chocolate Chip, Ginger Macadamia	3.99
White Chocolate, Oatmeal Raisin, Peanut Butter Choc Chip, Fancy Vegan Cookies (VGH only)	4.99

### Squares & Cakes

Square - selection	
Blueberry Apple, Lemon Coconut, Peanut Butter Toffee, Pecan.	5.25
Cranberry Apricot, Cream Cheese Brownie, Date Square, Loaded Oar Bar, Oat Fudge, Rocky Mountain.	4.90
Rice Krispy	3.70
Carrot Cake w cream cheese icing	5.25
Choc. Date "Energy" Ball	3.45
Mocha Coffee Cake	4.90

## SANDWICHES ETC.

ALT (Avocado, Lettuce & Tomato) – vegan	8.85
Avocado Grilled Cheese Panini	10.05
Caprese on Ciabatta	7.35
Curried Chickpea Wrap - vegan	8.30
Egg Salad Sandwich	8.50
Fig & Brie Sandwich	11.80
Ham & Cheese w red onion Toastie	7.90
Panini - Focaccia (Italian, Greek, Tuscan)	9.40
Panini - Ciabatta (Chipotle Chicken, Sweet Corn Tuna Melt)	9.55
Rolls (Sausage, Vegetarian)	6.05
Salami & Swiss Toastie	9.00
Salmon Avocado Sandwich	11.80
Salmon & Cream Cheese Bagel	9.30
Samosa (Beef, Chicken, Veggie)	6.10
Turkey Provençale	12.20
Tuna Salad Sandwich	8.65
Turkey Granny Gobbler Sandwich	10.85
Turkey w cucumber & tomato Sandwich	8.75
Vegetarian on a Bagel	6.60
Wrap – breakfast (Ham, turkey, Vegetarian)	8.10
Wraps – Lunch (Chicken Satay, Pesto Chicken Avocado, Turkey)	10.85
Vegetarian Wraps - Hummus, Veggie -Mexi	10.05

## SALADS

Chili Lime Chickpea Salad	7.15
Fresh Fruit Salad	7.55
Greek Salad Cup	7.15
Protein Cup w honey mustard	5.50
Quinoa Salad Cup	7.20
Add Feta portion	1.10
Veggies & Dip	6.10

## OTHERS

Greek Yogurt (selection)	2.95
Yogurt Parfait	7.25
Penne & meatballs	13.30

\*GF = Gluten Friendly (not prepared in a gluten free kitchen) \*\* Not all items available every day. April 28/24. Prices subject to change. Missing equipment charges apply. For delivery, two fresh gourmet coffee thermos or \$70 minimum order. Food subject to availability.