

C a n a p é s



2025
CANAPÉS
GRAB & GO
MENU



BREAKFAST



SANDWICHES &
PANINIS



SOUPS &
SALADS



FAST, FRESH, & FLAVORFUL

CANAPÉS GRAB & GO CAFÉ Menu offers a selection of our signature breakfast items, soups, salads, sandwiches, hot & cold sandwiches, baked goods, & hot specials made fresh daily and available for immediate pick-up. There are no minimum restrictions when ordering from the Grab & Go menu. Call ahead @ 301.663.8220 and we will have your order ready.

CANAPÉS is located at 1 Frederick Health Way, Frederick, MD 21701.

!!Our entrance is currently via our kitchen entrance at the rear of the complex!!
!!Follow the signs to the kitchen!!

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 CANAPÉS Grab & Go Menu is designed for your immediate needs. For CANAPÉS full offerings, go to our website, www.canapescatering.com

CANAPÉS KITCHEN Hours: Monday – Friday: 8am – 3pm | Saturday & Sundays Closed

CANAPÉS BAKERY Hours: Monday – Friday: 8am – 5pm | Saturday & Sundays Closed

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

ALL DAY BREAKFAST

EGGS

whole eggs or egg whites (+2)

Two Eggs	\$4.00
3 Egg Omelet with Cheese.....	\$8.00
3 Egg Omelet with Veg & Cheese	\$9.00
3 Egg Omelet with Meat & Cheese	\$11.75
Sandwich or Wrap with Cheese	\$9.50
Sandwich or Wrap with 1 Meat & Cheese	\$12.00
Sides (3 slices bacon, 2 sausage patties, or ham).....	\$3.50

CONTINENTAL

a la carte breakfast options

Bagel (house-made assorted flavors).....	\$2.25
Bagel & Butter or Peanut Butter	\$2.75
Bagel & Cream Cheese	\$3.00
Croissant (large)	\$3.00
Croissant (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 Biscuit	\$1.00
Ciabatta, Herb Focaccia, Grain Focaccia.....	\$3.25
Pretzel Sticks (2 pc).....	\$3.50
Bread Knots (honey, wheat, onion-dill, parm, olive).....	\$0.75
Toast (1 pc)	\$1.25
Cornbread	\$1.50
Fresh Fruit Salad (6 oz)	\$4.50

Yogurt Parfait.....	\$5.50
raspberry yogurt, fresh berries, & granola	
Smoked Salmon	\$15.00
greens, tomato, red onion, & capers	
Lox & Roll	\$18.00
bagel or croissant, cream cheese, greens, tomato, red onion, & capers	

QUICHE

Vegetable	\$5.25
zucchini, squash, bell pepper, green onion, & swiss	
Ham & Swiss	\$5.75
ham, swiss, & green onion	
Sausage & Cheddar	\$5.75
sausage, cheddar, & green onion	
Crab	\$10.00
lump crab, swiss, & green onion	

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 (+\$1.25), croissant (+\$2.00).

ciabatta, tomato focaccia, & wheat focaccia (+\$2.50)

gluten-free: wrap or bread (+\$2.50)

CANAPÉS GRAB & GO CAFÉ SANDWICHES, SOUPS, & SPECIALS

BREAKFAST & SANDWICH FIXINGS

Cheese Selections

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

upgrade:.....+\$2.00
blue cheese, feta, chevre, fresh mozzarella, cranberry stilton

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 (+\$2.00), avocado (+\$2.50), bacon (+\$3.50)

THE DELI COMBO

served with pickle & kettle chips

Grilled Cheese.....	\$9.25
Grilled Shaved Chicken.....	\$11.00
Roasted Turkey.....	\$11.00
Honey Ham.....	\$11.00
BLT.....	\$11.00
Grilled Veggies.....	\$11.00
Chicken Salad.....	\$11.00
Tuna Salad.....	\$11.00
Egg Salad.....	\$11.00
Cold Cut.....	\$13.50
Roast Beef.....	\$13.50
Turkey Club.....	\$15.75
Ham Club.....	\$15.75
Ham & Turkey Club.....	\$15.75
Grilled Chicken Club.....	\$15.75
Chicken Salad Club.....	\$15.75

MADE FRESH DAILY SOUPS

Soup.....\$4.50
two selections daily

Chili.....\$5.50
add your choice of toppings...sour cream, cheddar, green onion, tomato, red onion, jalapeño

OFF THE PRESS

served with pickle & kettle chips

Caprese Panini.....\$14.25
tomato focaccia, pesto mayo, provolone, mozzarella, tomato bruschetta, tomato, & fresh basil

Reuben Panini.....\$15.25
marble rye swirl, 1000 island, swiss, corned beef, sauerkraut

Rachel Panini.....\$15.25
marble rye swirl, 1000 island, swiss, roasted turkey, sauerkraut

Steak & Cheese Panini.....\$17.25
grilled ciabatta, herb mayo, shaved grilled beef, onion & pepper sauté, american & provolone

Beer Battered Fish Po'Boy.....\$17.25
toasted ciabatta, crispy battered cod, cheddar, shredded lettuce, tomato, old bay remoulade

Frederick Sloppy.....\$18.00
triple griddled marble rye, 1000 island, slaw, smoked turkey, honey ham & corned beef, swiss, greens, & tomato

Burger'lishous.....\$11.50/plain
.....\$13.50/cheese

Best Shrimp Salad Sandwich Ever!!!.....\$19.25
buttery croissant, house-made jumbo shrimp salad

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.....\$12.00
cup of soup & half sandwich (\$11.00 category), chips, & pickle



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

SALADS

full salads are served with our signature bread knot & butter

Tossed Salad\$4.50 | 9.00
spring green mix, tomato, cucumber, carrot, & croutons

Caesar Salad\$4.50 | 9.00
crisp romaine, parmesan, buttery croutons, & creamy caesar dressing

Canapés Wedge..... \$6.00 | 12.00
iceberg, bacon, hard-boiled egg, tomatoes, red onion, crumbled blue cheese, & crispy fried onion

Cobb Salad \$6.00 | 12.00
mixed greens, grilled chicken, bacon, avocado, hard-boiled egg, tomato, green onion, & blue cheese

Nuts & Berries Salad..... \$6.50 | 13.00
spinach, dried cranberries & cherries, berries, candied pecans, toasted almonds, pine nuts, & cranberry stilton

SALAD FIXINGS

Vinaigrettes

warm bacon, balsamic, honey basil, sesame ginger, raspberry

Dressings

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

Salad Enhancements

Cheese.....\$2.00
cheddar, swiss, jalapeño jack, smoked gouda

Specialty Cheese.....\$2.00
blue cheese, feta, chèvre, fresh mozzarella, or cranberry stilton

Egg (any-style).....\$2.00

Hard-Boiled Egg.....\$2.00

Avocado.....\$2.50

Bacon \$3.50

Grilled Chicken \$4.00

Grilled Beef.....\$9.00

Scoop of Tuna, Chicken or Egg Salad (3.5 oz).....\$4.50

Extra Salad Dressing.....\$0.75

SNACKS, SIDES & SUBSTITUTIONS

Hummus with Vegetables\$5.50

Deviled Eggs (4)\$4.00

Kettle Chips\$1.75

Coleslaw (6 oz)\$4.25

Old Fashioned Potato Salad (8 oz).....\$5.00

Old Fashioned Macaroni Salad (7 oz)\$4.50

Fresh Fruit Salad (6 oz)\$4.50

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

Shoestring Fries..... full (11 oz) \$6.00
.....substitute for chips (6 oz) +\$3.00

Steak Cut Fries full (13 oz) \$6.00
.....substitute for chips (7 oz) +\$3.00

Loaded Fries.....\$8.50
shoestring fries, cheddar, bacon, green onion, & ranch

Chicken Pot Pie\$7.50
large muffin, pie crust, chicken, mirepoix, peas, & potatoes

Beef Pot Pie..... \$9.25
large muffin, pie crust, beef, mirepoix, peas, & potatoes

Caprese Pizza Roll\$4.25
large muffin, pizza dough, basil marinara, parm, & mozz

Calzone Pizza Roll\$4.50
large muffin, pizza dough, basil marinara, parm, mozzarella, pepperoni, salami, peppers, & onions

Vegetable & Sweet Potatoe Skillet Pie.....\$12.00
phyllo, garden vegetables, sweet potato, spinach, herbs, lemon zest, chevre (or vegan cheese), & red pepper sauce

Chicken Salad\$16.00/lb

Tarragon Chicken Salad \$17.00/lb
chicken salad, grapes & toasted almonds

Tuna Salad\$16.00/lb

Shrimp Salad \$26.00/lb
16/20 ct shrimp, celery, & old bay mayo

BEVERAGES

Bottled Juices\$3.00

Fresh Brewed Coffee, Decaf, Hot Tea.....\$2.00

Fresh Brewed Iced Tea.....\$1.50

Canned Sodas.....\$1.50

Bottled Sodas.....\$2.50

Bottled Water.....\$2.75

Perrier.....\$2.75

Milk.....\$3.00

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

Cup & Ice.....\$0.50

