



Marigolds & Onions
CATERING & EVENT PRODUCTION

Individual Meal Collection

Daily Menu
Package 2021

ORDER GUIDELINES

This menu package was created to provide our clients with an opportunity to enjoy our quality meals packaged individually for their guests to enjoy. To place your order please contact our customer service desk at 416-256-4882 ext. 235 or e-mail us at customerservice@marigoldsandonions.com.

1. Weekday Orders

All orders should be received by web order or email no later than **3:00 PM** of the business day prior. Certain speciality items and requests may require additional notice. Orders placed after the order deadline may not be fulfilled.

2. Weekend Orders and Weekend Order Modification

All orders for Saturday and Sunday must be received by web order or e-mail no later than **3:00 PM** on the Thursday prior. Orders placed after the order deadline may not be fulfilled. Cancellation or modifications to weekend orders must be done by no later than the order deadline.

3. Weekday Order Modification

As per our service standards, we will do our utmost to accommodate any changes. However, any changes received by Marigolds and Onions after **2:00 pm** on the day prior to your weekday delivery will have to be approved by your customer service representative or account manager.

4. Order Cancellations

Cancellations must be received by phone or email during business hours, 9:00 am to 3:00 pm Monday to Friday, no later than **2:30 PM** on the day prior. Any items that require advanced notice, such as cakes cannot be canceled without approval by your customer service representative.

5. Delivery Minimum

A \$50.00 minimum per order, not including delivery charge, applies.

6. Delivery Charge

Delivery charge will vary depending on your location. Speak to our customer service representatives to confirm the charge. Additional surcharges may apply for orders placed after order deadlines.

7. Packaging

In an ongoing pursuit to better serve both our customers and the environment, we have sourced recyclable and biodegradable packaging. Our pulp packaging is biodegradable and our plastic is made from a minimum of 50% post-consumer recycled material. In the interim we are no longer using any reusable trays and bowls.

8. Disposables

If you require any disposable items: cutlery, napkins, plates, serving utensils, etc. speak to our customer service representatives to confirm pricing.

9. Allergies

We take every precaution necessary to prevent cross contamination. Nonetheless, Marigolds and Onions does not accept liability or responsibility for any reaction caused by any items consumed. Allergen information for all items in this menu package are available online at www.marigoldsandonions.com.

10. Pricing

Prices shown in this package do not include disposables, staff charges, delivery or applicable taxes unless stated.

11. Standards for Delivery

We will always do our utmost to perform deliveries at the time requested, but we may be earlier than requested. Our delivery staff will not be responsible to open or set up any of the food being delivered.

Prior to making the delivery, the driver will sanitize their hands and wear personal protective equipment in the form of vinyl gloves and a face mask. Where possible while performing the delivery, our driver will maintain a safe physical distance from clients and guests. They will always wear masks and gloves while performing deliveries. Our driver will sanitize their hands and all high touch surfaces in the vehicle after each delivery. Drivers will also abide by any building or client directed procedures. Please let our customer service team know when ordering if there are any additional special instructions for delivery.

ENVIRONMENTAL POLICY

Being Green, Living Green

Marigolds and Onions Catering & Event Production continually demonstrates our commitment to the environment through our day to day actions. Our goal is to minimize waste & pollution while engaging in the use of local, fresh, seasonal and passionately cultivated products whenever possible. We believe our continued efforts and behaviour will contribute to the sustenance of our environment.

Just a few of our daily steps

- We firmly believe in making choices to use the most environmentally friendly products available for all of our packaging and disposable items. We try to choose compostable items or items made from the highest level of post-consumer recycled content available. We are always looking for the newest innovations in packaging to ensure we provide the most ecologically friendly alternative in the market.
 - Our individual cutlery and plates are made from compostable plant starches.
 - Individual meal trays are made with a compostable plant starch base with a lid made from recycled plastic.
 - Other plastic items are chosen in order to maximize the post-consumer content of recycled plastic. We believe that by choosing to maximize both the content and quantity of recycled products we use, we hope to encourage the growth of recycling.
- We serve only salmon from certified environmentally conscious suppliers. Our suppliers are held to high standards of environmental responsibility, animal health & welfare, food safety and social responsibility.
- We have participated in the Save on Energy^{OM} program to upgrade building infrastructure to more energy efficient options.
 - Upgraded lighting throughout our building to LED bulbs. This will save an estimated 37% of our electricity use on lighting.
 - Upgraded refrigeration equipment to be more energy efficient and added strip curtains to reduce air loss in walk-in coolers.
 - Installed equipment to better control our kitchen air extraction system, significantly increasing its efficiency. This will lead to significant reduction in electrical and gas use.
- Installed smart thermostats to better control our heating and cooling throughout our building. This is estimated to save from 4-7% of our combined electrical and gas use.
- Use of email versus printer materials.
- Donate leftover food to local charities.
- Advocate for the "Blue Box" program and recycle all of our paper, cardboard, tin, glass and plastic waste.
- Our paper source is certified by the Forest Stewardship Council (FSC) which guarantees that it is made from wood products that come from responsibly managed forest and verified recycled sources.
- Marigolds and Onions makes every effort to sell or recycle used equipment at the end of the product's life cycle.
- All staff at Marigolds and Onions use ceramic mugs and reusable plastic cups for hot and cold beverages consumed during work hours to cut down on waste.
- Deliveries are scheduled by area & time to maximize driving efficiency and minimize emissions. There is a no idling policy with our vehicles.

INDIVIDUAL BREAKFAST OPTIONS

BREAKFAST ON THE GO

Price does not include delivery or applicable taxes.

A convenient health conscious breakfast box for mornings on the go. Conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins.

Morning Energy Boost

\$14.25 per box

Individual Activia yogurt and granola, Ontario cheese, strawberry and grapes, morning rounds of multigrain bread. Served with butter and French preserves.

Strong Box

\$15.25 per box

Gluten-free bagel thin with WOWBUTTER and French preserves, mini granola bar, hard-boiled egg, mixed dried fruit and fresh strawberry and mandarin.

HARVEST BREAKFAST BOX

\$8.20 per guest with no beverages

\$9.95 per guest with beverages

Price does not include delivery or applicable taxes.

Conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins. An additional charge applies when substituting a gluten-free option. Optional beverages may include apple, orange, grapefruit, cranberry juices, & bottled water.

Home Baked Morning Loaf

(Gluten-free pastries available for an additional \$1.45 per guest.)

Accompanied by butter and preserves

Ontario Cheese Wedge

Fresh Seasonal Fruit Salad

Garnished with fresh berries.

YOGA BREAKFAST BOX

\$10.20 per guest with no beverages

\$11.95 per guest with beverages

Price does not include delivery or applicable taxes.

Conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins. An additional charge applies when substituting a gluten-free option. Optional beverages may include apple, orange, grapefruit, cranberry juices, & bottled water. Gluten-free pastries available for an additional \$1.15 per guest.

Freshly Baked Muffins

Home baked apple bran with cinnamon crumble and wholegrain banana with cracked quinoa crumble.

Accompanied by butter and preserves.

Parfait of Creamy Plain Yogurt and *Gluten-free* Granola with Mango Peach Compote

Fresh Seasonal Fruit Salad

Garnished with fresh berries.

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TRADITIONAL HOT BREAKFAST BOX

\$17.95 per guest with no beverages

\$19.70 per guest with beverages

Price does not include delivery or applicable taxes.

Conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins. An additional charge applies when substituting a gluten-free option. Optional beverages may include apple, orange, grapefruit, cranberry juices, & bottled water.

Mini Gluten-free Nature Bar

Handmade with almond butter, dried fruit and toasted seeds.

Farm Fresh Scrambled Eggs

Accented with fresh herbs.

Accompanied by...

Maple Cured Bacon Slices

OR¹

Pork Breakfast Sausages

Fresh Seasonal Fruit Salad

Garnished with fresh berries.

¹To include both bacon and sausage for an additional \$1.40 per guest.

INDIVIDUAL LUNCH AND DINNER OPTIONS

CAFÉ TO GO LUNCH BOX

\$13.40 per box

Price does not include delivery or applicable taxes.

Conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins. An additional charge of \$1.20 applies when substituting a gluten-free option.

Assorted Sandwiches on multigrain bread, rosemary focaccia & brioche.

Choose from a selection of the following fillings:

Tuna salad, egg salad, sliced roast beef, turkey & cheese, ham & cheese, grilled chicken, roasted vegetables.

Gluten-free Nature Bar

Handmade with almond butter, dried fruit and toasted seeds.

Whole Fresh Fruit²

² Substitute Whole Fruit for Fruit Cup for an additional \$3.05 per box.

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BISTRO TO GO LUNCH BOX

\$16.95 per box

Price does not include delivery or applicable taxes.

Conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins. An additional charge of \$2.75 applies when substituting a gluten-free sandwich and cookie. An additional charge of \$0.85 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately.

Assorted Sandwiches on multigrain bread, rosemary focaccia & brioche.

Choose from a selection of the following fillings:

Tuna salad, egg salad, sliced roast beef, turkey & cheese, ham & cheese, grilled chicken, roasted vegetables.

Salad

Select only one per order from the "Pasta, Grains & Veggie Salads" on page 7.

Whole Fresh Fruit³

Home-style Cookie

³ *Substitute Whole Fruit for Fruit Cup for an additional \$3.05 per box*

BOULANGERIE TO GO LUNCH BOX

\$24.75 per box

Price does not include delivery or applicable taxes.

Conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins. An additional charge of \$2.75 applies when substituting a gluten-free sandwich and dessert.

Gourmet Sandwich

Choose from a selection of the following fillings:

Chicken Katsu

Sesame panko crusted chicken katsu.

Falafel Wrap

Falafel & grilled eggplant wrap with tzatziki & hummus.

Korean Beef

Grilled flat iron and pickled vegetables.

Italian Muffuletta

Layered Italian charcuterie with roasted pepper & olive tapenade.

Salad

Select only one per order from the "Pasta, Grains & Veggie Salads" on page 7.

Fresh Fruit Salad

Decadent Chocolate Brownie

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SIGNATURE "LIGHT LUNCH" PROTEIN BOWLS

Price does not include any additional disposables, staff charges, delivery or applicable taxes.

A combination of one of our mouth-watering proteins and signature salads packed into one convenient container for a "light" lunch on the go. Price does not include any additional disposables, staff charges, delivery or applicable taxes.

Chicken Protein Bowl 1

\$16.10 per guest

Greek Chicken Grill

Skewers of lemon and garlic spiced chicken grilled to perfection and splashed with extra virgin olive oil.

Athenian Salad

A Mediterranean blend of plum tomatoes, sweet peppers, sweet red onions, cucumber, Kalamata olives, tears of romaine hearts and crumbled feta. Drizzled with lemon and olive oil.

Chicken Protein Bowl 2

\$16.10 per guest

Honey and Basil Chicken

Marinated and baked with sweet basil and orange blossom honey.

Wild Greens

House greens with a julienne of heirloom carrots, cucumbers, and watermelon radish. Roasted pear, maple and balsamic vinaigrette.

Beef Protein Bowl 1

\$17.10 per guest

Pommery Honey Beef

Flat iron beef marinated in a sweet and savoury pommery mustard and honey glaze.

Beet and Squash Greens

A mix of Tuscan greens and baby kale layered with roasted butternut squash and roasted baby beets. Topped with pomegranate seeds. Served with a roasted pear vinaigrette.

Beef Protein Bowl 2

\$17.10 per guest

Mesquite Beef

Grilled and cooked to perfection, our AAA beef is seasoned with our chef's own mesquite glaze.

Caesar Salad

Crisp hearts of romaine dressed in a creamy garlic dressing and garnished with herb croutons and Parmesan cheese.

SIGNATURE "LIGHT LUNCH" PROTEIN BOWLS

Price does not include any additional disposables, staff charges, delivery or applicable taxes.

A combination of one of our mouth-watering proteins and signature salads packed into one convenient container for a "light" lunch on the go. Price does not include any additional disposables, staff charges, delivery or applicable taxes.

Salmon Protein Bowl 1

\$18.10 per guest

Mandarin Teriyaki Salmon

Glazed in a mandarin teriyaki sauce with a trio of chili sesame seeds sprinkled on top.

Soba Noodles

Soba noodles with edamame, cucumber, sugar snap peas, and pickled carrots tossed in an Asian rice wine dressing.

Salmon Protein Bowl 2

\$18.10 per guest

Al Pastor Salmon

Salmon marinated in traditional Mexican spices with smoky guajillo peppers for an explosion of flavour.

Jeweled Rice

Basmati Rice blended with turmeric, raisins, dried apricot, dried cranberry and mint. Finished with a lemon juice drizzle.

Vegetarian Protein Bowl 1

\$17.50 per guest

Falafel Mezze Bowl

Served with creamy hummus, pickled radish, with a tomato cucumber salad.

Couscous Tabbouleh Salad

Pearl couscous, green kale, parsley, mint, grape tomato, and cucumber. Dressed in a rice wine olive oil dressing.

Vegetarian Protein Bowl 2

\$17.50 per guest

Maple Tofu Stack

Maple and smoked paprika rubbed tofu steaks layered with candied sweet potato, caramelized onion and mascarpone cheese.

Baby Kale and Fennel Salad

Baby green kale, cucumber, chickpeas, cherry tomato, shaved fennel. Dressed with rice wine vinegar, olive oil, lemon juice.

MARCHE BOXES

Below is a selection of boxed menu options served cold or hot to suit your own personal preferences. Pricing for each option is based on the protein selected. Please refer to our à la carte options, found in the back of this package, which details the specific flavours for each option. Minimum four servings per order. Except for vegetarian entrée items, please choose no less than four servings of a chosen flavour for any component item. Price does not include delivery or applicable taxes.

Conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins. Protein and side dishes for hot meals will be individually sealed in trays which can be sent hot or cold to be reheated onsite.

BUILD YOUR OWN COLD MARCHE BOX

Price does not include delivery or applicable taxes.

Add bottled water for an additional \$1.75 per serving.

Add an individually wrapped ciabatta roll and butter for an additional \$1.25 per serving.

- 1 Serving of Salad
- 1 Serving of Protein
- 1 Serving of Homestyle Cookie
- 1 Serving of Root Chips or Whole Fruit

Chicken Breast, 3 oz.	\$16.95 per guest
Chicken Breast, 6 oz.	\$19.95 per guest
Beef Flat Iron, 3 oz.	\$17.95 per guest
Beef Flat Iron, 6 oz.	\$20.95 per guest
Atlantic Salmon, 3 oz.	\$18.95 per guest
Atlantic Salmon, 6 oz.	\$21.95 per guest
Vegetarian Entrée	\$18.75 per guest

SIGNATURE COLD MARCHE BOXES

Add bottled water for an additional \$1.75 per serving

Add an individually wrapped ciabatta roll and butter for an additional \$1.25 per serving

SIGNATURE COLD CHICKEN MARCHE BOX

\$16.95 per 3 ounce protein serving | \$19.95 per 6 ounce protein serving

Price does not include delivery or applicable taxes.

Insalata Genovese

Baby spinach and radicchio topped with slivers of avocado, oven-dried marinated tomatoes, sweet onions, and roasted artichoke quarters with citrus vinaigrette.

Alba Chicken

Truffle scented chicken breast with roasted Portobello and button mushroom and roasted marinated tomato

Home-Style Cookie

Root Chips or Whole Fruit

SIGNATURE COLD BEEF MARCHE BOX

\$17.95 per 3 ounce protein serving | \$20.95 per 6 ounce protein serving

Price does not include delivery or applicable taxes.

Root Vegetable Salad

Seasonal selection of market vegetables oven roasted and dressed in an herb balsamic glaze.

Mesquite Beef

Grilled and cooked to perfection, our AAA beef is seasoned with our chef's own mesquite glaze.

Home-Style Cookie

Root Chips or Whole Fruit

SIGNATURE COLD SALMON MARCHE BOX

\$18.95 3 ounce protein serving | \$21.95 6 ounce protein serving

Price does not include delivery or applicable taxes.

Aztec Grain

Organic quinoa with fresh cucumber, roasted corn, scallions, sweet peppers and candied ginger served with a lemon and rice wine vinaigrette.

Rocky Mountain Salmon

Filet of fish marinated with smoky honey mustard. Crusted with maple sugar.

Home-Style Cookie

Root Chips or Whole Fruit

SIGNATURE COLD VEGETARIAN MARCHE BOX

\$18.75 per serving

Price does not include delivery or applicable taxes.

Wild Greens

House greens with a julienne of heirloom carrots, cucumbers, and watermelon radish. Roasted pear, maple and balsamic vinaigrette.

Portobello Cap¹

Roasted Portobello cap topped with basil marinated tomatoes, artichokes and Toasted fennel seeds,

Home-Style Cookie

Root Chips or Whole Fruit

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BUILD YOUR OWN HOT MARCHE BOX

Price does not include delivery or applicable taxes.

Add bottled water for an additional \$1.75 per serving.

Add an individually wrapped ciabatta roll and butter for an additional \$1.25 per serving.

Hot Option 1

1 Serving of Salad

1 Serving of Protein or Pasta

1 Serving of a Side Dish

1 Serving of Homemade Brownie or Fruit Salad

Chicken Breast, 3 oz.

\$21.05 per guest

Chicken Breast, 6 oz.

\$24.05 per guest

Beef Flat Iron, 3 oz.

\$22.15 per guest

Beef Flat Iron, 6 oz.

\$25.15 per guest

Atlantic Salmon, 3 oz.

\$23.25 per guest

Atlantic Salmon, 6 oz.

\$26.25 per guest

Stuffed Pasta

\$25.95 per guest

Vegetarian Entrée

\$23.25 per guest

Hot Option 2

1 Servings of Salad

1 Serving of Protein or Pasta

2 Servings of Side Dishes

1 Serving of Homemade Brownie or Fruit Salad

Chicken Breast, 3 oz.

\$25.95 per guest

Chicken Breast, 6 oz.

\$28.95 per guest

Beef Flat Iron, 3 oz.

\$26.95 per guest

Beef Flat Iron, 6 oz.

\$29.95 per guest

Atlantic Salmon, 3 oz.

\$27.95 per guest

Atlantic Salmon, 6 oz.

\$30.95 per guest

Stuffed Pasta

\$30.85 per guest

Vegetarian Entree

\$27.95 per guest

SIGNATURE HOT MARCHE BOXES

Add bottled water for an additional \$1.75 per serving.

Add an individually wrapped ciabatta roll and butter for an additional \$1.25 per serving.

SIGNATURE HOT CHICKEN MARCHE BOX

\$21.05 per 3 ounce protein serving | \$24.05 per 6 ounce protein serving

Price does not include delivery or applicable taxes.

The County Greens

Crisp romaine hearts and Treviso radicchio topped with slivered local apples, sundried cranberries, spiced walnuts and sweet red onion. Served with a red wine vinaigrette.

Honey and Basil Chicken

Marinated and baked with sweet basil and orange blossom honey.

Roasted Vegetable Quinoa

A blend of organic quinoas and farro grain with herb roasted squash, sweet potato & red peppers, tossed with buttered garlic leeks.

Brownie or Fruit Salad

SIGNATURE HOT BEEF MARCHE BOX

\$22.15 per 3 ounce protein serving | \$25.15 6 per ounce protein serving

Price does not include delivery or applicable taxes.

Couscous Tabbouleh Salad

Pearl couscous, green kale, parsley, mint, grape tomato, and cucumber. Dressed in a rice wine olive oil dressing.

Fire Roasted Beef

Toasted aromatic spices, chipotle peppers, mustard and a touch of Quebec maple syrup.

Grilled Vegetables

An assortment of seasonal vegetables marinated with sundried tomato pesto and extra virgin olive oil.

Brownie or Fruit Salad

SIGNATURE HOT SALMON MARCHE BOX

\$23.25 per 3 ounce protein serving | \$26.25 6 per ounce protein serving

Price does not include delivery or applicable taxes.

Corn and Sugar Snap Salad

Charred sweet corn, crisp sugar snap pea, roasted red peppers and spicy arugula greens in a honey Dijon dressing.

Fennel Orange Salmon

Toasted fennel seeds, orange zest, lemon juice, honey, and olive oil.

Coconut Rice

Delicate basmati steamed and lightly scented with coconut milk. Garnished with multi-toned peppers, Napa cabbage and roasted red onions.

Brownie or Fruit Salad

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SIGNATURE HOT STUFFED PASTA MARCHE BOX

\$25.95 per serving

Price does not include delivery or applicable taxes.

Caesar Salad

Crisp hearts of romaine dressed in a creamy garlic dressing and garnished with herb croutons and Parmesan cheese.

Squash Ravioli Primavera

Fresh square-shaped pasta sheets filled with roasted squash and ricotta cheese. Tossed with fresh tomato, torn basil, Sicilian eggplant, peppers and roasted artichokes. Topped with soft goat cheese crumble

Steamed Medley of Vegetables

Seasonal selection of local vegetables tossed with fresh herbs.

Brownie or Fruit Salad

SIGNATURE HOT VEGETARIAN MARCHE BOX

\$23.25 per serving

Price does not include delivery or applicable taxes.

Wild Greens

House greens with a julienne of heirloom carrots, cucumbers, and watermelon radish. Roasted pear, maple and balsamic vinaigrette.

Eggplant Napoleon¹

Roasted eggplant, zucchini, sweet red onions, Portobello mushrooms and peppers, layered and flavoured with our own roasted tomato pesto.

Roasted Vegetable Quinoa

A blend of organic quinoas and farro grain with herb roasted squash, sweet potato & red peppers, tossed with buttered garlic leeks.

Brownie or Fruit Salad

À LA CARTE SALAD SELECTION – LEAFY GREEN SALADS

\$5.35 per à la carte serving

Price does not include any additional disposables, delivery or applicable taxes.

When ordered as an individual serving, these items are conveniently packaged in environmentally responsible packaging, including cutlery and napkins. An additional charge of \$0.85 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately.

Caesar Salad

Crisp hearts of romaine dressed in a creamy garlic dressing and garnished with herb croutons and Parmesan cheese.

Insalata Genovese

Baby spinach and radicchio topped with slivers of avocado, oven-dried marinated tomatoes, sweet onions, and roasted artichoke quarters with citrus vinaigrette.

The County Greens

Crisp romaine hearts and Treviso radicchio topped with slivered local apples, sundried cranberries, spiced walnuts and sweet red onion. Served with a red wine vinaigrette.

Wild Greens

House greens with a julienne of heirloom carrots, cucumbers, and watermelon radish. Roasted pear, maple and balsamic vinaigrette.

À LA CARTE SALAD SELECTION – PASTA, GRAINS & VEGGIE SALADS

\$5.35 per à la carte serving

Price does not include any additional disposables, delivery or applicable taxes.

When ordered as an individual serving, these items are conveniently packaged in environmentally responsible packaging, including cutlery and napkins. An additional charge of \$0.85 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately.

Aztec Grain

Organic quinoa with fresh cucumber, roasted corn, scallions, sweet peppers and candied ginger served with a lemon and rice wine vinaigrette.

Couscous Tabbouleh Salad

Pearl couscous, green kale, parsley, mint, grape tomato, and cucumber. Dressed in a rice wine olive oil dressing.

Primavera Pasta Salad

Handmade gluten-free penne pasta tubes tossed with broccoli, oven-dried tomatoes, sweet red onion and marinated crumbled sheep's milk feta. Simply dressed with extra virgin olive oil.

Corn and Sugar Snap Salad

Charred sweet corn, crisp sugar snap pea, roasted red peppers and spicy arugula greens in a honey Dijon dressing.

Root Vegetable Salad

Seasonal selection of market vegetables oven roasted and dressed in an herb balsamic glaze.

PROTEIN SELECTION – Chicken (Available Hot or Cold)

\$9.25 per 3 ounce à la carte serving | \$12.20 per 6 ounce à la carte serving

Price does not include any additional disposables, delivery or applicable taxes.

When ordered as an individual serving, these items are conveniently packaged in environmentally responsible packaging, including cutlery and napkins.

As with all our ingredients, our chickens are sourced from reputable, environmentally conscious providers. Our flavourful air-chilled chickens are grain-fed, chemical and hormone-free.

Alba Chicken

Truffle scented chicken breast with roasted Portobello and button mushroom and roasted marinated tomato.

Chili Lime Chicken

Chili sauce, lime juice, lime zest, garlic, brown sugar, lemon grass, and lime leaf.

Greek Chicken Grill

Skewers of lemon and garlic spiced chicken grilled to perfection and splashed with extra virgin olive oil. Garnished with marinated pit-in olives and garlic roasted tomatoes.

Honey and Basil Chicken

Marinated and baked with sweet basil and orange blossom honey.

PROTEIN SELECTION – BEEF (Available Hot or Cold)

\$10.30 per 3 ounce à la carte serving | \$13.25 per 6 ounce à la carte serving

Price does not include any additional disposables, delivery or applicable taxes.

When ordered as an individual serving, these are conveniently packaged in environmentally responsible packaging, including cutlery and napkins.

We are proud to serve only Canadian pasture raised, hormone and anti-biotic free beef.

Fire Roasted Beef

Toasted aromatic spices, chipotle peppers, mustard and a touch of Quebec maple syrup.

Hakka Beef

Grilled flat iron beef, brushed with hoisin sauce, curry, soya sauce, and chili.

Mesquite Beef

Grilled and cooked to perfection, our AAA beef is seasoned with our chef's own mesquite glaze.

PROTEIN SELECTION – SALMON (Available Hot or Cold)

\$11.35 per 3 ounce à la carte serving | \$14.35 per 6 ounce à la carte serving
Price does not include any additional disposables, delivery or applicable taxes.

When ordered as an individual serving, these are conveniently packaged in environmentally responsible packaging, including cutlery and napkins.

Marigolds and Onions believes in sourcing only certified sustainable and environmentally responsible seafood products.

Fennel Orange Salmon

Toasted fennel seeds, orange zest, lemon juice, honey, and olive oil.

Grilled Pesto Salmon

Orange marinated and grilled Atlantic salmon filet. Topped with fresh dill and roasted tomato pesto.

Rocky Mountain Salmon

Filet of fish marinated with smoky honey mustard. Crusted with maple sugar.

STUFFED PASTA (Available Hot ONLY)

\$13.50 per à la carte serving

Price does not include any additional disposables, delivery or applicable taxes.

When ordered as an individual serving, these are conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins.

Squash Ravioli Primavera

Fresh square-shaped pasta sheets filled with roasted squash and ricotta cheese. Tossed with fresh tomato, torn basil, Sicilian eggplant, peppers and roasted artichokes. Topped with soft goat cheese crumble.

VEGETARIAN/VEGAN ENTRÉE SELECTION (Available Hot or Cold)

\$10.65 per à la carte serving

Price does not include any additional disposables, delivery or applicable taxes.

When ordered as an individual serving, these are conveniently packaged in environmentally responsible packaging, including cutlery and napkins.

Eggplant Napoleon¹

Roasted eggplant, zucchini, sweet red onions, Portobello mushrooms and peppers, layered and flavoured with our own roasted tomato pesto.

Maple Tofu Stack¹

Maple and smoked paprika rubbed tofu steaks layered with candied sweet potato, caramelized onion and mascarpone cheese.

Portobello Cap¹

Roasted Portobello cap topped with basil marinated tomatoes, artichokes and shaved Asiago cheese.

¹These items are vegan or can be modified to be made vegan.

SIDES – POTATOES (Available Hot ONLY)

\$5.35 per à la Carte serving

Price does not include any additional disposables, delivery or applicable taxes.

When ordered as an individual serving, these are conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins.

Greek Potato Wedges

Skin-on Yukon Gold potatoes traditionally roasted with oregano, lemon and olive oil.

Individual Potato Gratin

A classic at its best; nuggets of Yukon potato blended with Emmenthal cheese, crème fraiche and chives.

Roasted Rosemary Potato

Mini potatoes with fresh herbs and garlic, roasted to perfection.

SIDES - RICE AND GRAINS (Available Hot ONLY)

\$5.35 per à la Carte serving

Price does not include any additional disposables, delivery or applicable taxes.

When ordered as an individual serving, these are conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins.

Coconut Rice

Delicate basmati steamed and lightly scented with coconut milk. Garnished with multi-toned peppers, Napa cabbage and roasted red onions.

Roasted Vegetable Quinoa

A blend of organic quinoas and farro grain with herb roasted squash, sweet potato & red peppers, tossed with buttered garlic leeks.

SIDES – VEGETABLES (Available Hot ONLY)

\$5.35 per à la carte serving

Price does not include any additional disposables, delivery or applicable taxes.

When ordered as an individual serving, these are conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins.

Grilled Vegetables

An assortment of seasonal vegetables marinated with sundried tomato pesto and extra virgin olive oil.

Medley of Seasonal Roasted Vegetables

With garlic, thyme and extra virgin olive oil.

Steamed Medley of Vegetables

Seasonal selection of local vegetables tossed with fresh herbs.

À LA CARTE MENU – COLD BREAKFAST IDEAS

Price does not include any additional disposables, delivery or applicable taxes.

¹ These items are Vegan

Parfait of Creamy Plain Yogurt and <i>Gluten-free</i> Granola with Mango Peach Compote	\$5.15 per serving
Individual Activia™ Yogurt	\$2.55 per piece
Fresh Whole Fruit	\$1.40 per piece
Gluten-free Nature Bar Handmade with almond butter, dried fruit and toasted seeds.	\$3.55 per piece

À LA CARTE MENU – HOT BREAKFAST IDEAS

Price does not include disposables, staff charges, delivery or applicable taxes.

Traditional Sandwich (minimum 4 per order) English muffin, scrambled egg patty, hickory smoked bacon and aged cheddar.	\$7.05 per serving
Croissant and Brie Sandwich (minimum 4 per order) Triple crème brie, scrambled eggs, roasted asparagus.	\$7.05 per serving
Hot Oatmeal with House Dried Fruit High fibre oatmeal flavoured with Maple and Brown Sugar. Conveniently presented in individual packages with our house-dried fruit served on the side. Steaming hot water will be provided in thermoses.	\$4.50 per serving

À LA CARTE MENU – TRAYS AND SNACK IDEAS

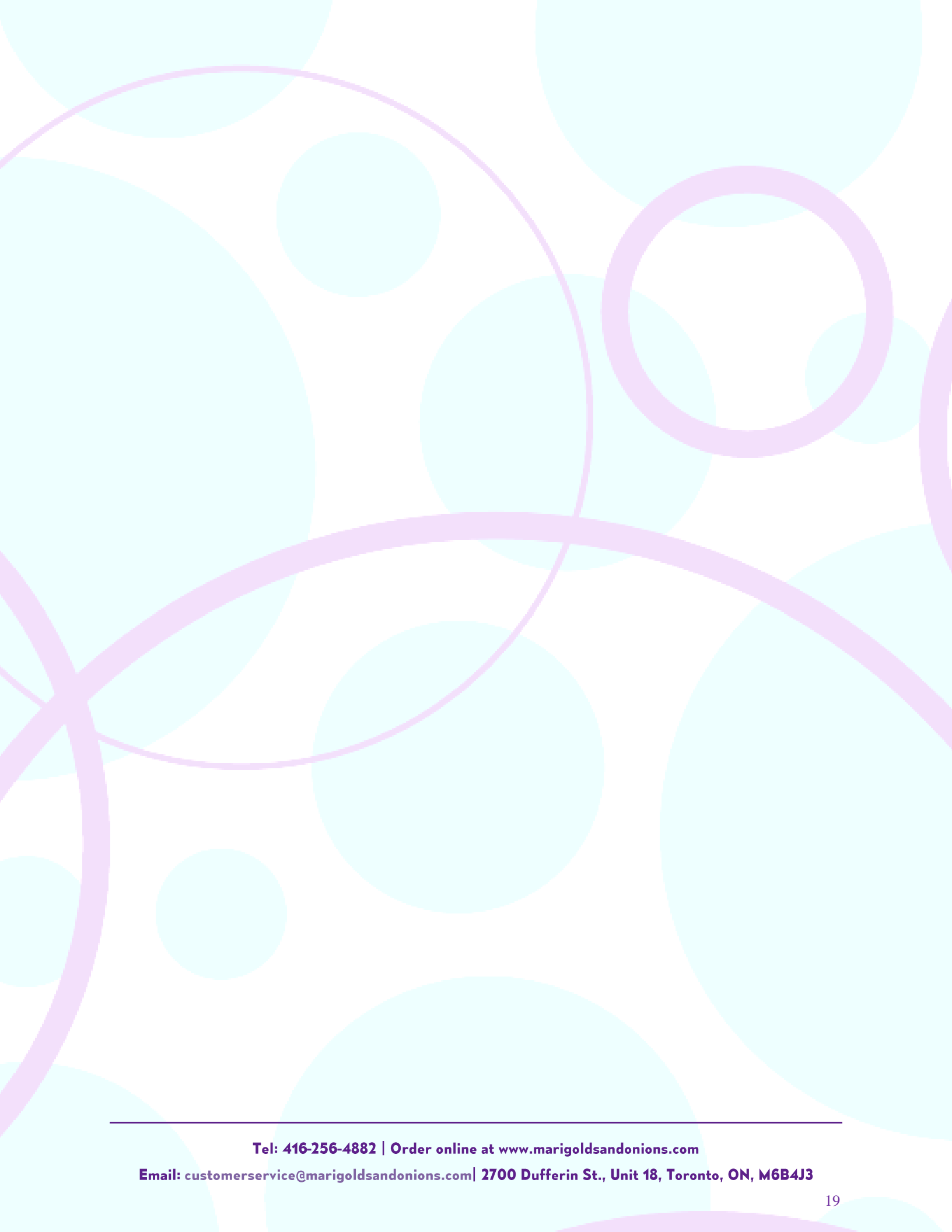
Price does not include disposables, staff charges, delivery or applicable taxes.

Individual Antipasto Tray Dry cured Italian sausage, marinated bocconcini, Fontina ribbons, grilled zucchini and peppers, roasted artichokes, olives, oven-dried garlic marinated tomatoes, roasted red pepper aioli, taralli and grissini.	\$10.75 per serving
Individual Domestic Cheese Tray Individually trayed and garnished with grape clusters, strawberries, crackers and Raincoast crisp crackers. <i>Gluten-free crackers available for an additional \$0.80 per guest</i>	\$5.25 per serving
Individual Crudités and Dip Display	\$4.10 per serving
Individual Bags of Chips and Pretzels	\$1.95 per serving
Individual Bags of Butter-salt Popcorn	\$2.25 per serving
Individual Bags of Root Chips	\$2.75 per serving
Individually Wrapped Sandwich Assortment Prepared on multigrain bread, rosemary focaccia & brioche.	\$6.50 per serving
Individually Wrapped Gluten-Free Sandwich Assortment Grilled chicken, tuna salad, egg salad, roast beef and smoked turkey.	\$7.65 per serving
Duo of Crisp Gluten-free Tortilla Chips. Served with pico di gallo and kale and garlic guacamole.	\$5.25 per serving
Beverages Pop, juice and flat mineral water.	\$1.80 per each
Plain and Lemon Sparkling Water	\$3.30 per each
Coffee & Tea in a Traveler Box Includes sugar, sweetener, tea bags, milk and cream, disposable coffee cups and stir sticks.	\$29.95 per 12 servings

PASTRY IDEAS

Price does not include disposables, staff charges, delivery or applicable taxes.

Home-Style Cookies Oatmeal raisin, chocolate chunk, double-chocolate, white chocolate macadamia.	\$1.10 per piece
Marigolds and Onions Fresh Brownie Squares	\$2.40 per piece
Assortment of Gluten-free Fresh Baked Squares and Cookies Mandarin curd square, chocolate chunk cookie ¹ , double-chocolate sugar cookie ¹ , cranberry and almond chew, iced brownie ¹ .	\$2.75 per piece
Candy Land A selection of confectionary delights featuring candy counter favourites such as sours, wrapped nutty chocolates, soft and chewies, and cherry licorice.	\$6.25 per serving



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