



# Sam's Place

BOOKS • FOOD • MUSIC

Sam's Place is committed to serving **local, fair trade, healthy, homemade,** and most of all, **delicious food.**

**Catering Menu**

# B r e a k f a s t

At Sam's Place we believe that breakfast is an important part of your day. That's why we have created unique and wholesome breakfast tray options to start your day right.

## Cinnamon buns

Our homemade, whole wheat cinnamon buns don't make you compromise between healthy and delicious (12 bun minimum)

\$2.75

## Breakfast breads

Banana bread, pumpkin and seed bread, or assorted muffins make fruits and vegetables part of your breakfast

\$2.5

## Granola bars

Homemade almond butter and dried apricots star in this crunchy-chewy granola bar. Made with Manitoba grown oats, pumpkin, flax and sunflower seeds, and honey, this bar is a favourite at Sam's

\$2.75

## Breakfast cookies

Oatmeal disguised as a cookie! This healthy cookie is packed with energy-giving nutrients from bananas, coconut, almonds, and oats, with a few decadent fair trade chocolate chips tossed in for good measure

\$2.75

## Scones

Fresh English scones with strawberry jam and homemade almond butter

\$3.5

## Breakfast assortment

Can't decide? Get our breakfast assortment. A selection of our breakfast breads, muffins, breakfast cookies and granola bars

\$2.75





## L u n c h

### Soup and bread

Homemade soup served with homemade whole wheat flax bread and butter. Choose from our standards, or ask about our soup of the week.

\$5.5

Peanut, Pumpkin, and Yam (*vegan, gluten free*)

Curried Split Pea (*gluten free, vegetarian*)

Garlic, Spinach and Chickpea (*gluten free*)

Cauliflower, Spinach and Feta (*vegetarian, gluten free*)

Dilly Russian Cabbage and Beef Borscht

Italian Sausage and Yam

Black Bean (*vegan, gluten free*)

Curried Coconut and Red Lentil (*vegan, gluten free*)

Baked Potato and Rosemary (*vegetarian*)

### Hearty Soups

Choose from our selection of stews or chilis for a heartier option. Served with our homemade whole wheat flax bread and butter.

\$6.5

Homemade vegetarian chili

Local beef and bean chili

Trudy's local ground beef stew

Moroccan Chickpea Stew (*vegan, gluten free*)

## L u n c h *(continued)*

### Sandwiches

All our sandwiches are made with our signature homemade whole wheat flax bread

\$6.5

#### Roasted Red Pepper Hummus and Chicken Sandwich

Sam's signature sandwich. This sandwich is packed with protein, featuring both our Roasted Red Pepper Hummus and succulent torn chicken. Buttery leaf lettuce and juicy tomato add lightness to this fantastic combo.

Vegetarian alternative available on request.

#### Smashed Chickpea Salad Sandwich *(vegan)*

Everyone loves this surprising, lemony sandwich which brings up images of Greek islands and warm afternoons.

#### Sundried Tomato Mayo and Chicken Salad Sandwich

A chicken salad sandwich with a twist! Sundried tomato mayo adds depth and flavour to the traditional favourite.

#### Classic Egg Salad Sandwich

The classic Egg Salad Sandwich made just right.

### Gourmet Sandwich Specials

For extra special sandwiches check out these great options!

\$7.5

#### Chicken, Swiss and Roasted Red Pepper Sandwich

Some call this the "ultimate sandwich"! Local free range chicken breast, Bothwell Swiss Cheese, pickled roasted red peppers and a pesto mayonnaise star in this delicious creation.

#### Roast Beef, Caramelized Onion and Brie

Treat yourself with this gourmet sandwich. Local roast beef topped with sweet caramelized onion and creamy havarti.





## L u n c h *(continued)*

### Salads

#### Sam's Signature Tossed Salad

Mixed greens, dried cranberries and toasted almonds tossed in a raspberry poppyseed dressing.  
*(vegan)*

\$3.5

#### Tossed Salad

Mixed greens and shredded carrot sprinkled with pumpkin and sunflower seeds and tossed in a tangy Dijon and herb house dressing.  
*(vegan, gluten free)*

\$2.5

#### Roasted Yam and Feta

Roasted Yams are tossed with goat feta, brilliant sundried tomatoes, wilted spinach and a tangy house dressing. A great winter salad.

\$5

#### Quinoa Stoplight Salad

Quinoa, peppers, black beans, and tomatoes tossed in a peppery balsamic vinaigrette. Tastes as good as it looks!

\$5

#### Lemon Parmesan Chickpea

A meal on its own. Buttery chickpeas, fresh grated parmesan, lemon zest, fresh spinach, and freshly ground pepper star in this hearty deli salad. Try it on its own, or put it in a wrap for an extra \$1.5.  
*(vegetarian, gluten free)*

\$5

#### Broccoli Crunch

Lightly steamed broccoli, red onions, apples, and other goodies tossed in a creamy almond dressing. A staff favourite. *(vegan, gluten free)*

\$5

# L u n c h *(continued)*

## Lunch combos

Can't decide? Mix and match! Prices based on 20-40 people.

### Light Lunch Combo

Soup, bread and butter, tossed salad, and a dessert tray.

**\$10**

### Business Lunch Combo

Pick your favourite soup, three sandwich selections and a large bowl of salad.

**\$12**

### Classic Meal Combo

Get the classic soup and a sandwich and finish off the meal with a dessert platter.

**\$12.5**

### Sam's Lunch Buffet

Go all out with a full lunch meal. Pick your favourite Soup, three Sandwich selections, a tossed salad, and a dessert tray.

**\$14**

# D e s s e r t s

## Cakes

From a brownie studded cheesecake to a dense Chocolate Peanut Butter cake we only serve the best. Ask about our newest cake inventions and prices.



# D e s s e r t s *(continued)*

## Dainties

Sam's Place is becoming known for its fantastic, homemade desserts. Here is a sampling of our favourite bars and cookies, but be sure to ask about new additions to our menu.

### **Brownies**

Fair trade chocolate stars in this fudgy brownie.

### **Apple Pie Squares**

It tastes like your grandma's apple pie, but you can eat it with your hands! Fun and comforting.

### **Apricot Squares**

Sunny apricots reign supreme in this complex and delicious square.

### **Granola Bars**

Homemade almond butter pairs beautifully with tangy apricots, Manitoba honey, and crunchy seeds. A great way to start, or end, the day.

### **Breakfast Cookies *(vegan)***

Not just for breakfast! Our breakfast cookies are packed with delicious fair trade chocolate chips, bananas, coconut, and almonds.

### **Sour Cream Sugar Cookies**

We were skeptical of sugar cookies, until we came up with these! Give them a try and you'll be converted.

### **Chocolate Chip Cookies**

Dense and full of fair trade chocolate chips. A great classic.

### **Oatmeal Raisin Cookies**

Spiced just right, these cookies taste like home.

### **Chocolate Chili Cookies *(gluten free)***

Walnuts and a bit of zing make this cookie come to life.

**Cookie Platter.....\$2 / person**

**Dessert Bar Platter.....\$3 / person**

**Combo Platter.....\$2.5 / person**



If you are interested in something that is not on our menu, please ask and we can work together to create a menu as unique as your event.

Prices given are per person and based on 8 or more people. Ask about discounts for large groups. Delivery available for a charge.

Prices do not include gratuity or tax and are subject to change without notice.

**To order please contact Sam's Place:**  
(204) 415-4728 or [manager@samsplacebooks.com](mailto:manager@samsplacebooks.com)