

# Sandwiches & Wraps MENU



Food  
For  
**Thought**  
CATERING

# 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

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## 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, and creamy ranch dressing.

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

Minimum  
order of 6

**\$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  
For  
**Thought**  
CATERING



# 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 sundried tomatoes, sliced green onion, and premium feta, delicately tossed in our signature balsamic reduction and decorated with imported black 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.



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# COLD MADE SIMPLE

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## 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 cookies.

**\$22.98 per person**

**\$27.98 per person (1½ subs per person)**

Please note that due to special pricing, substitutions may be subject to a nominal charge.



# BOWLS

## FIESTA

Grilled steak, romaine lettuce, Cheddar cheese, black beans, tomatoes, corn, cabbage, carrots, green onions, creamy chipotle dressing.

## 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.

# 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

## THE COOKIE MONSTER **\$3.98**

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

## ASSORTED SWEETS **\$3.98**

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

## THE SWEET GOURMET **6.98**

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 \$6.98

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.

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# 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](mailto: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](mailto:time2eat@foodforthought.ca)
-  [food.for.thought.ca](https://www.instagram.com/food.for.thought.ca)
-  [www.foodforthought.ca](http://www.foodforthought.ca)

