



Menu Variations ➤

At ESS Our menus are always evolving. We strive to deliver a balanced, diverse, flavourful and comforting menu to every client. Our menus can be curated specifically to each client's needs and tastes. We offer several different menu tiers that never compromise on quality and all come with an assortment of dishes that offer a variety of flavour, healthy choices and menutainment as we like to call it.

	Comfort	Diner	Bistro	Steakhouse
Breakfast	3 Cold Cereals 3 Fresh Fruits Standard Hot Breakfast	4 Cold Cereals 3 Fresh Fruits Standard Hot Breakfast	6-8 Cold Cereals 5 Fresh Fruits Elite Hot Breakfast	8 Cold Cereals 6 Fresh Fruits Premium Hot Breakfast
Lunch	3 Sandwich Choices	4 Sandwich Choices	5 Sandwich Choices 1 Fast Food 1 Protein Pack	7 Sandwich Choices 2 Fast Food 2 Protein Pack
Salads	4 Salad Veggie Choices 1 Leaf Salad 2 Pickles/Olives 1 Comp Salads 1 Dip Choice 2 Dry Toppings 2 Dressings	6 Salad Veggie Choices 1 Leaf Salad 3 Pickles/Olives 1 Comp Salads 1 Dip Choice 3 Dry Toppings 4 Dressings	8 Salad Veggie Choices 2 Leaf Salad 4 Pickles/Olives 2 Comp Salads 2 Dip Choices 3 Dry Toppings 6 Dressings Olive Oil Balsamic Vinegar	10 Salad Veggie Choices 2 Leaf Salad 8 Pickles/Olives 3 Composed Salads 4 Dry Toppings 8 Dressings Olive Oil Balsamic Vinegar Red Wine Vinegar
Dinner	A+ Beef Used 2 Entrée Choices 1 Starch 1 Frozen Vegetable	A+ Beef Used 2 Entrée Choices 1 Optional Entree* 2 Starches 2 Frozen Vegetable	AA Beef Used 3 Entrée Choices 2 Starches 1 Frozen Vegetable 1 Fresh Vegetable	AAA Beef Used 4 Entrée Choices 3 Starches 2 Fresh Vegetable
Bakery	1 Cookie 1 Pastry 1 Bagel 1 Pie 1 Muffin/Loaves/Scones 1 Cake 1 Square Weekly Cobbler	1 Cookie 1 Pastry 1 Bagel 1 Pie 1 Muffin/Loaves/Scones 1 Cake 1 Square Weekly Cobbler	1 Cookie 1 Sugar Free Cookie 1 Pastry 2 Bagel 1 Pie 1 Muffin/Loaves/Scones 1 Cake 2 Square 1 Pudding Cobbler 3x Week	2 Cookies 3 Sugar Free Cookie 2 Pastry 2 Bagel 1 Pie 2 Muffin/Loaves/Scones 2 Cake 2 Square 1 Pudding Daily Cobbler
Beverages	2 Milk Choices 6 Fountain Beverages 1 Real Fruit Juice Standard Coffee Instant Decaf*	2 Milk Choices 6 Fountain Beverages 2 Real Fruit Juice Standard Coffee Instant Decaf*	3 Milk Choices 2 Milk Alternatives 6 Fountain Beverages 3 Real Fruit Juice 2 Juice Substitutes Standard Coffee Instant Decaf 6 Specialty Teas	3 Milk Choices 3 Milk Alternatives 6 Fountain Bev 4 Real Fruit Juice 2 Juice Substitutes Premium Coffee Instant Decaf Brewed Decaf* 8 Specialty Teas

* Optional add-on