

HANDHELD BREAKFAST

BREAKFAST SANDWICH \$8
 Egg, bacon & cheese, English muffin, spiced aioli

BELT WRAP \$12
 Bacon, egg, lettuce, tomato, flour tortilla

FARMERS WRAP \$13
 Sausage, egg, cheese, hashbrown, spiced aioli, flour tortilla

CHOPPED BREAKFAST BAGEL \$15
 Hashbrown, scrambled egg, cheese, bacon, spiced cream cheese
 Choose your bagel: plain, blueberry, everything, rosemary & rock salt, gluten free (gf +\$3)

CHOPPED LOX BAGEL \$15
 House-cured salmon, cucumber, tomato, caper, red onion, dill cream cheese
 Choose your bagel: plain, blueberry, everything, rosemary & rock salt, gluten free (gf +\$3)

BAKERY SHAREABLES

ASSORTED BAKERY PLATTER \$4EA
 MIN ORDER 12 PCS
 Blueberry muffins, banana loaf, carrot loaf, chocolate chip, superfood cookie

ENERGY BITES (3 PCS) \$6
 Oats, protein powder, dried cranberries, white chocolate

TOASTED BAGELS & CREAM CHEESE \$10
 MIN ORDER 6

Choose your bagel: plain, blueberry, everything, rosemary & rock salt, gluten free (gf +\$3)

Choose your cream cheese: plain, strawberry, blueberry, garlic & herb, dairy-free (df +\$2)

FRUIT PLATTER \$45
 SERVES 10-15
 Assorted seasonal fresh fruit

INDIVIDUAL CUPS

YOGURT PARFAIT \$10
 House-made yogurt, Highwood Crossing granola, fresh fruit, fruit syrup

FRUIT CUPS \$8
 Assorted seasonal fresh fruit

OVERNIGHT OATS \$8
 Highwood Crossing oats, oat milk, green apple, banana, chocolate chips

MATCHA CHIA CUPS \$8
 Chia seed, oat milk, matcha, blueberries, brown sugar & oat crumble

FAMILY-STYLE BREAKFAST
 MIN ORDER OF 10

SCRAMBLED EGGS \$4/Person

BACON \$5/Person
 Based on 3 slices per person

MAPLE SAUSAGE \$5/Person
 Based on 3 slices per person

HASHBROWNS \$4/Person

TOAST WITH BUTTER & SPREADS \$3/Person
 Based on 2 slices per person

Choose your bread: sourdough, multigrain, white, *sub* gluten free bagel (gf +\$3)

DRINK MENU

BROOKLYNN'S CAFÉ SMOOTHIES
 Raspberry Glaze 8oz \$6 | 16oz \$11
 Peanut Butter Beast 8oz \$5 | 16oz \$9
 Mango Tango 8oz \$6 | 16oz \$10
 Sunburst 8oz \$6 | 16oz \$11
 Matcha Mama 8oz \$7 | 16oz \$12
 Berry Blast 8oz \$6 | 16oz \$11

BROOKLYNN'S CAFÉ COFFEE CARAFE \$45
 Serves 12-14
 Choice of: House Roast, Dark Roast, or Decaf

BROOKLYNN'S CAFÉ TEA CARAFE
 Serves 12-14 \$12 Hot Water Carafe
 Tea Bags: \$1.50 each

Choice of: Herbal, Peppermint, Chamomile, Black, Canadian Breakfast, Earl Grey

ASSORTED BOTTLED BEVERAGES
 View options online or scan QR code \$3-\$7ea



SCAN QR CODE TO PLACE AN ORDER

Catering Inquiries:
 corporate@ecathleticclub.ca
 825.962.3222 ext. 103
 ecathleticclub.ca



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RESTAURANT & BAR

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BAGELS

Choose your bagel: plain, blueberry, everything, rosemary & rock salt, gluten free (gf +\$3)

CHOPPED LOX BAGEL \$15
House-cured salmon, cucumber, tomato, caper, red onion, dill cream cheese

CHOPPED CUBANO BAGEL \$16
Smoked ham, salami, Swiss cheese, pickled cream cheese, yellow mustard

CHOPPED CHICKEN CAESAR BAGEL \$15
Grilled chicken, romaine, bacon, Caesar dressing, parmesan cream cheese, lemon

PLATTERS, SNACKS & SIDES

VEGETABLE PLATTER & RANCH DIP \$40
Serves 8-10

CHARCUTERIE PLATTER \$60
Serves 8-10

FRUIT PLATTER \$45
Serves 10-15

SESAME HUMMUS & CRACKER CUPS \$8

VEGGIE CUP & RANCH DIP \$7

CHIPS (Doritos/Plain/All Dressed) \$3

ENTRÉE SALADS

MIN ORDER 5

Salads available as a side or entrée

ADD CHICKEN Side \$4.50 | Entrée \$7

ADD SALMON Side \$5.50 | Entrée \$9

ADD STEAK Side \$8 | Entrée \$14

MIXED GREENS \$9 | \$16
Baby kale & Swiss chard, candied hazelnuts, dried cranberries, apple cider & pressed canola vinaigrette

CAESAR SALAD \$10 | \$18
Candied bacon, croutons, romaine, parmesan, anchovy & lemon dressing

MIXED GREENS \$9 | \$16
Baby kale & Swiss chard, candied hazelnuts, dried cranberries, apple cider & pressed canola vinaigrette

CAESAR SALAD \$10 | \$18
Candied bacon, croutons, romaine, parmesan, anchovy & lemon dressing

COBB SALAD \$10 | \$18
Egg, avocado, bacon, chicken, blue cheese, romaine, red wine vinaigrette

SHAVED CUCUMBER \$8.50 | \$15
Candied bacon, croutons, romaine, parmesan, anchovy & lemon dressing

GRILLED KALE & HALLOUMI \$9.50 | \$17
Mushroom, onion, farro, apple cider dressing

SANDWICHES & WRAPS

Any sandwich can be made as a wrap

ITALIAN \$15
Salami, mortadella, pepperoncini, olives, tomato, iceberg, white wine vinaigrette, mozzarella, focaccia

MEATBALL \$16
House-made meatballs, marinara, pickles, mozzarella, focaccia

GIARDINIERA \$15
Pickled cauliflower, carrots, cucumber, eggplant, artichokes, tomato, balsamic, mozzarella, iceberg lettuce, focaccia
Assorted seasonal fresh fruit

CUBANO \$16
Smoked ham, salami, Swiss cheese, pickles, yellow mustard

CHICKEN BACON RANCH \$16
Grilled chicken, arugula, bacon, mustard, ranch, cheddar, tomato, avocado

BUFFALO CHICKEN WRAP \$16
Grilled chicken, hot sauce, romaine, ranch, parmesan, flour tortilla

DRINK MENU

BROOKLYNN'S CAFÉ COFFEE \$45/Carafe
Serves 12-14 | House Roast, Dark Roast, or Decaf

BROOKLYNN'S CAFÉ TEA \$12/Carafe
Serves 12-14
Tea Bags: \$1.50ea
Choice of: Herbal, Peppermint, Chamomile, Black, Canadian Breakfast, Earl Grey

BROOKLYNN'S CAFÉ SMOOTHIES
View options online or scan QR code \$5-\$12ea

ASSORTED BOTTLED BEVERAGES
View options online or scan QR code \$3-\$7ea

SCAN QR CODE TO
PLACE A LUNCH ORDER



Catering Inquiries:
corporate@ecathleticclub.ca
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Exchange Restaurant & Bar at the Eau Claire Athletic Club provides premium corporate catering in downtown Calgary.

While on-site dining is reserved for members and their guests, we're pleased to extend our catering services beyond the club for corporate offices and teams.

ORDER GUIDELINES

CATERING HOURS

Availability: Mon-Fri, 9:00 AM-3:00 PM (Pickup or drop-off delivery within downtown Calgary core).

Lead Time: Minimum 48 hours' notice required.

Orders must be finalized 24 hours of the order date/time.

PICKUP LOCATION

Our restaurant is located inside the Eau Claire Athletic Club, a private, members-only facility, located at 101 3 Street SW, Calgary. Catering pickups are available through the Southwest entrance, at the corner of 4 St SW and Eau Claire Ave SW.

DROP-OFF DELIVERY

Free delivery within one (1) block of ECAC.

\$50 fee outside the 1 - block radius.

Downtown Calgary core only.

ORDER/CONTACT

825-962-3222 ext. 103

corporate@ecathleticclub.ca

Online at www.ecathleticclub.ca/corporate-catering

ALLERGIES

We are happy to accommodate custom gluten-free and nut-free requests (additional fees may apply).

Please note, while every effort is made to reduce the risk of cross-contamination, we are not a gluten-free or nut-free facility and therefore cannot guarantee allergen-free products.

VISIT OUR WEBSITE FOR FULL CATERING ORDER GUIDELINES AND POLICIES.
ecathleticclub.ca/corporate-catering