



Food
For
Thought
CATERING

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 \$10.98 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.

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.

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
CIDER 4.98ea**

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



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