

Canapés



2025
CANAPÉS
GRAB & GO
CAFÉ
MENU



BREAKFAST



SANDWICHES &
PANINIS



SOUPS &
SALADS





FAST, FRESH, & FLAVORFUL

CANAPÉS GRAB & GO CAFÉ Menu offers a selection of our signature breakfast items, soups, salads, 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 CANAPÉS GRAB & GO CAFÉ Menu.

Call ahead @ 301.663.8220 or order online 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 CAFÉ Menu is designed for immediate needs.

For CANAPÉS full offerings, please visit 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	\$1.75
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
brioche bun & grilled all beef patty served with your choice of yummy toppings

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, & BEVERAGES

SALADS

full salads are served with our signature bread knot & butter

Tossed Salad.....\$4.50 | 9.00
spring greens, tomato, cucumber, carrot, & croutons

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

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

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

Chef's Salad.....\$6.50 | 13.00
crisp greens & spring mix, turkey, ham, bacon, cheddar, swiss, hard-boiled egg, tomato, cucumber, carrot, & croutons

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

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 (3.5oz)\$4.50

Extra Salad Dressing\$0.75

SNACKS, SIDES, & SUBSTITUTIONS

Vegetable Snack Pack.....\$5.50
carrots, celery, cucumber, bell pepper, & grape tomatoes
hummus & ranch

Deviled Eggs.....\$4.00

Kettle Chips.....\$1.75
ms. vicky's sea salt, sea salt&vinegar, jalapeno, smokehouse bbq

Coleslaw(6oz).....\$4.25

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

Old Fashioned Pasta Salad(7oz).....\$4.50

Fresh Fruit Salad(6oz).....\$4.50

Beer Battered Onion Rings(7oz).....\$6.00

Shoestring Fries.....full side (12oz).....\$6.50

.....substitute for chips (7oz).....\$3.50

Steak Cut Fries.....full side (14oz).....\$6.50

.....substitute for chips (8oz).....\$3.50

Sweet Potato Fries.....full side (13oz).....\$9.75

.....substitute for chips (7oz).....\$5.00

Loaded Fries.....\$9.50

shoestring fries, cheddar, bacon, green onion, & creamy ranch

Chicken Pot Pie.....\$7.50

individual pie, lattice crust, chicken, mirepoix, peas, & potatoes

Beef Pot Pie.....\$9.25

individual pie. lattice crust, beef, mirepoix, peas, & potatoes

Caprese Pizza Roll.....\$4.25

large muffin-size, pizza dough, basil marinara, parmesan, & mozzarella

Calzone Pizza Roll.....\$4.50

large muffin-size, pizza dough, basil marinara, parmesan, mozzarella, pepperoni, salami, peppers, & onions

Vegetable & Sweet Potato 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

chicken breast, celery, mayo, salt&pepper

Tarragon Chicken Salad.....\$17.00|lb

chicken breast, celery, grapes, toasted almonds, tarragon mayo

Tuna Salad.....\$16.00|lb

albacore tuna, celery, red onion, relish, mayo, salt&pepper

Shrimp Salad.....\$26.00|lb

16|20ct shrimp, celery, old bay mayo

BEVERAGES

Bottled Juices\$3.00

orange, cranberry, apple, ruby grapefruit, pineapple

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

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

Canned Sodas (12oz).....\$1.75

assorted flavors

Bottled Sodas (16.9oz).....\$3.00

assorted flavors

Bottled Water (16.9oz).....\$2.75

Perrier.....\$2.75

Milk.....\$4.00

Bottled Tea.....\$3.00

assorted flavors

Cup & Ice.....\$0.50