



CALL 738-2011
OR EMAIL CATERING@ROCKETFOOD.CA
TO PLACE YOUR ORDER

ROCKET BREAKFAST

Breakfast Wraps \$7.75 ea

Scrambled eggs, mixed cheeses, tomatoes and spinach, all wrapped in a whole wheat tortilla and served with our homemade salsa! (Veg)

Frittata Peewees \$5.50 ea

A vegetarian egg and vegetable delight. (NFA)

Spanish Omelette \$48.00 ea

Baked Omelette with thinly sliced potato, sweet potato, sweet peppers and onions (serves 8-10) (Veg, NFA)

Breakfast Croissant Sandwiches \$6.75 ea

A fresh croissant sandwich with a fried egg, bacon and Swiss cheese.

Quiche of the Day \$6.75 slice / \$27.00 whole (serves 4-6)

Vegetarian can be requested.



ASSORTED PASTRIES \$2.95 ea (regular price applies if specific pastries are requested)

Assortment of freshly baked pastries and baked goods such as:

Pain au Chocolat

Cinnamon Bun

Scones - Different flavour everyday!

Plain Croissant

Raisin Tea Biscuit

Individual portions of jam available for \$1.25 each or add a jar of homemade jam for \$9.99

Almond Croissant

Morning Glory Muffins

FRESH FRUIT TRAY

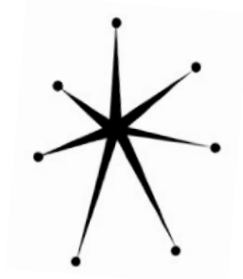
Rocket's fruit tray includes fresh, seasonal fruits such as red and green grapes, pineapple, sliced oranges, honeydew melon, cantaloupe and fresh berries, depending on availability, with honey-sweetened yogurt for dipping.

Small: Serves 10-15 **\$40.00**
Large: Serves 20-25 **\$75.00**

GRANOLA CAPSULE

Individual portion of Rocket's Out-of-This-World Granola along with fresh fruit and 0% Greek Yogurt! **\$6.75 ea**
Vegetarian but May Contain Nuts

LUNCH PACKAGES



Check out our three lunch options that are sure to satisfy any appetite! All our inspired, delicious, healthy sandwiches are made with our various homemade artisanal breads and croissants!

ASTRAL PACKAGE \$10.50 pp

Assorted Rocket Sandwiches & Wraps
Rocket Sweet Treats (a shortbread bite + Ginger Molasses Cookie per person)

CELESTIAL PACKAGE (Our Most Popular Option!) \$15.00 pp

Assorted Rocket Sandwiches & Wraps
Cup of Homemade Soup with Bread & Butter or Small Salad
Rocket Sweet Treats (a shortbread bite + Ginger Molasses Cookie per person)

STELLAR PACKAGE \$19.00 pp

Assorted Rocket Sandwiches & Wraps
Cup of Homemade Soup with Bread & Butter
Small Salad
Rocket Sweet Treats (a shortbread bite + Ginger Molasses Cookie per person)

OPTIONS:

Add a Soft Drink or Juice \$2.00 pp
Update your Sweet Treats to a **Supernova Dessert Box** (macarons, brownies, granola bars, cookies, partridgeberry macaroons, nut clusters, chocolates + more!) *Note: our Macarons contain no flour and our Macaroons are vegan with no flour added!* \$2.75 pp



Astral, Celestial and Stellar Packages available for assorted sandwich trays; no substitutions. Dietary restrictions can be accommodated! For specific sandwiches, toppings or condiments requests, please refer to la carte pricing below.

WANT IT DELIVERED? Delivery in St. John's and Mt. Pearl is only \$5 and free if your order is over \$200 before tax!

À LA CARTE MENU

Personalize your *Rocket Food Experience* by choosing any of the food options from the following à la carte menu!

DELECTABLE SANDWICH + WRAP TRAYS!

Rocket's sandwich trays and wraps are out-of-this-world and feature a chef's choice assortment of our most popular sandwiches on our fresh daily artisan breads! **\$9.25 per person**

ROCKET'S POPULAR SANDWICH-OF-THE-DAY! *Depending on the day, this sandwich could be:*

Turkey or Chicken Club with House Ranch Dressing, Charred Onion & Applewood Smoked Bacon

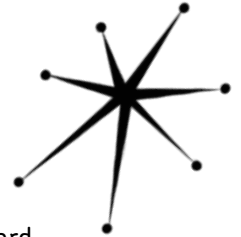
The Cuban: Braised Pork and Baked Ham with Smoked Paprika Aioli, Dijon, Swiss Cheese & Pickles

Buffalo Chicken with Spinach, Cheddar, Carrots, Cucumber, Celery, Ranch, & Buffalo Sauce

Braised Beef, Tomato + Onion Jam, Whipped Goat Cheese & Arugula

Chicken Shawarma with Pickled Vegetables, Cucumber, Tomato & Tzatziki

Turkey Pecan Curry with Apple, Red Onion, Dried Cranberries, Pecans, Mayo, Sour Cream, Dijon Mustard, Curry, Tomato & Spinach! It's delicious!



THE ROCKET!

Our Classic Chicken Sandwich with Home-roasted Chicken, Cheddar Cheese, Tomatoes, Spinach & Rocket Sauce (Mayo, Dijon, Herbs + Spices)

SWEET POTATO TAHINI WRAP

Yummy Sweet Potato, Chickpeas, Kale, Walnuts, Cabbage & Carrot Wrapped in a Whole Wheat Tortilla! It's VEGAN!

HUMMUS + VEGGIE SANDWICH

Rocket's homemade hummus & veggie sandwich is vegetarian & delicious! It can also be made vegan on request.

EGG SALAD CROISSANT SANDWICH

A Classic! Served on a fresh Croissant with Green Onions!

THE COSMIC BLT

We've stacked Bacon, Lettuce, Tomato with a Goat Cheese Spread & Pesto Mayo on Rocket's 7 Grain Sourdough!

HOME-ROASTED SIRLOIN SANDWICH

Our Hearty, Home-roasted Sirloin Sandwich features Caramelized Onions, Goat Cheese, Horseradish Mayo & Arugula.



ROCKET COMFORT FOOD OPTIONS

Check out our list of homemade meals which are also available for delivery!
Requires a minimum of 12 servings and 24 hours notice.

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| Soup, Rocket's Homemade Pizza & Garden Salad Buffet | \$20.50 pp |
| Lasagne, Caesar Salad & Garlic Toast Buffet | \$21.95 pp |
| Curried Chicken with Roasted Squash & Cauliflower served with Spiced Basmati Rice | \$15.50 pp |
| Mac & Cheese with Garden Salad | \$14.25 pp |
| Cottage Pie with Garden Salad (<i>Deliciously herbed ground pork topped with a layer of mashed sweet potato</i>) | \$14.25 pp |
| Chicken Enchiladas with Garden Salad | \$14.25 pp |
| Beef Chili with a Classic Cornbread Biscuit | \$9.95 pp |
| Cod au Gratin with Garden Salad | \$17.50 pp |

ROCKET'S FRESH, FRESH FOOD!

Everything we serve at Rocket, you can have delivered to your home or office! Call us and we can put together something special for your family, group or meeting!

ROCKET'S FAMOUS FISH CAKES!

\$4.50 ea

These baked (not fried) Fish Cakes are made with Salt Cod from Bonavista Bay and served with Homemade Tartar Sauce. *No flour!*

ROCKET TURNOVERS! (our Turnover flavours change frequently and may include:)

\$10.50 ea

The Screech BBQ Pulled Pork, Saucy Bechamel Home-roasted Ham & Chicken, Butter Chicken, or the Turkey Flip, all enfolded in Rocket's pie dough. Please call us or see our latest menu post on our website for our current flavour. (Requires 24 - 48 hours notice and a minimum of 36 to request a specific Turnover flavour.)

ZIPPY CHICKEN BURRITO

\$10.50 ea

Home-Roasted Chicken, Chipotle Tinga Sauce, Mexican Rice, Black & Pinto Beans, Lime Crema and Pickled Green Cabbage, All Wrapped in a Whole Wheat Tortilla!

SALADS-OF-THE DAY!

Rocket's salads are made with the freshest ingredients everyday! Call and ask us what we have on the go!

Small Container **\$5.50 ea**

Large Container **\$8.75 ea**

GARDEN SALAD

Fresh greens, tomatoes, cucumber, carrots, onions! Served with Rocket's house honey balsamic dressing.

Small Container **\$5.50 ea**

Large Container **\$8.75 ea**

Meal Size with Chicken or Beef **\$13.25 ea**



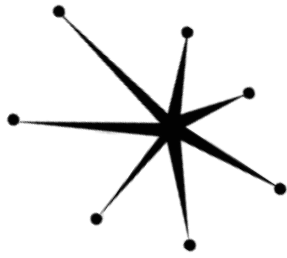
ROCKET SOUPS!

Everyday we feature 2 different soups, served with a side of Rocket baguette & butter! \$7.75 per serving. Give us a call and see what we have cookin'!

ROCKET DESSERTS!

Our wide array of sweet treats will wow your guests or colleagues! Let us help you put together a dessert tray to suit your group! We recommend 1.5 pieces per person, priced at \$2.75 per piece. Dessert selections can include:

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| Cookies | Granola Bars |
| NL Sea Salt Nut Clusters | Macarons (No Flour!) |
| Ballistic Brownies | ... And More! |



PLATTERS



FRESH FRUIT TRAY

Rocket's fruit tray includes fresh seasonal fruits such as red and green grapes, pineapple, sliced oranges, honeydew melon, cantaloupe and fresh berries (depending on availability), served with honey-sweetened yogurt for dipping.

Small: Serves 10-15 **\$40.00**
Large: Serves 20-25 **\$75.00**

ROCKET'S HOMEMADE HUMMUS & FRESH BAKED BREAD TRAY

A selection of Rocket's fresh artisanal bread & our own hummus!

Serves 12-18 people **\$35.00**

BRUSCHETTA & BAGUETTE TRAY

Features Rocket's delicious homemade bruschetta & baguette

Serves about 12 people **\$50.00**

FRESH CRUDITE TRAY

Fresh, seasonal vegetables paired with Rocket's house-made ranch dip!

Small: Serves 10-15 **\$35.00**
Large: Serves 20-25 **\$65.00**

CHEESE, NUT & DRIED FRUIT TRAY

A variety of cheeses, Rocket's spiced nuts, dried figs, dried apricots and an assortment of crackers!

Serves about 12-16 people **\$135.00**

ANTIPASTO PLATTER

Cured meats, assorted Rocket Breads, Marinated Vegetables & Condiments

Serves about 12-16 people **\$95.00**

DRINKS



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| Coffee or Tea <i>(Serves approximately 15 x 8oz. cups & includes milk, cream, cups, stir sticks & napkins)</i> | \$30.00 per urn |
| Soft Drinks | \$2.00 |
| Juices <i>(Orange or Apple)</i> | \$2.00 |

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| Bottled Water | \$2.50 |
| San Pellegrino <i>(Plain or Flavoured)</i> | \$2.75 |
| Milk <i>(2% or Chocolate)</i> | \$2.00 |
| Iceberg Water | \$3.50 |
| Other speciality drinks available upon request | |