

C a n a p é s



550 GRAB & GO
CAFÉ & BAKERY



BREAKFAST



SANDWICHES &
PANINIS



SOUPS &
SALADS



FAST, FRESH & FLAVORFUL

Canapés 550 Grab & Go offers a selection of our signature breakfast items, soups, salads, sandwiches, hot specials and baked goods made fresh daily and available for immediate pick-up. Call ahead and we'll have your order ready or stop in and peruse our showroom while you wait.

The 550 Grab & Go Café is located in Canapés Headquarters located at 550 Highland Street, Suite 103, Frederick, MD 21701. Our physical location faces Monroe Street.

Canapés is a full-service catering firm. Our talented staff is delighted to work with you on your menu to suit your needs. The content of the 550 Grab & Go is designed for your immediate needs. For Canapés full offerings, go to our website, www.canapescatering.com

CANAPÉS GRAB & GO KITCHEN Hours: Monday – Friday: 8am-3pm | Saturday & Sunday Closed

CANAPÉS GRAB & GO BAKERY Hours: Monday – Friday: 8am-5pm | Saturday & Sunday Closed

Active Military, Veterans, First Responders & Teachers receive 5% OFF of your meal with a valid I.D.

ALL DAY GRAB & GO BREAKFAST

EGGS

whole eggs or egg whites (+\$1)

Two Eggs	\$3.00
3 Egg Omelet with Cheese	\$6.00
3 Egg Omelet with Veg & Cheese	\$6.50
3 Egg Omelet with 1 Meat & Cheese	\$8.00
Sandwich or Wrap with Cheese	\$6.00
Sandwich or Wrap with 1 Meat & Cheese	\$8.00
Sides 3 pcs bacon 2 sausage patties ham...	\$3.50

CONTINENTAL

a la carte breakfast options

Bagel (house-made assorted flavors)	\$2.00
Bagel & Butter or Peanut Butter	\$2.50
Bagel & Cream Cheese	\$2.75
Croissant (large).....	\$3.00
Croissants (almond, chocolate, raspberry, blueberry)...	\$5.00
Cinnamon Roll	\$3.50
Danishes (cheese, apple, cherry, blueberry).....	\$3.50
Donuts (glazed, choc glazed, sour cream, blueberry)...	\$2.25
Muffins (house-made assorted flavors).....	\$2.50
Cheddar Biscuits	\$0.75
Ciabatta, Herb Focaccia, Grain Focaccia	\$2.00
Ciabatta Trio	\$2.25
Wheat Baguette	\$4.00
Brioche Bun	\$1.25
Pretzel Sticks (2pack).....	\$3.50
Bread Knots (honey, wheat, onion-dill, parm, olive)....	\$0.75
Toast (piece).....	\$1.00
Cornbread	\$1.00

Fresh Fruit Salad (6oz)	\$3.50
Yogurt Parfait	\$3.50
raspberry yogurt, fresh berries, & granola	
Smoked Salmon	\$11.00
greens, tomato, red onion, & capers	
Lox & Roll	\$14.00
bagel or croissant, cream cheese, greens, tomato, red onion, & capers	

QUICHE

Vegetable	\$5.25
Ham & Swiss	\$5.75
Sausage & Cheddar	\$5.75
Crab	\$10.00

BREAKFAST & LUNCH FIXINGS

Bread Selections

standard deli breads: country white, wheat, sourdough, seedless marble rye

wraps: plain, spinach, wheat, chipotle, garlic herb **other:** pita, brioche bun

upgrade: bagels, ciabatta, tomato focaccia, (+\$1) croissant (+\$1.50)

gluten-free: wrap or bread (+\$1.50)

GRAB & GO SANDWICHES, SOUPS & SPECIALS

BREAKFAST & LUNCH FIXINGS

Cheese Selections

standard: american, cheddar, swiss, provolone, jalapeño jack, smoked gouda

upgrade: fresh mozzarella, dill havarti (+\$1.50) chèvre (+\$2.00)

Condiments

mustard: yellow, dijon, dijonnaise, french grain, honeycup

mayo: plain, pesto, cranberry, sriracha, horseradish cream, old bay remoulade, tartar, lemon caper herb aioli, roasted tomato aioli

other: tzatziki, vinaigrette, oil & vinegar, horseradish

Make it Yummier

spring greens, romaine, baby spinach, iceberg lettuce, tomato, cucumber, shaved red onion, grilled red onion, sautéed mushrooms, pickled jalapeño peppers, banana peppers, hot pepper relish, olives

upgrade: hummus (+\$1.50), avocado (+\$2), bacon (+\$3.50)

THE DELI COMBO

served with pickle & kettle chips

Grilled Cheese	\$6.50
Grilled Shaved Chicken.....	\$8.50
Roasted Turkey.....	\$8.50
Honey Ham.....	\$8.50
BLT.....	\$8.50
Grilled Vegetables.....	\$8.50
Chicken Salad.....	\$8.50
Tuna Salad.....	\$8.50
Egg Salad.....	\$8.50
Cold Cut.....	\$10.50
Roast Beef.....	\$10.50
Turkey Club.....	\$11.00
Ham Club.....	\$11.00
Ham & Turkey Club.....	\$11.00
Grilled Chicken Club.....	\$11.00
Chicken Salad Club.....	\$11.00

MADE FRESH DAILY SOUPS

Soup\$4.50
two selections daily

Chili\$5.00
add your choice of toppings...sour cream, cheddar, green onion, tomato, red onion, jalapeño

OFF THE PRESS

served with pickle & kettle chips

Caprese Panini\$12.00
tomato focaccia, pesto mayo, provolone, mozzarella, tomato bruschetta, tomato & fresh basil

Reuben Panini\$12.00
marble rye swirl, 1000 island, swiss, corned beef, sauerkraut

Rachel Panini.....\$12.00
marble rye swirl, 1000 island, swiss, roasted turkey, sauerkraut

Steak & Cheese Panini\$12.00
grilled ciabatta, herb mayo, shaved grilled beef, onion & pepper sauté, american & provolone

Beer Battered Fish Po'Boy\$12.00
toasted ciabatta, crispy battered cod, cheddar, shredded lettuce, tomato, old bay remoulade

Frederick Sloppy.....\$13.00
triple griddled marble rye, 1000 island, slaw, smoked turkey, honey ham & corned beef, swiss, greens & tomato

Panini Special.....\$see specials
call ahead for the daily selection

Burger'lishous.....\$see specials
chef's burger of the day

HALF & HALF COMBOS

Soup & Half Salad\$9.00
cup of soup & half tossed or caesar salad
substitute salad for half nuts & berries or half cobb salad (+\$1.25)

Soup & Half Sandwich \$9.25
cup of soup & half sandwich (\$8.50 category), chips, pickle

Hot Specials.....\$see specials
'cause you just never know what we might be in the mood for....check our FB page for daily inspiration

GRAB & GO SALADS, SNACKS, SIDES, SWEETS & BEVERAGES

SALADS

served with our signature bread knot & butter

Tossed Salad\$4.50 | 8.00

spring green mix, tomato, cucumber, carrot, & croutons

Caesar Salad\$4.50 | 8.00

crisp romaine, parmesan, buttery croutons, & creamy caesar dressing

Canapés Wedge \$6.00 | 11.00

iceberg, bacon, hard-boiled egg, tomatoes, red onion, crumbled blue cheese, & crispy fried onion

Chef's Salad\$6.00 | 11.00

mixed greens, turkey, ham, hard-boiled egg, swiss cheddar, tomato, cucumber, & carrot

Cobb Salad\$6.00 | 11.00

mixed greens, grilled chicken, bacon, avocado, hard-boiled egg, tomato, green onion, blue cheese

Nuts & Berries Salad\$6.50 | 12.00

spinach, dried cranberries & cherries, berries, candied pecans, toasted almonds, pine nuts, cranberry stilton

SALAD FIXINGS

Vinaigrettes

warm bacon, balsamic, basil, sesame ginger, raspberry

Dressings

ranch, spicy southwest ranch, creamy italian, caesar, honey mustard, 1000 island, blue cheese

Salad Enhancements

Cheese..... \$1.00

(cheddar, blue cheese, feta, chèvre, or cranberry stilton)

Eggs any style \$1.50

Hard-Boiled Egg..... \$1.50

Avocado.....\$2.00

Bacon..... \$3.50

Grilled Chicken..... \$3.50

Grilled Beef.....\$4.50

Scoop..... \$3.50

3.5oz Chicken Salad, Tuna Salad or Egg Salad

Extra Salad Dressing..... \$0.75

SNACKS, SIDES & SUBSTITUTIONS

Hummus & Vegetables..... \$4.50

Deviled Eggs (4).....\$3.00

Kettle Chips.....\$1.00

Coleslaw (6oz).....\$3.25

Old Fashioned Potato Salad (8oz).....\$4.00

Old Fashioned Macaroni Salad(7oz).....\$3.50

Fresh Fruit Salad(6oz).....\$3.50

Onion Rings.....(6oz).....\$5.00

Shoestring Fries.....full(11oz)....\$6.00

.....substitution for chips (6oz)..... \$3.00

Steak Cut Fries.....full(13oz)....\$6.00

.....substitution for chips (7oz).....\$3.00

Sweet Potato Fries.....full (11oz)...\$6.50

.....substitution for chips (6oz).....\$3.50

Fresh Seasonal Salad...substitution for chips.....\$3.50

Loaded Fries.....\$8.50

shoestring fries, cheddar, bacon, green onion, ranch

Chicken Pot Pie.....\$5.75

large muffin, pie crust, chicken, mirepoix, peas & potatoes

Beef Pot Pie..... \$7.50

large muffin, pie crust, beef, mirepoix, peas & potatoes

Pizza Roll | Caprese.....\$4.25

large muffin, pizza dough, basil marinara, parm, mozzarella

Pizza Roll | Calzone.....\$4.50

large muffin, pizza dough, basil marinara, parm, mozzarella, pepperoni, salami, peppers & onions

Vegetable & Sweet Potato Skillet Pie..... \$8.00

phyllo, garden vegetables sweet potato, spinach, herbs, lemon zest, chevre*(or vegan cheese), red pepper sauce

Chicken Salad | lb.....\$11.00

Tarragon Chicken Salad | lb..... \$12.00

chicken salad, grapes, toasted almonds, & grapes

Tuna Salad | lb.....\$11.00

Shrimp Salad | lb.....\$25.00

16 | 20ct shrimp, celery, old bay mayo

BEVERAGES

Bottled Juices \$2.00

Fresh Brewed Coffee, Decaf or Hot Tea.....\$1.50

Canned Sodas.....\$1.50

Bottled Sodas.....\$2.00

Gold Peak Bottled Tea.....\$3.00

Perrier..... \$2.25

Desani Bottled Water..... \$2.00

Whole Milk..... \$2.00

Cup & Ice.....\$0.50