

TREATS

SCONE OR MUFFIN	\$3.95
CROISSANT	\$3.75
PAIN AU CHOCOLAT	\$3.75
ALMOND DANISH	\$4.25
CINNAMON ROLL	\$4.95
MONSTER COOKIE 	\$3.85

Gluten free rolled oats, peanut butter, extra virgin olive oil, Canadian maple syrup, chocolate chips and M&Ms

ENERGY BALLS 	\$3.95
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Gluten free rolled oats, flax, peanut butter, grated coconut, honey & chocolate chips

SPECIAL K BAR	\$3.50
RICE CRISPY BAR 	\$3.50
YOGURT PARFAIT 	\$5.95



PLATTERS

Large platters serving 10-12 people

ASSORTED PASTRIES	\$39.50
COOKIES & TREATS	\$39.50
FRUIT TRAY	\$58.00
CHARCUTERIE BOARD	\$68.00
CHARCUTERIE CHEESE COMBO	\$72.50
CHEESE TRAY	\$75.00

SHOP LOCAL

INDEPENDENT, LOCALLY OWNED
COFFEE SHOP & SANDWICH BAR

OUR COFFEE

- ✿ Locally roasted
- ✿ Organic
- ✿ Direct trade
- ✿ Roasted weekly
- ✿ Medium and dark blends from Guatemala and Brazil

DISPOSABLE URN (SERVES 12) \$28.50

Medium or dark blend coffee, or hot chocolate.
Includes 10oz cups, milk, cream, stir sticks, sugar & sweetener

LARGER INSULATED URNS

Several options available on request

HOST A PRIVATE EVENT AFTER 3PM AT OUR
SHOP WITH CATERING AND A PRIVATE BARISTA.
ENJOY **COCKTAILS & CRAFT BEERS** FROM OUR
FULLY LICENSED BAR.

Visit www.morningowlmanotick.com
to learn more



MORNING OWL MANOTICK
5517 Manotick Main Street, Ottawa, K4M 1J8
613-491-6100 (shop) | 613-581-7255 (catering)

CATERING MENU

STORE PICK-UP OR DELIVERY



Morning Owl
MANOTICK

TO ORDER:

catering@morningowlmanotick.com
or
613-581-7255



www.morningowlmanotick.com

BREAKFAST

BREAKFAST SANDWICH \$5.65

English muffin, egg frittata, slice of cheddar & crispy bacon or a sausage patty

VEG BREAKFAST SANDWICH \$4.95

English muffin, egg frittata & a slice of cheddar with optional arugula and tomato

BREAKFAST BAGEL \$7.25

Kettlemans sesame bagel, bacon, fried egg, cream cheese, guacamole, baby spinach & tomato

B.E.L.T. CROISSANT \$7.25

Croissant, bacon, cheddar, egg frittata, chipotle mayo, baby spinach & tomato

SIDES & SALADS

Choose any of our refreshing salads to accompany your sandwich or wrap for **\$6**. Or, choose a full size salad...

	Serves 1	Serves 5
GARDEN SALAD	\$10.50	\$26.50
CHICKPEA SALAD	\$12.00	\$30.00
KALE SALAD	\$12.00	\$30.00
QUINOA SALAD	\$12.00	\$30.00
TOMATO BOCCONCINI	\$12.00	\$30.00
PESTO PASTA SALAD	\$12.00	\$30.00
SIDE OF CHICKEN	\$12.00	\$30.00

SANDWICHES & WRAPS

Available on Art Is In white dynamite baguettes (freshly baked overnight), or as wraps (white, wholewheat or  gluten free)

BUFFALO CHICKEN \$12.75

Southern fried chicken marinated in Frank's hot sauce, spring mix, tomato & Swiss cheese

BUTTERNUT SQUASH \$11.50

Roasted butternut squash, spring mix, red onion, hummus & tomato (optional feta for non-vegans)

CHICKEN PESTO \$12.75

Chicken, pesto mayo, Swiss cheese, arugula & tomato

COFFEE GLAZED PULLED PORK \$12.75

Jerk pulled pork, dijon mustard, provolone, baby spinach & tomato, glazed with Morning Owl coffee

CUBANO \$12.75

Pulled pork, black forest ham, dijon mustard, provolone, pickles & baby spinach

HAM & SWISS \$12.75

Black forest ham, dijon, Swiss cheese, pickles & spring mix

HAM, APPLE & BRIE \$12.75

Back forest ham, dijon mustard, brie, granny smith apple & spring mix

HERB & TOFU \$11.50

Tofu, hummus, spinach, red onion, tomato & red pepper

ITALIAN TRIO \$12.75

Mortadella, genoa salami, capicola, pesto mayo, provolone, spinach, red pepper & finely chopped vegetables

JERK PORK \$12.75

Jerk pulled pork, dijon, provolone, baby spinach & tomato

MANGO CHICKEN \$12.75

Roast chicken, mango, finely sliced green onion & peppers

MEATBALL \$12.75

Meatballs, pesto mayo, Swiss cheese & arugula

MEDITERRANEAN VEGETABLE \$11.50

Hummus, goat cheese, olives, zucchini, red onion, roasted peppers, cucumber, arugula, spicy eggplant & tomato

PASTRAMI \$12.75

Pastrami, sauerkraut, yellow mustard, Swiss cheese & spinach

ROAST BEEF \$12.75

Finely sliced roast beef, dijon mustard, provolone, horseradish, spring mix & tomato

ROASTED VEGETABLE \$11.50

Feta cheese, hummus, spicy eggplant, zucchini, red onion, red pepper, arugula & cherry tomato

TOMATO BOCCONCINI \$12.50

Bocconcini, pesto mayo, baby spinach & tomato

TURKEY CLUB \$12.75

Roast turkey, crispy bacon, chipotle mayo, cheddar, spring mix, tomato

TURKEY, PEAR & JALAPEÑO \$12.75

Turkey, chipotle mayo, cheddar cheese, jalapeño, sliced pear & spring mix