



Lunch, Zoom Meetings, Picnics

All individual meals are packed in recyclable containers.
Compostable forks, knives and napkins, included with each meal.

AMF Tote Bags

Breakfast Tote Bag

\$13.50

Jumbo Muffin
Fruit Salad Pot
Fruit Juice

Includes cutlery and a napkin
GF Pastry add \$1.00

please enquire about our warm breakfast wraps

Classic School Lunch Envy

\$ 19

AMF Gourmet Sandwich Choices

Smoked Turkey, Black Forest Ham, Roast Beef,
Pastrami, Devilled Egg, Tuna, Tarragon Chicken Salad,
Fresh Veggies and Cream Cheese.

Mixed Green Salad, Balsamic Vinaigrette
Giant Chocolate Chip Cookie and Apple, Bottled Water

Add GF Bread \$1.00
Add GF Treat \$1.00

Italian Deli Hero Sub

\$ 21

Italian Deli Meats, Mozzarella, Roasted Red Pepper,
Pesto Mayo

Classic Caesar Salad, Brownie Square and Apple
Bottled Water or Pop

Roll it Up Thai Style Vegetarian and Gluten Free

\$19

Vegetarian Thai Roll – Rice Noodles, Thai Slaw, Sliced
Tofu and Julienne Veggies,
Peanut Sauce or Sweet Chili Sauce

Mixed Green Salad, Raspberry Vinaigrette
Gluten Free Cookie and Apple, Bottled Water

Super-Sized Chicken Burrito

\$22

Grilled Chili Rubbed Chicken, Sliced Red Cabbage,
Brown Rice, Black Beans, Salsa, Shredded Cheddar
and Cilantro Cream

Mixed Green Salad, Balsamic Vinaigrette

Lemon Square
Bottled Water or Pop

Protein Packed Salad Bowls in a Box

Compostable fork, knife and napkin included
Minimum order of 4 boxes each.

Grilled Lemon Chicken

\$ 20

Tabbouleh Salad, Chopped Romaine and Arugula,
Garden Veggie, Crumbled Feta, Balsamic Vinaigrette

Grilled BBQ Chicken

\$ 20

Roasted Sweet Potato Hash, Spring Mix,
Thinly Sliced Red Cabbage, Toasted Pumpkin
Seeds, Cilantro Vinaigrette

Grilled Salmon with Ponzu

\$21

Wild Rice Salad, Mixed Greens, Pea Shoots,
Edamame, Sesame Seeds, Crumbled Goat Cheese,
Soy and Ginger Dressing

Roasted Spiced Chick Pea Hash

\$18

Red Quinoa, Cucumber, Peppers and Cherry Tomatoes
on Chopped Kale, Cumin and Coriander Lime Yogurt

Hot Protein Bowls

Minimum 4 Orders

Butter Chicken with Coconut Sauce

\$ 21

Fragrant Basmati Rice,
Roasted Cauliflower and Chickpea hash

Beef Stroganoff

\$ 22

Steamed Red Potatoes,
Sautéed Green Beans,
Sour Cream

BBQ Pork Ribs

\$21

Mashed Potatoes with Cheddar Cheese
Creamed Corn
BBQ Sauce

Pan Seared Soy Lime and Chili Tofu

\$19

Steamed Jasmine Rice
Braised Su Choy and Bean Sprouts
Green Onions, Cilantro and Sesame Seeds

Hot Pasta Boxed Lunches

\$ 24

All lunch totes include, Caesar Salad, Biscotti, Gala Apple, Bottled Water
Compostable fork, knife and napkin included

Creamy Pesto Alfredo Rotini with Fresh Peas

Vegetarian

GF Pasta Available for Substitution, add \$1.00

Meat Lasagna

Spinach Cannelloni with Marinara Sauce

Vegetarian

Grilled Chicken

Angel Hair and Puttanesca Sauce

GF Pasta Available for Substitution, add \$1.00

Chicken Parmesan on Egg Noodle

...and more

Antipasti Boxes

\$23

Italian Deli Meats, Assorted Cheeses, Olives,
Pickled Veggies, Hummus, Fresh Veggie,
Sliced Baguette, Mini Toblerone Chocolate Bar

The Famous AMF Tortilla Chips

\$ 18

2 lb Coffee Bag

Our Homemade Dips

1 Litre Containers

Spinach \$23

Crab and Artichoke \$25

Roasted Red Pepper Hummus \$21

Hand Cut Salsa \$21