



WE DO CATERING!

Sandwiches, Wraps, Salads,
Desserts, Soups Platters

Meetings, Staff Lunches, Parties,
Crew Lunches, etc.

Call us to design a menu

(604) 987 – GOOD (4663)

Motion Food Inc.

Motion Foods Inc. specializes in Private Label Catering. Since 2003 we have focused on Quality, Safety and Consistency of every product we make. There are no chemicals or preservatives in our food, just what comes natural. We make everything from scratch with the best ingredients we can find!

WARNING:

Food contains 100% quality ingredients and have been known to be highly addictive

***10 % off customer loyalty card
available**

Call ahead for faster service!

Hours

Monday - Friday 10 am - 2 pm

Motion Food Inc.

#213 – 1305 Welch Streets
North Vancouver, V7P 3A1
British Columbia

Phone (604) 987- GOOD (4663)

Fax (604) 987 - 3290

E-mail orders@motionfoods.com

TAKE OUT BISTRO MENU



Choose from
**gourmet sandwiches, hot soups,
specials, delicious meals & pasta,**
real comfort food made fresh in
house daily!

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www.motionfoods.com





Gourmet Sandwiches

Sandwich Large..... \$ 7.14 , Small..... \$ 5.24
 Add Fries, Soup or Side Salad \$ 2.38
 Extra add-ons \$ 0.50

BLTC

Bacon, Tomato, Lettuce, & Cheese,
 Pesto Mayo

TURKEY & MANGO CHUTNEY

Turkey Breast, Lettuce, Tomatoes,
 Mango Chutney Mayo

SPICY VEGIE

Red Peppers, Zucchini, Jalapeno Peppers,
 Pesto Mayo, (Cheese Optional), Lettuce

TUNA MELT

Tuna, Corn, Celery, Mayo, Cheddar Cheese,
 Lettuce

CAPICOLI & SALAMI

Capicoli, Salami, Provolone Cheese,
 Special Sub Sauce, Lettuce

ROAST BEEF

Sirloin Roast Beef, Horseradish Dijon Mayo
 Caramelized Onions, Cheddar Cheese

CHICKEN CLUB

Chicken, Ham, Tomato, Caramelized
 Onions, Lettuce, Pesto Mayo, Jack Cheese

BBQ/CHIPOTLE CHICKEN

Chicken, Swiss Cheese, Red Peppers,
 Lettuce, Chipotle or BBQ Mayo



Daily Specials

Shepherd's Pie & Garlic Toast..... \$ 6.66
 Chili Cheese Fries..... \$ 6.66
 Special Sandwich.....\$ 7.14

COME IN TO SEE WHAT'S ON SPECIAL!



Meal Size Salads

Salad..... \$ 7.60

CHICKEN & CRANBERRY SPINACH SALAD

Honey Orange and Garlic Vinaigrette

SHRIMP & EDAMAME SALAD

Herb Vinaigrette

QUINOA, CHICKEN & VEGETABLE SALAD

Honey Lime Vinaigrette

ASIAN BEEF SALAD

Sesame Vinaigrette



Homemade Soup

Cup\$ 3.50
 Bowl\$ 3.99
 Chili & Garlic Toast\$ 6.66



Family Meals

no time?.. no worries!

Family Meal..... \$ 24.95

Family Meals serve 4 – 6 and come with a green
 salad and white or ww ready to bake baguette.
 Please order in advance.

TERYIAKI CHICKEN or BEEF with Vegies
 and Brown Rice

CHICKEN PARMESAN

SPAGHETTI & MEATBALLS

CHIMICHURI CHICKEN with Roasted
 Potatoes and Vegetables

TORTELLINI ROSE

SPAGHETTI BOLOGNESE

RED THAI CURRY with Vegies
 and Rice Noodle

PENNE MARINARA

LINQUINI AL PESTO with Chicken

