



CARDIAC HEALTH
FOUNDATION OF CANADA

WALK OF LIFE 2014 “After Party”

Food Vendors & Menus

Percentage of sales donated to
Cardiac Health Foundation of Canada

Humber College School of Hospitality, Recreation & Tourism

- ♥ **BAKED CHICKEN TENDERS** - Baked pieces (4) of all white meat chicken breasts coated in panko whole wheat breadcrumbs and parmesan cheese. Baked until golden brown. Served with mango dipping sauce and a seasonal vegetable tri-coloured rotini salad - **\$5.00**
- ♥ **MULTI GRAIN LAYERED FRUIT YOGURT PARFAIT** - Prepared with fresh seasonal fruit - **\$4.00**

Gourmet Gringos

- ♥ **VEGGIE/CHICKEN BURRITOS** - rice, beans, pico de gallo, cheese, guacamole and chipotle aioli - **\$8.00**
- ♥ **VEGGIE TACOS** - corn, mushroom and onion ragu on gluten free corn tortillas - **2 for \$7.00**
- ♥ **CHCKEN TACOS** - braised chicken breast, guacamole, onions and cilantro on gluten free corn tortillas - **2 for \$7.00**

Barque Smokehouse

- ♥ **SMOKED TURKEY BREAST WRAPS** - with cranberry sage sauce - **\$5.00**

Buster's Sea Cove

- ♥ **FISH TACOS** - made whole grain coated batter on fish, cabbage, salsa verde, pico de gallo and guacamole, served on a gluten free corn tortilla - **2 for \$10**
- ♥ **OCTOPUS TACOS** - made whole grain coated batter on octopus, cabbage, salsa verde, pico de gallo and guacamole, served on a gluten free corn tortilla - **2 for \$10**
- ♥ **LOBSTER ROLLS** made with Nova Scotia lobster, mayo, celery, chives and lemon juice on a toasted, top-split whole wheat bun with a pickle - **\$13**

The Portobello Burger

- ♥ **THE PORTOBELLO BURGER** - Served on a whole grain ciabatta bun, with chipotle mayo, lettuce, tomato, onion, sweet red peppers, and goat cheese melted into a portobello mushroom cap. - **\$7.00**
- ♥ **KALE SALAD** - Kale salad, red cabbage, red radishes, pumpkin seeds, nutritional yeast, garlic, olive oil, sea salt, balsamic vinegar - **\$4.00**
- ♥ **QUINOA SALAD** - Organic quinoa, cranberries, mint, cinnamon, coconut, flaxseeds, honey - **\$4.00**
- ♥ **MUSHROOM SOUP** - Vegetable stock, portobello mushrooms, button mushrooms, garlic, parsley, celery, potatoes - **\$3.00**
- ♥ **CHOCOLATE BROWNIE** - Walnuts, dates, cocoa - **\$3.00**

Louise Prete Fine Foods

- ♥ **WHOLE WHEAT PIZZETES** - Mini-pizza - stone cooked and topped with Louise's Specialty Sauces, drizzled with extra virgin olive oil & a sprinkling of parmigiana :-
- ♥ **Grilled Zucchini, Sweet Bell Pepper and Goat Cheese** - \$ 4.00
- ♥ **Basil and fresh Fior di Latte Cheese** - \$4.00
- ♥ **Prosciutto, Fontina Cheese and Oven Dried Tomatoes** - \$5.00

Beretta Farms

- ♥ **CHOCOLATE QUINOA CUPCAKES** - with ganache and flaxseed brittle - **\$3.00**
- ♥ **WHOLE GRAIN BLT WITH TURKEY BACON** - smashed avocado, roasted red pepper, onion chutney, and spinach - **\$5.00**

SPECIAL THANKS:

- Marsha Rosen dietitian & Amy Rosen-food writer
- All our participants !!
- Craig Ruhnke-entertainment
- All our volunteers !!

