



Charmin's Wholesome Foods Catering and The Club House Restaurant

705 464 2287 or 705 320 9828 Open 10:00-4:00 Monday to Friday

Meal Pick Up or Catering Meetings available evenings and weekends by pre arrangement

Menu

Plus, many other specials daily! All supplies bought locally

many grown locally also

Beverages

Tea (silk Bags, organic, large variety) served in a tea pot \$1.95

English Breakfast (black tea), Peppermint, Jasmine Green Tea, Sweet Hibiscus, Earl Gray,
Vanilla Rooibos, Organic Chai,

Reunion Island Tropical Alliance Organic (Lg.) Coffee \$1.95

Hot Chocolate with Whipped Cream \$2.25

Water, Pop Variety \$1.25 Juice, Milk \$1.75, Iced Tea \$1.50 Lemon Slice \$.25

Smoothies \$4.99 (Berry Medley, Greek Yogurt, Banana, Milk, Orange Juice, Honey) Vanilla or
Chocolate Milkshakes \$4.99

Light Breakfasts... (all day)

Quiche of the Day with a Tomato Slice \$4.50

Toasted Western with a Sliced Tomato on Bread Choice \$5.50 or an Everything
Bagel \$.25 extra – Cheese extra \$1.00

Bacon-Egg-Wich (Eggs, Bacon) on Toasted Bread Choice or an Everything Bagel
\$.25 extra with a Sliced Tomato \$5.50 Cheese extra \$1.00

Toasted Bacon/Tomato/Lettuce on a Bread Choice or an Everything Bagel \$.25
extra \$4.75

Toast, (gluten free \$2.25, Low Carb Biscuits (2) \$2.75, Muffin Variety or Fresh
Scone with Butter and Jam or Peanut Butter \$1.75

Salads:

Dressings available: Ranch, French, Italian, Thousand Islands, Raspberry Vinaigrette, Greek, Balsamic, Asian Sesame, Poppyseed, Chipotle Ranch

Small Coleslaw \$1.75

Garden (Romaine Lettuce, Spring Greens, Tomatoes, Peppers, Red Onions, Cucumbers, Shredded Carrot, Dressing Choice of Ranch, Italian, French, Thousand Island, Balsamic Vinaigrette, Asian Sesame) Small: \$5.75, Lg \$7.75 Add Chicken, plain or balsamic glazed, Tex Mex Beef, Lemon Dill Salmon or Garlic Seasoned Tilapia \$3.99

Caesar (Romaine Lettuce, Fresh Bacon and Parmesan, Croutons and Creamy Caesar Dressing) Small: \$6.50 Lg. \$8.75 Add Chicken, plain or balsamic glazed, Tex Mex Beef, Garden Loaf (vegan, gluten free) Lemon Dill Salmon or Garlic Seasoned Tilapia \$3.99

Orange Almond (Romaine Lettuce, spring greens, pepper medley, red onions, bacon, cranberries, toasted almonds and with raspberry vinaigrette dressing) Small: \$6.50 Lg. \$8.75 Add Chicken, plain or balsamic glazed, Tex Mex Beef, Garden Loaf (vegan, gluten free) Lemon Dill Salmon or Garlic Seasoned Tilapia \$3.99

Greek (Romaine Lettuce, Peppers, Cucumbers, Tomatoes, Red Onions, Olives, Feta Cheese and Greek Vinaigrette Dressing) Add Chicken, plain or balsamic glazed, Tex Mex Beef, Garden Loaf (vegan, gluten free) Lemon Dill Salmon or Garlic Seasoned Tilapia \$3.99

Spinach Salad (Fresh Baby Spinach, Mushrooms, Bacon, Red Onions, Egg Slivers with Poppyseed Dressing) Small: \$6.50 Lg. \$8.75 Add Chicken, plain or balsamic glazed, plain or balsamic glazed, Tex Mex Beef, Garden Loaf (vegan, gluten free) Lemon Dill Salmon or Garlic Seasoned Tilapia \$3.99

Cobb Salad (Romaine Lettuce, Egg Slivers, Bacon, Tomatoes, Avocado, Blue Cheese, Green Onions and with Ranch Dressing) Small: \$6.50 Lg. \$8.75 Add Chicken, plain or balsamic glazed, Tex Mex Beef, Garden Loaf (vegan, gluten free) Lemon Dill Salmon or Garlic Seasoned Tilapia \$3.99

Burrito Bowl (Romaine Lettuce, Tex Mex Cheese, Salsa, Avocado, Black Beans, Tomatoes, Red Onions, Chipotle Cream Sauce) Add Tex Mex Beef, Chicken, plain or balsamic glazed, Garden Loaf (vegan, gluten free) Lemon Dill Salmon or Garlic Seasoned Tilapia \$3.99



Cold Sandwiches

Whole Wheat or White Thick Slice Bread, Rye, Toasted or Plain

Gluten Free Bread Available, Everything Bagels or wraps \$.25 extra, Low Carb
Almond Flour Biscuits available \$1.00 extra

Egg Salad / Lettuce \$3.75

Salmon, Ham & Cheese, Garlic Deli Beef or Deli Smoked Turkey (Cheese of your
Choice Cheddar, Provolone, Swiss), Tuna Cheddar, includes Lettuce \$4.75

Fresh Roast Beef or Chicken with (Cheese of your choice, Cheddar, Provolone, Swiss)
\$5.50

(Lettuce/tomato/mustard/honey mustard / mayo/horseradish, cranberries.... n/c)

Hot Sandwiches

(on rye, gluten free, whole wheat or white bread, garnished with orange slice
and pickle)

Corned Beef / Swiss / Sauerkraut / Dijon Mustard on Toasted Rye/ Coleslaw \$7.75

Grilled Cheese on Bread Choice \$4.75

The Club House "Club House" Sandwich with Fresh Chicken Breast, Bacon,
Tomatoes, Lettuce, garnished with pickles, Toasted with Honey Mustard, Mayo
and Coleslaw \$7.75

Cranberry Glazed Fresh Chicken Breast with Bacon, Provolone Cheese, Mayo, on
toasted Bread of your choice and Coleslaw \$7.75

Philly Cheesesteak Sandwich on Toasted Bread, Garnished with Pickles, with
Fresh Roast Beef, Sautéed Peppers, Mushrooms and Onions, Nacho Cheese and
Coleslaw \$7.75

*When a meal includes a coleslaw, it can be upgraded to a garden salad for
\$3.25, a specialty salad for \$4.25*

Soup of the Day

Made from wholesome, healthy ingredients, including fresh scone, garnish \$4.25



Soup of the day, ½ Sandwich (egg, tuna-cheddar, salmon, ham/cheese, Deli Garlic Beef or Deli Smoked Turkey) and Garden Salad \$8.75

Soup with Half Sandwich (Egg Salad, Ham/Cheese, Tuna Cheddar, Salmon, Deli Garlic Beef or

or
Deli Smoked Turkey) Pickle and Orange Garnish \$5.50

Soup with side Garden Salad and Orange Garnish \$5.50 Upgrade Salad for \$1.00

Beef Chili (mild, lots of beef, beans and slightly sweet) or

Veggie Chili full of veggies, gluten free, with Garlic Toast (Ask for Gluten free) \$5.99

Quiche of the Day \$4.75 Add Orange Almond Salad \$8.75



Vegan Options:

Wholesome Foods Catering's own Garden Loaf (house made with veg/chick peas) with Vegetarian Brown Gravy (gravy isn't gluten free), hot veg, potatoes \$9.75

Veggie Chili full of veggies, gluten free, with Garlic Toast, regular or gluten free bread \$5.99

Vegetarian Options:

Veggie Quiche of the day with Orange Almond Salad (request no bacon bits for vegetarian) \$8.75

Quesadilla with Veggie Loaf, sautéed peppers, onions and mushrooms, nacho cheese blend and with Sour Cream, Salsa and Coleslaw \$9.75

Egg Salad Sandwich \$3.75 or Grilled Cheese \$4.75 on Bread Choice

Hot Meals



Chicken, Sausage, or Garden Loaf Quesadilla with sautéed peppers, onions and mushrooms, nacho cheese blend and with Sour Cream, Salsa and Coleslaw \$9.75

Cheesy Beef Lasagna with Garlic Toast and Caesar Salad \$9.75

Hot Roast Beef Open Face Sandwich with Gravy Veg and Potatoes \$9.75

Hot Chicken Breast Open Face Sandwich with Gravy Veg and Potatoes \$9.75

Sausage and Pierogis and Sautéed Onions, Sour Cream and Coleslaw on side
\$9.75

Baby Beef Liver / Gravy and Onions with Potatoes and Veg \$9.75



Our Tea Menu is being offered Most Friday's all day!

Look out for our other Friday Holiday Specials!

For Dessert...

Bananas Foster over Kawartha Dairy Ice Cream \$5.75

Pie of the Day \$3.25, Add Kawartha Dairy Ice Cream \$4.75

Muffins: \$1.75 Cookies (2) \$1.99 Assorted Squares \$1.99

Ice Cream Sundaes \$4.75 Cheesecake \$4.25

**NEW!!! Low Carb, Gluten Free, Sugar Free Chocolate Chip Cookies made with Almond Flour
and sweetened with Stevia \$1.99 each**

Smoothies with mixed berries, Greek Yogurt, bananas, juice, milk, honey \$4.99

Milkshakes (chocolate or vanilla) \$4.99

Creative catering Options! Take home healthy frozen Meals!