WE SLICE TOMATO, CHOP CUCUMBER, COOK QUINOA, ROAST EGGPLANT AND SWEET POTATO, AND MASH AVOCADO EVERY DAY AT EVERY LOCATION.

WHITE, WHOLE WHEAT AND MULTIGRAIN BREAD IS BAKED FRESH IN STORE ALL DAY.

WARM AND FLAKY PASTRIES ARE BAKED FRESH IN STORE TO ENSURE SUPERIOR QUALITY AND TASTE.

WE SLICE TOMATO, CHOP CUCUMBER, COOK QUINOA, ROAST EGGPLANT AND SWEET POTATO, AND MASH AVOCADO EVERY DAY AT EVERY LOCATION.

WHITE, WHOLE WHEAT AND MULTIGRAIN BREAD IS BAKED FRESH IN STORE ALL DAY.

WARM AND FLAKY PASTRIES ARE BAKED FRESH IN STORE TO ENSURE SUPERIOR QUALITY AND TASTE.

* BIODEGRADABLE CUTLERY AND PLATES PROVIDED.

DELIVERY CHARGES MAY APPLY, BASED ON DELIVERY LOCATION AND ORDER SIZE. MENU ITEMS AND PRICES MAY VARY BY LOCATION. PRODUCTS ARE PREPARED IN A FACILITY WHERE ALLERGENS ARE PRESENT.

** ALL CATERING ORDERS CAN BE CANCELLED FREE OF CHARGE UP TO 12 HOURS BEFORE SCHEDULED PICK-UP OR DELIVERY TIME. ORDERS CANCELLED LESS THAN 12 HOURS BEFORE SCHEDULED PICK-UP OR DELIVERY TIME WILL INCUR A CHARGE OF 50% OF THE CATERING ORDER.

aroma catering made easy

pre-set menus

FRESHEN UP YOUR NEXT MEETING, PARTY OR SPECIAL EVENT WITH GOURMET SANDWICHES, NUTRITIOUS SALADS, FRESHLY BAKED PASTRIES AND FRESHLY BREWED COFFEE. FROM PERSONALIZED LUNCH BOXES TO CUSTOM PLATTERS, WE HAVE SOMETHING TO SUIT EVERY TASTE.

CALORIE COUNT BASED ON MULTIGRAIN BREAD
SUBSTITUTE WHOLE WHEAT ADD 30 cals, WHITE ADD 40 cals

ADULTS AND CHILDREN (13 YEARS AND OLDER) NEED AN AVERAGE OF 2,000 CALORIES A DAY. CHILDREN (4 TO 12 YEARS) NEED AN AVERAGE OF 1,500 CALORIES A DAY. INDIVIDUAL NEEDS VARY.

6 - 8 people

137.95 | 460-1340 Cals
per serving •

12 x
PERSONAL SANDWICHES
4 x Grilled Chicken, 2 x Turkey BLT, 2 x Albacore Tuna, 2 x Avocado, 2 x Grilled Portobello

1 x
AROMA SPECIAL SALAD
with feta and tuna

1 x
SMALL ASSORTED COOKIE BOX
• based on 8 servings with assorted breads.

10 - 12 people

219.95 | 500-1480 Cals
per serving •

18 x
PERSONAL SANDWICHES
6 x Grilled Chicken, 3 x Turkey BLT, 3 x Albacore Tuna, 2 x Grilled Portobello, 2 x Italian Cheese with Bocconcini

2 x
SALADS
• aroma special with feta and tuna • quinoa

1 x
ASSORTED COOKIE BOX
• based on 12 servings with assorted breads.

personal lunch box

15.35 | 460-850 cals
per serving

1 x
PERSONAL SANDWICH

1 x
SALAD
• mixed greens OR • chopped OR • classic caesar

2 x
COOKIES

* based on 12 servings with assorted breads.
WHOLISTIC AND HEARTY GOURMET SANDWICHES PREPARED TO ORDER ON YOUR CHOICE OF FRESHLY BAKED BREAD.

PRE-SET ASSORTED SANDWICH BOX 155.55
INCLUDES 18 PERSONAL SANDWICHES | 280-370 Cals per sandwich
6 x Grilled Chicken, 3 x Turkey BLT, 3 x Albacore Tuna, 2 x Grilled Portobello, 2 x Avocado, 2 x Italian Cheese with Bocconcini, served on assorted breads.
OR BUILD YOUR OWN CUSTOM SANDWICH BOX BY CHOOSING YOUR FAVOURITE PERSONAL SANDWICHES. PRICE VARIATES BASED ON SELECTION.

VEGETARIAN, VEGAN AND GLUTEN FREE OPTIONS AVAILABLE

CALORIE COUNT BASED ON MULTIGRAIN BREAD
SUBSTITUTE WHOLE WHEAT ADD 30 Cals, WHITE ADD 40 Cals

* ADULTS AND CHILDREN (13 YEARS AND OLDER) NEED AN AVERAGE OF 2,000 CALORIES A DAY.
CHILDREN (4 TO 12 YEARS) NEED AN AVERAGE OF 1,500 CALORIES A DAY. INDIVIDUAL NEEDS VARY.

* BIODEGRADABLE CUTLERY AND PLATES PROVIDED. DELIVERY CHARGES MAY APPLY, BASED ON DELIVERY LOCATION AND ORDER SIZE.

MENU ITEMS AND PRICES MAY VARY BY LOCATION. PRODUCTS ARE PREPARED IN A FACILITY WHERE ALLERGENS ARE PRESENT.

BREAKFAST
omelette, parsley, cream cheese, lettuce, tomato, pickle
5.95 | 250 Cals

Egg Salad
Tomato, chives
5.45 | 300 Cals

Avocado
Housemade avocado spread, hard boiled egg, tomato, red onion, jalapeno
6.55 | 260 Cals

Grilled Portobello
Sun-dried tomato spread, feta cheese, arugula, sprouts, basil
6.95 | 300 Cals

Albacore Tuna
Arugula, pickle, red onion, aroma sauce
6.95 | 310 Cals

Italian Cheese
Pesto spread, tomato, basil, choice of bocconcini, feta or goat cheese
6.25
bocconcini : 370 Cals, feta 290 Cals, goat 310 Cals

Turkey BLT
Sliced turkey, turkey bacon, lettuce, tomato, mayonnaise
7.25 | 270 Cals

Grilled Chicken Breast
Bocconcini, arugula, roasted red pepper, aroma sauce
7.55 | 350 Cals

Smoked Salmon
Cream cheese, lettuce, tomato, red onion
7.65 | 350 Cals

Steak and Egg
Sautéed red pepper and onion, aroma sauce
7.65 | 400 Cals

Philly Steak
Sautéed red pepper and onion, swiss cheese, aroma sauce
7.55 | 350 Cals

Aroma A.C.E.
Avocado, chicken, egg, arugula, aroma sauce
7.55 | 350 Cals

* BIODEGRADABLE CUTLERY AND PLATES PROVIDED. DELIVERY CHARGES MAY APPLY, BASED ON DELIVERY LOCATION AND ORDER SIZE.

PRE-SET ASSORTED SANDWICH BOX
125.55
INCLUDES 18 PERSONAL SANDWICHES | 260-370 Cals per sandwich
6 x Grilled Chicken, 3 x Turkey BLT, 3 x Albacore Tuna, 2 x Grilled Portobello, 2 x Avocado, 2 x Italian Cheese with Bocconcini, served on assorted breads.

Vegetarian, vegan and gluten free options available
Calorie count based on multigrain bread
Substitute whole wheat add 30 Cals, white add 40 Cals

* Adults and children (13 years and older) need an average of 2,000 calories a day.
Children (4 to 12 years) need an average of 1,500 calories a day. Individual needs vary.

* Biodegradable cutlery and plates provided. Delivery charges may apply, based on delivery location and order size.
Menu items and prices may vary by location. Products are prepared in a facility where allergens are present.
salads
FRESH VEGETABLES PILED HIGH.

ALL OUR SALADS ARE HANDCRAFTED TO ORDER AND LOADED WITH FRESH AND NUTRITIOUS INGREDIENTS. ALL CALORIE COUNTS FOR SALADS INCLUDE DRESSING.

**SIGNATURE**

**AROMA SPECIAL**
mixed greens, hard-boiled egg, tomato, cucumber, red onion, olives, your choice of albacore tuna or feta cheese, served with balsamic vinaigrette
$31.95
- Tuna: 810 Cals
- Feta: 1020 Cals

**WARM CHICKPEA**
hard-boiled egg, tomato, cucumber, red onion, garlic croutons, parsley, served with lemon olive oil dressing and tahini
$29.75 | 1170 Cals

**BABY KALE AND PORTOBELLO**
organic baby kale, grilled portobello, roasted red pepper, goat cheese, served with balsamic vinaigrette
$29.95 | 660 Cals

**WARM GRILLED CHICKEN**
house roasted garlic eggplant, roasted red pepper, tomato, cucumber, red onion, garlic croutons, parsley, served with lemon olive oil dressing and tahini
$29.95 | 1350 Cals

**CHOPPED**
tomato, cucumber, red onion, carrot, parsley, mint, served with tahini
$24.95 | 650 Cals

**CLASSIC CAESAR**
romaine lettuce, garlic croutons, parmesan cheese, served with caesar dressing
$24.95 | 1350 Cals

**MEDITERRANEAN PASTA**
tri colour fusilli, arugula, roasted red pepper, peas, olives, red onion, basil, feta cheese, za’atar, served with lemon olive oil dressing
$32.75 | 2510 Cals

**SIGNATURE**

**ANCIENT GRAIN SALAD**
freekeh, black quinoa, sprouted brown rice, organic baby kale, tomato, cucumber, carrot, pickle, red onion, parsley, za’atar, labneh cheese, served with lemon olive oil dressing
$31.85 | 1460 Cals

**BABY KALE AND PORTOBELLO**
online baby kale, grilled portobello, roasted red pepper, goat cheese, served with balsamic vinaigrette
$29.95 | 660 Cals

**QUINOA**
house roasted garlic eggplant, organic baby kale, tomato, cucumber, red onion, mint, served with herb dressing
$31.65 | 1360 Cals

add: chicken $8.95 | 300 Cals / steak $9.95 | 1010 Cals / cheese $5.95 | 240-420 Cals

* ADULTS AND CHILDREN (13 YEARS AND OLDER) NEED AN AVERAGE OF 2,000 CALORIES A DAY.
  CHILDREN (4 TO 12 YEARS) NEED AN AVERAGE OF 1,500 CALORIES A DAY. INDIVIDUAL NEEDS VARY.
* BIODEGRADABLE CUTLERY AND PLATES PROVIDED. DELIVERY CHARGES MAY APPLY, BASED ON DELIVERY LOCATION AND ORDER SIZE.
  MENU ITEMS AND PRICES MAY VARY BY LOCATION. PRODUCTS ARE PREPARED IN A FACILITY WHERE ALLERGENS ARE PRESENT.
## Pre-set Breakfasts

**Breakfast for 8**
Includes fresh fruit, 16 mini-pastries, and 8 assorted personal sandwiches on assorted breads:
- 4 x Breakfast
- 2 x Steak and Egg
- 2 x Egg and Cheese and Bacon Croissant

106.95 | 700–950 Cals per person *

**Croissant Box**
18 croissant sandwiches: 6 x Breakfast, 3 x Egg and Cheese, 3 x Egg and Cheese and Bacon
3 x Fig and Goat Cheese, 3 x Avocado

154.75 | 420–540 Cals per croissant sandwich

**Sandwich Box**
18 personal sandwiches on assorted breads: 6 x Breakfast, 4 x Steak and Egg, 2 x Avocado, 2 x Egg and Cheese, 2 x Egg and Cheese and Bacon, 2 x Fig and Goat Cheese Croissant

117.95 | 250–500 Cals per sandwich

---

**Sandwiches**

<table>
<thead>
<tr>
<th>Sandwich Type</th>
<th>Description</th>
<th>Price</th>
<th>Calories per sandwich</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Omelette, parsley, cream cheese, lettuce, tomato, pickle</td>
<td>5.95</td>
<td>250 Cals</td>
</tr>
<tr>
<td>Steak and Egg</td>
<td>Sautéed red pepper and onion, aroma sauce</td>
<td>7.65</td>
<td>400 Cals</td>
</tr>
<tr>
<td>Egg Salad</td>
<td>Tomato, chives</td>
<td>6.45</td>
<td>320 Cals</td>
</tr>
<tr>
<td>Smoked Salmon</td>
<td>Cream cheese, lettuce, tomato, red onion</td>
<td>7.65</td>
<td>450 Cals</td>
</tr>
<tr>
<td>Fig and Goat Cheese</td>
<td>Natural fig jam, goat cheese, arugula, grilled red onion, basilamic</td>
<td>6.75</td>
<td>340 Cals</td>
</tr>
<tr>
<td>Smoked Salmon</td>
<td>Cream cheese, lettuce, tomato, red onion</td>
<td>8.75</td>
<td>540 Cals</td>
</tr>
<tr>
<td>Turkey BLT</td>
<td>Sliced turkey, turkey bacon, lettuce, tomato, mayonnaise</td>
<td>8.55</td>
<td>460 Cals</td>
</tr>
<tr>
<td>Blueberry French Toast</td>
<td>Fresh blueberries, mixed berry puree, fruit salad, freshly whipped cream, syrup</td>
<td>11.45</td>
<td>540 Cals</td>
</tr>
<tr>
<td>Fig and Goat Cheese</td>
<td>Natural fig jam, goat cheese, arugula, grilled red onion, basilamic</td>
<td>6.95</td>
<td>420 Cals</td>
</tr>
<tr>
<td>Turkey BLT</td>
<td>Sliced turkey, turkey bacon, lettuce, tomato, mayonnaise</td>
<td>8.55</td>
<td>460 Cals</td>
</tr>
</tbody>
</table>

---

### Croissants

<table>
<thead>
<tr>
<th>Croissant Type</th>
<th>Description</th>
<th>Price</th>
<th>Calories per sandwich</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg Salad</td>
<td>Tomato, chives</td>
<td>6.75</td>
<td>470 Cals</td>
</tr>
<tr>
<td>Egg and Cheese</td>
<td>Omelette, Swiss cheese</td>
<td>6.25</td>
<td>430 Cals</td>
</tr>
<tr>
<td>Egg and Cheese and Bacon</td>
<td>Omelette, Swiss cheese, Turkey Bacon</td>
<td>7.75</td>
<td>500 Cals</td>
</tr>
<tr>
<td>Smoked Salmon</td>
<td>Cream cheese, lettuce, tomato, red onion</td>
<td>8.75</td>
<td>540 Cals</td>
</tr>
<tr>
<td>Turkey BLT</td>
<td>Sliced turkey, turkey bacon, lettuce, tomato, mayonnaise</td>
<td>8.55</td>
<td>460 Cals</td>
</tr>
<tr>
<td>Blueberry French Toast</td>
<td>Fresh blueberries, mixed berry puree, fruit salad, freshly whipped cream, syrup</td>
<td>11.45</td>
<td>540 Cals</td>
</tr>
<tr>
<td>Fig and Goat Cheese</td>
<td>Natural fig jam, goat cheese, arugula, grilled red onion, basilamic</td>
<td>6.95</td>
<td>420 Cals</td>
</tr>
<tr>
<td>Turkey BLT</td>
<td>Sliced turkey, turkey bacon, lettuce, tomato, mayonnaise</td>
<td>8.55</td>
<td>460 Cals</td>
</tr>
</tbody>
</table>

---

**Breakfast**
Just like homemade. Served all day.

**Just Like Homemade. Served All Day.**

The right start to your day. Whether light or hearty, savoury or sweet, breakfast at Aroma has something for everyone.

**Calorie Count based on multigrain bread. Substitute whole wheat add 30 Cals, white add 40 Cals.**

*All sandwiches are personal size.*

---

*Adults and children (13 years and older) need an average of 2,000 calories a day. Children (4 to 12 years) need an average of 1,500 calories a day. Individual needs vary.*

*Biodegradable cutlery and plates provided. Delivery charges may apply, based on delivery location and order size. Menu items and prices may vary by location. Products are prepared in a facility where allergens are present.*
**PASTRIES**  
BAKED FRESH IN STORE THROUGHOUT THE DAY.

**CROISSANTS** (12)
- freshly baked croissants including butter, multigrain and chocolate
- 42.95 | 290-530 Cals per croissant

**MINI-PASTRIES** (24)
- freshly baked mini-pastries including apple danishes, raspberry crowns, cinnamon swirls, vanilla custards, maple pecan
- 39.75 | 160 Cals per pastry

**COOKIES** (24)
- signature aroma cookies including alfajores, biscotti, chocolate chip, aroma chocolate and sugar-free almond
- 32.75 | 45-240 Cals per cookie

**COFFEE**

**OUR FRESHLY BREWED SIGNATURE BLENDS**

**SIGNATURE HOUSE BLEND**  
(8 servings of 12 oz. each)  
19.95 | 0 Cals per serving  
(50 servings of 12 oz. each)  
118.45 | 4 Cals per serving  
includes cups, sugar and sweetener, milk and cream

**TEA**  
(8 servings of 12 oz. each)  
19.95 | 0 Cals per serving  
(50 servings of 12 oz. each)  
118.45 | 0 cals per serving  
includes cups, sugar and sweetener, milk and cream

**SOFT DRINKS**
- 1.95 | 0-140 cals

**FRUIT JUICES**
- 3.95 | 150-200 cals

**SPARKLING WATER**
- 2.95 | 0 cals

**SPRING WATER**
- 2.25 | 0 cals

**COLD DRINKS**

**BIODEGRADABLE CUTLERY AND PLATES PROVIDED.**
**DELIVERY CHARGES MAY APPLY, BASED ON DELIVERY LOCATION AND ORDER SIZE.**
**MENU ITEMS AND PRICES MAY VARY BY LOCATION. PRODUCTS ARE PREPARED IN A FACILITY WHERE ALLERGENS ARE PRESENT.**

* ADULTS AND CHILDREN (13 YEARS AND OLDER) NEED AN AVERAGE OF 2,000 CALORIES A DAY.
* CHILDREN (4 TO 12 YEARS) NEED AN AVERAGE OF 1,500 CALORIES A DAY. INDIVIDUAL NEEDS VARY.