



CATERING MENU

Good Morning!
Breakfast Menu

We can make your early morning meeting a success with a delicious Breakfast Box. Individually packed for safety and dietary accommodations.

Breakfast Box \$20

Filled with crustless vegetarian quiche and salsa, fresh fruit with yogurt dip, a freshly baked scone or muffin and delicious homemade granola. Complete with Lone Tree Coffee and juice.

Muffins and Scones \$2.50 - \$2.75

A selection of freshly baked muffins and scones individually packaged.

Baked Oatmeal (GF, DF, Vegan) \$3.15

This is a great way to get your morning oatmeal in a bite!

Fresh Fruit \$4.25 - \$5.75

Small or large cup of assorted fresh fruit with yogurt dip

Yogurt & Granola \$3.50 - \$5.85

Vanilla yogurt with fresh berries and a generous portion of homemade granola

Coffee Basket \$15.00

8 cups of delicious medium or dark roast Lone Tree Coffee and all the fixings, served in individual cups.



**South Okanagan Similkameen
Medical Foundation**

**CONTACT: SOS Medical Foundation
250.492-9027
Marybeth.Zelent@interiorhealth.ca**

Good Afternoon!

Lunch Menu

Whether it's a power meeting, brown bag lunch, or picnic in the park, SOS Café has you covered.

Charcuterie Snack Pack **\$10 - \$15**

A box built for one! Complete with crackers, salami, fresh vegetables, hummus, cashews, and dried fruit

Samosa Snack Packs **\$10 - \$15**

Too many flavours for words! Vegetarian samosas, chutney, spicy snack mix, almonds, dried fruit, grapes and strawberries

Falafel Snack Pack **\$10 - \$15**

Pita bread, vegan falafels, tzatziki, hummus, fresh vegetables, assorted cheese, nuts, dried apricots and olives

Brown Bag Lunch **\$12 - \$16**

Your choice of sandwich, bag of chips, cookie, fruit and drink

Sandwiches (On multigrain bread or croissant) **\$5.75 - \$6.50**

Turkey & Havarti
Ham & Cheddar
Roast Beef & Havarti
Classic Egg Salad

Wraps (On whole wheat tortilla) **\$6.00 - \$6.50**

Chicken Ceasar Salad
Roast Beef Chipotle
Sweet Chili Chicken
Turkey Bacon Ranch
Vegetarian
Vegan

Power Bowls (Greens, quinoa and fresh vegetables) **\$8.45 - \$10**

Mediterranean (Vegetarian)
Chicken Bacon Ranch
Sesame Chicken Noodle
Peanut Chicken Quinoa
Southwest Chicken





Monday - Friday
7:00 am to 3:00 pm
Closed Weekends and Statutory Holidays

250.492-9027 - Marybeth.Zelent@interiorhealth.ca

The SOS Café, Located in the Penticton Hospital, is owned by the SOS Medical Foundation.

Except for the Manager and Food Service Supervisor we are run by a volunteer staff of incredible people that give **more than 5500 hours per year** to support the SOS Café and SOS Medical Foundation.

All proceeds from the SOS Café are used by the Medical Foundation to provide critical care needs to the south Okanagan Similkameen region.

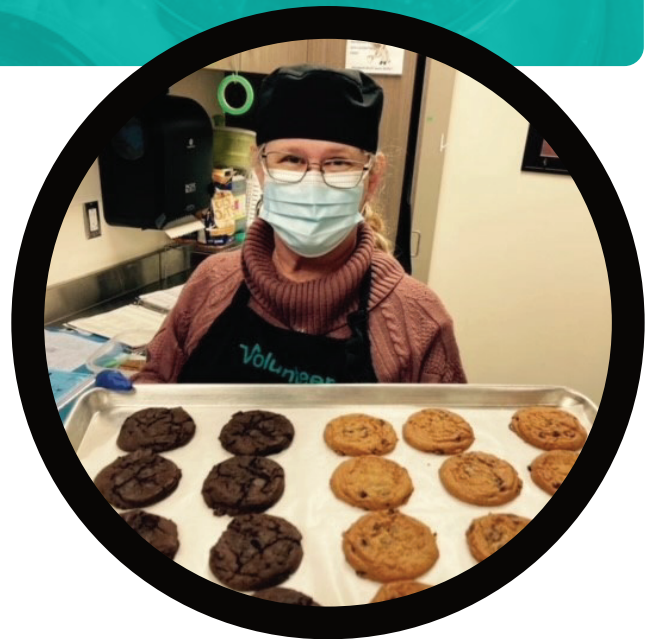
We are continually looking for new volunteers. If you would like to volunteer please contact **Marybeth.Zelent@interiorhealth.ca**

Please contact Marybeth for all your catering needs and we will be pleased to serve you.

All Food Safe and COVID protocols are followed.

Food items wrapped individually.

FREE DELIVERY WITHIN 15 KM
CASH • DEBIT • VISA • MASTERCARD



South Okanagan Similkameen
Medical Foundation

CONTACT: SOS Medical Foundation
250.492-9027
Marybeth.Zelent@interiorhealth.ca



CATERING



South Okanagan Similkameen
Medical Foundation

CONTACT: SOS Medical Foundation
250.492-9027
Marybeth.Zelent@interiorhealth.ca

COMPANY NAME:

CONTACT:

PHONE NUMBER:

EMAIL:

PICK-UP:

DELIVERY:

DATE:

TIME:

SPECIAL DIETARY INSTRUCTIONS:

Orders require **24-48 hours notice**. Due to supply shortage product may be altered slightly.

AMOUNT:

DESCRIPTION:

DETAILS:

Please contact: Marybeth.Zelent@interiorhealth.ca for payment (taxes not included)