

C a n a p é s



2025 CANAPÉS CAFÉ MENU



BREAKFAST



SANDWICHES & PANINIS



FAST, FRESH, & FLAVORFUL

CANAPÉS 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 CAFÉ Menu.

To order, call ahead @ 301.663.8220 or [order on-line](#) 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 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.....	3.50
3 slices bacon, 2 sausage patties, or ham	

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, filled.....	5.00
almond, chocolate, raspberry, blueberry	
Cinnamon Roll.....	3.50
Danishes cheese, apple, cherry, blueberry.....	3.50
Donuts.....	2.25
glazed, choc glazed, sour cream, blueberry	
Muffins house-made assorted flavors.....	2.50
Cheddar Biscuit	1.00
Ciabatta, Herb Focaccia, Grain Focaccia.....	3.25
Pretzel Sticks (2pc).....	3.50
Bread Knots.....	0.75
honey, wheat, onion dill, tomato basil, garlic parm, rosemary olive	
Toast (1 pc).....	1.25
Cornbread Muffin.....	1.75
Fresh Fruit Salad (6oz).....	4.50

CHEF'S FAVS

Yogurt Parfait.....	5.50
raspberry yogurt, fresh berries, & granola	
Avocado Toast.....	4.25
choice of toast, sliced avocado, sliced tomato, & everything bagel seasoning	
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 CAFÉ SANDWICHES, SOUPS, & SPECIALS

BREAKFAST & LUNCH FIXINGS

Cheese Selections

standard:

american, cheddar, swiss, provolone, jalapeno jack, smoked gouda

upgrade: (+3.00)

blue cheese, feta, chevre, fresh mozzarella, & cranberry stilton

Condiments

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

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

other: tzatziki, vinaigrette, oil & vinegar, horseradish

Make It Yummier

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

upgrade: hummus (+2), avocado (+2), bacon (3.50)

THE DELI COMBO

served with pickle & kettle chips

Grilled Cheese	9.25
Grilled Chicken, Shaved.....	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

Soup4.50
two selections daily

Chili5.50

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...see weekly specials for the Burger'lishous of the Week

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 for half nuts&berries or cobb salad (+1.25)

Soup & Half Sandwich 12.00

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

CANAPÉS CAFÉ SALADS, SNACKS, SIDES, & BEVERAGES

SALADS

full salads are served with our signature bread knot & butter

Tossed Salad.....4.50 | 9.00

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

Nuts & Berries Salad.....6.50 | 13.00

spinach, dried cranberries & cherries, black
berries, blueberries, 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

Cheese.....+2.00

cheddar, swiss, jalapeño jack, smoked gouda

Specialty Cheese.....+3.00

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 (3.5oz).....4.50

Extra Salad Dressing0.75

SNACKS, SIDES, & SUBSTITUTIONS

Vegetable Snack Pack.....5.50

assorted raw vegetables, hummus, & ranch

Deviled Eggs (4).....4.00

Kettle Chips.....1.75

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 (6oz).....6.00

Shoestring Fries, Full (11oz).....6.50

.....substitute for chips (6oz).....3.50

Steak Cut Fries, Full (13oz).....6.50

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

Sweet Potato Fries, Full (12oz).....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, parm, & mozz

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, s&p

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, s&p

Egg Salad.....16.00|lb

local eggs, mayo, seasonal salt

Shrimp Salad.....26.00|lb

16|20ct 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 (12oz).....1.75

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

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

Perrier.....2.75

Milk.....4.00

Bottled Tea.....3.00

Cup & Ice.....0.50