



# TWO PEAS IN A POD -- CATERING --

## BREAKFAST

**YOGURT PARFAIT:** GREEK HONEY YOGURT, CASHEW GRANOLA (GF), FRESH BERRIES - **\$8.50**

**VEGAN YOGURT PARFAIT:** COCONUT CREAM YOGURT, GRANOLA (GF), FRESH BERRIES - **\$9.50**

**BREAKFAST WRAPS:** SERVED WITH PICO DE GALLO + SOUR CREAM

- **CLASSIC:** SCRAMBLED EGGS, CHEESE, SAUSAGE, BACON, PEPPERS, GREEN ONION - **\$9.50**
- **GARDEN VEGETABLE:** SCRAMBLED EGGS, FETA, SPINACH, MUSHROOMS, PEPPERS, AVOCADO - **\$8.50**

## BREAKFAST SANDWICHES

- **CLASSIC:** EGG, SAUSAGE, CHEDDAR, ARUGULA, TOMATO ON A BRIOCHE BUN - **\$8**
- **GARDEN VEGETABLE:** EGG, SPINACH, SWISS, MUSHROOMS ON A BRIOCHE BUN - **\$7**
- **VEGAN:** GRILLED TOFU, VEGAN CHEESE, IMPOSSIBLE SAUSAGE PATTY, SPINACH, VEGAN MAYO - **\$10**

**AVOCADO TOAST:** AVOCADO SLICES WITH YOUR CHOICE OF TOPPINGS

- BUFFALO MOZZARELLA, TOMATO + BASIL - **\$14**
- SMOKED SALMON, CREAM CHEESE, RED ONION, DILL + CAPERS - **\$16**
- SALSA, RADISH, + CILANTRO - **\$12**
- AVOCADO, CREAM CHEESE + EVERYTHING BAGEL SEASONING - **\$12**

**TWO PEAS CLASSIC BREAKFAST:** CREAMY SCRAMBLED EGGS, ALDERWOOD SMOKED BACON, COUNTRY STYLE SAUSAGE, ROAST POTATOES, FRESH FRUIT, ASSORTMENT OF BAKED GOODS - **\$22**

## BREAKFAST HASH

- **TRADITIONAL:** SCRAMBLED EGGS, ROAST POTATOES, PEPPERS, MUSHROOMS, RED ONIONS, ZUCCHINI, SPINACH + FETA - **\$15**
- **MEXICAN:** SCRAMBLED EGGS, CHORIZO SAUSAGE, ROAST POTATOES, BLACK BEANS, PEPPERS, RED ONIONS, COJITA CHEESE, AVOCADO SERVED WITH PICO DE GALLO + SOUR CREAM - **\$17**

**FRUIT:** BERRY SALAD - **\$7** PER PERSON    FRUIT PLATTER - **\$8** PER PERSON

**BAKED GOODS – CHECK FOR AVAILABILITY AND NEW ITEMS – SUBJECT TO CHANGE**

<b>SCONES \$5</b>	CARROT CAKE	\$6
CHEDDAR + CHIVE	LEMON OLIVE OIL CAKE (VEGAN)	\$6
BLUEBERRY + LEMON	BLUEBERRY COFFEE CAKE	\$5
APPLE CINNAMON + CARAMEL	BEST EVER TRIPLE CHOCOLATE BROWNIE	\$4.75
CRANBERRY + LEMON	MUFFINS (BLUEBERRY BRAN, BANANA BLUEBERRY, LEMON POPPY SEED ( GF), CHOCOLATE ESPRESSO)	\$5
SPINACH + FETA	LEMON LOAF	\$5
CHUNKY MONKEY	CROISSANTS	\$3.50
PEACH	BANANA BREAD, CHOCOLATE BANANA BREAD (GF)	\$5

**FOR SHARING**

**CHARCUTERIE:** AN ARRAY OF ITALIAN CURED MEATS, OLIVES, PICKLES, CIPPOLINI ONIONS, CHEESES, FRUIT, NUTS, BAGUETTES, CRACKERS, PRESERVES - **\$10 PER PERSON**

**SMOKED SALMON:** FRESH SMOKED SALMON, CORN BLINIS, RED ONION, CAPERS, CRÈME FRAICHE - **\$10 PER PERSON**

**GRILLED VEGETABLE PLATTER:** MUSHROOMS, PEPPERS, ZUCCHINI, ASPARAGUS, CAULIFLOWER, BABY POTATOES SERVED WITH HUMMUS AND WHIPPED FETA DIP **\$10 PER PERSON**

**WEST COAST SEAFOOD:** JUMBO PRAWNS, SEARED SCALLOPS, SESAME SOY AHI TUNA, CANDIED SALMON, SMOKED OYSTERS, CRAB DIP **\$15 PER PERSON**

## LUNCH

**PANINIS** – SERVED ON TURKISH BREAD

**MAKE IT A COMBO - ADD VEGGIES, HUMMUS + COOKIE \$6.00**

- **ROAST BEEF:** BEEF, CARAMELIZED ONIONS, BRIE, SPINACH, BALSAMIC DRIZZLE - **\$13**
- **ROAST TURKEY:** TURKEY, PROSCUITTO, FIG PRESERVE, BRIE, SPINACH - **\$13**
- **CHICKEN PESTO:** CHICKEN BREAST, MOZZARELLA, PESTO, TOMATO, SPINACH - **\$13**
- **HAM + CHEESE:** HAM, SWISS, PROVOLONE, CHEDDAR, SPINACH, HONEY MUSTARD - **\$13**
- **ROASTED VEGETABLE:** EGGPLANT, ZUCCHINI, MUSHROOMS, PEPPERS, PESTO, HUMMUS, PROVOLONE, SPINACH - **\$13**
- **CAPRESE:** MOZZARELLA, PESTO, TOMATO, SPINACH - **\$12**
- **TRUFFLE MUSHROOM:** MUSHROOMS, TRUFFLE OIL, SWISS, SPINACH - **\$13**
- **VEGAN:** MUSHROOMS, TOMATO, BALSAMIC TOFU, SPINACH, VEGAN CHEESE - **\$12**
- **REUBEN:** CORNED BEEF, SAUERKRAUT, THOUSAND ISLAND DRESSING, SWISS - **\$13**
- **THE BIG ITALIAN:** MORTADELLA, SALAMI, PROSCUITTO, GIARDINIERIA, PROVOLONE, SPINACH - **\$13**

**SANDWICHES** (CHOICE OF MULTIGRAIN, SOURDOUGH OR WRAPS (GLUTEN FREE \$1.00 EXTRA))

**MAKE IT A COMBO – ADD GREEN SALAD OR VEGGIES, HUMMUS + COOKIE \$6.00**

- **TARRAGON CHICKEN SALAD:** CHICKEN, GRAPES, CELERY, RED ONION, TARRAGON - **\$10**
- **TUNA SALAD:** ALBACORE TUNA, DILL, CELERY, GREEN ONIONS, CAPERS - **\$10**
- **SHRIMP SALAD:** FRESH BABY SHRIMP, CELERY, GREEN ONION, DILL, PARSLEY - **\$13**
- **SALMON BLT:** SOCKEYE SALMON, BACON, TOMATO, AVOCADO, SPINACH - **\$13**
- **SMOKED SALMON BAGEL:** SMOKED SALMON, CREAM CHEESE, CUCUMBER, CAPERS, RED ONION, DILL - **\$13**

**VEGETARIAN/VEGAN OPTIONS:**

- **EGG SALAD:** EGGS, CELERY, GREEN ONIONS, DILL, PARSLEY - **\$8**
- **WEST COAST VEGGIE:** HUMMUS, AVOCADO, SPROUTS, CUCUMBER, TOMATO, PROVOLONE - **\$10**
- **WEST COAST VEGAN:** TRUFFLE HUMMUS, AVOCADO, SPROUTS, TOMATO, CUCUMBER, SPINACH - **\$12**
- **TERIYAKI TOFU + KIMCHI WRAP:** MARINATED TOFU, KIMCHI, CUCUMBER, RED PEPPER, GREEN ONION, BEAN SPROUTS, SHREDDED LETTUCE - **\$12**
- **BBQ CAULIFLOWER WRAP:** CHUNKS OF BBQ'D CAULIFLOWER, TANGY COLESLAW, CILANTRO, CUCUMBER - **\$12**
- **MEXICAN WRAP:** RICE, REFRIED BEANS, SALSA, GUACAMOLE, TOMATO, VEGAN CHEESE, SHREDDED LETTUCE, CILANTRO - **\$12**

**THE BOARDROOM PACKAGE:** LEAVE IT TO US! A DELICIOUS SELECTION OF SANDWICHES AND WRAPS, 2 SALADS OF OUR CHOICE, DESSERT (SPECIAL DIETARY NEEDS CAN BE ACCOMMODATED) - **\$23**

## **SOUPS – CHANGES DAILY, PLEASE CHECK FOR AVAILABILITY**

SMALL **\$6** – MEDIUM **\$8** – LARGE **\$12** - ADD BREAD **\$2**

SEAFOOD CHOWDER: SMALL **\$8** – MEDIUM **\$10** – LARGE **\$14** (WHEN IN STOCK)

## **SALAD BOWLS – ADD YOUR CHOICE OF PROTEIN FROM THE LIST BELOW.**

**HAWAIIAN POKE BOWL:** COCONUT RICE, NAPA CABBAGE, EDAMAME, RADISH, CUCUMBER, CARROTS, AVOCADO, PINEAPPLE, PICKLED GINGER, PEA SHOOTS, ASIAN VINAIGRETTE- **\$16**

**SPICY PEANUT RICE NOODLE BOWL:** RICE NOODLES, RED CABBAGE, EDAMAME, CARROTS, THAI BASIL, HOUSEMADE SPICY PEANUT SAUCE, CILANTRO - **\$16**

**CHINESE CHICKEN SALAD:** ROMAINE, ROAST CHICKEN, NAPA CABBAGE, CARROTS, CELERY, SNAP PEAS, RADISH, GREEN ONION, CASHEWS, CRISPY NOODLES - **\$20**

**MEXICAN STREET TACO BOWL:** ROMAINE, RICE, BLACK BEANS, RED CABBAGE, JICAMA, RADISH, AVOCADO, COTIJA CHEESE, TORTILLA STRIPS, CILANTRO, PICO DE GALLO, SOUR CREAM - **\$16**

**CHICKEN + AVOCADO TZATZIKI BOWL:** CHICKEN, AVOCADO, CUCUMBER, KALE, ROMAINE, SUN-DRIED TOMATOES, RED ONION, DILL, BASIL, PARSLEY, TZATZIKI, FETA - **\$18**

**CHOPPED SALAD:** ROMAINE, RED CABBAGE, EGG, TOMATO, CUCUMBER, PEPPERS, CORN, PEAS, AVOCADO, RED ONION - **\$16**

**ADD PROTEIN:** ROAST CHICKEN **\$7** – SALMON **\$9** – PRAWNS **\$8** – AHI TUNA POKE **\$8** – SALMON POKE **\$8** – SESAME TOFU **\$5**

## **HOT MEALS – MINIMUM OF 4 ORDERS PER ITEM**

(ALL INDIVIDUALLY PACKAGED AND LABELED IN MICROWAVEABLE CONTAINERS)

### **MEAT**

**ROAST CHICKEN:** ¼ CHICKEN, MASHED POTATOES, SEASONAL VEGETABLES, GRAVY (GF)- **\$18**

**BUTTER CHICKEN:** CHICKEN THIGHS, BASMATI RICE, VEGETABLE SAMOSAS, NAAN BREAD - **\$18**

**THAI COCONUT CHICKEN CURRY:** CHICKEN THIGHS IN A RED COCONUT CURRY SAUCE, PINEAPPLE, BAMBOO SHOOTS, TOMATO, ONION, BASMATI RICE (GF) - **\$18**

**CLASSIC ITALIAN LASAGNA:** GROUND BEEF, ITALIAN SAUSAGE, HERB RICOTTA, SPINACH + MOZZARELLA WITH A CAESAR SALAD - **\$20**

**MEXICAN PLATE:** CHICKEN ENCHILADAS, HOUSEMADE REFRIED BEANS, MEXICAN RICE, TORTILLA CHIPS, PICO DE GALLO, SOUR CREAM + GUACAMOLE- **\$18**

**BEEF BOURGUIGNON:** SLOW BRAISED BEEF WITH RED WINE, CARROTS, ONIONS, MUSHROOMS + PEAS SERVED WITH MASHED POTATOES - **\$24**

**CHICKEN POT PIE:** ROAST CHICKEN, CARROTS, ONIONS, CELERY + PEAS SAUTEED IN WHITE WINE + WRAPPED IN PUFF PASTRY SERVED WITH AN ORGANIC GREEN SALAD - **\$18**

## **VEGETARIAN**

**ROASTED VEGETABLE LASAGNA:** EGGPLANT, MUSHROOMS, PEPPERS, ZUCCHINI, SPINACH, HERB RICOTTA SERVED WITH A CAESAR SALAD - **\$20**

**CURRIED CAULIFLOWER + CHICKPEA CURRY:** SERVED WITH BASMATI RICE, SNAP PEAS, CILANTRO, NAAN BREAD (VEGAN) **\$18**

**THAI COCONUT CURRY:** SHIITAKE MUSHROOMS, ONIONS, BABY CORN, EGGPLANT, PEPPERS, ZUCCHINI, GRILLED TOFU, BEAN SPROUTS, THAI BASIL + CILANTRO IN A RED COCONUT CURRY SAUCE (VEGAN + GF) - **\$18**

**STUFFED PORTOBELLO MUSHROOM:** QUINOA, SPINACH, PEPPERS, ONIONS, RICOTTA CHEESE + BASIL SERVED WITH AN ORGANIC GREEN SALAD (GF) - **\$18**

**VEGETARIAN MEXICAN PLATE:** GRILLED CORN, PEPPERS, ONIONS, RED LENTILS, HOUSEMADE REFRIED BEANS, TORTILLA CHIPS, PICO DE GALLO, SOUR CREAM, GUACAMOLE - **\$18**

## HOT LUNCH BUFFETS - \$25 PER PERSON

**A TASTE OF MEXICO:** BUILD YOUR OWN TACOS (CORN + FLOUR TORTILLAS), CHOICE OF CHICKEN, BEEF, VEGGIE, BAJA COLESLAW, MEXICAN RICE, HOUSEMADE REFRIED BEANS, TORTILLA CHIPS, PICO DE GALLO, SOUR CREAM, GUACAMOLE

**A TASTE OF GREECE:** GREEK SALAD, CAESAR SALAD, GREEK RICE, CHICKEN (SOUVLAKI STYLE), SPANAKOPITA, PITA, HUMMUS + TZATZIKI

**A TASTE OF INDIA:** VEGETARIAN SAMOSAS, BASMATI RICE, BUTTER CHICKEN, ROASTED CHICKPEA + CAULIFLOWER COCONUT CURRY, NAAN, RAITA

**A TASTE OF THAILAND:** VEGETARIAN SPRING ROLLS, BASMATI RICE, RED COCONUT CHICKEN CURRY, PAD THAI

**BUILD YOUR OWN BURGER BAR:** HERB POTATO SALAD, CAESAR SALAD, BRIOCHE BUNS WITH CHOICE OF PRIME RIB/CHICKEN/VEGGIE BURGERS, LETTUCE, TOMATO, ONIONS, ALL SAUCES, CHEESES, KETTLE CHIPS - \$28 PER PERSON

## AFTERNOON PICK ME UPS (PERFECT FOR MIDDAY)

**SEASONAL FRUIT BOX - \$8**

**MEZZE BOX - \$9**

DOLMADES, PEPPADEWS, GRILLED VEGETABLES, HUMMUS, PITA

**ROASTED VEGETABLE BOX - \$7**

SERVED WITH HUMMUS

**CHEESE & FRUIT BOX - \$9**

CHEESES, FRUIT, CRACKERS, MIXED NUTS

**CHARCUTERIE BOX - \$10**

ITALIAN CURED MEATS, PEPPADEWS, CIPPOLINI ONIONS, OLIVES, PICKLES, CRACKERS

**SMOKED SALMON + CORN BLINIS - \$12 (MIN ORDER OF 6)**

SERVED WITH LEMON + DILL SOUR CREAM

## **HOT BEVERAGES**

**JJ BEAN BREWED COFFEE - \$3.25 PER PERSON**

**MIGHTY LEAF TEAS - \$4.50 – CHAMOMILE, EARL GREY, JASMINE, ENGLISH BREAKFAST, MINT, TROPICAL GREEN**

## **COLD BEVERAGES**

**ASSORTMENT OF SOFT DRINKS – \$2.50 - COKE, DIET COKE, COKE ZERO, SPRITE, GINGER ALE, FRESCA, ICED TEA**

**BOTTLED WATER - \$3.75**

**KOMBUCHA - \$4.50**

**PURE LEAF ICED TEA - \$4.50**

**GOOD DRINK ICED TEA - \$4.50 – PEACH, MANGO, BLUEBERRY**

**COMPOSTABLE CUTLERY + NAPKINS PROVIDED AT AN ADDITIONAL COST OF \$1.00 EACH**

**CAFÉ LOCATED AT 1426 WEST 8<sup>TH</sup> AVENUE, VANCOUVER, BC V6H 1E1**

**604.730.0942 [INFO@TWOPEASINAPODCATERING.COM](mailto:INFO@TWOPEASINAPODCATERING.COM)**

**IF YOU DON'T SEE SOMETHING YOU ARE WANTING – JUST LET US KNOW AND WE'D BE HAPPY TO DO IT FOR YOU!**

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