

Breakfast



\$12

person

Humani-T Breakfast

Juice
Muffins & Scones
Butter
Eggwich
Coffee & Tea

\$16

person

Humani-T Breakfast Lite

Juice
Greek Yogurt Cups
Muffins
Hot Cereal
Butter
Coffee & Tea

\$21

person

Awakening

Juice
Bagels
Muffins & Scones
Butter, Cream Cheese, Peanut Butter
Hot Cereal
Yogurt Cups
Coffee & Tea

Build Your Own Breakfast

Eggwich	\$3.99
Greek Yogurt Granola Cup	\$5.00
Muffin	\$2.49
Scone	\$2.49
Bagel	\$2.25
Cream Cheese / Peanut Butter	60¢
Hot Cereal	\$4.00
Juice	\$1.50

Breakfast Add-ons

Bacon \$1/person. Gluten-Free \$1/person

Cakes

6"	10"	Half Sheet	Full Sheet
\$29⁹⁹	\$49⁹⁹	\$100	\$185
+ \$7 gluten free	+ \$10 gluten free	+ \$25 gluten free	+ \$25 gluten free

Cake Flavours

Vanilla, Vegan Chocolate (Gluten-Free not available for this flavour), Marble, Banana, Carrot, Red Velvet, Lemon

Wedding Cakes

Please call us to arrange a free consultation.

Gelato

Party Tubs

Full Batch	\$55.99
Half Batch	\$30.00

Gelato Cake

4" Cake	\$12.99
10" Cake	\$55.99
Gelato Cookie Sandwiches	\$6.00/each*
Vegan Waffle Cones	\$1.00/each†
Gelato Cups & Spoons	25¢/each

* Minimum 1 dozen

† Minimum 2 dozen

**If you would like us to host your private event,
please call us to arrange a free consultation.**

**Young Street
South Park Street**

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902 425 9535**

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5% delivery fee on all delivery orders. Gratuity not included. At least 72 hours notice required for all orders. Pick-up only, or \$100 minimum order for delivery.

Humani-T Cafe Catering



Lunch

\$15.5
person
\$1
gluten free

Lunch Special

Wrap of choice
House Salad
Roasted Red Pepper Hummus & Corn Chips
Bottled Drink

Wraps

Apple Cheddar Bacon
Chicken Pesto & Avocado
Tomato & Brie
Veggie Burrito
Curry Chicken
Vegan

Salads

Chickpea & Bean
Mediterranean Pasta
Garden
Mixed Green

Beverages

Tea	\$2.60/cup*
Iced Tea Carafe	\$2.60/cup*
Chai Masala Carafe	\$2.60/cup*
Apple Chai Carafe	\$2.60/cup*
Italian Soda Carafe	\$1.75/cup*
Assorted Bottled Drinks	\$1.50 - \$8.50
Organic Fair Trade Coffee	\$20/carafe†
Light / Medium / Dark	

* Minimum 20 orders

† Minimum 2 carafes



Seasonal

Valentine's Day

Chocolate Ganache Cheesecake for 2 \$6.00

Spicy Chocolate Gelato

Half Batch \$30.00
Full Batch \$55.99
Gelato Cookie Sandwiches \$6.00

Spicy Chocolate Gelato Cake

4" Cake \$12.99
10" Cake \$55.99

Easter

10" Mini Egg Cheesecake \$55.99
Easter Shortbread \$3.50

Mini Egg Gelato

Half Batch \$30.00
Full Batch \$55.99
Gelato Cookie Sandwiches \$6.00

Mini Egg Gelato Cake

4" Cake \$12.99
10" Cake \$55.99

Canada Day

Maple Gelato

Half Batch \$30.00
Full Batch \$55.99
Gelato Cookie Sandwiches \$6.00

Maple Gelato Cake

4" Cake \$12.99
10" Cake \$55.99

Autumn

9" Pumpkin Pie \$12.99

Pumpkin Pie Gelato

Half Batch \$30.00
Full Batch \$55.99
Gelato Cookie Sandwiches \$6.00

Pumpkin Pie Gelato Cake

4" Cake \$12.99
10" Cake \$55.99

The Holidays

Gingerbread Men \$2.50
Ornament Shortbread \$3.50

Holiday Gelato Candy Cane, Eggnog, Gingerbread

Half Batch \$30.00
Full Batch \$55.99
Gelato Cookie Sandwiches \$6.00

Holiday Gelato Cakes Candy Cane, Eggnog, Gingerbread

4" Cake \$12.99
10" Cake \$55.99



Bakery

Pasteries

Scones	\$2.49/each*
Muffins	\$2.49/each*
Peanut Butter Truffles	\$2.00/each*
Coconut Truffles	\$2.00/each*
Cookie Dough Truffles	\$2.00/each*
Vegan Truffles	\$2.50/each*
Chewy Ginger Date Squares	\$4.00/each*
Profiteroles	\$3.00/each*
Brownie Square	\$2.99/each*
Oatcake	\$2.29/each*
Dark Chocolate Peanut Butter Oatcake	\$3.29/each*
Baklava	\$1.99/each†
Peanut Butter Fudge	\$2.29/each*
Raw Energy Square	\$3.00/each*
Peanut Butter Sesame Munchie	\$2.00/each*
Persian Zabaan	.85¢/each†
Cookies	\$2.29/each*

* Minimum 1 dozen

† Minimum 2 dozen