

The Omnipotent Omelet

Catering Price List

The Omnipotent Omelet creates delicious, whole, live meals which are free of preservatives, chemicals and most high allergens. Many items served come directly from The Omnipotent Omelet cookbook, but not all. Some are new items or variations. There are three catering options for gatherings at The Arrhianna Centre. For more info, please call Heidi at 519-349-2727.

Service	Suggested Food Served	Food Availability	Price
Snack	assorted muffins and loaves fruit/dessert platter	for the duration of the event	\$6/person
Lunch	soup/chili entrée or sandwiches salad & dressing fruit/dessert platter	during a specified break fruit/dessert is not removed after break	\$11/person
Dinner	soup/chili entrée salad with dressing assorted bread/biscuits fruit/dessert platter	during a specified break fruit/dessert is not removed after break	\$11/person

Self-serve coffee and tea is always available, in exchange for a donation.
Official coffee and tea service can be arranged, for an additional small fee.
Please note that a \$50 deposit and notice of at least one week in advance is required for all catering requests.
Minimum required order: \$50

All foods are made WITHOUT the following ingredients:

wheat, barley, oats or rye	chemicals, preservatives or additives
refined sugar, yeast	most processing or packaging
red meat, pork, cow milk or cheese	most high allergens
commercial products	microwaves

They are made WITH the following wonderful whole foods - always organic where possible:

ancient grains like spelt, kamut & quinoa	fresh fruits & veggies
fish & poultry	occasional goat dairy
plain live yogourt	
raw nuts & seeds (except peanuts) & these are generally optional	
lots of love & honouring ☺	

Most meals served are vegetarian. Please inquire about any special requirements or requests.