




AROMA.CA

 @aromaespresso
 aromacanada
 aromaespressoar



A FRESH EXPERIENCE

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.

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.

* 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.

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 

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 Avocado, 2 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 

LARGE 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



sandwiches

WHOLESAOME AND HEARTY GOURMET SANDWICHES PREPARED TO ORDER ON YOUR CHOICE OF FRESHLY BAKED BREAD.



MULTIGRAIN



WHOLE WHEAT



WHITE



SERVED ON A CROISSANT
ADD 1.35 | 190-230 Cals

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.

OR BUILD YOUR OWN CUSTOM SANDWICH BOX BY CHOOSING YOUR FAVOURITE PERSONAL SANDWICHES.
PRICE VARIES BASED ON SELECTION.

VEGETARIAN, VEGAN AND GLUTEN-FREE OPTIONS AVAILABLE
CALORIE COUNT BASED ON MULTIGRAIN BREAD
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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, jalapeño
6.55 | 260 Cals



GRILLED PORTOBELLO

basil pesto spread, feta cheese, alfalfa sprouts, basil
6.95 | 290 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
7.65 | 400 Cals



AROMA A.C.E.

avocado, chicken, egg, arugula, aroma sauce
7.55 | 350 Cals

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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
substitute grilled chicken
6.75 | 1170 Cals

WARM CHICKPEA

hard-boiled egg, tomato, cucumber, red onion, garlic croutons, parsley, served with lemon olive oil dressing and tahini
29.75 | 1440 Cals

SIGNATURE SWEET POTATO LENTIL

house-roasted sweet potato, black lentils, arugula, granola, goat cheese, red onion, served with lemon olive oil dressing
31.85 | 1400 Cals

SIGNATURE FREEKEH

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 | 1280 Cals

WARM GRILLED CHICKEN

house-roasted garlic eggplant, roasted red pepper, mixed greens, tomato, carrot, red onion, served with balsamic vinaigrette
32.75 | 680 Cals

BABY KALE AND PORTOBELLO

organic baby kale, grilled portobello, roasted red pepper, goat cheese, served with balsamic vinaigrette
29.95 | 660 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

QUINOA

house-roasted garlic eggplant, organic baby kale, tomato, cucumber, red onion, mint, served with herb dressing
31.65 | 1360 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 | 1340 Cals

MIXED GREENS

tomato, carrot, red onion, served with balsamic vinaigrette
23.95 | 330 Cals

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

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breakfast

JUST LIKE HOMEMADE. SERVED ALL DAY.

sandwiches

BREAKFAST

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

STEAK AND EGG

sautéed red pepper and onion, aroma sauce
7.65 | 400 Cals

EGG SALAD

tomato, chives
5.45 | 300 Cals

SMOKED SALMON

cream cheese, lettuce, tomato, red onion
7.65 | 350 Cals

croissants

EGG SALAD

tomato, chives
6.75 | 470 Cals

EGG AND CHEESE

omelette, Swiss cheese
6.25 | 430 Cals

EGG, CHEESE AND BACON

omelette, Swiss cheese, turkey bacon
7.75 | 465 Cals

FIG AND GOAT CHEESE

natural fig jam, goat cheese, arugula, grilled red onion, balsamic
6.95 | 420 Cals

SMOKED SALMON

cream cheese lettuce, tomato, red onion
8.75 | 520 Cals

TURKEY BLT

sliced turkey, turkey bacon, lettuce, tomato, mayonnaise
8.55 | 450 Cals

THE RIGHT START TO YOUR DAY. WHETHER LIGHT OR HEARTY, SAVOURY OR SWEET, BREAKFAST AT AROMA HAS SOMETHING FOR EVERYONE.

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SUBSTITUTE WHOLE WHEAT ADD 30 Cals, WHITE ADD 40 Cals

* ALL SANDWICHES ARE PERSONAL SIZE

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, 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, Cheese and Bacon, 3 x Fig and Goat Cheese, 3 x Avocado**
124.75 | 420-520 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 Croissant, 2 x Egg, Cheese and Bacon Croissant, 2 x Fig and Goat Cheese Croissant**
117.95 | 250-500 Cals per person

classics

BLUEBERRY FRENCH TOAST

fresh blueberries, mixed berry purée, fruit salad, freshly whipped cream, syrup
11.45 | 540 Cals

MUESLI (serves 6)

yogurt, fresh fruit, granola, served with honey
27.30 | 380 Cals per person *

FRESH FRUIT

(serves 6)
29.50 | 130 Cals per person *

* on average

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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

PASTRIES (12)

fresh pastries including croissants, danishes and brownies
42.95 | 290-460 Cals per pastry

CHOOSE A PRE-SET PASTRY BOX OR BUILD YOUR OWN WHEN PLACING YOUR ORDER.

ASSORTED MINI-PASTRIES (24)

39.75 | 160 Cals per pastry

COOKIES (24)

signature aroma cookies including alfajores, biscotti, chocolate chip and aroma chocolate
32.75 | 45-240 Cals per cookie

coffee

OUR FRESHLY BREWED SIGNATURE BLENDS

SIGNATURE HOUSE BLEND OR BOLD BLEND

(8 servings of 12 oz. each)
19.95 | 4 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

* calories for coffee and tea do not include milk, cream or sugar.

cold drinks

SOFT DRINKS

1.95 | 0-140 Cals

FRUIT JUICES

3.95 | 150-200 Cals

SPARKLING WATER

2.95 | 0 Cals

SPRING WATER

2.55 | 0 Cals

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