

Café4

EAT GOOD / FEEL GOOD

Catering Menu



Windsor Place, 18 Queen Street, Hamilton
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BREAKFAST MENU

Did You Know? Our coffee is brewed using Illy Coffee and our selections of Fine Teas are from a Master Tea Blender Harney & Sons

*LIGHT BREAKFAST MENU

Selection of Fresh Cut Fruits & Berries
Coffee & Tea

\$12.00 pp

*CONTINENTAL BREAKFAST MENU

Selection of Fresh Cut Fruit & Berries

The Bakery Assortment of Freshly Baked:

Mini Danish Pastries, Croissants and Muffins
Served with Imported Preserves and
Dairy Fresh Butter

Coffee & Tea

\$15.50 pp

Special requests are available

PLEASE NOTE:

We appreciate 24 hours notice for ordering but feel free to call us to see if we can handle your order on the same day

AVAILABLE UPON REQUEST:

Juices, Soda & Mineral Waters | Decaffeinated Coffee

*Minimum Order 10 people

*INTERNATIONAL BREAKFAST MENU

Selection of Fresh Cut Fruit and
Scrambled Eggs - *Fluffy Eggs served with:*

Sausages, Bacon & Ham (choose two)
Home Style Hash Brown Potatoes
Tomatoes and Mushrooms

The Bakery Assortment of Freshly Baked:

Mini Danish Pastries, Croissants, Muffins & White
or Whole Wheat Toast
Served with Imported Preserves and
Dairy Fresh Butter

Coffee & Tea

\$22.50 pp

Applicable to entire menu: prices and items are subject to change based on market availability



HONEST SOUPS | \$5.95 (16 OZ)

Did You Know? We have carefully selected the finest ingredients to include Non-GMO, Organic, Dairy Free, Gluten Free, Vegan, Certified Sustainable Seafood and Humanely Raised

Butternut Squash & Carrot Soup (Vegan, Gluten Free)

Green Split Pea, Organic Chicken & Pasta Soup (Dairy Free, Organic)

Café 4 Fish Chowder (Wild Caught, Certified Sustainable)

Beef Goulash (Dairy Free, Gluten Free)

ENJOY YOUR FAVORITE SOUP WITH OUR HOUSE BAKED BREAD

MADE FROM ORGANIC FLOUR *

Organic Corn Bread*, Organic Sourdough Bread*, Gluten Free Bread \$2/order

Organic Multigrain*, Garlic Bread* \$2.50/order



SALADS | \$11.95

Did You Know? We proudly offer a selection of healthy salads to suit many dietary choices such as Keto, South Beach, Atkins or just enjoy it all in our Superfood Salad

Add Protein: Grilled Chicken (Additional \$2.00)

Keto Diet Caesar Salad

Romaine Hearts, Avocado, Bacon, Shredded Parmesan & Caesar Dressing

Fitness Salad

Organic Kale, Celery, Avocado, Quinoa, Watermelon, Sunflower Seeds & Raspberry-Chia Dressing

Garden Salad

Mixed Organic Greens, Broccoli, Cucumber, Sweet Corn, Carrots & House Balsamic Dressing

Chef's Chopped Salad

Mesclun Leaves, Cherry Tomatoes, Red Peppers, Onions, Cucumber & Honey-Dijon Dressing

Summer Salad

Baby Spinach, Peppers, Mushrooms, Feta Cheese, Chickpeas & Mediterranean Dressing

Superfood Salad

Organic Kale, Broccoli, Beetroot, Dried Cranberry, Pumpkin Seeds & Detox Dressing

Crunchy Oriental Salad

Romaine Hearts, Cabbage Slaw, Celery, Crunchy Ramen, Scallions, Carrots & Sesame-Mango Dressing



SIGNATURE SANDWICHES | \$11.95

Did You Know? We proudly bake our own bread and wraps using organic flour and local eggs

Grilled Chicken Caesar

Romaine, Croutons, Parmesan Cheese, Caesar Dressing,
Organic Spinach Wrap

BLT & Avocado Wrap

Bacon, Lettuce, Tomato, Avocado, Mayo,
Non-GMO Whole Wheat Wrap

Curried Chicken

Curry Chicken Salad, Lettuce, Tomato,
Organic Multigrain Bread

BBQ Pulled Pork

Slow-cooked Pulled Pork, Coleslaw,
Organic Soft Bun

Vietnamese Beef

Braised Beef Brisket, Pickled Vegetables, Sriracha Mayo,
Lettuce, Fresh Cilantro, Fresh Mint,
Organic Ciabatta Bread

Grilled Chicken Pesto

Lettuce, Mozzarella, Tomato, Pesto Sauce,
Organic Classic Italian Bread

Fish On A Bun

Fried Mahi Mahi, Lettuce, Tomato, Onion, Curry-Mayo,
Organic Onion Bread

HOMEMADE PIES & MORE | \$12.00

Beef & Mushroom Pie

Chicken Curry Puff

Sriracha Buttermilk -

Chicken & Leek Pie

Vegetable Samosa

Fried Chicken

Choose any **TWO** of the above or choose **ONE** which is served with our house salad or your choice of soup from our Honest Soups section



ALL TIME FAVOURITE SUSHI I \$14.50

Banzooka Roll

Spicy Tuna, Masago, Mentaiko Mayo, Crab Stick & Avocado,
Served Tempura Style, Special Sauce

Dragon Roll

Crab Stick, Cucumber, Avocado Roll Tempura Style,
topped with Seaweed and Romaine Lettuce

VEGAN SUSHI & MORE I \$12.50

Did You Know? Black Rice has many health benefits for you. It is full of antioxidants, protects heart health, can help detoxify the body, good source of fiber, a naturally gluten free grain and helping to prevent diabetes. In China, black rice has been known for being good for the kidneys, stomach and liver since ancient times.

Indicate if you prefer regular Japanese Sushi Rice

Vegan Roll

Black Rice, Avocado, Mushrooms, Asparagus, Sweet Potato, Spinach (White Rice)

Zen Roll

Brown Rice, Red Quinoa, Seaweed Salad, Avocado, Asparagus, Carrot, Tofu (White Rice)

Samurai Roll

Brown Rice, Chicken Teriyaki, Sesame Seed, Scallion, Red Cabbage (White Rice)

Healthy Cali Roll

Brown Rice, Masago, Crab Stick, Avocado, Cucumber (White Rice)

Philadelphia Roll

Brown Rice, Smoked Salmon, Cream Cheese, Cucumber, Scallion (White Rice)

Energy Roll

Black Rice, Red Quinoa, Avocado, Spicy Salmon, Seaweed Salad, Cucumber (White Rice)

Sakura Roll

Black Rice, Brown Rice, Shrimp Tempura, Mango, Seaweed Salad (White Rice)

Yummy Roll

Brown Rice, Red Quinoa, Spicy Tuna, Cucumber, Avocado, Furikake (White Rice)

Spicy Tuna Tartare I \$12.50

Tuna, Sesame Seeds, Scallions,
Chili and Teriyaki Sauce

Special Seaweed Salad I \$8.50

Marinated Seaweed, Mango, Avocado
and Cucumber



PASTA BAR | \$12.50

Did You Know? We make our own pasta using only three ingredients- Organic Semolina Flour, Local Eggs and Water. We are the only restaurant on the island where you can watch our pasta being made fresh daily

- ◇ **Conchiglia Bolognese:** Classic Italian Meat Sauce (Beef) & Parmesan Cheese
- ◇ **Fusilli Madras:** Grilled Chicken Breast, Broccoli, Tomato, Red Peppers & Curry Cream Sauce
- ◇ **Fettucine Alfredo:** An all-time favorite: All-natural Ham, Mushrooms & Cream Sauce
- ◇ **Orecchiette Mediterranean:** Shrimp, Spinach, Artichoke, Tomato & Pesto Sauce
- ◇ **Spaghetti Asian:** Chicken, Shrimp, Carrots, Red Pepper, Onion, Broccoli & Sesame-Soy Sauce

CREATE YOUR OWN

Choose One Pasta

Conchiglia · Campanelle · Fettucine · Fusilli · Orecchiette · Spaghetti · Gluten Free Penne

Choose One Protein

Chicken · Italian Sausage · Shrimp · Turkey · Bacon · Ham · Tuna

Choose Five Toppings

Mushrooms
Onions
Red Peppers
Chili Flakes
Sun-dried Tomatoes
Cherry Tomatoes

Carrots
Broccoli
Spinach
Zucchini
Parmesan Cheese
Corn

Green Peas
Kalamata Olives
Roasted Artichokes
Chopped Scallions
Chopped Parsley
Grilled Vegetables

Choose Your Sauce

Organic Tomato Sauce · Cream Sauce · Pink Sauce (Tomato-Cream Sauce)
Garlic & Oil Pesto · Oriental Sauce · Olive Oil Only · Bolognese Sauce

All pasta served with Parmesan Cheese on the side

Garlic Bread - \$2.50/order

Delivery is free within walking distance:
(from within the block of Front Street, Burnaby Street, Victoria Street & Bermudiana Road)

Prices are subject to change based on market availability and personalized requests