

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: 8am – 3pm
CANAPÉS GRAB & GO BAKERY Hours: Monday – Friday: 8am-5pm | Saturday: 8am – 3pm

Active Military, Veterans, First Responders & Teachers receive 10% OFF of your meal with a valid I.D.

ALL DAY GRAB & GO BREAKFAST

EGGS

whole eggs or egg whites

Two Eggs	\$2.50
Omelet with Cheese	\$4.50
Omelet with Veg & Cheese	\$4.75
Omelet with Meat & Cheese	\$6.00
Sandwich or Wrap with Cheese	\$5.00
Sandwich or Wrap with Meat & Cheese	\$6.25
Sides.....	\$2.50
four slices of bacon, two sausage patties or ham	

CONTINENTAL

a la carte breakfast options

Bagel (house-made assorted flavors)	\$2.00
Bagel with Butter or Peanut Butter.....	\$2.25
Bagel with Cream Cheese	\$2.75
Croissant	\$2.50
Cinnamon Roll.....	\$3.00
Muffins (assorted flavors)	\$1.25
Danishes (apple, cherry, cheese)	\$3.50
Toast (1 slice).....	\$.75
Toast (2 slices).....	\$1.25
English Muffin with Butter or Peanut Butter.....	\$1.00

Cheddar Biscuit	\$.75
Ciabatta or Focaccia Roll with Butter	\$1.50
Fruit (Banana, Apple, Orange or Pear)	\$1.00
Fresh Cut Fruit Salad (6 oz).....	\$3.50
Smoked Salmon	\$7.50
greens, tomato, shaved onion & capers	
Lox & Roll	\$10.00
bagel or croissant, cream cheese, greens, tomato, shaved onion & capers	
Individual Quiche	
Vegetable	\$4.75
Ham & Swiss	\$5.00
Crab, Swiss & Green Onion	\$6.75

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: baguette, bagels, ciabatta, tomato focaccia, grain focaccia (+\$.50)
croissant (+\$1.00)

gluten-free: wrap or bread (+\$.75)

GRAB & GO SANDWICHES, SOUPS & SPECIALS

BREAKFAST & LUNCH FIXINGS

Cheese Selections

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

upgrade: fresh mozzarella, dill havarti (+\$.50) chèvre (+\$1.00)

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, caramelized white onion, sautéed mushrooms, pickled jalapeño peppers, banana peppers, hot pepper relish, olives

upgrade: hummus (+\$1.00), avocado (+\$1.50), bacon (+\$2.50)

THE DELI COMBO

served with pickle & kettle chips

Grilled Cheese.....	\$5.50
Grilled Chicken	\$7.50
Roasted Turkey	\$7.50
Honey Ham	\$7.50
BLT.....	\$7.50
Grilled Veggies.....	\$7.50
Chicken Salad	\$7.50
Tuna Salad	\$7.50
Egg Salad	\$7.50
Roast Beef	\$8.50
Cold Cut	\$8.50
Turkey Club.....	\$9.25
Ham Club.....	\$9.25
Ham & Turkey Club.....	\$9.25
Grilled Chicken Club.....	\$9.25
Chicken Salad Club.....	\$9.25

MADE FRESH DAILY SOUPS

Soup.....\$3.75
two selections daily

Chili.....\$4.75
add your choice of toppings...sour cream, cheddar, green onion, tomato, red onion, jalapeño

OFF THE PRESS

served with pickle & kettle chips

Caprese Panini.....\$10.00
tomato focaccia, pesto mayo, provolone, mozzarella, tomato bruschetta, tomato & fresh basil

Reuben Panini.....\$10.00
marble rye swirl, 1000 island, swiss, corned beef, sauerkraut

Rachel Panini.....\$10.00
marble rye swirl, 1000 island, swiss, roasted turkey, sauerkraut

Steak & Cheese Panini.....\$10.00
grilled ciabatta, herb mayo, shaved grilled beef, onion & pepper sauté, american & provolone

Beer Battered Fish Po'Boy.....\$10.00
toasted ciabatta, crispy battered cod, cheddar, shredded lettuce, tomato, old bay remoulade

Frederick Sloppy.....\$10.00
triple griddled marble rye, 1000 island, slaw, smoked turkey, honey ham & corned beef, swiss, greens & tomato

Panini Special.....\$10.00+
call ahead for the daily selection

Burger'lishous.....\$9.00+
chef's burger of the day

HALF & HALF COMBOS

Soup & Half Salad.....\$8.00
cup of soup & half tossed or caesar salad served with our signature bread knot
substitute salad for half nuts & berries or half cobb salad (+\$1.25)

Soup & Half Sandwich.....\$8.25
cup of soup & half sandwich (\$7.00 category), chips, pickle

Hot Specials.....\$10.00+
'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\$4.00 | 6.50

spring green mix, tomato, cucumber, carrot, croutons

Caesar Salad\$4.00 | 6.50

crisp romaine, parmesan, buttery croutons, caesar dressing

Canapés Wedge..... \$5.00 | 8.00

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

Cobb Salad\$5.50 | 9.00

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

Nuts & Berries Salad.....\$5.50 | 9.00

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 (cheddar, blue cheese, feta, chèvre, cojita or cranberry stilton).....\$1.00

Egg, Any-Style.....\$1.25

Hard-Boiled Egg.....\$1.25

Avocado.....\$1.50

Bacon \$2.50

Grilled Chicken \$3.00

Grilled Beef \$4.00

Scoop of Tuna, Chicken or Egg Salad. (3.5 oz) \$3.50

SNACKS, SIDES & SUBSTITUTIONS

Hummus with Vegetables\$3.50

Salsa & Guac with Corn Chips\$5.00

Chips\$0.50

Shoestring Fries.....large (11 oz) \$5.00

.....substitute for chips (6 oz) +\$2.50

Steak Cut Fries large (13 oz) \$5.00

.....substitute for chips (7 oz) +\$2.50

Loaded Fries.....\$7.50

cheddar, bacon, green onion & ranch

Fried Sweet Potatolarge (11 oz) \$5.50

.....substitute for chips (7 oz) +\$3.00

Fresh Fruit Salad (cut fresh daily)(6 oz) \$3.50

..... (3 oz) sub +\$1.25

Fresh Seasonal Salad (choice of dressing)\$3.75

.....sub +\$3.25

BEVERAGES

Bottled Juices\$1.50

Original V8®\$1.75

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

Canned Sodas\$1.00

Bottled Sodas\$1.50

Gold Peak® Bottled Ice Tea.....\$2.00

Perrier Bottled Water\$2.00

Dasani Bottled Water\$1.50

Whole Milk\$0.95

Cup & Ice\$0.25