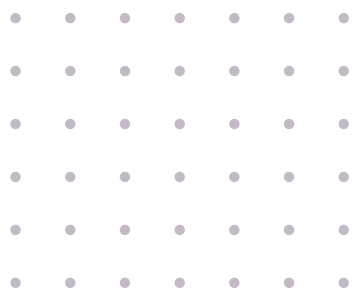




Food
For
Thought
CATERING



Catering MENU 2026





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Breakfast & Brunch MENU

MORNING GLORY

Minimum
order of 6

COLD OPTIONS

ASSORTED LOAVES \$6.98

Freshly baked loaves
(Chocolate banana, banana,
pumpkin pepita, carrot oat
crumble).

THE CONTINENTAL \$8.98

1.75 portions per person.

Including a selection of bagels,
butter croissants, cinnamon
crunchies, scones, fruit
danishes, turnovers and
assorted muffins.

THE PATISSERIE PLUS \$10.98

1.75 portions per person.

Including a selection of
chocolate croissants, assorted
danishes, cheesecake danish
twirls, baked loaves, jumbo
cinnamon buns, scones, and
decadent specialty croissants
filled with ham, cheese, and
crème fraîche.

THE HEALTHY START \$10.98

Fresh seasonal berries, low-fat
vanilla yogurt, cottage cheese,
crunchy granola, and bran
cereal.

THE DE'LIGHT BITE \$10.98

Whole wheat and multigrain
bagels, assorted low-fat
yogurts, orange and grapefruit
medallions.

THE BOARDROOM \$13.98

Bagels and butter croissants,
served with lettuce, sliced
tomatoes, cucumbers, assorted
sliced cheeses and individual
cream cheeses.

- Includes complete coffee
service with cream, milk,
sugar, stir sticks and
recyclable coffee cups.
- Also includes assorted
morning juices.
- Add smoked salmon \$12.98
p/p

CHEAPER BY THE DOZEN \$54.98

1 portion per person,
Including a selection of:

- Assorted bagels or muffins
- Gourmet scones
- Fresh-baked butter
croissants
- Chocolate croissants
- Baked loaves
- Cinnamon buns

NOTE: Gluten free, Dairy free, Vegetarian,
vegan or other dietary restrictions can be
accommodated upon request.



PARFAIT & BOWLS

\$10.98 PER PERSON

CREATE YOUR OWN PARFAIT

Yogurt, fresh berries, and crunchy granola, all served in separate bowls for a customizable, delicious experience.

BUCKWHEAT BAKER

Buckwheat groat, cacao hazelnut granola, fresh apples, toasted pumpkin and sunflower seeds and harvest cinnamon spice yogurt.

BANANA CHIA SPLIT

Caramelized baby banana, chia seeds, infused vanilla almond milk, peanut brittle and maple syrup.

FULLY LOADED

Strawberry smoothie, fresh banana, flax seeds, toasted honey granola and crumble almonds.

BERRY DE-LIGHT BOWL

Blueberry smoothie, roasted almonds, toasted coconut, hemp seeds and fresh seasonal berries.

PB + JAM PARFAIT

Whipped cream, strawberry chia compote, Greek yogurt and peanut granola crumble.

EAT YOUR GREENS BOWL

Matcha green tea smoothie, oat milk, fresh grapes, honey, hemp seeds and coconut flakes.

KEY LIME PIE BOWL

Almond milk, avocado, chia seeds, agave nectar, fresh lime and toasted pistachio.



MORNING GLORY

HOT OPTIONS

EGG MCMIKE'S \$8.98

Freshly toasted English muffins, sandwiching a warm poached egg, Black Forest ham and two slices of medium cheddar.

WRAPN'GO \$8.98

Gourmet omelettes with melted cheddar and mozzarella cheeses, rolled into a soft tortilla with mushrooms, sweet peppers, and onions. Add Black Forest ham or bacon for an additional \$4.50 per person.

ITALIAN EGG BAGUETTE \$10.98

Toasted baguette with proscuitto, ham, mozzarella, and a warm poached egg, topped with homemade tomato sauce.

NOTE: Gluten free, Dairy free, Vegetarian, vegan or other dietary restrictions can be accommodated upon request.



BREAKFAST TOSTADAS \$14.98

Refried beans, fresh pico de gallo, shaved cheddar cheese, poached egg on toast or bagel.

HASH BROWN & EGG CASSEROLE \$15.98

Golden brown potatoes, crispy turkey bacon, sweet peppers, fresh scallion.

THE ITALIAN STALLION \$16.98

Fluffy breakfast frittata served with Italian sausage, toasted bagels with preserves and butter, accompanied by a fruit platter featuring sliced pineapple, seedless oranges, pink grapefruit and seedless grapes.

O'CANADA \$18.98

Hot maple-glazed breakfast sausage, scrambled eggs, crispy bacon, home fries, warm English muffins and a healthy array of seasonal fresh fruit. Includes all appropriate condiments, assorted juices and freshly brewed coffee.

MORNING GLORY

Minimum
order of 6

PANCAKES \$12.98

2 Per Person

FLAVORS

- Regular
- Nutella
- Lemon Curd
- Chocolate Ganache
- Dulce de leche
- Strawberry Shortcake

All served with butter, pure and maple syrup.



WAFFLES \$16.98

2 Per Person

Served with butter, whipped cream, fresh berries, maple syrup and chocolate chips on the side.

NOTE: Gluten free, Dairy free, Vegetarian, vegan or other dietary restrictions can be accommodated upon request.

Sandwiches & Wraps MENU



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COLD OPTIONS

Minimum
order of 6

ASSORTED SANDWICHES & WRAPS

On specialty breads or wraps. Chef's selection of assorted deli meats, tuna, egg, and salmon salads. Crab meat, chicken, and turkey salad selections may be available.

- 2 Halves per person **\$15.98**
- 3 Halves per person **\$21.48**

THE GARDEN VEGETARIAN WRAP

Filled with a selection of marinated and grilled specialty vegetables, cheeses, and gourmet spreads, including our signature roasted red pepper and hummus spreads.

- 2 Halves per person **\$14.98**
- 3 Halves per person **\$19.98**

THE HEARTY SUBMARINE

12-inch sub with 6 oz of protein. A selection of favorite deli meats with shredded lettuce, sliced tomato, cheese, Dijon mayo, and specialty mustards on white and whole wheat submarine buns.

- 2 Halves per person **\$16.98**
- 3 Halves per person **\$22.98**

FANCY SANDWICHES

An assortment of filled sandwiches on white and whole wheat sliced bread with the crusts removed, cut into bite-sized triangles.

- 4 ¼'s per person **\$6.98**
- 6 ¼'s per person **\$8.98**

PINWHEEL SANDWICHES

A visual masterpiece of assorted filled sandwiches on white, whole wheat, and egg sliced bread with the crusts removed, rolled, and sliced.

- 3 Pieces per person **\$7.98**



NOTE: Vegetarian, vegan or other dietary restrictions can be accommodated upon request.
Crab meat, chicken and turkey salad are among other selections (upon availability).

HOT OPTIONS

Minimum
order of 6

REUBEN SANDWICH

Pastrami piled high with Dijon mustard, sauerkraut, and Swiss cheese, served on our world-famous double dark rye bread.

ROAST BEEF SANDWICH

Six ounces of fresh slow-cooked roast beef, caramelized onions, sautéed mushrooms, and provolone cheese.

MEATBALL SUB

Five ounces of hearty meatballs, slowly simmered in our signature tomato sauce, topped with mozzarella and cheddar cheeses, served on an eight-inch submarine bun.

CHICKEN PARMESAN SANDWICH

6-ounce golden breaded chicken breast topped with house-made tomato sauce, parmesan cheese, and mozzarella cheese.

THE CHICKEN SOMBRERO

6-ounce golden breaded chicken breast topped with house-made tomato sauce, parmesan cheese, and mozzarella cheese.

ALL ITEMS FEATURED ON THIS
MENU ARE SERVED WITH JUMBO
DILLS ON THE SIDE

\$15.98 PER PERSON



VEAL PARMESAN SANDWICH

Tender cutlet of breaded provimi veal, traditional tomato sauce, cheddar, parmesan, and mozzarella cheeses, served on a Calabrese bun.

NOTE: Vegetarian, vegan or other dietary restrictions can be accommodated upon request.

HOT OPTIONS

Minimum
order of 6

ALL ITEMS FEATURED ON THIS
MENU ARE SERVED WITH
JUMBO DILLS ON THE SIDE

\$15.98 PER PERSON

PHILLY MELT

Five ounces of Certified Angus Striploin covered with caramelized onions, sautéed mushrooms, and topped with Swiss cheese, served atop a rosemary triangle focaccia bun.

PORTOBELLO SANDWICH

Grilled Portobello mushrooms, zucchini, roasted red peppers, cheese, alfalfa sprouts, and crispy iceberg lettuce with our signature aioli sauce, served on French stick.

TEXMEX CHICKEN SANDWICH

Grilled chicken breast topped with roasted red peppers, salsa, caramelized onions, and jalapeño Havarti cheese, served on a soft-baked Kaiser bun.

LOUISIANA

Cajun chicken breast, sautéed peppers, mushrooms, salsa, and tomato sauce with pepper jack cheese, served on a rosemary triangle bun.

TUNA MELT

Seasoned white tuna, sliced tomatoes, and fresh basil, smothered in our five-cheese blend with sundried tomatoes, layered atop two pieces of marble rye bread.



NOTE: Vegetarian, vegan or other dietary restrictions can be accommodated upon request.

Minimum
order of 6
per selection

GOURMET DELUXE SANDWICHES

CLUB SANDWICH

Three layers of Texas toast piled high with roasted turkey, tomatoes, lettuce, bacon, medium cheddar, and mayonnaise.

THE TRIPLE DECKER SANDWICH

Turkey, ham, roast beef, lettuce, tomato, and tangy honey mustard dressing, served on rye bread.

TOWER OF PISA SANDWICH

Prosciutto, ham, bacon, and capicola, served with lettuce, tomato, marinated mushrooms, mozzarella cheese, and pesto mayo.

EIFFEL TOWER SANDWICH

Genoa salami, mortadella, ham, and turkey, served with lettuce, tomato, roasted red peppers, pepperoncini, asiago cheese, and French mayonnaise.

SMOKEY TURKEY SANDWICH

Shaved turkey, asiago cheese, bacon, lettuce, tomato, and honey Dijon mustard.

**\$15.98 PER
PERSON**

LEMON PEPPERED OR BBQ CHICKEN SANDWICH

Choose your preferred sauce!

Boneless breast of chicken marinated and seasoned, served with lettuce, tomato, mayonnaise, and cheddar cheese.

MAMBO ITALIANO

Salami, mortadella, prosciutto, smoked turkey, lettuce, tomato, pepperoncini, and specialty tomato mayo, served on a crispy baguette.



NOTE: Vegetarian, vegan or other dietary restrictions can be accommodated upon request.

Minimum
order of 6

IT'S A WRAP

TERIYAKI CHICKEN

Grilled chicken breast, sesame broccoli, baby carrots, onions, seasoned basmati rice, and a touch of teriyaki sauce.

BOMBA Y CHICKEN

Curried chicken breast with basmati rice, carrots, peas, and diced tomatoes, mixed in tandoori sauce.

**\$16.98 PER
PERSON**



THE CHICKEN SOMBRERO

Tender chunks of zesty chicken, Spanish rice, black beans, grated Monterey Jack cheese, and salsa with southwestern dressing.

THE ITALIAN JOB

Sliced breaded chicken with shredded mozzarella, crisp iceberg lettuce, and juicy tomatoes with a spread of Italian aioli.

ORIENTAL CHICKEN

Marinated chicken in teriyaki sauce, with julienned carrots, fresh ginger, bean sprouts, and mixed peppers in citrus aioli.

BLT

Crispy strips of Canadian bacon, leaf lettuce, sliced tomatoes, and grated cheese with a spread of honey Dijon mayo.

CLUB HOUSE

Oven-roasted turkey, crispy bacon, leaf lettuce, sliced tomatoes, shredded cheddar cheese and, creamy ranch dressing.

NOTE: Vegetarian, vegan or other dietary restrictions can be accommodated upon request.

\$16.98 PER PERSON

SPICY THAI BEEF

Tender marinated beef in sesame-teriyaki sauce, julienned carrots, fresh ginger, and mixed sweet peppers in teriyaki-aioli.

SMOKED SALMON

Atlantic smoked salmon with fresh dill, baby spinach, red onions, and capers with a spread of herbed cream cheese.

FAMOUS CHICKEN

Sliced Cajun spiced chicken breast, peach mayo spread, assorted peppers, lettuce, Havarti cheese, and mandarin oranges.

CHICKEN SOUVLAKI WRAP

Marinated chicken breast with diced tomatoes, cucumbers, black olives, chopped lettuce, peppers, and feta cheese, tossed in traditional Greek vinaigrette.

ASIAN CHICKEN SALAD

Sliced grilled chicken breast, sesame seeds, bean sprouts, grated carrot, and water chestnuts, tossed in spicy ginger-teriyaki vinaigrette.

NOTE: Vegetarian, vegan or other dietary restrictions can be accommodated upon request.



Minimum
order of 6

VEGAN & VEGETARIAN WRAPS

**\$14.98 PER
PERSON**

THE AUTHENTIC GREEK

Crisp iceberg lettuce, English cucumbers, tomatoes, red onions, Kalamata olives, and chunks of feta cheese, tossed in traditional Greek vinaigrette.

THE GIANT PORTOBELLO

Grilled Portobello mushrooms, Havarti cheese, roasted red peppers, and crispy leaf lettuce with our signature roasted red pepper spread.

SUNSET GARDEN

Wild mushrooms, eggplant, zucchini, roasted red peppers, Havarti cheese, and spinach, marinated and grilled, with a touch of sweet garlic aioli.

"BEAN" THERDONE THAT

Fragrant rice sautéed with a medley of garden vegetables and beans, with a spread of our signature hummus.

POPEYE'S FAVOURITE

Fresh baby spinach leaves, crispy bean sprouts, soft bocconcini cheese, and ripe cherry tomatoes in our signature poppy seed dressing.

SANTORINI

Kalamata olives, red onions, tomatoes, crisp cucumbers, and flaked tuna, with a drizzle of lemon vinaigrette.

READING RAINBOW

Collard greens, sweet yellow pepper, shaved heirloom carrots, purple cabbage, cucumber, micro greens, and ginger tahini vinaigrette.

NOTE: All items featured on this menu are prepared on a variety of flavoured wraps. Vegetarian, vegan or other dietary restrictions can be accommodated upon request.





Food
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Soup & Salads

THE GARDEN BOUTIQUE

\$5.98 PER
PERSON

THE SUPERB CAESAR

Crispy romaine lettuce with our signature creamy Caesar dressing, a premium blend of freshly ground Parmesan, and seasoned croutons.

THE TOSSED

A fresh mix of crispy romaine and iceberg lettuce, surrounded by a garden selection of tomatoes, sweet peppers, purple cabbage, cucumber, and shredded carrots. Served with your choice of our signature vinaigrettes.

THE GREEK

Tomato wedges, English cucumber, slivered red onion, Kalamata olives, and chunks of creamy feta atop a bed of crispy iceberg lettuce, served with our traditional Greek vinaigrette.

THE SPINACH

Mandarin oranges, sweet strawberries, sliced mushrooms, toasted almonds, and slivered red onion atop a bed of baby spinach leaves, served with our sweet and tangy poppy seed dressing.

INSALATA MISTA

Assorted field greens with homemade balsamic-maple vinaigrette.

THE SONOMA SUNRISE

Sliced strawberries, mandarin oranges, mushrooms, julienne peppers, and toasted walnuts or pecans, with creamy goat cheese atop a fresh bed of spring greens. Served with mango poppy seed or sweet raspberry vinaigrette.



THE WALDORF

Sliced apples, celery, and toasted walnuts tossed in our sweet creamy dressing and topped with plump juicy raisins.

THE CAPRESE

Tomato wedges and bocconcini cheese drizzled with fresh basil dressing.

THE LAZY CAPRESE

Fresh chunks of English cucumber and tomato, tossed in our fresh basil dressing.

THE BOWTIED FETA

Bow tie pasta with sun-dried tomatoes, julienne red onion, julienne peppers, parsley and premium feta cheese, delicately tossed in our signature balsamic reduction and decorated with Kalamata olives.

THE ISRAELI SALAD

Fluffed couscous with fresh minced parsley and mint, diced sweet peppers, and green onion, mixed in a tangy vinaigrette and decorated with cherry tomatoes.

THE SPIRALED SUNSET

Tri-colored rotini pasta with marinated and grilled seasonal favorites including zucchini, eggplant, and mushrooms, tossed in our sweet and tangy balsamic reduction.

THE ITALIAN POTATO

Sliced red potatoes with slivered red onion and finely chopped parsley, seasoned to perfection and tossed with our imported extra virgin olive oil and red wine vinegar dressing.





THE HUMBLE POTATO

New potatoes cooked to perfection and sliced, accompanied by carrot, celery, and parsley, traditionally seasoned with our creamy dressing and decorated with a sprinkle of paprika and sliced egg.

CALIFORNIA SWEET SUMMER

Spring mix, radicchio, and Boston bibb lettuce with sweet roasted peppers and dried cranberries, topped with toasted almonds and feta cheese, served with our lemon poppy seed vinaigrette.

RED SKINNED & SWEET POTATO SALAD

Smoked julienned ham, minced celery, matchstick carrots, and diced green onions tossed with creamy mustard dressing.

BABY GREEN & ARUGULA SALAD

Blood red oranges (when in season), berries, and a light avocado vinaigrette.

RED LEAF PEAR SALAD

Crisp red oak lettuce with poached pear, toasted walnuts, and apple cider vinaigrette on the side.

WATERMELON & FETA SALAD

Watermelon, feta, Kalamata olives, and fresh basil, dressed with white balsamic vinegar, olive oil, and seasoned with salt and pepper.

BROCCOLI SALAD

Broccoli crowns, Greek yogurt, dried cranberries, cooked ham, lemon juice, sunflower seeds, dill weed, and a pinch of salt with lemon dill dressing.

ROASTED GREEN BEAN, RED ONION & BEET SALAD

Roasted beets, green beans, red onions, fresh thyme, and cider vinegar.

SOUTHWEST SALAD

Avocados, corn, black beans, romaine lettuce, cherry tomatoes, lime juice, fresh chopped cilantro, grated pepper jack cheese, kosher salt, freshly ground black pepper, and a dash or two of hot sauce.

FRESHLY PREPARED SOUPS

SERVED IN INDIVIDUAL SOUP BOWLS WITH CRACKERS
ON THE SIDE.

SOUP OF THE DAY

4.98

Our Chef prepares new flavors daily, ranging from traditional favorites to creative specialties. Ask one of our catering specialists for today's selection or feel free to customize your own.



A close-up photograph of a hand holding a silver spoon, pouring a thick, brown, glossy sauce over a roasted duck leg. The duck leg is positioned on a white plate, which also contains a side of fresh green lettuce, a slice of pink watermelon, and small purple edible flowers. The background is dark and out of focus, emphasizing the food and the action of pouring the sauce.

LUNCH & DINNER COMBINATIONS

COLD MADE SIMPLE

COLD LUNCH #1

Assorted sandwiches and wraps on a variety of buns and breads with assorted fillings, deli meats, tuna and chicken salad. Includes a choice of daily soup or tossed salad and a selection of sweets.

\$22.98 per person

\$27.98 per person (1½ sandwiches per person)



COLD LUNCH #2

Cajun chicken wraps with specialty mayo, peppers, lettuce, Havarti cheese, and mandarin oranges. Comes with Greek salad and seasonal fruit kabobs, garnished with strawberries.

\$21.98 per person

\$26.98 per person (1½ wraps per person)



COLD LUNCH #3 - Includes Hot Spring Rolls

Oriental chicken wraps with bean sprouts, bok choy, carrots, and green onion in sesame-teriyaki vinaigrette. Includes vegetable spring rolls with plum sauce and a selection of sweets.

\$21.98 per person

\$25.98 per person (1½ wraps per person)

COLD LUNCH #4

Gourmet assorted deli meats on focaccia buns, served with a tossed salad and a cheese and fruit tray with crackers.

\$23.98 per person

\$28.98 per person (1½ sandwiches per person)



COLD LUNCH #5

Submarine sandwiches with assorted deli meats, served with your choice of potato salad or coleslaw, individual potato chips, and assorted sweets.

\$22.98 per person

\$27.98 per person (1½ subs per person)

BOWLS

FIESTA

Grilled steak, romaine lettuce, Cheddar cheese, black beans, tomatoes, corn, cabbage, carrots, green onions, creamy tzatziki, salsa sauce.

SAVOR STREET

Chicken thighs, creamy tzatziki, red onions, colorful peppers, cucumber, cherry tomatoes.

FARM FRESH BOWL

Tofu, broccoli, carrots, cabbage, green onions, crispy onions, savory teriyaki sauce.

KETO OPTIONS

STUFFED SWEET POTATO & BERRIES

Large seasoned sweet potato, beans, corn, tomatoes, salsa, cashews, raspberries, blueberries.

CHIK-UN WRAP & CHOCOLATE BROWNIE

Plant-based chicken wrap, coleslaw, chocolate brownies, strawberries.

BURRITO BOX

Chopped lettuce, diced tomatoes, corn, green peppers, kidney beans, rice, lime, nacho chips, salsa.

INDIVIDUALLY PACKAGED

Minimum
order of 6

CHOOSE WHITE RICE, BROWN RICE, QUINOA OR RICE NOODLES

\$21.98 PER PERSON

All Meats are Halal (Chicken, Beef, and Fish)



\$22.98 PER PERSON

LETTUCE WRAPS

Tuna salad, egg salad, turkey salad, lettuce wraps, grilled veggies, mixed nuts, strawberries, blackberries.

CHICKEN & AVOCADO

Sliced chicken breast, whole avocado, cherry tomatoes, walnuts, almonds, dark chocolate chips.

PORK TENDERLOIN IN A MUSTARD CREAM SAUCE

Sliced pork tenderloin, mustard cream sauce, jasmine rice, garlic roasted broccoli, peanut butter chocolate balls.

HOT MADE SIMPLE

ALL MEATS ARE HALAL (CHICKEN, BEEF, AND FISH)
EACH PRICE IS PER PERSON

MENU #1 - CHICKEN **\$24.98** BROCHETTES

Tender breast of chicken served with assorted peppers, zucchini, onions, and mushrooms, skewered & marinated in our sundried tomato and oregano vinaigrette, One skewer per person served with rice pilaf, choice of salad, rolls & butter and sliced cake selection.

Add an Extra skewer for \$14.98 each.

MENU#2 - HEARTY BEEF **\$24.98** & POTATO STEW

Tender chunks of sirloin steak, Yukon gold potatoes, carrots & mushrooms slowly cooked to perfect tenderness, in our rich beef demi-glace, served with Basmati rice, Caesar salad, and assorted sweets.

MENU#3 - BEEF **\$24.98** TERIYAKI

Tender marinated strips of NewYork Striploin, with caramelized onions and peppers in our teriyaki soya glaze, topped with steamed broccoli florets and carrots, Served with basmati rice OR Asian noodles, spinach salad, rolls & butter and assorted sweets.

MENU#4 - PORK OR CHICKEN SOUVLAKI WITH TZATZIKI

It's our secret recipe! Tender pieces of pork tenderloin, marinated to perfection for 48 hours and served with lemon potatoes, Greek-style rice, Greek salad, toasted Mediterranean pitas and assorted sweets.

- **Pork \$21.98 per person** (One skewer per person). \$11.98 for each additional pork skewer.
- **Chicken \$25.98 per person** (One skewer per person). \$14.98 for each additional chicken skewer.

MENU #5 - TENDER **\$24.98** MARINATED BEEF BROCHETTES

Tender beef served with assorted peppers, zucchini, onions and mushrooms skewered & marinated in our teriyaki glaze served with basmati & long grain rice served with tossed salad, rolls& butter and an assortment of assorted cookies.



MENU #6 - CHICKEN TETRAZZINI \$21.98

Tender strips of lemon chicken, grilled to perfection mixed with fettuccine noodles, sautéed button mushrooms, caramelized onions & assorted pepper strips tossed in our rich alfredo sauce, served with tossed salad, rolls & butter and apple crisp for dessert.

MENU #7- CHICKENPOT PIE \$21.98

Tender breast of chicken with chunks of potatoes, carrots, celery & onion and topped with a golden flaky pastry crust, served with tossed salad, rolls & butter and fresh fruit tray for dessert.

MENU #8 - BARBEQUED GRILLED CHICKEN \$24.98

A 6oz breast of chicken, marinated and grilled to perfection topped with our signature BBQ sauce and served with, Caesar salad, roasted Parisienne potatoes, rolls & butter, and assorted sweets for dessert.

MENU #9 - STUFFED CHICKEN \$29.98

Chicken stuffed with wild rice OR ricotta and spinach, seasonal vegetables, roasted potatoes served with tossed salad, rolls & butter and a fresh fruit flan for dessert.



ALL MEATS ARE HALAL (CHICKEN, BEEF, AND FISH)
EACH PRICE IS PER PERSON

MENU #10 - BREADED CHICKEN 26.98

A 6oz. filet lightly breaded and golden brown, served with garlic cheese bread, Caesar salad and whipped mousses in Belgian Chocolate cups.

MENU #11 - CHICKEN PENNE IN A ROSE SAUCE 21.98

Grilled chicken strips, fired roasted red peppers, button mushrooms and premium Parmesan cheese mixed with aldente penne and served in our delicious rose sauce, served with your choice of salad, crusty garlic bread & assorted sweets.

MENU #12 - BEEF & BROCCOLI \$24.98

Tender marinated strips of beef, portobello, and button mushrooms, tossed in our hoisin-style gravy topped with steamed broccoli florets and julienned carrots served atop Asian noodles, served with spring rolls and plum sauce, rolls & butter and daily cake selection.



MENU #15 - SAUTEED VEGETABLES & ARBORIO RICE \$21.98

Our combination of lightly sautéed seasonal vegetables cooked to perfection and blended with Italian Arborio rice, served with a salad of your choice and for dessert a gourmet custard fruit tart.

MENU #13 - GOURMET PIZZA – Serves 12-15

Choice of feta, mozzarella, cheddar, asiago, 5-cheese blend, sun-dried tomatoes, sweet or hot peppers, spinach, mushrooms, marinated eggplant, green or black olives, grilled zucchini, caramelized onions, ground beef, grilled or barbequed chicken, bacon, prosciutto or smoked salmon, sliced pepperoni atop our homemade pizza dough.

\$7.98 per person - includes 3 toppings. All additional toppings \$2.00

MENU #14 - BBQ KOREAN RIBS \$24.98

Grilled 6oz. BBQ Korean ribs in our special homemade BBQ sauce accompanied with our roasted potatoes, stir-fry vegetables and sticky toffee pudding for dessert. Minimum order of 8 people

MENU #16 - VEGETABLE COUSCOUS PAELLA \$19.98

Vegetarian Option

Garden freshly chopped onions, couscous, red and green peppers, green peas, chopped garlic, chickpeas and artichoke hearts. Served with salad, assorted rolls and fruit salad with lime syrup.

**ALL MEATS ARE HALAL (CHICKEN, BEEF, AND FISH)
EACH PRICE IS PER PERSON**

AROUND THE WORLD

ALL MEATS ARE HALAL (CHICKEN, BEEF, AND FISH)
EACH PRICE IS PER PERSON



✓ STIR-FRIED VEGETABLES **\$16.98**

A rainbow of mixed peppers, yellow and green zucchini, baby carrots, snow peas and more in our chef's own light blend of seasonings and spices, tossed into Asian noodles and assorted sweets for dessert.

BEEF BOURGUIGNON \$24.98

Tender braised beef simmered with mushrooms, carrots, onions, and a touch of bacon in a rich red wine and beef jus reduction. Served with a side of egg noodles and our airy whipped mousses in Belgian Chocolate cups for dessert.

BEEF STROGANOFF \$22.98

Tender braised beef, onions and mushrooms, with dollops of sour cream in our rich beef demi-glace sauce, served with egg noodles on the side and our assorted sweet tray for dessert.

TERIYAKI MEAT BALLS \$22.98

Slowly simmered in our tasty sesame teriyaki sauce, served with basmati rice, lightly sautéed asparagus spears and julienne red pepper, and our assorted sweet tray for dessert.

SHEPHERD'S PIE \$19.98

Our Chef's own secret recipe - seasoned ground beef, green peas and fluffy mashed potato, seasoned to perfection, served with our house-made gravy on the side. Includes roasted zucchini, onions, carrots and peppers along with our assorted sweet tray for dessert.

**ALL ENTRÉES INCLUDE
YOUR CHOICE OF
SALAD (CAESAR,
TOSSED, OR SPINACH)
OR THE SOUP OF THE
DAY, ALONG WITH
FRESH ROLLS AND
BUTTER.**

CHICKEN PAD THAI \$24.98

Tender chicken breast in our own authentic Pad Thai sauce, chillies, green onion, egg or rice noodles, served with sautéed button mushrooms, baby corn, and peppers. Fresh fruit kabobs for dessert.
(Add shrimp - \$27.98 per person).



**ALL MEATS ARE HALAL (CHICKEN, BEEF, AND FISH)
EACH PRICE IS PER PERSON**

CHICKEN CURRY \$24.98

Succulent pieces of mildly spiced chicken made with white & dark meat, potato and caramelized onions, slowly simmered in a mix of peas and carrots. Accompanied with seasoned basmati rice, Naan bread, and fresh fruit tray for dessert. (Substitute chicken breast for a \$21.98 per person).

**ALL ENTRÉES INCLUDE
YOUR CHOICE OF
SALAD (CAESAR,
TOSSED OR SPINACH),
OR THE SOUP OF THE
DAY AND FRESH ROLLS
WITH BUTTER.**

MANGO GINGER CHICKEN \$24.98

Specially marinated chicken breast slivered fresh ginger and mango in our chef's own sweet and tangy sauce, served atop a bed of Asian noodles with lightly sautéed broccoli and carrots and assorted sweets for dessert.

TANDOORI CHICKEN \$24.98

Succulent tender chicken thighs simmered in tandoori marsala sauce, served with our fragrant basmati rice, peas, garlic naan bread and assorted sweet tray for dessert.

CASHEW CHICKEN \$24.98

A medley of seasonal vegetables, seasoned chicken breast and toasted cashew nuts, prepared with a hint of citrus, served atop a bed of warm Asian noodles and our traditional almond cookies for dessert.

JUMBO SHRIMP & CHICKEN CREOLE \$28.98

Prepared mildly spicy, with tiger shrimp in our red wine tomato sauce, served with rice pilaf, sautéed seasonal vegetables and our assorted sweet tray for dessert.

ROTISSERIE CHICKEN LEGS \$24.98

Marinated & grilled chicken legs served with garlic mashed potatoes, peas with sautéed onions, garden salad and Chef's selection for dessert.



BORDERING THE SOUTHWEST

ALL MEATS ARE HALAL (CHICKEN, BEEF, AND FISH)
EACH PRICE IS PER PERSON

ALL ENTRÉES INCLUDE YOUR CHOICE
OF SALAD (CAESAR, TOSSED, OR
SPINACH), NACHO CHIPS WITH SALSA
FOR DIPPING AND MINI CINNAMON
APPLE BURRITOS FOR DESSERT.

RANCHERO **\$19.98** VEGETARIAN CHILI

Simmered hearty beans, in our authentic spices and chunky vegetables, including stewed tomatoes and more, served with crusty bread for ripping and dipping. (Add ground beef for an additional \$1.98 per person).

FAJITAS **\$24.98**

Our sizzled mix of colourful vegetables, your choice of chicken or beef and warm wraps for you to fill, along with shredded cheese, diced tomatoes, green onions and Mexican rice. Accompanied with sour cream, mild salsa and guacamole.

MEXI-GRILLED **\$24.98** CHICKEN

Chicken breast baked and topped with chunky salsa and melted Monterey jack cheese, fire-roasted, sweet peppers and caramelized onions, grilled marinated vegetables and homemade jalapeño cornbread

CHICKEN, BEEF **\$24.98** OR VEGETARIAN QUESADILLAS

Tortilla wrap stuffed with your choice of fillings: Monterey and cheddar cheese, julienned peppers & mushrooms, salsa and green onions, served hot and sliced into wedges. Served with mild salsa, sour cream and guacamole on the side.

BEEF BURRITOS **\$24.98**

Lightly floured tortillas stuffed with tomatoes, refried beans, salsa, shredded cheese, and a hearty serving of fresh ground beef. Served with sour cream, mild salsa and guacamole on the side.



VIVA ITALIA

ALL MEATS ARE HALAL (CHICKEN, BEEF, AND FISH)
EACH PRICE IS PER PERSON

THE LOMBARDI

\$19.98

Fresh baked lasagna layered with our hearty meat sauce and our premium five-cheese blend, Baby spinach salad with our signature poppy seed dressing on the side, marinara wedges and biscotti for dessert.

- Vegetable Lasagna - \$16.98 per person
- Eggplant & Zucchini lasagna - \$16.98 per person
- Chicken & Spinach Lasagna - \$21.98 per person

**Minimum order of 12 people for all lasagna selections*

THE CAMPANIA

\$19.98

Homemade cannelloni filled with creamy ricotta cheese and spinach surrounded by our bold rosé sauce, served with our Caprese salad with our popular fresh basil puree, herbed focaccia wedges and tiramisu for dessert.

THE ROMA

\$23.98

Fettuccine Alfredo with mushrooms & ham, in a lusciously rich Alfredo sauce, Caesar salad with croutons and shaved prosciutto, rolls & butter, and fruit flan for dessert.

THE TOSCANA

\$26.98

Penne a la vodka tossed in our house-made rosé sauce with pancetta, Caprese salad, rounds of hot house tomatoes and bocconcini cheese and and chocolate cups for dessert.

THE UMBRIA

\$23.98

Chicken cacciatore simmered in our hearty tomato sauce with peppers and onions, served alongside penne noodles, Caesar salad with creamy Caesar dressing on the side, our premium five-cheese blend of fresh Parmesan & house-made croutons, Sliced Breads, Flatbreads & butter and chocolate eclairs for dessert.

THE ABRUZZI

\$24.98

Cheese tortellini stuffed with a variety of three cheeses, smothered in our house-made meat sauce, lazy Caprese salad(tomatoes and cucumbers in our fresh basil vinaigrette), garlic cheese bread and fruit kabobs for dessert.



THE SICILIA

\$24.98

Chicken Florentine served with sautéed spinach, mushrooms and a light blanket of Alfredo sauce. Served with Parisienne potatoes, warm garlic bread, Caesar salad and biscotti for dessert.

THE CALABRIA

\$24.98

Penne all'arrabbiata prepared spicy, with sliced grilled chicken breast, spring mix salad with dressing on the side, crusty Italian bread and chef's dessert of the day.

THE MOLISE

\$26.98

Chicken Parmesan lightly breaded and pan seared, topped with our own tomato sauce, premium mozzarella and five-cheese Parmesan blend, a cold pasta salad tossed in our Mediterranean vinaigrette, with marinated and lightly grilled seasonal vegetables, Sliced Breads, Flatbreads & butter and our famous fruit flan for dessert.

CHICKEN MARSALA

\$24.98

Tender breast of chicken pan seared and oven baked, topped with a wild mushroom marsala demi-glace, served with penne pasta in tomato sauce, mixed green salad with dressing on the side and our homemade cannoli for dessert.

HEARTY CORSICA

\$26.98

Chicken marsala delicately seasoned, pan seared and covered in our marsala wine and wild mushroom sauce served with gnocchi simmered in our gorgonzola cream sauce, marinated grilled vegetables with fresh basil, golden roasted Parisienne potatoes, fresh rolls & butter and chefs pastries for dessert.

THE VENETO

\$26.98

Veal Piccata in our creamy housemade lemon-white-wine sauce, golden roasted potatoes tossed in our medley of Italian seasonings, assorted drolls & butter, giardiniera of grilled vegetables and homemade cannoli for dessert.



A RHODE TO SANTORINI

ALL MEATS ARE HALAL (CHICKEN, BEEF, AND FISH)
EACH PRICE IS PER PERSON



ALL ENTRÉES INCLUDE
MEDITERRANEAN CRISPY
PITA TRIANGLES AND CHEF'S
DESSERT OF THE DAY.

VEGETARIAN **\$16.98**

MOUSSAKA

Layered sliced eggplant, potatoes, secret sauce, feta cheese, and peppers. Served with yellow rice and lightly sautéed seasonal vegetables.

TRADITIONAL **\$19.98**

MOUSSAKA

Layered ground beef, potatoes, and a secret sauce. Accompanied by prassorizo (leek rice) and lightly pan-seared zucchini.

CHICKEN SANTORINI **\$24.98**

Chicken breast lightly sautéed with black olives, tomatoes, and a hint of garlic, topped with feta cheese. Served with spinach rice and a cucumber feta-mint salad tossed in a light Greek-style vinaigrette.

ROASTED CHICKEN **\$24.98** IN AVGOLEMONO SAUCE

Chicken breast in a lemon cream sauce with toasted almonds and walnuts. Accompanied by egg noodles and garlic-baked squash.

TENDER GRILLED **\$24.98**

PORK TENDERLOIN

Marinated pork tenderloin, served with steamed green beans, mushrooms, and lemon roasted potatoes.



SEA, WE'RE FULL OF FUN

ALL MEATS ARE HALAL
(CHICKEN, BEEF, AND FISH)

EACH PRICE IS PER PERSON

STERLING ATLANTIC **\$27.98** SALMON

Grilled salmon finished with a lemon teriyaki glaze, accompanied by seasoned lemon roasted potatoes and sautéed rapini & mushrooms. Dessert includes a decadent petit fours & truffles tray with an assortment of gourmet pastries.

DRUNKEN JUMBO **\$39.98** TIGER SHRIMP

Tiger shrimp cooked in a minted vodka basil sauce, served with lightly sautéed seasonal vegetables and herbed risotto. Dessert features homemade gourmet butter tarts.

SEAFOOD RISOTTO **\$39.98**

A flavorful risotto infused with fresh herbs and seafood, accompanied by a colorful mix of grilled seasonal vegetables and finished with fresh herbed basil purée. Dessert includes a tiramisu toffee torte.

ALL ENTRÉES BELOW
INCLUDE YOUR CHOICE OF
SALAD (CAESAR, TOSSED OR
SPINACH),
OR THE SOUP OF THE DAY.

JUMBO BAY SEA **\$46.98** SCALLOPS

Pan-seared scallops in a honey-lime pepper sauce, served with sautéed seasonal vegetables and aromatic Basmati rice. Finished with a red pepper purée. Dessert features individual apple caramel crumbles with layers of cinnamon apples, caramel, and crumble topping.

CITRUS GRILLED **\$46.98** SWORDFISH

Swordfish grilled with citrus, served atop a mesculin green salad with cherry tomatoes and accompanied by buttered Peruvian potato purée. Finished with orange butter & balsamic reduction. Dessert includes fresh berry tarts drizzled with chocolate.



CHEESE, FRUIT & VEGETABLES TRAYS

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.



Sweets
& Fruit



SWEET TREATS

ADDITIONAL VEGAN AND GLUTEN FREE OPTIONS UPON REQUEST
EACH PRICE IS PER PERSON

ASSORTED SWEETS **\$3.98**

Featuring our chef's selection of all-time favorites including fruit squares, Nanaimo bars, brownies and more!

GOURMET COOKIES **\$4.48**

By Cookie Krunch

Freshly baked gourmet cookies, including our Chef's selection of your favorites.

THE SWEET GOURMET **7.98**

Our gourmet pastry selection of fancy mini tarts, including some of the following: fresh fruit tarts, éclairs, chocolate éclairs, strawberries dipped in chocolate and filled profiteroles.

HOUSE-MADE RUGELAH **6.98**

Delicious sour cream pastry dough rolled into tiny crescent roll shapes, filled with varying flavors to include chocolate, apricot, raspberry, cranberry, apple cinnamon, and poppy seed.



Upgrade your dessert to one of the following options

BROWNIES - 2 HALVES \$3.98

CAKE SELECTION - EACH
PIECE \$4.98

BISCOTTI \$4.98

CANNOLI \$4.98

FRUIT FLAN \$8.98

JUMBO CHOCOLATE
ÉCLAIRS -EACH \$6.98

INDIVIDUAL TIRAMISU -
EACH \$6.98

BUTTER TARTS \$6.98

CHOCOLATE CUPS
FILLED WITH MOUSSE \$7.98

DESIGN YOUR OWN

SPECIALTY CAKES

Ask us about our wide selections of cakes for birthdays, anniversaries, grand openings or any special occasions.

BEVERAGES

THIRST QUENCHERS

COLD

ASSORTED CANS OF POP 1.98ea

Coke, Diet Coke, Ginger Ale,
Sprite, Nestea

BOTTLED WATER 1.98ea

ASSORTED JUICE 2.48ea

Apple, Orange, Grapefruit

PERRIER WATER 2.98ea

HOT

TEA OR SPECIALTY TEA 3.48ea

COFFE (BREWED) 3.98ea

HOT CHOCOLATE 4.98ea

HOT MULLED APPLE 4.98ea

CIDER

HOT SPICED CRANBERRY 4.98ea



GUIDELINES

MINIMUM ORDER QUANTITY

Minimum of six quantities 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

