

### HANDHELD BREAKFAST

**BREAKFAST SANDWICH** \$8  
 Bacon, egg, cheddar cheese, gochujang aioli, English muffin

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

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

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

**CHOPPED BREAKFAST BAGEL** \$13  
 Bacon, scrambled egg, cheddar cheese, brown butter hashbrowns, spicy cream cheese

**CHOPPED LOX BAGEL** \$15  
 House-cured salmon lox, cucumber, red onion, capers, whipped dill cream cheese

### BAKERY SHAREABLES

**ASSORTED BAKERY PLATTER** \$4EA  
 MIN ORDER 12 PCS  
 Blueberry muffins, lemon poppyseed 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, multigrain, 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 12oz \$8 | 16oz \$10  
 Peanut Butter Beast 12oz \$8 | 16oz \$10  
 Mango Tango 12oz \$8 | 16oz \$10  
 Sunburst 12oz \$8 | 16oz \$10  
 Matcha Mama 12oz \$8 | 16oz \$11  
 Berry Blast 12oz \$8 | 16oz \$10  
 Beedle-Jus 12oz \$8 | 16oz \$11

#### BROOKLYNN'S CAFÉ COFFEE CARAFE

Serves 12-14 \$45  
 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

#### 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

Located in the Eau Claire Athletic Club, 101 3 Street SW, Calgary, AB, T2P 4G6



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RESTAURANT & BAR

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## BAGELS

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

**CHOPPED LOX BAGEL** \$15  
House-cured salmon lox, cucumber, red onion, capers, whipped dill cream cheese

**CHOPPED SUNNYSIDE BAGEL** \$13  
Avocado, cucumber, alfalfa sprouts, house-brined sun dried tomatoes, dill cream cheese

**CHOPPED CHICKEN CAESAR BAGEL** \$14  
Grilled chicken, bacon, parmesan, romaine and kale, Caesar cream cheese

## SNACKS & SIDES

**SESAME HUMMUS & CRACKER CUPS** \$8

**VEGGIE CUP & RANCH DIP** \$7

**CHIPS** \$3  
Individual bag chips  
Choice of: Doritos, plain, all dressed

## PLATTERS

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

**CHARCUTERIE PLATTER** \$60  
Serves 8-10

**FRUIT PLATTER** \$45  
Serves 10-15

## ENTRÉE SALADS

MIN ORDER 5  
Salads available as a side or entrée

**ADD CHICKEN**  
Side \$4.50 | Entrée \$7

**ADD JUMBO SHRIMP (3)**  
Side \$5.50 | Entrée \$9

**ADD STEAK**  
Side \$8 | Entrée \$14

**MIXED GREENS** \$9 | \$17  
Baby kale & Swiss chard, candied hazelnuts, dried cranberries, apple cider & pressed canola vinaigrette

**CAESAR SALAD** \$10 | \$18  
Romaine, anchovy dressing, candied bacon, croutons, parmesan

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

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

## SANDWICHES & WRAPS

Any sandwich can be made as a wrap

**ITALIAN** \$15  
Capicola, mortadella, provolone, lettuce, tomato, pepperoncini, Italian herb cream cheese

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

**HAVANA** \$16  
Salami, smoked ham, house-made pickles, swiss cheese, honey mustard cream cheese

**CHICKEN BACON RANCH** \$16  
Grilled chicken, baby kale, bacon, mustard, ranch, cheddar, tomato, avocado

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

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SCAN QR CODE TO  
PLACE A LUNCH ORDER

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825.962.3222 ext. 103  
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Located in the Eau Claire Athletic Club, 101 3 Street SW, Calgary, AB, T2P 4G6



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](mailto:corporate@ecathleticclub.ca)

Online at [www.ecathleticclub.ca/corporate-catering](http://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](http://ecathleticclub.ca/corporate-catering)