

FOODLAND

Easy Entertaining

Freshly prepared trays for any occasion.



Browse

Find our full range inside

Order

Place your order in store

Pick Up

Ready for you at your local Foodland

Tasty Tidbits

Our variety of deli & cheese platters gives your guests a chance to sample everything. Freshly sliced and prepared, they make entertaining easy, whatever the occasion.

Cold Cut Classics

Fill sandwiches with freshly-sliced *Compliments* Angus roast beef and Black Forest ham, plus oven-roasted turkey and chicken.

Small: 190 Cals/serving, serves 6.

Large: 190 Cals/serving, serves 12.



Perfect as an
appetizer, snack
or with fruit



Hello Castello!

An internationally renowned collection. Large platter includes: Castello creamy white cheese, traditional blue, aged havarti, savoury onion cheddar and a flavoured ring of cream cheese.

Small platter includes: Castello creamy white cheese, traditional blue and aged havarti.

Small: 420 Cals/serving, serves 10.

Large: 390 Cals/serving, serves 15.



CHEESE & MEAT



True North Cheese

A proudly Canadian assortment of garlic and herb goat cheese, COWS Creamery aged cheddar, Traditional Blue Cheese from Castello and OKA. **340 Cals/serving, serves 10.**



Charcuterie & Cheese

Our French-style selection includes rosemary ham, salami, triple cream brie and OKA cheese, paired with cornichons, olives, dried fruits, nuts and crisps. **610 Cals/serving, serves 8.**



Italian Style

A perfect way to start a meal or serve with drinks. Includes prosciutto, sopressata and capocollo cured meats, and Parmigiano Reggiano, bocconcini and fontina cheeses. **640 Cals/serving, serves 8.**



European Cheese Board

Popular picks from across Europe. Includes wedges of Stilton, Dubliner, Manchego and Gouda. **400 Cals/serving, serves 10.**



Simple Meat & Cheese

These family favourites include marbled cheddar, smoked Gouda and Swiss cheeses paired with kielbasa, pepperettes and summer sausage. **Small: 560 Cals/serving, serves 4. Large: 560 Cals/serving, serves 8.**

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

Beautiful Bites

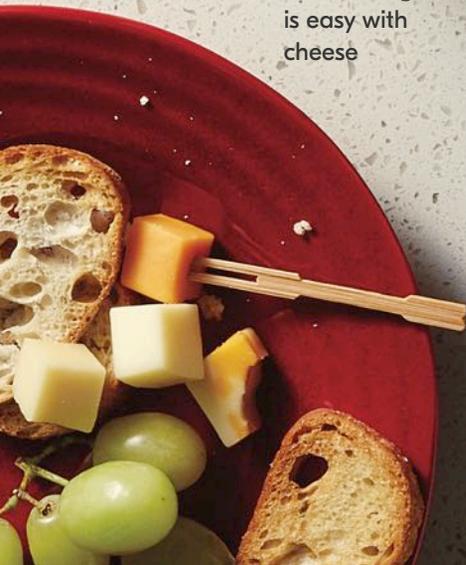
Our most popular cheeses cubed for easy nibbling. Mild cheddar, provolone, creamy havarti, Swiss and marble cheddar.

Small: 360 Cals/serving, serves 8.

Large: 380 Cals/serving, serves 15.

SERVES
15

Entertaining
is easy with
cheese

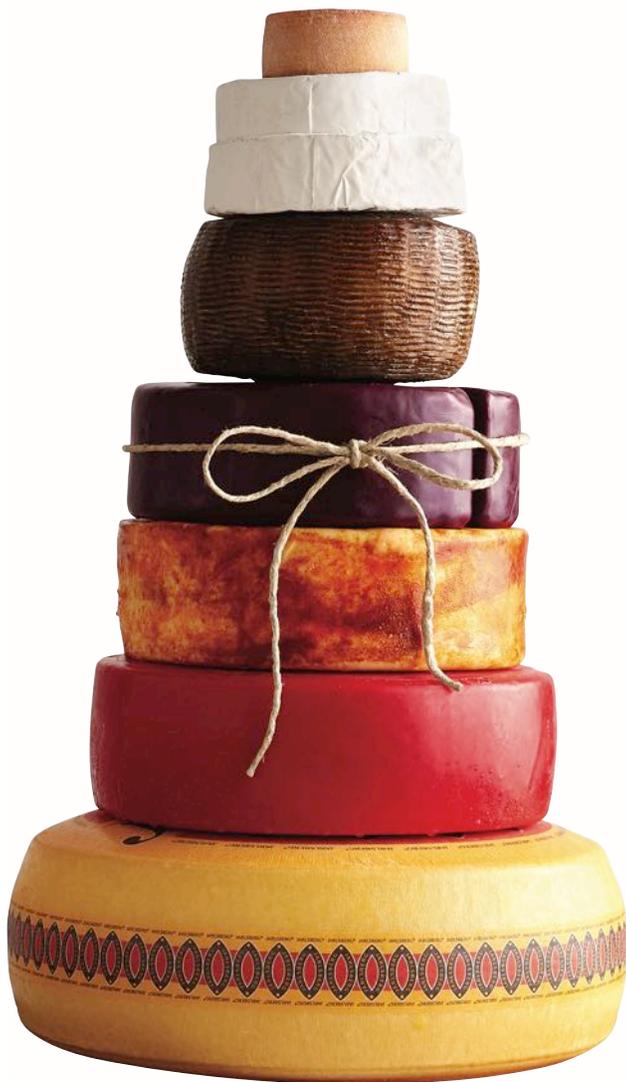


C'est Gourmet

We've prepped the perfect spread to create mouth-watering sandwiches. Includes prosciutto, pepperoni bites, spicy Genoa salami, mortadella, rosemary ham and stuffed olives.

170 Cals/serving, serves 12.

CHEESE & MEAT



Specialty Cheese Tower

A spectacular appetizer or dessert course. Large tower includes: mini OKA, Compliments double cream brie, Chevalier triple cream brie, Pecorino Canestrato, Wensleydale with cranberries, Applewood smoked cheddar, fontina and Jarlsberg. Small tower includes: Chevalier triple cream brie, Pecorino Canestrato, Wensleydale with cranberries, Applewood smoked cheddar and fontina.

Small serves 150-175, large serves 300-350.

Please allow 7 days when ordering



Sliced and Ready

Conveniently sliced for building amazing sandwiches. Includes cheddar, provolone, creamy havarti, Swiss and marble cheddar. **390 Cals/serving, serves 15.**



Cheese Quartet

A selection of our favourites including Applewood smoked cheddar, brie, Gouda and Parmigiano Reggiano.

440 Cals/serving, serves 10.



Cocktail Hour

Be ready in a flash with handmade hors d'oeuvres including prosciutto-wrapped cantaloupe, blue cheese-stuffed dates, and caprese salad skewers.

Small: 160 Cals/serving, serves 8.

Large: 160 Cals/serving, serves 16.



Mediterranean Dreams

A tasty antipasto assortment which includes Kalamata, Castelvetrano and stuffed olives, marinated artichoke hearts, roasted red peppers, sundried tomatoes and stuffed jalapeños.

280 Cals/serving, serves 10.



Best of Both Worlds

Crowd favourite meat and cheese slices freshly prepared for buffets and sandwiches. Includes Swiss, mild and marble cheddar, ham, turkey and beef.

Small: 330 Cals/serving, serves 4.

Large: 330 Cals/serving, serves 8.

A Natural Choice

Your guests can enjoy a variety of options with our pre-cut fresh fruit, vegetables and salads.

Enjoy a taste of the islands

Tropical Cruise

A generous offering bursting with kiwi, sweet mango, guava, dragon fruit, papaya, pineapple, passion fruit, goldenberries, blackberries and red seedless grapes.

100 Cals/serving, serves 20.

Fruit pairs perfectly with cheese

Nature's Bounty

A beautifully presented variety of fresh berries, pineapple, red and green seedless grapes, kiwi, cantaloupe, watermelon and honeydew.

70 Cals/serving, serves 20.

FRUITS & VEGGIES



Fresh Fruit Favourites

Fresh-cut fruit to satisfy large gatherings. Includes red and green seedless grapes, strawberries, pineapple, cantaloupe, watermelon and honeydew.

150 Cals/serving, serves 15.



Fresh Fruit Kabobs

Fruit is more fun when served kabob-style. Includes kiwi, honeydew, pineapple, strawberry and watermelon.

50 Cals/serving, serves 24.



Fresh Fruit To-Go

Refreshing classics including watermelon, cantaloupe, honeydew, pineapple and strawberries.

110 Cals/serving, serves 8.



Fresh Veggies To-Go

Complement any meal with crunchy baby carrots, broccoli, cauliflower, celery and cucumber. Served with classic ranch dip.

70 Cals/serving, serves 8.



Veggie Might

An array of our premium vegetables, including stringless snap peas, mini sweet peppers, mini cucumbers, grape tomatoes, carrots, cauliflower and broccoli. **70 Cals/serving, serves 15.**



Dunk & Crunch

Crisp broccoli florets, sugar snap peas, baby carrots, English cucumbers and grape tomatoes. With classic and roasted garlic hummus for dipping.

270 Cals/serving, serves 6.

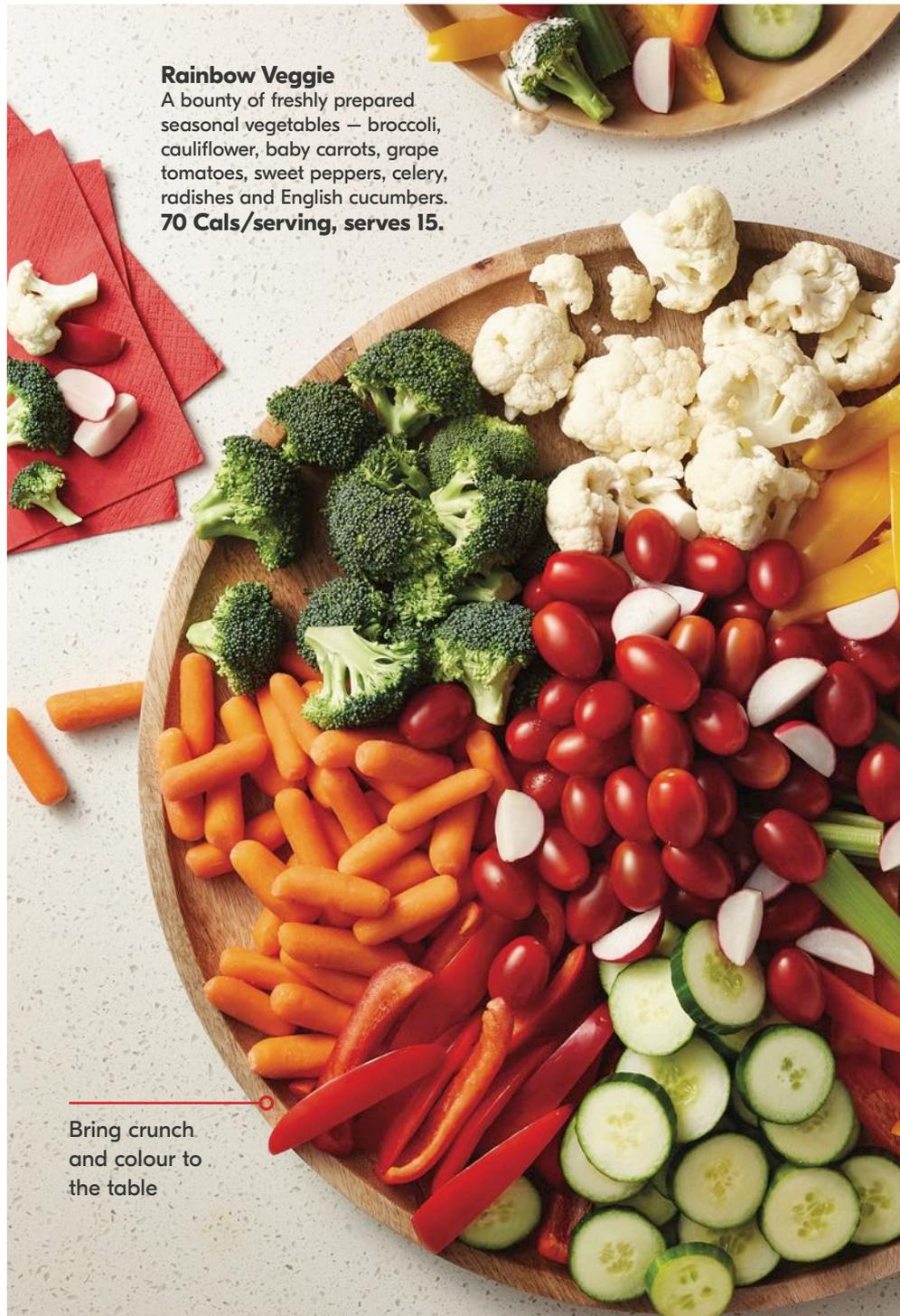


Ready-to-Cook Grillers and Roasters

Grilling and roasting bring out the best in veggies. See in store or online for full selection. Assortment may vary seasonally.

30-120 Cals/100g, serves 4-5.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.



Rainbow Veggie

A bounty of freshly prepared seasonal vegetables – broccoli, cauliflower, baby carrots, grape tomatoes, sweet peppers, celery, radishes and English cucumbers.

70 Cals/serving, serves 15.

Bring crunch and colour to the table

SALADS TO SHARE



SERVES
10

A Tasty Spin on Spinach

We up the ante with tender baby spinach, fresh strawberries and blueberries, sweet dried cranberries, walnut pieces and raspberry vinaigrette dressing. **200 Cals/serving, serves 10.**

Fruit and nuts enhance the salad's flavours



Gardener's Harvest Salad

Romaine, spring mix and iceberg lettuce topped with cucumbers, grape tomatoes, red onions, red cabbage, sweet peppers and balsamic vinaigrette. **210 Cals/serving, serves 10.**



Cobb Salad

Step up your salad game with chopped romaine and iceberg lettuce topped with whole kernel corn, grape tomatoes, hard-boiled egg, sliced seasoned chicken breast, bacon bits and balsamic vinaigrette. **250 Cals/serving, serves 10.**



Tex-Mex Taco Salad

A tasty southwest-style mix. Chopped romaine and iceberg lettuce topped with diced red onion, cherry tomatoes, diced mixed peppers, shredded cheddar cheese, tortilla strips and salsa ranch dressing. **320 Cals/serving, serves 10.**



Colossal Greek Salad

This Mediterranean-style salad is made with crisp romaine and iceberg lettuce, sliced cucumbers, grape tomatoes, red onions, black olives, crumbled feta cheese and Greek dressing. **180 Cals/serving, serves 10.**



Chicken Caesar for a Crowd

Made with romaine lettuce, shredded Parmesan cheese, real bacon bits, seasoned chicken breast slices, lemon wedges and Caesar dressing. **440 Cals/serving, serves 10.**



Caesar for a Crowd

Inspired by tradition and prepared with fresh romaine lettuce, real bacon bits, Parmesan cheese, lemon wedges and creamy Caesar dressing. **420 Cals/serving, serves 10.**

Finger Food Faves

30 mouthwatering southern-style chicken wings and two whole racks of saucy baby back ribs to satisfy the hungriest of guests. With choice of wing sauce. Small includes 15 wings and 1 rack of ribs.

Small: 570 Cals/
serving, serves 6.

Large: 570 Cals/
serving, serves 12.

Choice of 4 sauces,
+40-130 Cals/
serving.

HEAT
IT UP!

Party-Ready

These crowd-pleasing essentials also make great additions to weeknight family meals.



SERVES
12

HEAT
IT UP!

Platter Pleasers

It's hard to resist these comfort food dishes. Precooked items are ready to heat, so they can be enjoyed in no time.

Roadhouse Platter
This ultimate party tray features 30 southern-style chicken wings and 15 breaded chicken tenders. With 2 wing sauces. **Small: 500 Cals/serving, serves 6. Large: 470 Cals/serving, serves 12.** Choice of 4 sauces, **+40-130 Cals/serving.**

Add some vegetable sticks for extra crunch



Maple-Cured Pineapple Ham
Add a special touch to any gathering with our maple-cured ham, pineapple slices, and Spirited Mickie BBQ sauce. **260 Cals/serving, serves 10.**

HEAT
IT UP!



The Big Dipper
Who can resist this classic! Pumpkinnickel loaf hollowed out and filled with tasty spinach dip. Includes sliced baguette for dipping. **320 Cals/serving, serves 12.**



PARTY FAVOURITES

Beef Chili Comfort

Spiced with Tex-Mex flavours, this dish is great for casual get-togethers.

310 Cals/serving, serves 6.



Family-Friendly Shepherd's Pie

A comforting and hearty one-dish meal of ground beef and vegetables in a rich gravy, topped with creamy mashed potatoes.

550 Cals/serving, serves 4.



Family-Size Lasagna

Dig into layers of deliciousness, featuring noodles, seasoned ground beef, tomato sauce and three types of cheese.

390 Cals/serving, serves 4.



Saucy Meatballs

A great appetizer for formal events or casual gatherings with family and friends. Customize with our five sauce varieties.

Small: 280 Cals/serving, serves 4.

Large: 280 Cals/serving, serves 8.

Choice of 5 sauces
+60-190 Cals/serving.



Buffalo-Style Mac & Cheese

This mac & cheese is loaded with chunks of rotisserie chicken, spicy buffalo wing sauce and blue cheese.

Small: 690 Cals/serving, serves 5.

Large: 690 Cals/serving, serves 10.



Creamy Mac & Cheese

This rich and creamy baked pasta dish is a family favourite.

Small: 510 Cals/serving, serves 5.

Large: 510 Cals/serving, serves 10.



Crowd-Pleasing Quiches

This French-inspired dish can be served for breakfast, lunch or dinner. Available in ham or veggie.

550 Cals/serving, serves 6.



Ready-to-Heat trays come with reheating instructions so you don't need to guess warm-up times.



Take Your Pick

With so many options, it's a cinch to serve delicious salads that will appeal to everyone.

Specialty Salads

So convenient and easy to serve, our salads are bursting with delicious ingredients and flavours. See in store or online for selection. Assortment may vary seasonally.

Small: 130-460 Cals/serving, serves 3.
Large: 130-460 Cals/serving, serves 6.

The sweet and tangy balsamic glaze enhances the salad's flavours



Insalate Caprese

Wonderfully fresh and light tasting. Made with sliced mozzarella, tomatoes and basil, drizzled with balsamic glaze.
100 Cals/serving, serves 8.



Classic Salads

These popular picks pair well with lunch or dinner. See in store for full selection.
270-340 Cals/serving, serves 6.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

SANDWICHES & WRAPS



Sub Culture

Great for feeding a crowd! Our freshly prepared subs are made with turkey breast, roast beef and Black Forest ham. Ask in store for additional varieties.

Small: 180 Cals/serving, serves 5.

Large: 180 Cals/serving, serves 10.

Tasty Triangles

Popular favourite sandwich triangles made with white and whole wheat bread. Ask in store for full selection.

Small: 390 Cals/serving, serves 5.

Large: 390 Cals/serving, serves 10.



Lunch Bunch

Choose from our delicious selection of sandwiches to satisfy all appetites. Just add salads to round out the menu.



Lunchtime Classics - Sandwiches

Packaged and ready to enjoy. Each variety includes an apple and Babybel cheese. See in store for full selection.

490 Cals/serving, serves 1.



Take the Wrap

An appetizing assortment of freshly prepared wraps, including turkey breast, roast beef and Black Forest ham. Ask in store for additional varieties.

Small: 550 Cals/serving, serves 5.

Large: 550 Cals/serving, serves 10.



Lunchtime Classics - Wraps

Lunch-on-the-go made easy! Each variety includes an apple and Babybel cheese. See in store for full selection.

350-480 Cals/serving, serves 1.



**SERVES
12**

Our Buttery Best

A sweet idea any time of the day.
A variety of all-butter croissants and Danishes.
520 Cals/serving, serves 12.

Good Mornings!

Whether it's an early event or a casual brunch, our breakfast selections are sure to please.

Rise & Shine

An assortment of muffins and all-butter pastries.
540 Cals/serving, serves 12.



Manhattan Morning

Our New York-style bagels are deliciously moist and chewy on the inside.
230 Cals/serving, serves 12.



Yogurt Parfaits

Simple and satisfying creamy yogurt with fresh fruit and granola.
See in store for full selection. Packaging may vary by region.
150-190 Cals/100g, serves 1.



Mixed Fruit Salad

A refreshing mix of watermelon, cantaloupe, honeydew, pineapple, strawberries and blueberries. See in store for full selection.
40 Cals/100g, serves 4.



**MORE
FRUIT
TRAYS!
PAGES
6 & 7.**

Finishing Touch

With our wide range of treats, your get-togethers will end on a sweet note.

Cookie Lover's Bliss

Ideal for casual entertaining and is always a hit. Assorted store-baked cookies and coconut macaroons.

Small: 480 Cals/serving, serves 10.

Large: 640 Cals/serving, serves 20.



Sweet Treats

Just right when you're serving coffee and tea. Assorted bite-size treats and sliced loaf cake.

Small: 450 Cals/serving, serves 10.

Large: 440 Cals/serving, serves 20.



Dessert Bars

Our hand-cut squares are a welcome addition to any table.

Small: 390 Cals/serving, serves 15.

Large: 470 Cals/serving, serves 20.

SERVES
20





You Invite the Guests, We'll Do the Rest

Whether it's for a few or a few hundred, we have a variety of fresh, delicious platters to help with all your entertaining needs. So you spend less time in the kitchen, more time enjoying the event.

Plan your menu with this brochure as your guide. Then visit your local Foodland Deli Manager to discuss your choices and your pick-up time and date. We're happy to help with any special requests or instructions. Since all our platters are made fresh for you, please allow a minimum of 24 hours' notice when placing orders.

Due to the seasonality and market availability of some items, it may be necessary for some substitutions to be made. Items may not be exactly as shown. Some trays or items may not be available at all stores.

ALLERGY ALERT: PRODUCTS MAY CONTAIN OR MAY HAVE COME IN CONTACT WITH FOOD ALLERGENS. PLEASE ASK FOR ASSISTANCE IF YOU HAVE QUESTIONS.

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