



Since 1978, MetroWorks has helped thousands of people overcome obstacles and realize their employment and educational goals. From its beginnings as a pioneering non-profit in community economic development, MetroWorks has remained responsive to the needs of our community.

MetroWorks is committed to assisting people overcome barriers and gain the confidence and skills required to obtain meaningful and sustainable employment. Currently, MetroWorks is active in our community through our Options Work Activity Program, The Cunard Learning Centre, MetroWorks Employment Services and Stone Hearth Bakery.

Our newest venture, **Stone Hearth Café** is a full-service café, catering company and work-skills training facility under one roof. We serve up breakfasts, lunches and tempting desserts at our Lower Sackville location but we'd love to bring our delicious, locally-focused menu to you as the caterer of your next event. Whether it's a meeting in your office or a festive occasion, we serve local selections and provide impeccable service. Let us impress you!

Our Chef, Shawn Peck, would be happy to discuss your event and catering requirements.

Good for you. Good for your community.

Allergies or specific dietary needs must be brought to our attention.
1000 Sackville Drive, Lower Sackville 902-252-3435 Catering@mymetroworks.ca



Catering Menu

Breakfast

Continental Breakfast – Coffee and tea service as well as chilled juices with a selection of homemade muffins, croissants, bagels, and cinnamon rolls. Served with whipped butter, preserves, and cream cheese. *\$7.95 per person, min 10ppl*

Nutrition Breaks

Beverages

Coffee, Dark Roast Regular and Decaffeinated

Pots (12 cups) *\$15.00*

Urn (50 cups) *\$60.00*

Tea, selection of black and herbal teas (12 cups) *\$15.00*

Tea Urn with selection of teas (50 cups) *\$60.00*

Bottled spring water *\$2.00*

Assorted Fruit Juices (300mL) *\$2.50*

Assorted Soft Drinks *\$2.50*

2% Milk, White or Chocolate (500 ml) *\$3.50*

Healthy Snacks and Treats

Sliced fresh fruit tray with yogurt *\$4.50 pp minimum 10 people*

Fruit and cheese platter *\$6.00 pp, minimum 10 people*

Vegetable platter with selection of dips *\$3.50pp minimum 10 people*

Cookie Basket– a selection of Bakery fresh cookies including chocolate chip, oatmeal coconut, ginger molasses and double chocolate cookies. Minimum order 1 dozen per variety.
\$15.00/dozen

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Luncheon

Sandwich Trays

All of our sandwiches are made with our Stone Hearth Bakery bread: white, whole wheat, multi-grain, rye, marble rye and focaccia.

Shaved roast beef, honey Dijon, provolone, tomato, cucumber and artisan greens.

Roasted chicken & bacon, garlic aioli, Havarti cheese, tomato and artisan greens.

Sliced turkey, cranberry mayo, cheddar, cucumber and romaine lettuce.

Black Forest smoked ham, and genoa salami, Swiss cheese, tomato, and cucumber.

Tuna salad, tomato, sunflower seeds, lemon dill mayo, cucumber and greens.

Roasted veggie wrap with hummus, mushrooms, peppers, onions, zucchini and grape tomatoes.

\$5.00 per sandwich minimum 10 per order.

Soups

Our Chef prepares soups in house daily with local seasonal ingredients. All soups are served with fresh rolls or buttermilk biscuits. *\$4.50 per person, min 10 people*

Creamy Potato Leek & Parmesan- rich and creamy with a perfect balance of potato, leek and parmesan.

Tomato Vegetable- fresh seasonal vegetables in a delicate slow simmered tomato broth

Roasted Sweet Pepper Corn & Bacon Chowder – roasted sweet peppers & corn with potato, onions, vegetable broth double smoked bacon and finished with cream

Beef Stew with Dumplings – stewed seasoned beef with fresh garden vegetable topped with thyme basil dumplings

Good for you. Good for your community.



Soups cont'd

Chili- Seared ground beef, kidney beans, and seasonal vegetable, in a thick spicy chili tomato broth.

Seafood Chowder – Haddock, scallops, shrimp, potato, onions, dill, fennel, in a rich creamy broth. *\$7.00 per person min 10 people*

Salads

Minimum 10 people – Side order portion sizes

For meal size portions add \$2.50

Mixed Greens – artisan greens, cucumber, grape tomatoes, dried cherries, toasted sunflower seeds, feta cheese, and cherry maple balsamic dressing. *\$4.50 per person*

Greek Salad - cucumbers, tomatoes, sweet peppers, red onion, feta, and honey lemon oregano dressing. *\$5.00 per person*

Creamy Dijon Sundried Tomato Penne – sundried tomato, onions, peppers, mushrooms cucumbers, tomatoes, penne, and creamy honey basil Dijon dressing. *\$4.50 per person*

Spinach Salad – spinach, tomatoes, cucumber, mozzarella, sliced egg, and raspberry pomegranate vinaigrette. *\$4.50 per person*

Smokey Bacon Potato Salad – onion, peas, smoked bacon, in a light Dijon mayo with a dash of smoked paprika. *\$4.00 per person*

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Hearty Fare

Served with a **SIDE** or salad, side vegetable, and basket of fresh house made breads & rolls.
Minimum order 10 people

Lemon Thyme Garlic Baked Chicken - lightly herbed chicken topped with grilled pineapple salsa. *\$12.00*

Chicken Marsala - with mushrooms and sweet peppers finished with roasted balsamic tomatoes. *\$14.00*

Roast Pork Tenderloin Chickpea Tandoori - Dijon tandoori glazed pork loin slow roasted atop curried chickpeas onions and peppers finished with Greek yogurt. *\$14.00*

Slow Roasted Beef, with fresh rosemary beef au jus. *\$16.00*

Stuffed Haddock – mushroom parmesan risotto stuffed haddock with a lemon dill cream. *\$15.00*

Maple Chipotle Roasted Salmon stuffed with creamy leeks. *\$21.00*

Lasagna – seared ground beef, peppers, onions, mushrooms, herbed mascarpone cottage cheese, and tomato sauce, all perfectly layered topped with mozzarella *\$12.00*

Chicken Champignon Penne - grilled sliced chicken sautéed peppers, mushrooms finished with a brandy cream sauce tossed with penne noodles. *\$13.00*

Curry Vegetable Roast – fresh seasonal veg tossed in a light curry, then roasted & served over basmati rice. *\$13.00*

Hearty Fare Sides

Cinnamon & Clove Scented Basmati Rice

Smoked Garlic Smashed Potatoes

Rosemary & Thyme Roasted Mini Potatoes

Sweet Potato and Parmesan Risotto

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Sweets

All sweets and desserts are made in house.

Sweet Trays - A variety of cookies, cakes, squares, mini cheesecakes, profiteroles, chocolate truffles. *Small tray 30pc \$45.00 Large tray 65pc \$97.50*

Full sheet cakes (*approx. 100 pieces*) \$75.00

Tiramisu – Lady Fingers soaked in brandy, Marsala and espresso layered between a delightful mascarpone mousse topped with shaved chocolate and fresh strawberries.

\$6.00 per person min 10 people

Strawberry Shortcake – Vanilla balsamic macerated strawberries and light whipped cream sandwiched between layers of Angel food cake.

\$5.00 per person min 10 people

Cheesecakes *8" \$30.00 - \$40.00 10" \$40.00 - \$55.00*

New York, Lemon Dream, Coconut Cream Supreme, Blueberry Cassis, Raspberry White Chocolate, Chocolate Swirl, Cherry Amaretto, Cherry Lemon, Chocolate Peanut Butter Paradise, Triple Belgium Chocolate Ecstasy, Chocolate Brownie Truffle, Espresso Macaroon

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Canapés and Tapas

Prices are per dozen, minimum 2 dozen per canapé

Roast chicken salad, pesto mayo nestled in a mini buttermilk biscuit. *\$17.00*

Seared shrimp, lemon aioli arugula on crisp sweet cornbread with vanilla balsamic drizzle. *\$19.00*

Crisp prosciutto smoked Applewood cheddar sweet potato popover red wine caramel. *\$18.00*

Tomato artichoke bruschetta, with spinach, scallions, garlic, feta, olive oil on crisp herbed focaccia crisps. *\$17.00*

Smoked turkey caramelized onion cranberry goat cheese tartlets. *\$17.00*

Mini teriyaki beef tacos, shredded teriyaki beef, corn salsa, pickled onion, avocado mousse on a toasted mini taco shell. *\$18.00*

Sweet chili maple bacon wrapped scallops. *\$25.00*

Honey curry chicken satay, with Thai peanut dipping sauce. *\$20.00*

Hoisin beef tenderloin skewers with grilled pineapple & pinot noir caramel. *\$21.00*

We use local ingredients where possible and prepare our caterings to order. We would be happy to provide a quote on additional menu ideas.

We require 24 hours' notice In the case of an event cancellation. Cancellations made without sufficient notice may be billed at full cost.

All prices subject to 15% HST. Delivery charge (minimum \$20) or 15 % gratuity when applicable. Menu is subject to change.

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