



Food
For
Thought
CATERING

HORS D'OEUVRES 2025



CHEESE, FRUIT & VEGETABLES TRAYS

The price is per person



SUNSHINE FRUIT 6.98

A vibrant mix of sweet strawberries, melon, grapes, and oranges, all sliced and arranged in a decorated tray for easy serving.

VEGETABLES & DIP 6.98

An assortment of seasonal vegetables cut into finger-sized pieces, served with our homemade vegetable dip.

TROPICAL FRUIT 7.98

A combination of sunshine fruits plus tropical favorites like sweet mango, kiwi, and golden pineapple, all sliced and presented in a decorated tray.

RELISH TRAY 7.98

Includes pickles, celery, carrots, and olives, cut into bite-sized pieces and arranged on serving platters.

FRUIT & CHEESE WITH CRACKERS 8.98

Seasonal fruit selection paired with an assortment of cheeses and served with crackers on a decorated tray.

ANTIPASTO 8.98

A colorful assortment of marinated, pickled, and grilled vegetables including mixed olives, stuffed peppers, sundried tomatoes, artichoke hearts, marinated mushrooms, and pesto baby bocconcini.

FANCY RELISH & CHEESE WITH CRACKERS 9.98

A selection of assorted cheeses from around the world, complemented by olives, baby corn, roasted sweet peppers, mixed sweet pickles, carrots, and celery, arranged on serving platters.

CHEESE WITH CRACKERS 10.98

An assortment of cheddar, marble, mozzarella, Monterey Jack, and Swiss cheeses, presented with crackers.

DELUXE CHEESE WITH CRACKERS 12.98

An exquisite selection of international cheeses including Edam, Brie, Havarti, Jalapeño Havarti, Guinness Cheddar, Spicy Mexican Cheddar, Mini Baby Bells, Muenster, and Gorgonzola, served with crackers.

CHARCUTERIE BOARD 16.98

A lavish spread of cured meats, homemade terrines, pickled vegetables, assorted mustards, and Mediterranean olives, accompanied by fresh bread, crostini, and crackers.

Minimum 3 Dozen
per selection

SIGNATURE HORS D'OEUVRES TIER 1

\$34.98 PER DOZEN

POTATO SKINS

Crispy skins, heartily stuffed with a blend of five cheeses, scallions, and bacon, baked to perfection.

MINI POTATO LATKES

Shallow-fried potato pancakes made from grated or ground potatoes, flour, and egg, often flavored with garlic, onion, and seasoning.

ASSORTED QUICHES

Choose from spinach & cheese, ham & cheese, or mushroom & cheese varieties.

PROSCIUTTO "QUICHELETES"

Layers of shaved prosciutto shaped into tiny tart shells, filled with your choice of quiche fillings.

SAUSAGE ROLLS

House-made rolls of flaky puff pastry filled with specially seasoned fresh ground sausage meat, served with specialty mustard.

STUFFED MUSHROOM CAPS

Whole button mushrooms delicately stuffed with our secret seasonings and Parmesan cheese.

SWEET & SOUR MEATBALLS

Specially seasoned ground beef and pork, rolled and simmered in a tasty, tangy sauce.

RAINBOW ASIAGO TARTLETS

Crispy bread baskets filled with a creamy mixture of fresh garden vegetables, herbs, and Asiago cheese.

CALIFORNIA PIZZA

Baked thin crust topped with herbed whipped cream cheese, a colorful medley of vegetables, and shredded cheddar.

POLISH SAUSAGE & CHEESE

A combination of Polish sausage and cheese, cut into cubes and served on fancy toothpicks.

WILD MUSHROOM CROSTINI

An exotic mix of mushrooms simmered slowly in a rich demi-glace, served atop garlic-toasted crostini and topped with an Asiago-Parmesan blend.



Minimum 3 Dozen
per selection

STUFFED CHERRY TOMATOES

Cherry tomatoes delicately filled with savory marinated feta.

BLANCHED SNOW PEAS & CREAM CHEESE

Sweet blanched snow peas topped with herbed whipped cream cheese.

VEGETABLE SPRING ROLLS

A seasoned mix of vegetables and rice noodles, crispy golden and tasty, served with plum sauce for dipping.

ZESTY MEATBALL SLIDERS

Mini meatballs slow-cooked in Italian tomato sauce, layered with bacon and mozzarella, served on mini buns.

CHICKEN/BEEF/FISH OR VEGGIE SLIDERS

Your choice of chicken, roast beef, sole, or fresh-cut vegetables, all seasoned and served with mini buns and toppings on the side.

MINI BRUSCHETTA

Toasted baguette with herbed cream cheese topped with fresh chopped tomatoes, onions, basil, and shredded Havarti cheese.

STRAWBERRY CAPRESE CROSTINI

Sliced and lightly toasted baguette topped with bocconcini cheese, fresh strawberries, and basil leaves, drizzled with a balsamic reduction glaze.



SALAMI CORNUCOPIA

Deli-sliced Genoa salami, elegantly rolled and garnished.

ROSEMARY CAPRESE "PICKUPS"

Mini bocconcini and cherry tomatoes marinated in fresh basil pesto, elegantly served on bamboo skewers.

MINI CHICKEN/PULLED PORK QUESADILLAS

Filled with mixed cheeses, caramelized onions, sautéed peppers, and mushrooms, served with salsa, sour cream, and guacamole.

MINI VEGETARIAN QUESADILLAS

Filled with mushrooms, roasted red peppers, onions & goats cheese OR peppers, mushrooms, onions, corn & cheese accompanied with salsa, sour cream and guacamole.

CHEESY SWEET POTATO

CORNS Sliced sweet potato corn baked and topped with chipotlecrème fraiche.

CHILI POWDER CHICKEN

Seasoned crispy chicken breast strips served on skewers with cilantro cream.

DEVILED EGGS

Filled with your choice of the following:

- Smoked salmon
- Olives, capers, radishes, and anchovies
- Traditional whipped filling

PESTO CHEESE BITES IN PHYLLO CUPS

Six layers of flaky phyllo pastry shaped like a tulip, filled with mini bocconcini, Romano tomatoes, and pesto, then topped with a touch of red pepper jelly.

GOLDEN PEROGIES

Medium-sized dumplings filled with cheese and potato, served with a spicy sour cream dip.

OUR SIGNATURE DIPS

- Hummus (chickpeas)
- Roasted Red Pepper
- Eggplant (Babaghanouj)
- Olive Tapenade
- 7 Layer Dip
- Seafood Spread Black Bean & Jalapeno
- Spinach artichoke & feta dip (served warm)
- Baked seafood dip (served warm)

All of the above dips
are served with a
variety of crackers and
flatbreads



NOTE: All items are subject to change based on seasonal availability.

Minimum 3 Dozen
per selection

SIGNATURE HORS D'OEUVRES TIER 2

39.98 PER DOZEN

THE MINI BAGELS

A perfect combination of juicy tomato, bacon mayo, fresh spinach, and flavorful Asiago cheese, served on mini bagels.

THE ULTIMATE PARTY BOAT

Saver dough bread brushed with homemade garlic butter, topped with a blend of cheddar, mozzarella, Asiago, green onions, crispy bacon, and sun-dried tomatoes. A crowd favorite that's irresistible!

DEEP FRIED PASTA BITE

Fresh gnocchi pasta tossed in pesto and prosciutto, then breaded and deep-fried to perfection. Served with tomato sauce on the side

GREEK CROSTINIS

Toasted baguette slices topped with marinated feta, cherry tomatoes, olives, and pesto for a Mediterranean twist.

BEEF OR CHICKEN TERIYAKI SKEWERS

Tender marinated beef or chicken, grilled and served with our signature sesame-teriyaki sauce for dipping.

PROSCIUTTO BRUSCHETTA

A twist on the traditional bruschetta, featuring toasted baguette layered with prosciutto, Granny Smith apples, and creamy brie cheese.

CHICKEN FINGERS

Crispy golden chicken fingers, dusted with a blend of fresh herbs and spices. Served with your choice of honey mayo or plum sauce for dipping.

THAI CRAB BALLS

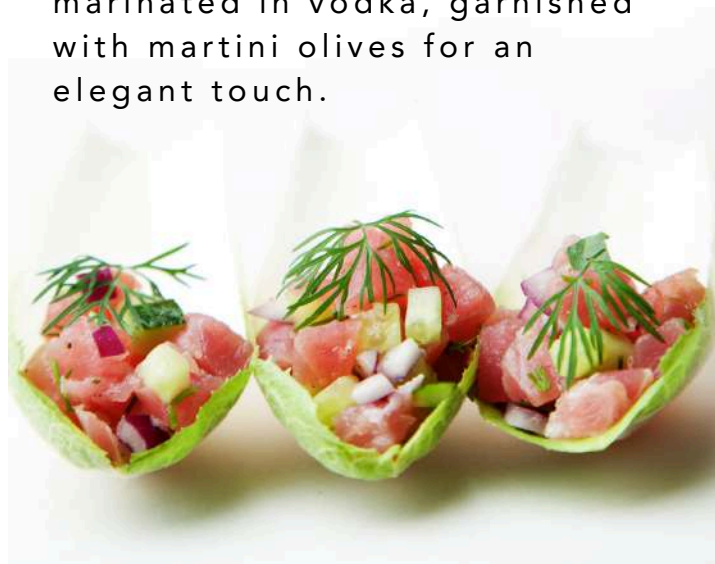
Crispy golden crab balls, authentically seasoned and served with Pad Thai sauce for dipping.

VEGETABLE SAMOSA SQUARES

Golden-baked samosas with a perfectly seasoned vegetable filling, enveloped in flaky pastry. Served with spiced chutney for dipping.

MARTINI CHICKEN SKEWERS

Tender chicken breast marinated in vodka, garnished with martini olives for an elegant touch.



BUTTER CHICKEN SKEWERS

Chicken tenders marinated with a blend of spices and melted butter, served with a chili lime and coriander dip.

SKEWERED CHICKEN SATAYS

Breast of chicken marinated in our house-made West Indian spice blend, served with a rich peanut sauce for dipping.

PORK TENDERLOIN

Pork tenderloin marinated for 24 hours in an 8-spice blend, grilled to perfection and topped with a sweet and hot mango pepper chutney.

CHICKEN & SNOW PEA SKEWERS

Marinated chicken breast wrapped in snow peas, served with a sesame-aioli sauce for dipping.



SUNDRIED TOMATO & FETA TRIANGLES

Sundried tomatoes and feta cheese, delicately folded into flaky pastry and baked until golden.

PROSCIUTTO WRAPPERS

Imported prosciutto slices wrapped around blanched asparagus or sweet melon. Asparagus is served with horseradish aioli for dipping.

BUNDLED MUSHROOMS

Whole marinated button mushrooms, tenderly wrapped in flaky pastry and golden-baked.

BACON-WRAPPED WATER CHESTNUTS

Whole water chestnuts, wrapped in bacon, drizzled with our sweet and zesty sauce.

FANCY TARTLETTS

Tiny baskets filled with creamy Woolwich goat cheese, marinated apricots and fresh rosemary.

GOLDEN PANKO MOZZARELLA

Mini bocconcini dusted in panko crumbs and fried golden, served with our basil and tomato marinara sauce.

PESTO BEEF KABOBS

Top sirloin marinated in a homemade pesto sauce, skewered with garlic crostini & heirloom cherry tomatoes.

CRISPY FIRE CRACKERS

Crispy layers of phyllo pastry, expertly wrapped into tiny fun firecrackers, filled with zesty chicken, spinach & goat's cheese, lightly spiced and golden baked.

CHEDDAR PROFITEROLES

Light puffs of pastry stuffed with premium cheddar and baked to golden.

RAINBOW PINWHEELS

Anartful display of colour and explosion of gourmet flavour! Choose from our Vegetarian Spinach and Roasted Red Pepper or Black Forest Ham & and Mandarin Oranges.

TANDOORI CHICKEN DELIGHT

Tender marinated breast of chicken in a blend of yogurt, fresh herbs & and spices, grilled to perfection.

MEDITERRANEAN VEGETABLE BAKLAVA BITES

Layer upon layer of sweet roasted red pepper, black olive tapenade and assorted cheeses including creamy feta, between crispy phyllo pastry layers and golden baked.

ZUCCHINI LEMON CAKES

Grated and gently flattened zucchini fried and topped with Béarnaise tarragon hollandaise sauce.

BEEF KEFTEDAKIA

Mediterranean accented ground beef with fine herbs and spices, formed onto individual skewers and grilled (ask for our gourmet tzatziki as a delicious accompaniment).



Minimum 3 Dozen
per selection

SIGNATURE HORS D'OEUVRES TIER 3

43.98 PER DOZEN

CHICKEN PARM SLIDER

Savor the goodness of tender, breaded, and fried chicken thighs, decadently topped with rich tomato sauce, gooey mozzarella, parmesan, and savory pancetta. Irresistible perfection in every bite.

SHRIMP CRACKERS

Perfectly cooked shrimp cocktail elegantly served atop a crisp base, complemented by a creamy lemon cheese sauce and a hint of zesty red pepper jelly.

BAKED BRIE PASTRY

Mini pastry tartlets featuring rich brie, candied pecans, and a luscious fig jam. A delightful blend of creamy, sweet, and nutty flavors.

CRANBERRY GOAT ROLLS

Phyllo pastry rolls delicately crafted with soaked cranberries and creamy goat cheese, elegantly crowned with a generous sprinkle of pistachios. A perfect harmony of sweet, tangy, and nutty notes in every bite.

THAI VEGETABLE SPRING ROLLS

Hand-rolled rice wrappers enveloping shredded carrot, cucumber, rice noodles, and fresh herbs, served with our house-made Pad Thai or peanut

TROPICAL SHRIMP SKEWERS

Sweet marinated jumbo tiger shrimp, basted with a honey and lime marinade, accented with fresh herbs and spices, grilled to perfection and ready to eat.



WEST COAST CRAB CAKES

Melt-in-your-mouth fresh crab and lobster meat, delicately seasoned and served with a spicy lemon crème fraîche and cocktail sauce.

BOWTIED CHICKEN & HUMMUS BUNDLES

Marinated breast of chicken paired with our delicious Mediterranean hummus, wrapped in a flour tortilla and neatly tied with a leek bow.

CRUDITÉS

A variety of fresh-cut shoestring vegetables and dip served in a shot glass for a chic and convenient presentation.

Minimum 3 Dozen
per selection

SMOKED SALMON ROSES

Beautiful smoked Sterling Atlantic salmon roses, surrounded by herbed cream cheese and capers, garnished with slivered red onion and fresh dill on a pumpernickel canapé.

BRIE & APPLE TARTS

Elegant tartlets topped with rich brie, fresh apple slices, and a touch of candied ginger.

SHORT PORK RIBS (OH MY GOD!)

Seasoned with our homemade dry rub and cooked to a tender, flavorful perfection

JUMBO CHICKEN DRUMETTES

Meaty chicken drumettes dusted with a mixture of breadcrumbs, fresh herbs, and spices, golden fried to perfection and served with your choice of sauce.

SMOKELESS CIGARS

Grilled marinated strips of Portobello mushroom, sweet roasted red pepper, goat's cheese and blanched asparagus, rolled in crisp phyllo pastry and golden baked.

THE FOLLOWING ARE AT MARKET PRICES

ASSORTED SUSHI & MAKI ROLLS

Prepared fresh daily, these sushi and maki rolls are served with soya sauce, wasabi, and pickled ginger.

RODNEY'S OYSTERS (SEASONAL VARIETIES)

From the waters' shores to your table, our oysters are delivered fresh and served with fresh lemon, Tabasco, horseradish, and vodka, along with an assortment of hot sauces.

BACON-WRAPPED SHRIMP

Succulent jumbo tiger shrimp wrapped in bacon and baked to perfection, finished with creamy garlic butter for a savory delight.

BACON-WRAPPED SCALLOPS

Jumbo Bay scallops wrapped in thick bacon, slow-baked with garlic butter to achieve melt-in-your-mouth perfection.

JUMBO SHRIMP COCKTAIL

Beautifully displayed jumbo tiger shrimp, served with fresh lemon and lime, accompanied by our zesty cocktail sauce.

JUMBO PRAWNS COCKTAIL

Succulent jumbo prawns, perfectly chilled and served with a tangy, house-made cocktail sauce.



NOTE: All items are subject to change based on seasonal availability.

GUIDELINES

MINIMUM ORDER QUANTITY

Minimum of three dozen per selection.

DELIVERY FEE

We cater to the GTA and surrounding areas. Starting at \$30.00 (based on location).

If you would like to verify the delivery fee, you can reach out to our customer service representative at 905-943-9346.

On Sundays, the minimum order is \$1,000. An additional service fee will be applied.

DIETARY RESTRICTIONS

Upon request: vegan, vegetarian, gluten-free, dairy-free, kosher, etc., some additional charges will be applied.

DISPOSABLES

Disposable cutlery, plates, and napkins are available for \$1.50 per person. Serving utensils has an extra charge of \$5.00 per event.

INDIVIDUALLY PACKAGED

Upon request: \$2.50 packaging fee.

PAYMENTS

All first-time orders, as well as special events and large functions, will require payment prior to delivery unless a corporate account has already been established.

All orders can be paid by company or certified checks, Visa, MasterCard, and/or American Express. (Personal checks are not accepted.)

BILLING DETAILS

At the time of the initial booking, a cost will be quoted to you based on what is agreed upon and/or discussed. These prices do not include applicable taxes and/or service charges (if applicable).

For all corporate orders with an established account, payment terms will be allowed on respectively fair terms, with a minimum of 10 days and a maximum of 30 days from the function date, to be decided at such time.

CANCELLATION POLICY

All corporate cancellations require a 48 BUSINESS HOURS notice and must be received through telephone notification at 905-943-9346, or by HARD COPY via fax at 905-943-9123 or email at time2eat@foodforthought.ca. Orders cancelled less than 24 hours before the event will result in a 100% charge to the client, including events cancelled due to inclement weather.

ORDER GUARANTEE AND CHANGES

All corporate orders must be placed at least 24 HOURS prior to the meeting date. Food For Thought Catering will do our best to accommodate last-minute CHANGES; however, please note surcharges may apply. To book events, we require a signature and a deposit to be guaranteed. We also require final guest numbers for your event 7 business days prior to the event date, and payment in full 4 days prior to the event. Should final numbers not be provided at such time, we will prepare an invoice according to the most recent confirmation of guests.

FOOD FOR THOUGHT CATERING





Since 1963, we have been creating lasting memories for businesses, families, and organizations within Toronto and the GTA.

As a specialized corporate and special events catering company, we take care of all your catering needs, from concept to clean up. Whether it's for corporate catering, intimate dinner parties, cocktail receptions, or wedding celebrations, we have you covered.

Fine food, expressly prepared and exquisitely presented for your very special occasion, is our forte. We can't wait to serve you!



Contact Us

-  905-943-9346
-  time2eat@foodforthought.ca
-  [food.for.thought.ca](https://www.instagram.com/food.for.thought.ca)
-  www.foodforthought.ca

