



nourish

preferred catering list

Enjoy fresh, delicious food made with love from the Nourish Kitchen

The Nourish Kitchen is conveniently located on the Fourth Floor of 10C Shared Space.

As a public health-inspected commercial kitchen, Nourish is used by over 15 local food businesses. Nourish offers a wide array of talented food creators to cater your private and public events.

September 2025





Pi-vate Chef

From fine dining to comfort food; large to intimate events, with breakfast, lunch and supper options

- Minimum order of \$100
- Requires 2 weeks notice for all orders

Pi Reyes
chefpireyes@gmail.com



The Baking Professor

Delicious gluten free treats that never compromise on taste or texture.

- Minimum order \$200
- Requires two weeks notice

Nikki Edwards
nikki.thebakingprofessor@gmail.com
thebakingprofessor.ca



Community FEWD

Mediterranean platters, snacks, light lunch, dessert, beverages

FEWD uses high quality surplus ingredients, and all revenue supports building a more resilient and equitable food system

- Minimum order of \$500
- Requires 2 weeks notice for all orders

Yasi Zorlutuna
communityfewd@guelphneighbourhoods.org



Ona's Bakery

Meat, vegetarian and dessert Pouchak

- Requires 2- 3 days for larger orders of 30 people or more
- Require 2 days notice for small orders

Jaber Husiny
onasbakery@outlook.com



Caraway Culinary

Locally inspired food specializing in elevated pop-ups, curated catering, and private dining events for large or small groups

- Minimum order catering \$300
- Minimum order chef on site \$1000
- Requires 3 days notice on all orders

Gabrielle Nechala
gabrielle@caraway.ca



Belly and the Beast

Private dinners, large catering for weddings, birthdays, anniversaries, retirements, baby showers and large family gatherings

- Private dinner minimum of 6 people
- Catering minimum of 20 people

Jordan Schram
bellyandthebeastfood@gmail.com



Abbraccio Cookies

Authentic Italian flavors, crafted with heart; perfect for celebrations, family dinners, and gatherings. Good food, great drinks, and delicious desserts.

- Minimum order \$150
- Requires two weeks notice for all orders

Alicia Melatti or Emanuela Melatti
abbracciocookies@gmail.com
abbraccio.ca



Tacos Chidos

Traditional Mexican tacos that require multiple napkins

- Private function minimum of 6 people
- Minimum order of \$100
- Requires 7 days notice for orders

Tyler Belluz
tacoschidos.ca@gmail.com



Pi-vate Chef

**From fine dining to comfort food;
large to intimate events, with
breakfast, lunch and supper
options**

Chef Pi Reyes brings 20 years of culinary expertise from prestigious venues like Poets Cove Resort and Elora Mill Hotel to Oliver & Bonacini and Prohibition Gastrohouse. Transitioning from the corporate world to follow his passion, Chef Pi now operates Pi-vate Chef, delivering 150 meals weekly and catering events from anniversaries to business meetings. What began as a personal commitment evolved into a business focused on fresh, elevated home-cooked meals, prepared with care and affordability.

- Minimum order of \$100
- Requires 2 weeks notice for all orders

Pi Reyes

chefpireyes@gmail.com

privatechef.com



Community FEWD

**Mediterranean platters, snacks,
light lunch, dessert, beverages**

Community FEWD stands for Food Equity With Dignity, and offers an equitable, dignified, and nourishing food source for community members no matter their economic status. Community FEWD approaches food preparation with the same methods used at celebrated farm-to-table restaurants and food businesses. It has no fixed menu and draws on the creativity, skills and flexibility of chef led teams, allowing raw ingredients to be quickly transformed into delicious menu items. Leveraging her years of experience leading commercial kitchens Chef Yasi will maximize the potential of surplus ingredients, and create restaurant-quality, nutritious meals for any occasion.

- Minimum order of \$500
- Requires 2 weeks notice for all orders

Yasi Zorlutuna

communityfewd@guelphneighbourhoods.org
fewd.ca





Abbraccio Cookies

Authentic Italian flavors, crafted with heart; perfect for celebrations, family dinners, and gatherings. Good food, great drinks, and delicious desserts.

Run by a mother and daughter duo, Alicia and Emanuela Melatti bring authentic Italian – Canadian flavors to your table. They started their bakery focusing on innovating classic Italian cookie recipes like biscotti, amaretti, florentines, and tiramisu. Their passion is creating dishes made with heart, honoring beloved recipes from across Italy. They also develop menus collaboratively with clients to ensure your menu matches your event, including pairing specific cookies with signature drinks and more! Whether you're hosting a special celebration, a casual gathering, or a corporate event, we treat your guests like family, offering generous portions of good food, great drinks, and decadent desserts.

- Minimum order \$150
- Requires two weeks notice for all orders

Alicia or Emanuela Melatti
abbracciocookies@gmail.com
abbraccio.ca



CARAWAY
— CULINARY —

Caraway Culinary

Locally inspired food specializing in elevated pop-ups, curated catering, and private dining events for large or small groups

Born and raised in Guelph, Gabrielle Nechala is the chef and creative behind Caraway Culinary. After two decades of experience working in Guelph's hospitality scene, Gabby's deep roots bring a local perspective to everything she creates. Caraway provides dishes that are flavourful, seasonal, elegant, and approachable. From beautifully plated lunches to family-style spreads, Caraway brings warmth and professionalism to every table. With Caraway's full-service catering and custom menu options, you can expect to feel seen and celebrated.

- Minimum order catering \$300
- Minimum order chef on site \$1000
- Requires 3 days notice on all orders

Gabrielle Nechala

gabrielle@caraway.ca
carawayculinary.ca





The Baking Professor

Delicious gluten free treats that never compromise on taste or texture.

Nikki is a dedicated gluten free baker with over a decade of experience managing Celiac Disease. Like many, her hobby became a business during the pandemic and she is now in the pursuit of leaving academia, where she has been a gender and sexuality studies professor for ten years. Nikki bakes with nostalgia and joy in mind – from timeless bakery staples to kitschy trends to classic and unfussy cakes, she makes treats so delicious that the lack of gluten is just a happy bonus!

- Minimum order catering \$200
- Requires 2 weeks notice

Nikki Edwards

nikki.thebakingprofessor@gmail.com
thebakingprofessor.ca



Ona's Bakery

Meat, vegetarian and dessert pouchak

Ona's Bakery, founded by three brothers in Guelph, ON, celebrates their cultural heritage by sharing their mom's beloved recipe, 'Pouchak'—a savory pastry filled with beef, onion, and spices. With a modern twist on this traditional comfort food, they bring a taste of home to the Canadian market. In Uzbek, 'Ona' means mom, reflecting the bakery's heartfelt roots.

- Requires 2- 3 days for larger orders of 30 people or more
- Require 2 days notice for small orders

Jaber Husiny

onasbakery@outlook.com

onasbakery.ca





BELLY AND THE BEAST FOOD COMPANY

UNTAMED PASSION

Belly and the Beast

Private dinners, large catering for weddings, birthdays, anniversaries, retirements, baby showers and large family gatherings

Belly and the Beast, run by food lovers, helps people in Guelph and surrounding areas prepare mouthwatering meals. Chef Jordan, with over 20 years of experience from French fine dining to smokehouse BBQ, brings flair to every event. Passionate about food and local ingredients, they source from farmers in southwestern Ontario to ensure the highest quality. Let Belly and the Beast handle the cooking while you relax and enjoy.

- Private dinner minimum of 6 people
- Catering minimum 20 people

Jordan Schram

bellyandthebeastfood@gmail.com

bellyandthebeastfoodcompany.com

TACOS CHIDOS



Tacos Chidos

Traditional Mexican tacos that require multiple napkins

Tacos Chidos, founded by a local musician and Mexican chef, brings the hidden street taco vendor you found on vacation to Guelph. Following recipes passed down through kitchens within the family, combined by only sourcing the best ingredients, makes these tacos highly desirable for your next event.

- Private function minimum of 6 people
- Minimum order of \$100
- Requires 7 days notice for orders

Tyler Belluz

tacoschidos.ca@gmail.com

tacoschidos.weebly.com





Let's connect!

Contact us for a tour of the Nourish Kitchen,
and of 10C's various vibrant and accessible
community meeting and event spaces

info@10carden.ca

519.780.5030

42 Carden Street, Guelph, Ontario