

# 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](http://www.canapescatering.com)

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

**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 .....	\$2.00
Omelet with Cheese .....	\$4.00
Omelet with Veg & Cheese .....	\$4.50
Omelet with Meat & Cheese .....	\$5.50
Sandwich or Wrap with Cheese .....	\$4.50
Sandwich or Wrap with Meat & Cheese .....	\$5.75
Sides.....	\$2.00
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 .....	\$4.50
Ham & Swiss .....	\$4.75
Crab, Swiss & Green Onion .....	\$6.50

### 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 (+\$1.25), bacon (+\$2.00)

### THE DELI COMBO

served with pickle & kettle chips

Grilled Cheese.....	\$5.00
Grilled Chicken .....	\$7.00
Roasted Turkey .....	\$7.00
Honey Ham .....	\$7.00
BLT.....	\$7.00
Grilled Veggies.....	\$7.00
Chicken Salad .....	\$7.00
Tuna Salad .....	\$7.00
Egg Salad .....	\$7.00
Roast Beef .....	\$8.00
Cold Cut .....	\$8.00
Turkey Club.....	\$8.75
Ham Club.....	\$8.75
Ham & Turkey Club.....	\$8.75
Grilled Chicken Club.....	\$8.75
Chicken Salad Club.....	\$8.75

### 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** .....\$9.00  
tomato focaccia, pesto mayo, provolone, mozzarella, tomato bruschetta, tomato & fresh basil

**Reuben Panini** .....\$9.00  
marble rye swirl, 1000 island, swiss, corned beef, sauerkraut

**Rachel Panini**.....\$9.00  
marble rye swirl, 1000 island, swiss, roasted turkey, sauerkraut

**Steak & Cheese Panini** .....\$9.00  
grilled ciabatta, herb mayo, shaved grilled beef, onion & pepper sauté, american & provolone

**Beer Battered Fish Po'Boy** .....\$9.00  
toasted ciabatta, crispy battered cod, cheddar, shredded lettuce, tomato, old bay remoulade

**Frederick Sloppy**.....\$9.00  
triple griddled marble rye, 1000 island, slaw, smoked turkey, honey ham & corned beef, swiss, greens & tomato

**Panini Special**.....\$9.00  
call ahead for the daily selection

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

### HALF & HALF COMBOS

**Soup & Half Salad** ..... \$7.50  
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** ..... \$7.75  
cup of soup & half sandwich (\$7.00 category), chips, pickle

**Hot Specials**..... \$9.00+  
'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** .....\$3.75 | 6.00

spring green mix, tomato, cucumber, carrot, croutons

**Caesar Salad** .....\$3.75 | 6.00

crisp romaine, parmesan, buttery croutons, caesar dressing

**Canapés Wedge**.....\$4.25 | 7.50

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

**Cobb Salad** .....\$5.00 | 8.75

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

**Nuts & Berries Salad**.....\$5.00 | 8.75

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)**.....\$ .50

**Egg, Any-Style**.....\$1.00

**Hard-Boiled Egg**.....\$1.00

**Avocado**.....\$1.25

**Bacon** ..... \$2.00

**Grilled Chicken** ..... \$2.50

**Grilled Beef** ..... \$3.50

**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) \$4.50

.....substitute for chips (6 oz) +\$2.00

**Steak Cut Fries** ..... large (13 oz) \$4.50

.....substitute for chips (7 oz) +\$2.00

**Loaded Fries** .....\$6.75

cheddar, bacon, green onion & ranch

**Fried Sweet Potato** .....large (11 oz) \$5.25

.....substitute for chips (7 oz) +\$2.75

**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