



CORPORATE MENU PACKAGE 2023

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Order Guidelines

WEEKDAY ORDERS

All orders should be received by web order or email no later than 3:00 PM of the previous business day. Certain speciality items and requests may require additional notice, speak with your customer service representative for all items not covered in this menu package. Orders placed after the order deadline may not be fulfilled.

WEEKEND ORDERS AND WEEKEND ORDER MODIFICATION

All orders for Saturday and Sunday must be received by web order or e-mail no later than 4:00 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.

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 3:00 pm on the day prior to your weekday delivery will have to be approved by your customer service representative or account manager.

ORDER CANCELLATIONS

Cancellations must be received by phone or email during business hours, 9:00 am to 5:00 pm Monday to Friday, no later than 4:30 PM on the day prior. Any items that require advanced notice, such as cakes or cool & warm bites, cannot be removed or canceled without approval by your customer service representative or account manager.

DELIVERY MINIMUM

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

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.

REUSABLE WHITE SERVING EQUIPMENT

In an ongoing pursuit to better serve both our customers and the environment, we use sturdy lightweight environmentally friendly serving trays and bowls. In order to maintain our inventory level we would appreciate you separating Marigolds and Onions trays and bowls from any other caterer's equipment. Our driver will return to pick-up Marigolds and Onions equipment within 24 hours of delivery. A replacement fee will apply to trays or bowls that cannot be accounted for.

DISPOSABLES

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

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.

OPTIONS & PRICING

Additional charges apply when substituting a gluten-free option. Optional beverages can be included. Price does not include disposables, staff chargers, delivery or applicable taxes.

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. However, if you require assistance to set-up, please speak with customer service who can assist you in arranging staffing.



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.

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 EnergyOM* 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.







Breakfast Menu



Continental Breakfast

\$11.75 per guest with no beverages

\$14.25 per guest with beverages

BAKERS BASKET

Pain au chocolate croissants, butter croissants, citrus glazed madeleines, caramel beignets, sweet & savoury scones, rugalach crescents, raisin swirls, muffins, bagels and assorted morning loaves.

Gluten-free pastries available for an additional \$1.50 per guest.

Accompanied by butter, preserves and cream cheese.

FRESH SLICED SEASONAL FRUIT

Garnished with fresh berries.



Healthy Breakfast Menu

\$12.95 per guest with no beverages

\$15.50 per guest with beverages



FRESHLY BAKED MUFFINS

Home baked assortment to include apricot 5-grain with cornmeal crunch, apple bran with cinnamon crumble and wholegrain banana with cracked quinoa crumble.

Gluten-free and vegan pastries available for an additional charge of \$1.50 per guest.

TROPICAL CHIA PARFAIT

Coconut non-dairy yogurt, layered with chia seeds and quinoa blended with banana and mango puree and topped with a passion fruit coulis and crunchy pepitos.

FRESH SLICED SEASONAL FRUIT

Garnished with fresh berries.

Breakfast On the Go

A convenient health conscious breakfast box for mornings on the go

MORNING ENERGY BOOST

\$16.50 PER BOX

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

Gluten-free pastries available for an additional \$1.50 per guest.

Accompanied by butter, preserves and cream cheese.

STRONG BOX

\$16.50 PER BOX

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

Hot Breakfast Menu

\$17.25 per guest

BAKERS BASKET

Pain au chocolate croissants, butter croissants, citrus glazed madeleines, caramel beignets, sweet & savoury scones, rugalach crescents, raisin swirls, muffins, bagels and assorted morning loaves.

Accompanied by butter, preserves and cream cheese.

Gluten-free pastries available for an additional \$1.00 per guest.

FARM FRESH SCRAMBLED EGGS

Accented with fresh herbs.

MAPLE-CURED BACON SLICES *OR* BREAKFAST SAUSAGES

To include both bacon and sausage add \$1.50 per guest

CRISP CUT HOME FRIES

FRESH SLICED SEASONAL FRUIT

Garnished with fresh berries.



Healthy Hot Breakfast Menu

\$18.95 per guest

BAKED EGG FRITTATA

With chopped kale, roasted pepper, crumbled feta, cherry tomatoes, harissa served in individual cups.

FRESH FRUIT SKEWERS WITH LOW-FAT BERRY YOGURT DIP

GLUTEN-FREE MAPLE TURKEY BREAKFAST SAUSAGE

MINI BAGEL

Accompanied by butter, preserves and cream cheese.

Or

GLUTEN-FREE NATURE BAR

Handmade with almond butter, dried fruit and toasted seeds.



À la Carte Menu – Cold Breakfast Ideas

BEVERAGES

Pop, juice and flat mineral water.

\$2.50 PER SERVING

PLAIN AND LEMON SPARKLING WATER

\$3.75 PER SERVING

ASSORTMENT OF MORNING PASTRIES

\$3.50 PER PIECE

ASSORTMENT OF GLUTEN-FREE MORNING PASTRIES

\$4.50 PER PIECE

Spiced morning glory muffin

Lemon poppy seed loaf

Blueberry cornmeal muffin with citrus glaze*

Pumpkin chocolate chunk muffin with cracked quinoa crumble*

Assortment of bagel thins (whole grain flax and plain)*

** These items are vegan*

VEGAN POWER COOKIE

\$3.25 PER PIECE

Flaxseed, cranberries, pepitas and hempseed.

VEGAN FRUIT CRUMBLE BAR

\$4.50 PER PIECE

ASSORTMENT OF MINIATURE BAGELS

\$2.25 PER PIECE

Accompanied by butter, preserves and cream cheese.

BALKAN STYLE YOGURT AND GLUTEN-FREE GRANOLA

\$5.50 PER SERVING

COCONUT DAIRY-FREE YOGURT AND GLUTEN-FREE GRANOLA

\$7.50 PER SERVING

PARFAIT OF CREAMY PLAIN YOGURT AND GLUTEN-FREE GRANOLA WITH MANGO PEACH COMPOTE

\$5.75 PER SERVING

TROPICAL CHIA POWER PARFAIT

\$5.95 PER SERVING

Coconut non-dairy yogurt, layered with chia seeds and red and white quinoa blended with banana and mango puree and topped with a passion fruit coulis and crunchy pepitas.

INDIVIDUAL ACTIVIA™ YOGURT

\$2.75 PER PIECE

FRESH FRUIT DISPLAY

\$5.25 PER SERVING

FRESH FRUIT SKEWERS

\$5.50 PER SERVING

With low fat berry honey yogurt dip.

FRESH WHOLE FRUIT

\$2.50 PER PIECE

FRESH BERRIES

\$8.50 PER SERVING

FRUIT SALAD

\$4.95 PER SERVING

GLUTEN-FREE NATURE BAR

\$4.75 PER PIECE

Handmade with almond butter, dried fruit and toasted seeds.

SMOKED ATLANTIC SALMON AND CREAM CHEESE

\$11.50 PER SERVING

With mini bagels.



À la Carte Menu – Hot Breakfast Ideas

COFFEE & TEA IN A TRAVEL BOX (12 SERVINGS IN A TRAVEL BOX) \$30.95 PER BOX

Includes sugar, sweetener, tea bags, milk and cream, disposable coffee cups and stir sticks.

HOT BREAKFAST SANDWICH COLLECTION

TRADITIONAL SANDWICH (MINIMUM 4 PER ORDER) \$10.50 PER SERVING

English muffin, scrambled egg patty, hickory smoked bacon and aged cheddar.

CROISSANT AND BRIE SANDWICH (MINIMUM 4 PER ORDER) \$11.50 PER SERVING

Triple crème brie, scrambled eggs, roasted asparagus.

TURKEY AND SPINACH BAGEL SANDWICH (MINIMUM 4 PER ORDER) \$11.50 PER SERVING

Gluten-free bagel with scrambled eggs, sliced roast turkey, fresh spinach, fontina cheese and basil pesto.

SOUTHWEST BLACK BEAN BREAKFAST SANDWICH \$11.50 PER SERVING

Black bean patty, piquillo pepper marmalade topped with vegan cheese in a gluten free bagel.

BAKED EGG FRITTATA \$8.95 PER PIECE

With chopped kale, roasted pepper, crumbled feta, cherry tomatoes, harissa served in individual cups.

TOFRITTATA \$8.75 PER PIECE

Plant-based spiced frittata topped with oven-roasted tomatoes, baby kale and butternut squash.

VEGAN BREAKFAST BURRITO \$7.95 PER PIECE

With tofu scramble, crispy roasted potatoes, pico di gallo and vegan queso.
Gluten-free to corn tortilla quesadilla available for an additional \$0.50

FARM FRESH SCRAMBLED EGGS \$7.25 PER SERVING

TOFU SCRAMBLE \$7.50 PER SERVING

With sweet peppers.

MAPLE-CURED BACON OR BREAKFAST SAUSAGE \$2.95 PER SERVING

GLUTEN-FREE MAPLE TURKEY BREAKFAST SAUSAGE \$3.50 PER SERVING

VEGAN SAUSAGES \$3.50 PER SERVING

BAKED YUKON GOLD HASH BROWN POTATOES \$4.95 PER SERVING

HASH BROWN TRIANGLE PATTY \$2.75 PER PIECE

HOT OATMEAL WITH HOUSE DRIED FRUIT \$5.25 PER SERVING

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.







Lunch & Dinner Menu



The Tourist Class Sandwich Lunch

\$15.95 per person

BEET AND SQUASH GREENS

A mix of Tuscan greens and baby kale layered with roasted butternut squash and roasted baby beets.

ASSORTED SANDWICHES AND TORTILLA WRAPS

Prepared on a variety of breads.

SOLID WHITE ALBACORE TUNA

With diced green olives in a citrus mayonnaise.

CHUNKY WHITE CHICKEN SALAD

With asiago aioli and roasted artichokes.

ROAST BEEF BRISKET

Accented with roasted marinated tomatoes, arugula and creamy horseradish.

CHOPPED EGG SALAD

With citrus mayonnaise, fresh sliced cucumber.

GRILLED HERB AND CITRUS CHICKEN BREAST

With lemon aioli and spring mix greens.

BLACK FOREST HAM AND ASIAGO

Shaved and presented with radicchio, crisp cucumber ribbons, asiago and sweet mustard.

MONTREAL SMOKED MEAT AND SLAW

With Poblano BBQ sauce and creamy coleslaw.

ITALIAN COLD CUTS

Sliced mortadella, Genoa salami and sweet capicola with rocket lettuce and creamed artichoke Asiago.

TURKEY BACON BLT

Smoked turkey, turkey bacon, lettuce, tomato and chipotle aioli.

ROASTED VEGETABLE AND FETA

Roasted sweet peppers, marinated oven dried tomatoes, baby spinach, crumbled feta and sundried tomato pesto.

ASPARAGUS GOAT CHEESE WRAP

Roasted asparagus, crumbled goat cheese with peppery arugula and tomato petals.

CAPRESE SANDWICH

Roma tomato, bocconcini cheese, pesto, greens and balsamic.

CURRIED TOFU SALAD

With lettuce.

SMASHED CHICKPEA SALAD

Chickpeas, celery, hummus, lettuce, and tomato.

TEMPEH BLT SANDWICH

"Bacon" Tempeh with shredded lettuce, sliced tomato, and vegan mayonnaise.

**A SELECTION OF MARIGOLDS AND ONIONS FRESH BAKED SQUARES
AND HOME-STYLE COOKIES.**



The Business Class Lunch

\$21.50 per guest

PASTA SALAD OF THE DAY

PEAR AND POMEGRANATE GREENS

Romaine lettuce, baby arugula, cabbage, cucumber, fresh pears, pomegranate seeds. Roasted pear and maple dressing.

ASSORTED SANDWICHES AND TORTILLA WRAPS

Prepared on a variety of breads.

SOLID WHITE ALBACORE TUNA

With diced green olives in a citrus mayonnaise.

CHUNKY WHITE CHICKEN SALAD

With Asiago aioli and roasted artichokes.

ROAST BEEF BRISKET

Accented with roasted marinated tomatoes, arugula and creamy horseradish.

CHOPPED EGG SALAD

With citrus mayonnaise, fresh sliced cucumber.

GRILLED HERB AND CITRUS CHICKEN BREAST

With lemon aioli and spring mix greens.

BLACK FOREST HAM AND ASIAGO

Shaved and presented with radicchio, crisp cucumber ribbons, asiago and sweet mustard.

MONTREAL SMOKED MEAT AND SLAW

With poblano BBQ sauce and creamy coleslaw.

ITALIAN COLD CUTS

Sliced mortadella, genoa salami and sweet capicola with rocket lettuce and creamed artichoke asiago.

TURKEY BACON BLT

Smoked turkey, turkey bacon, lettuce, tomato and chipotle aioli.

ROASTED VEGETABLE AND FETA

Roasted sweet peppers, marinated oven dried tomatoes, baby spinach, crumbled feta and sundried tomato pesto.

ASPARAGUS GOAT CHEESE WRAP

Roasted asparagus, crumbled goat cheese with peppery arugula and tomato petals.

CAPRESE SANDWICH

Roma tomato, bocconcini cheese, pesto, greens and balsamic.

CURRIED TOFU SALAD

With lettuce.

SMASHED CHICKPEA SALAD

Chickpeas, celery, hummus, lettuce, and tomato.

TEMPEH BLT SANDWICH

"Bacon" Tempeh with shredded lettuce, sliced tomato, and vegan mayonnaise.

MARIGOLDS ASSORTED MINI PASTRIES

Featuring a selection of French pastries, assorted tarts, home baked cookies and squares.

FRESH SLICED SEASONAL FRUIT

Garnished with fresh berries.



First Class Sandwich Lunch

\$29.95 per guest

WILD GREENS

House greens with a julienne of heirloom carrots, cucumbers, and watermelon radish.
Roasted pear, maple and balsamic vinaigrette. roasted baby beets with fresh herbs.

MINTED GLASS NOODLE SALAD

Gluten-free glass noodles tossed with shavings of celery, heirloom carrots, napa cabbage and green onion. Dressed with fresh mint, basil and rice wine vinaigrette.

ASSORTED SANDWICHES AND TORTILLA WRAPS

Prepared on a variety of breads.

CHICKEN KATSU

Breaded chicken breast, lettuce, tomato, house-made tonkatsu sauce, coleslaw, on a brioche bun.

FALAFEL WRAP

Falafel, hummus, tzatziki, spring mix, sliced tomato, roasted eggplant, and feta cheese in a tortilla wrap.

KOREAN BEEF*

Beef marinated in Korean BBQ Sauce, shredded cabbage, pickled carrot, and tri-colour sesame seed oil on pretzel bun.

BAJA GRILLED CHICKEN WRAP

Grilled chicken, chipotle mayo, tomato, fried onions, havarti and avocado.

SMOKED SALMON*

Smoked salmon, sliced cucumber, baby arugula, deep-fried capers, and cream cheese on an herb flatbread.

SZECHUAN TOFU LETTUCE WRAP*

Grilled teriyaki infused tofu with chili fried peppers, pea sprouts, pickled ginger and wasabi hummus wrapped in a jacket of rice paper and leaf lettuce.

VEGAN TOFU BANH MI SANDWICH

Baguette with marinated tofu, shredded carrots, pickled cucumber, Vegan mayonnaise and cilantro.

**These sandwiches can be made gluten-free.*

FRESH SLICED SEASONAL FRUIT

Garnished with fresh berries.

ASSORTED MINI TARTS

Flavours to include lemon, chocolate sea salt, and raspberry chiffon.





Tourist Class Box Option

\$16.95 per box

ASSORTED SANDWICHES

Choose from a selection of the following fillings:

Tuna salad, egg salad, chicken salad, sliced roast beef, turkey bacon BLT, ham & cheese, grilled chicken, roasted vegetables, asparagus goat cheese wrap, caprese, curried tofu salad, smashed chickpea salad, tempeh BLT.

GLUTEN-FREE NATURE BAR

Handmade with almond butter, dried fruit and toasted seeds.

WHOLE FRESH FRUIT

Substitute Whole Fruit for Fruit Cup for an additional \$3.10 per box.

Business Class Box Option

\$22.50 per box

ASSORTED SANDWICHES

Choose from a selection of the following fillings:

Tuna salad, egg salad, chicken salad, sliced roast beef, turkey bacon BLT, ham & cheese, grilled chicken, roasted vegetables, asparagus goat cheese wrap, caprese, curried tofu salad, smashed chickpea salad, tempeh BLT.

SALAD

1 Salad choice per 5 Box Lunches. Select Salad from our [À la Carte Salad section](#).

WHOLE FRESH FRUIT

Substitute Whole Fruit for Fruit Cup for an additional \$3.10 per box.

HOME-STYLE COOKIE



First Class Box Option

\$30.95 per box

GOURMET SANDWICH

Choose from a selection of the following fillings:

Chicken Katsu, Falafel Wrap, Korean Beef, Baja Grilled Chicken Wrap, Smoked Salmon, Szechuan Tofu Lettuce Wrap, Vegan Tofu Banh Mi Sandwich.

SALAD

1 Salad choice per 5 Box Lunches. Select Salad from our [À la Carte Salad section](#).

FRESH FRUIT SALAD

DECADENT CHOCOLATE BROWNIE



Signature Protein Bowls

A combination of one of our mouth-watering proteins and TWO signature salads packed into one convenient container for a light lunch on the go.

CHICKEN PROTEIN BOX 1

3OZ \$20.25

6OZ \$23.25

GREEK CHICKEN GRILL

Lemon and garlic spiced chicken breast 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.

COUSCOUS TABOULEH SALAD

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

CHICKEN PROTEIN BOX 2

3OZ \$20.25

6OZ \$23.25

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.

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.



BEEF PROTEIN BOX 1**3OZ \$22.00****6OZ \$25.00****POMMERY HONEY BEEF**

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

MINI RED POTATO “SALAT”

A twist on an old-fashioned German favourite with mini red potato, pepper julienne and sweet peas in a creamy red wine caper dressing.

BABY SPINACH AND BERRY SALAD

Baby spinach, mixed berries (strawberry, blackberry and blueberries), candied pepitas, goat's cheese and light creamy balsamic vinaigrette.

BEEF PROTEIN BOX 2**3OZ \$22.00****6OZ \$25.00****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.

JEWELLED RICE

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



Signature Protein Bowls

A combination of one of our mouth-watering proteins and TWO signature salads packed into one convenient container for a light lunch on the go.

FISH PROTEIN BOX 1

3OZ \$22.00

6OZ \$25.00

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.

ASIAN MEDLEY

Chili spiced sugar snap peas, red and yellow peppers, zucchini, edamame, and roasted corn kernels. Dressed in sesame oil cilantro dressing. Garnished with black sesame seeds.

FISH PROTEIN BOX 2

3OZ \$22.00

6OZ \$25.00

BLACKENED ORANGE ROUGHY

Charred deep sea fish, with Cajun spices.

AZTEC GRAIN

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

WILD GREENS

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



VEGETARIAN PROTEIN BOX 1**\$19.25 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.

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 a citrus vinaigrette.

**VEGETARIAN PROTEIN BOX 2****\$19.25 PER GUEST****GRILLED TOFU**

Marinated grilled tofu.

NAPPA CABBAGE SLAW

Nappa cabbage slaw with toasted sesame seeds.

EDAMAME SALAD

Edamame and roasted red pepper salad.

À la Carte Menu – Trays and Snack Ideas

ANTIPASTO TRAY

\$13.25 PER SERVING

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.

CHARCUTERIE TRAY

\$15.95 PER SERVING

Dry-cured Spanish sausage, prosciutto, salami, bresaola, sour gherkins, and pickled onions. Served with soft and crisp flatbreads.

MEZZE TRAY

\$15.95 PER SERVING

Roasted cubed eggplant marinated with garlic, parsley and extra virgin olive oil, pickles, grilled halloumi, honeyed feta, rice stuffed grape leaves, hummus and soft pita.

ARTISANAL CHEESE PLATTER

\$11.25 PER SERVING

Award winning natural rind cheeses, ash-covered goat cheese and soft ripened Quebec cheeses. Served with fig and olive tuiles, multigrain biscuits, fig jelly and honey.

DOMESTIC CHEESE TRAY

\$6.50 PER SERVING

Garnished with grape clusters, strawberries, crackers and Raincoast crisp crackers. *Gluten-free crackers available for an additional \$0.80 per guest.*

DOMESTIC AND IMPORTED CHEESE TRAY

\$7.50 PER SERVING

Garnished with grape clusters, strawberries, crackers and Raincoast crisp crackers. *Gluten-free crackers available for an additional \$0.80 per guest.*

CRUDITÉS AND DIP DISPLAY

\$6.75 PER SERVING

INDIVIDUAL BAGS OF CHIPS AND PRETZELS

\$2.75 PER BAG

INDIVIDUAL BAGS OF BUTTER-SALT POPCORN

\$2.50 PER BAG

INDIVIDUAL BAGS OF ROOT CHIPS

\$3.50 PER BAG

ROOT CHIPS AND ARTICHOKE DIP

\$5.25 PER SERVING

Sweet potato, beets and carrots.

TRI-COLOUR TORTILLA CHIPS

\$5.75 PER SERVING

With salsa picante, sour cream and guacamole.

SMOKED SALMON WITH CAPERS

\$11.95 PER SERVING

Red onion, cream cheese, lemon and flatbreads.



À la Carte Menu – Trays and Snack Ideas

COFFEE & TEA IN A TRAVEL BOX (12 SERVINGS IN A TRAVEL BOX) \$30.95 PER BOX

Includes sugar, sweetener, tea bags, milk and cream, disposable coffee cups and stir sticks.

ASSORTMENT OF GLUTEN-FREE SANDWICHES ON A MULTI-GRAIN BUN \$9.75 PER SERVING

Grilled chicken, tuna salad, egg salad, roast beef and smoked turkey.

ASSORTED SANDWICHES AND TORTILLA WRAPS \$8.50 PER SERVING

Prepared on a daily selection of rustic, wholegrain breads and rolls.

GOURMET SANDWICH SELECTION \$13.50 PER SERVING

Sandwich assortment on whole-grain breads, rolls and tortillas.
Gluten-free crackers available for an additional \$0.80 per guest

VENETIAN TRAMEZZINI SANDWICHES \$20.95 PER DOZEN

Traditional thin Italian style tea sandwiches layered with our fresh fillings prepared daily on whole grain and traditional white. Shapes include triangles, ribbons and tortilla pinwheels.

TORTILLA PINWHEEL TEA SANDWICHES \$21.95 PER DOZEN

BEVERAGES \$2.50 PER SERVING

Pop, juice and flat mineral water.

PLAIN AND LEMON SPARKLING WATER \$3.75 PER SERVING

KOSHER MEALS PRICE VARIES

We offer a selection of breakfast, lunch and dinner options. Please speak with customer service or your account manager for details on the full selection. 72 hours' notice required.



À la Carte Menu – Trays and Snack Ideas

SOUPS (MINIMUM ORDER OF 10 PORTIONS)

\$7.50 PER SERVING

Soups can be sent either hot or cold with reheating instructions.

Cream of Forest Mushroom
Mediterranean Vegetable and Organic Farro Grain
Mexican Black Bean & Kale
Puree of Potato & Leek
Quinoa Minestrone
Roasted Red Pepper, Tomato and Basil

ASSORTED COOL AND WARM BITES (AVAILABLE COLD ONLY. MINIMUM 48 HOURS' NOTICE REQUIRED)

A LA CARTE PRICING

The assorted cool and warm bites detailed below are priced as pre-trayed completed items. You may not order more than 30 dozen pieces of cool or warm bites pre-trayed, any more than 30 dozen pieces requires a chef on site to finish assembly. Some pre-trayed warm bites are available in a cold service format. Speak with your customer service representative for more information or to arrange staffing.





Menu Combo Options

Below is a selection of menu options to suit your own personal needs. Pricing for each option is based on the protein or pasta selected. Please refer to our à la carte options, found in the back of this package, which detail the specific flavours for each option. All menu combo options are served at room temperature unless otherwise specified. Minimum four servings per order. Except for vegetarian entrée items, you may not order any less than four servings of a chosen flavour for any component item.

OPTION 1

- 1 Serving of Salad
- 1 Serving of Protein or Pasta
- 1 Serving of Assorted Mini Pastries, Squares and Cookies
- 1 Serving of Fresh Baked Bread and Creamery Butter

CHICKEN ONLY	\$25.50 PER GUEST
BEEF ONLY	\$28.25 PER GUEST
FISH ONLY	\$28.25 PER GUEST
VEGETARIAN ENTREE ONLY	\$22.25 PER GUEST
DUO OF PROTEIN (ANY TWO)	\$37.25 PER GUEST
PASTA (EXCLUDING LASAGNA)	\$26.25 PER GUEST

OPTION 2

- 2 Servings of Salad
- 1 Serving of Protein or Pasta
- 1 Serving of Assorted Mini Pastries, Squares and Cookies
- 1 Serving of Fresh Baked Bread and Creamery Butter

CHICKEN ONLY	\$28.25 PER GUEST
BEEF ONLY	\$30.95 PER GUEST
FISH ONLY	\$30.95 PER GUEST
VEGETARIAN ENTREE ONLY	\$25.00 PER GUEST
DUO OF PROTEIN (ANY TWO)	\$41.75 PER GUEST
PASTA (EXCLUDING LASAGNA)	\$28.50 PER GUEST

<i>Add fruit to any of the above options:</i>	\$3.95 PER GUEST
<i>Replace a pastry item with fruit in any of the above options:</i>	\$1.75 PER GUEST



OPTION 3

- 1 Serving of Salad
- 1 Serving of Protein or Pasta
- 1 Serving of a Side Dish
- 1 Serving of Assorted Mini Pastries, Squares and Cookies
- 1 Serving of Fresh Baked Bread and Creamery Butter

CHICKEN ONLY	\$31.25 PER GUEST
BEEF ONLY	\$33.95 PER GUEST
FISH ONLY	\$33.95 PER GUEST
VEGETARIAN ENTREE ONLY	\$28.00 PER GUEST
DUO OF PROTEIN (ANY TWO)	\$44.75 PER GUEST
PASTA (EXCLUDING LASAGNA)	\$31.75 PER GUEST

<i>Add additional salad or side</i>	<i>\$6.50 PER GUEST</i>
<i>Add fruit to any of the above options</i>	<i>\$3.95 PER GUEST</i>
<i>Replace a pastry item with fruit in any of the above options</i>	<i>\$1.75 PER GUEST</i>



À la Carte Salad Selection – Leafy Green Salads

\$6.50 per guest

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 a citrus vinaigrette.

BABY KALE AND FENNEL SALAD

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

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.

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.

MARIGOLDS AND ONIONS' SIGNATURE SALAD

California organic greens and seedlings with slivers of roasted pear, pepper julienne, grape tomato and crumbled Castello blue cheese. Dressed in balsamic raspberry vinaigrette.

PEAR AND POMEGRANATE GREENS

Romaine lettuce, baby arugula, cabbage, cucumber, fresh pears, pomegranate seeds. Roasted pear and maple dressing.

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.

ROMAINE AND CAULIFLOWER

Cauliflower with chopped romaine lettuce. Topped with parmesan cheese and chopped parsley. Tossed in our house-made Caesar dressing.



WILD GREENS

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

BABY SPINACH AND BERRY SALAD

Baby spinach, mixed berries, candied pepitas, goat's cheese and light creamy balsamic vinaigrette.

CALIFORNIA COBB SALAD

Mixed greens, charred corn, tomatoes, eggs, blanched asparagus, blue cheese, avocado and buttermilk dressing.



À la Carte Salad Selection – Pasta & Grain Salads

\$6.50 per guest

AZTEC GRAIN

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

COUSCOUS TABOULEH SALAD

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

FARFALLE RATATOUILLE

Farfalle, roasted eggplant, zucchini, red peppers, and red onion. Dressed in a basil dressing.

FARRO AND ROASTED YAM

“Super-grain” Farro, honey roasted yam, wilted baby spinach and dried cranberries dressed with fresh mint and rice wine vinegar.

JEWELLED RICE

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

MINTED GLASS NOODLE SALAD

Gluten-free glass noodles tossed with shavings of celery, heirloom carrots, napa cabbage and green onion. Dressed with fresh mint, basil and rice wine vinaigrette.

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.

ROASTED ZUCCHINI & CAULIFLOWER SALAD

Gluten-free penne mixed with a blend of roasted cauliflower and zucchini. Dressed in a lemon citrus vinaigrette.

VERMICELLI NOODLE SALAD

Vermicelli with white cabbage, carrot, sugar snap, bok choy, celery, and cilantro. In a garlic and sesame oil dressing.



À la Carte Salad Selection – Mixed Vegetable Salads

\$6.50 per guest

ASIAN MEDLEY

Chili spiced sugar snap peas, red and yellow peppers, zucchini, edamame, and roasted corn kernels. Dressed in sesame oil cilantro dressing. Garnished with black sesame seeds.

CAPRESE SALAD

A classic Italian favourite featuring vine-ripened tomatoes and fresh mozzarella bocconcini tossed in roasted red onion and basil vinaigrette.

CORN AND SUGAR SNAP SALAD

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

VEGGIE CRUNCH

Broccoli, cauliflower, zucchini, sugar snap peas, yellow beet ribbons, and carrot. Dressed in citrus olive oil dressing.

MINI RED POTATO “SALAT”

A twist on an old-fashioned German favourite with mini red potato, pepper julienne and sweet peas in a creamy red wine caper dressing.

ROOT VEGETABLE SALAD

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

SHADES OF GREEN

Arugula, sweet green peas, grilled asparagus, grilled zucchini, crisp green beans. Dressed in a lemon basil vinaigrette.

TUSCAN BEAN SALAD

White Tuscan beans, roasted artichoke, sliced olives, crisp cucumber, cherry tomatoes and sweet peppers. Tossed with green onions and basil vinaigrette.



Protein Selection – Chicken

(Available Hot or Cold)

\$12.00 per 3 ounce serving

\$15.00 per 6 ounce serving

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

Lemon and garlic spiced chicken breast grilled to perfection and splashed with extra virgin olive oil.

HONEY AND BASIL CHICKEN

Marinated and baked with sweet basil and orange blossom honey.

ALPHONSO CHICKEN

Grilled breast of chicken with fresh mango and bell pepper salsa.

ROTISSERIE CHICKEN

Portuguese style with traditional smoky BBQ dry rub seasoning. Garnished with marinated pit-in olives and garlic roasted tomatoes.

SANTA FE CHICKEN

Grilled breast of chicken in a chipotle adobo sauce sweetened with a touch of maple syrup.

STICKY GLAZED CHICKEN

Sweet and savory roasted chicken in an Asian inspired sticky BBQ sauce.

TANDOORI GRILLED CHICKEN

Chicken breast marinated in savory Indian spices and yogurt.



Protein Selection – Beef

(Available Hot or Cold)

\$15.00 per 3 ounce serving

\$18.00 per 6 ounce serving

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

CARAMELIZED BEEF

Grilled aged flat iron finished with balsamic caramelized onions.

CITRUS BEEF

In an herb mustard marinade, with a mandarin glaze.

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.

PEPPERCORN BEEF

Grilled with a crush of peppercorns.

POMMERY HONEY BEEF

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



Protein Selection – Fish

(Available Hot or Cold)

\$15.00 per 3 ounce serving

\$18.00 per 6 ounce serving

Marigolds and Onions believes in sourcing only certified sustainable and environmentally responsible seafood products. Our suppliers are held to high standards of environmental responsibility, animal health & welfare, food safety and social responsibility.

WHITE FISH PICCATA

Pan-fried white fish in a lemon, butter and caper sauce.

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.

HONEY AND HARISSA SALMON

Roasted filet of fish glazed with honey, fresh thyme, harissa spice and a squeeze of lemon.

LEMON PEPPER & DILL SALMON

A classic pairing of lemon pepper with dill.

MISO SALMON

Baked fish finished with orange, white miso, pickled and fresh ginger glaze.

ROCKY MOUNTAIN SALMON

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

TERIYAKI SALMON

Centre-cut fillets glazed with a traditional teriyaki sauce.

BLACKENED ORANGE ROUGHY

Charred deep sea fish, with Cajun spices.



Vegetarian/Vegan Entrée Selection

(Available Hot or Cold)

\$11.50 per serving

EGGPLANT NAPOLEON*

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

EGGPLANT PARMESAN STACK

Panko crusted and golden pan fried eggplant steaks layered with mozzarella cheese, tomato and basil.

MAPLE TOFU STACK*

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

PORTOBELLO CAP*

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

STUFFED ACORN SQUASH*

Cauliflower and chickpea tagine stuffed acorn squash studded with apricots and raisins.

SWEET CORN TOFU BAKE*

Creamed tofu pudding with roasted corn kernels and baby kale and topped with a roasted cherry tomato compote.

BBQ PULLED JACKFRUIT

Stewed jackfruit tossed with a classic smoky BBQ sauce.

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



Sides – Potatoes

(Available Hot only)

\$6.50 per serving

CRUSHED POTATO

Mini red skin potatoes crushed and tossed with harissa and fresh lime.

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.



POTATO MORNAY

Layered slices of potato dressed in a cream sauce and topped with grated parmesan cheese, gluten-free crumb, and fresh chopped parsley.

ROASTED ROSEMARY POTATO

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

SMOKED PAPRIKA ROASTED SWEET POTATO WEDGES



Sides – Rice and Grains

(Available Hot only)

\$6.50 per serving

COCONUT RICE

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

MEZES RICE

Lemon scented Greek style rice pilaf blended with chopped oregano and extra virgin olive oil. Garnished with sliced Kalamata olives, fresh peppers and tomatoes.

ROASTED VEGETABLE QUINOA

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

WILD AND BROWN RICE

A 7 grain blend of wild & brown rice and whole grains. Scented with lemon and garnished with tart cranberries.



Sides – Vegetables

(Available Hot only)

\$6.50 per serving

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.

ROASTED CARROT & PARSNIP

Heirloom carrots and parsnip with za'atar.

STEAMED ASIAN VEGETABLES

Bok Choy, red and yellow peppers, sliced heirloom carrots, tossed in soya sauce and sesame oil.

STEAMED MEDLEY OF VEGETABLES

Seasonal selection of local vegetables tossed with fresh herbs.



Pasta

BAKED MEAT LASAGNA

Traditional meat lasagna layered with fresh hand-made **gluten-free** pasta, lean ground beef, mozzarella, creamy ricotta and parmesan cheeses and our own tomato marinara sauce.

\$75 PER PAN
SERVES 6 – 9 GUESTS

BAKED VEGETABLE LASAGNA

Traditional vegetable lasagna layered with fresh hand-made **gluten-free** pasta, roasted vegetables, mozzarella, ricotta and parmesan cheeses and our own tomato marinara sauce.

\$75 PER PAN
SERVES 6 – 9 GUESTS

BAKED MANICOTTI

Hand-made pasta filled with wilted baby spinach, mozzarella, and parmesan and ricotta cheeses accented with fresh herbs baked in a roasted garlic cream sauce.

\$16.75 PER SERVING

BAKED CANNELLONI

Hand-made pasta filled with lean ground beef, mozzarella, parmesan and creamy ricotta cheeses, accented with fresh herbs and baked in a tomato basil sauce.

\$16.75 PER SERVING



Pasta

MACARONI AND AGED CHEDDAR

\$14.50 PER SERVING

Classic macaroni and cheese made with our traditional homemade cheese sauce.

ORECCHIETTE ALLA GRECQUE

\$14.50 PER SERVING

Orecchiette pasta tossed with our fresh made San Marzano tomato basil sauce and finished with a squeeze of fresh lemon. Topped with oregano roasted zucchini, Bermuda onion, eggplant and sweet peppers and crumbled Macedonian Feta.

SQUASH RAVIOLI PRIMAVERA

\$14.50 PER SERVING

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.



Pastry Ideas

BUTTER SHORTBREADS AND BISCOTTI	\$2.25 PER PIECE
HOME-STYLE COOKIES Oatmeal raisin, chocolate chunk, and double-chocolate.	\$1.50 PER PIECE
ASSORTMENT OF MARIGOLDS AND ONIONS FRESH BAKED COOKIES	\$2.25 PER PIECE
ASSORTMENT OF MARIGOLDS AND ONIONS FRESH BAKED COOKIES, AND SQUARES	\$2.75 PER PIECE
ASSORTMENT OF MARIGOLDS AND ONIONS FRESH BAKED COOKIES, SQUARES, AND FRENCH PASTRIES	\$3.00 PER PIECE
ASSORTMENT OF GLUTEN-FREE FRESH BAKED SQUARES AND COOKIES Mandarin curd square, chocolate chunk cookie*, double-chocolate sugar cookie*, iced brownie*, vegan fruit crumble bar.* <i>* These items are vegan</i>	\$3.75 PER PIECE
M&O'S MINI CUPCAKE COLLECTION A striking array of decadent mini cupcakes to include Chocolate Sundae, Red Velvet, Candy Bar, Banana Caramel and Candy Topped Vanilla and Chocolate.	\$3.50 PER PIECE
CHEESECAKE LOLLIPOPS	\$3.50 PER PIECE
CHOCOLATE DIPPED STRAWBERRIES	\$3.50 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.	\$6.95 PER SERVING
MACARON DONUTS Miniature almond macaroons, donut shaped and glazed with an assortment of fun toppings.	\$4.75 PER PIECE
TRADITIONAL FRENCH ALMOND MACARONS	\$3.50 PER PIECE



Individual Dessert Options

(Minimum 48 Hours' Notice)

\$8.95 per serving

CLASSIC NEW YORK CHEESECAKE

Silky creamed cheesecake with a graham crust and sour cream topping.

TIRAMISU PARFAIT

Gluten-free lady fingers soaked in espresso and layered with mascarpone mousse and poached pears. Topped with a gluten-free chocolate biscuit.

LEMONCELLO

Flan shell filled with a caramelized tangy lemon curd with an oven-dried citrus stamp.

COFFEE CAKE

Raspberry blueberry centre, citrus glaze.

Cake Selection

(Minimum 48 Hours' Notice)

Cakes are available in various sizes and flavours. Consult with customer service or your account manager for more information.







MARIGOLDSANDONIONS.COM

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