



www.risebakery.com Ph: 403.265.7765  
Executive Catering

*Eat well. Live well.*



### Raspberry Muffin

#### our ingredients

Flour, raspberries, baking soda, kosher salt, brown sugar, buttermilk, fresh eggs, butter

#### their ingredients

Muffin mix [enriched wheat flour (flour, niacin, thiamine mononitrate, modified cornstarch, riboflavin, folic acid), malic acid, tricalcium phosphate, dextrose, vegetable oils (canola, soybean), wheat germ, leavening (sodium bicarbonate, sodium aluminum phosphate, iron, monocalcium phosphate), salt, dried egg yolk, dried egg white, soy flour, whey powder, artificial flavor, wheat bran, sugar, skim milk powder, mono- and diglycerides, xanthan gum], water vegetable oils (soybean, canola, modified palm kernel), raspberries, flavored raspberry pieces [sugar, vegetable oils (palm, palm kernel), enriched wheat flour (flour, niacin, thiamine mononitrate, iron, riboflavin, folic acid), sodium citrate, artificial flavor, soy lecithin, red cabbage juice, color (FD&C Red 40 Lake, FD&C Blue 2 Lake)], cellulose gum, yeast, citric acid.



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Phone: 403.265.7765  
 Fax: 403.265.3930

Bow Valley Square #181, 250 - 6 Ave SW Penn West Plaza #120, 207 - 9 Ave SW www.risebakery.com  
 \* A 5% service charge will be added to all deliveries. Due to traffic and volume please allow for a delivery time of + or - 15 minutes on all orders.  
 Minimum charges for delivered orders may apply.

Contact Name: _____	Contact E-mail: _____	Date Required: _____	Time Required: _____
Company Name: _____	On Account, Visa, M/C, Amex: _____ Exp: _____	Delivery Address: _____	
Contact Phone #: _____	# _____		

Circle One:  
**DELIVERY**  
PICK UP Bow Valley Square  
PICK UP Penn West Plaza

Breakfast	Serving	Cost	Qty	Ttl Cost
<b>Yogurt Parfait</b> - Rise made granola, thick yogurt & fresh fruit	Each	\$5.50		
<b>Baked Goods &amp; Sweets</b>				
<b>Muffins</b> - assorted, selection changes daily	Each	\$2.50		
<b>Fruit Scone</b> - buttermilk scone with seasonal fruit	Each	\$2.50		
<b>Savoury Scone</b> - buttermilk scone with bacon, cheddar & caramelized onions	Each	\$2.50		
<b>Chocolate Bread</b> - sourdough baked with cocoa, Callebaut chocolate & sundried cherries	Each	\$2.50		
<b>Fruit Danish</b> - flaky danish baked with seasonal fruit & cream cheese	Each	\$2.50		
<b>Sticky Bun</b> - sweet dough baked in a cinnamon & brown sugar glaze	Each	\$3.50		
<b>Cookies</b> - featured selection	Each	\$1.90		
<b>Dessert Squares</b> - featured selection	Each	\$1.90		
<b>Trays</b>				
<b>Fruit Tray</b> - selection of seasonal fruit	Per person	\$3.95		
<b>Vegetable Tray</b> - fresh vegetables with dip	Per person	\$3.75		
<b>Sandwiches</b>				
<b>Vegetarian Wrap</b> - feta cheese, cucumbers, roasted red peppers, red onion and spinach with herbed aioli in a whole wheat tortilla	Each	\$6.50		
<b>Chipotle Chicken</b> - roasted chicken, toasted pecans, celery, cilantro, chipotle aioli with lettuce & tomato on tuscan	Each	\$7.50		
<b>Albacore Tuna Salad</b> - celery, parsley, green onion, mayo, sharp cheddar & tomato on tuscan	Each	\$7.50		
<b>Smoked Turkey</b> - havarti cheese, sweet onion relish, sliced pear on apple, rosemary & flax sourdough	Each	\$7.50		

More Sandwiches	Serving	Cost	Qty	Ttl Cost
<b>Smoked Beef Brisket</b> - certified angus beef, swiss cheese, dill pickle and tomato with russian dressing on country grain	Each	\$7.50		
<b>The Italian</b> - capicola ham, genoa salami, mortadella, tomato, mozzarella cheese and red pepper relish on tuscan	Each	\$7.50		
<b>Salads</b>				
<b>RISE Tossed Salad</b> - mixed greens, carrots, celery, tomato, cucumber, sweet balsamic dressing	Meal size, per person	\$5.50		
<b>Strawberry Spinach</b> - spinach, strawberries, grapes, dried cranberries, pecans, sunflower & pumpkin seeds, green onions, balsamic dressing	Meal size, per person	\$6.95		
<b>Roasted Chicken</b> - roasted chicken breast, iceberg lettuce, cucumber, peppers, olives, feta cheese & lemon vinaigrette	Meal size, per person	\$7.50		
<b>Orange &amp; Almond Salad</b> - mixed greens, sliced oranges, toasted almonds, diced green onion, orange vinaigrette	Meal size, per person	\$6.95		
<b>Hot Beverages</b>				
<b>Organic Coffee</b> - 12oz cups with cream & sugar	8 Servings	\$19.50		
<b>Tea</b> - selection of premium teas with hot water, cream & sugar	Each min 5	\$2.50		
<b>Cold Beverages</b>				
<b>Happy Planet Smoothies</b> - choose from a variety	Each	\$3.95		
<b>Juice</b> - apple or orange	Each	\$2.75		
<b>Pop Cans</b> - Coke, Diet Coke, Sprite	Each	\$1.75		
<b>Rise Glacier Water</b> - 500ml, non carbonated	Each	\$2.35		
<b>San Pellegrino Sparkling Water</b> - 250ml, carbonated	Each	\$2.25		
<b>San Pellegrino Italian Sodas</b> - 200ml, Limonata or Aranciata	Each	\$2.00		

**Special Requirements:**

Additional items: Disposable plates \_\_\_\_\_ Napkins \_\_\_\_\_  
 Cutlery \_\_\_\_\_ Coffee cups \_\_\_\_\_  
 Serving Utensils (\$2 ea) \_\_\_\_\_

<b>Subtotal</b>	
<b>Delivery (5%)</b>	
<b>GST</b>	
<b>Total</b>	