

marigolds
& onions



Corporate
Menu

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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 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.

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 3:00 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 \$100.00 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 pickup Marigolds and Onions equipment within 24 hours of delivery. A replacement fee will apply to trays or bowls that cannot be accounted for.

DISPOSABLES

As part of Toronto’s Single-use and Takeaway Item reduction strategy, Marigolds and Onions cannot distribute single-use items except by customer request. If you require any disposable items: cutlery, napkins, plates, serving utensils, etc., speak to our customer service representatives to confirm pricing.

FOOD ALLERGIES

Although precaution is taken to manage the risk of allergen cross-contamination in our kitchen, please be advised that there is a possibility of cross-contamination occurring during manufacturing, processing and in-house preparation. Therefore, we cannot guarantee that a menu item is free of peanuts, tree nuts and/or other allergens. Consumers with allergen and ingredient sensitivity concerns are advised to exercise caution.

GLUTEN ALLERGY STATEMENT

Gluten-Friendly items are crafted with gluten-friendly ingredients and/or naturally gluten-friendly items. Despite efforts to prevent cross-contamination during processing, handling, and packaging, we cannot guarantee the absence of gluten traces. Consumers with gluten sensitivities are advised to exercise caution.

OPTIONS & PRICING

Additional charges apply when substituting a gluten-friendly option. Optional beverages can be included. Price does not include disposables, staff charges, 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 positively to the 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 Energy™ 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 surplus food, beverage and packaging to local food rescues and/or 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

12.95 per guest

BAKERS BASKET

Pain au chocolate croissants, butter croissants, berry beignets, sweet & savoury scones, rugalach crescents, strawberry danish, muffins, bagels and assorted morning loaves. Accompanied by butter, preserves and cream cheese.

Gluten-friendly pastries are available for an additional +1.30 per guest.

FRESH SLICED SEASONAL FRUIT

Garnished with fresh berries.



Rise & Shine Breakfast

13.95 per guest

FRESHLY BAKED MUFFINS

Home baked assortment to include banana with cracked quinoa crumble, apple cinnamon with oatmeal crumble, and double chocolate.

Gluten-friendly pastries are available for an additional +1.55 per guest.

COCOA & CHIA PUDDING

Homemade over-night chocolate chia pudding topped with granola, toasted coconut, pomegranate and fresh berries. Served in an individual bowl.

FRESH SLICED SEASONAL FRUIT

Garnished with fresh berries.



Open-Face Mini Bagels

9.50
per serving of 2 pieces

A selection of open-face sandwiches on miniature bagels; perfect for breakfast or lunch. Assortment of flavours include: chopped egg salad, smoked salmon, pesto chicken salad, and albacore tuna.

Hot Breakfast Menu

17.50 per guest

BAKERS BASKET

Pain au chocolate croissants, butter croissants, berry beignets, sweet & savoury scones, rugalach crescents, strawberry danish, muffins, bagels and assorted morning loaves. Accompanied by butter, preserves and cream cheese.

Gluten-friendly pastries available for an additional +1.00 per guest.

FREE-RUN CANADIAN SCRAMBLED EGGS

Freshly cracked free-run Canadian eggs accented with fresh herbs.

MAPLE-CURED BACON SLICES OR PORK BREAKFAST SAUSAGE

To include both bacon and sausage add +1.50 per guest. Substitute with a Beyond Meat Vegan Breakfast Sausage or Chorizo Spiced Chicken Sausage for +0.50 per guest.

CRISP CUT HOME FRIES

FRESH SLICED SEASONAL FRUIT

Garnished with fresh berries.



Healthy Hot Breakfast

18.95 per guest

ROASTED VEGETABLE FRITTATA

Free-run Canadian eggs with roasted Spanish onion, Roma tomato, and creamy goat cheese.

FRESH FRUIT SKEWERS

With low-fat berry yogurt dip.

MINI BAGEL

Accompanied by butter, preserves and cream cheese.

|

OR

|

NATURE BAR

Handmade with almond butter, dried fruit and toasted seeds.

À La Carte *Cold Breakfast*

BEVERAGES		2.75	
Pop, juice and flat mineral water.			
SAPSUCKER SPARKLING WATER		3.75	
ASSORTMENT OF MORNING PASTRIES		4.25	
ASSORTMENT OF VEGAN GLUTEN-FRIENDLY MORNING PASTRIES  		5.00	
Apple Cinnamon Muffin Blueberry Oat Loaf Chocolate Zucchini Muffin Lemon Poppy Seed Muffin Vegan Scone Assortment of Queen St. Bakery Gluten-friendly Bagels.			
VEGAN POWER COOKIE  		3.75	
Flaxseed, cranberries, pepitas and hempseed.			
ASSORTMENT OF MINIATURE BAGELS		2.00	
Accompanied by butter, preserves and cream cheese.			
BALKAN STYLE YOGURT AND GLUTEN-FRIENDLY GRANOLA 		5.50	
COCONUT DAIRY-FREE YOGURT AND GLUTEN-FRIENDLY GRANOLA 		7.50	
MANGO-PEACH PARFAIT 		5.95	
Creamy plain yogurt and gluten-friendly granola with mango peach compote			
COCOA & CHIA PUDDING  		5.95	
Homemade over-night chocolate chia pudding topped with gluten-friendly granola, toasted coconut, pomegranate and fresh berries.			
INDIVIDUAL ACTIVIA™ YOGURT		2.75	
FRESH FRUIT DISPLAY		5.25	
FRESH FRUIT SKEWERS		5.75	
With low-fat berry honey yogurt dip.			
FRESH WHOLE FRUIT		2.75	
FRESH BERRIES		8.50	
FRUIT SALAD		4.95	
NATURE BAR 		4.75	
Handmade with almond butter, dried fruit and toasted seeds.			
	SMALL	MEDIUM	LARGE
	6 - 9 Guests	12 - 15 Guests	24 - 27 Guests
SMOKED ATLANTIC SALMON AND CREAM CHEESE	70	135	265
With mini bagels.			

 Vegan  Gluten-Friendly

À La Carte *Hot Breakfast*

COFFEE OR TEA IN A TRAVEL BOX (SERVES 12)	31.95
Includes sugar, sweetener, tea bags, milk and cream, disposable coffee cups and stir sticks.	
TRADITIONAL BREAKFAST SANDWICH	11.00
English muffin, egg, smoked bacon and aged cheddar.	
Upgrade your English muffin to a Croissant Roll for +0.50	
CALABRIAN BREAKFAST SANDWICH	12.00
Homemade spicy sausage spread, sautéed rocket, egg and Swiss cheese on a buttery croissant roll.	
SHAKSHUKA BREAKFAST SANDWICH	12.00
Croissant roll with egg, baby spinach, feta cheese and richly spiced tomato shakshuka.	
TURKEY AND TOMATO BREAKFAST SANDWICH	12.00
Roasted turkey bacon, and egg on a croissant roll with Swiss cheese and savory tomato shakshouka.	
On any breakfast sandwich substitute with our new Gluten-friendly English Muffin for +2.00	
VEGAN BREAKFAST SANDWICH  	8.95
Vegan egg, tomato shakshuka, vegan cheese on a gluten-friendly English muffin	
ROASTED VEGETABLE FRITTATA 	8.95
Free-run Canadian eggs with roasted Spanish onion, Roma tomato, and creamy goat cheese.	
TOFRITTATA  	8.75
Plant-based spiced frittata topped with oven-roasted tomatoes, baby kale and butternut squash.	
FREE-RUN CANADIAN SCRAMBLED EGGS 	7.25
TOFU SCRAMBLE  	7.50
GLUTEN-FRIENDLY PORK BREAKFAST SAUSAGE 	5.00
GLUTEN-FRIENDLY CHORIZO CHICKEN BREAKFAST SAUSAGE 	5.00
VEGAN BREAKFAST SAUSAGE  	4.00
BAKED YUKON GOLD HASH BROWN POTATOES  	4.95
HASH BROWN TRIANGLE PATTY  	3.75

ORDER ONLINE AT MARIGOLDSANDONIONS.COM | 416-256-4882 | CUSTOMERSERVICE@MARIGOLDSANDONIONS.COM

Assorted Smoothies

Your choice of our homemade smoothies available in individual or large format bottles.

9.00

per 8 oz serving, minimum of 3 per flavour

35.00

per 32 oz

PINK LADY 🍓 🍏

Mixed berries, apple, cranberry juice.

GREEN MANGO 🍌 🥬

Granny smith apples, spinach, mango, avocado, orange juice.

BEET RED 🍷 🍌

Red beets, granny smith apples, banana, mango.

STRAWBERRY BANANA 🍓 🍌

Strawberries, bananas, yogurt.



Lunch & Dinner Menu





Tourist Class Deli Salad *Sandwich Lunch*

15.95 per person
Gluten-friendly sandwiches and dessert are available for an additional +2.25 per person.

Sandwich Selection:

- TUNA SALAD**
With diced green olives in a citrus mayonnaise.
- EGG SALAD**
With citrus mayonnaise, fresh sliced cucumber.
- PESTO CHICKEN SALAD**
Shredded chimichurri chicken in a nut-free basil pesto.
- SMASHED CHICKPEA SALAD**
Chickpeas, celery, hummus, lettuce, and tomato.

Dessert

HOME-STYLE COOKIES & SQUARES

Vegan Gluten-Friendly

Salad Selection:

- Select one
- WILD GREENS**
House greens with heirloom carrots, cucumbers, watermelon radish.
 - ATHENIAN**
Mediterranean blend with plum tomatoes, peppers, onions, cucumber, olives, feta.
 - FARRO AND ROASTED YAM**
Super-grain farro with honey roasted yam, spinach, cranberries
 - ROOT VEGETABLE SALAD**
Seasonal market vegetables with herb balsamic glaze.

Tourist Class Italian *Sandwich Lunch*

15.95 per person
Gluten-friendly sandwiches and dessert are available for an additional +2.25 per person.

Sandwich Selection:

- ITALIAN COLD CUTS**
Spicy soppressata, Genoa salami, smoked speck with radicchio and green basil pistou.
- APPLE AND MORTADELLA**
Shaved mortadella with house-made apple mostarda, arugula, havarti.
- CAPRESE**
Roma tomato, bocconcini cheese, pesto, greens and balsamic.
- EGGPLANT MILANESE**
Crisp breaded eggplant with arugula, cheese and sun-dried tomato pesto.

Salad Selection:

- Select one
- WILD GREENS**
House greens with heirloom carrots, cucumbers, watermelon radish.
 - INSALATA GENOVESE**
Baby spinach, radicchio, avocado, oven-dried tomatoes, artichoke.
 - BRUSCHETTA PASTA SALAD**
Rigatoni with fresh cherry tomatoes and basil.
 - CAPRESE SALAD**
Vine-ripened tomatoes and fresh mozzarella bocconcini.

Dessert

HOME-STYLE COOKIES & SQUARES



Tourist Class Meat Eaters *Sandwich Lunch*

15.95 per person
Gluten-friendly sandwiches and dessert are available for an additional +2.25 per person.

Sandwich Selection:

- GRILLED CAJUN CHICKEN BREAST**
With chipotle aioli and spring mix greens.
- MONTREAL SMOKED MEAT**
With ballpark mustard.
- ROAST BEEF BRISKET**
With green peppercorn aioli, arugula, and creamy horseradish.
- CRANBERRY AND TURKEY**
Oven-roasted Canadian turkey with sweet cranberry jam and Dijon mustard.

Salad Selection:

- Select one
- WILD GREENS**  
House greens with heirloom carrots, cucumbers, watermelon radish.
 - THE COUNTY GREENS** 
Romaine hearts, radicchio, local apples, cranberries, spiced walnuts.
 - CORN AND SUGAR SNAP SALAD** 
Charred corn, sugar snap peas, peppers, arugula.
 - SPICED BRASSICA** 
Roasted cauliflower with aromatic spices and Parmesan yogurt feta dressing.

Dessert

HOME-STYLE COOKIES & SQUARES



Tourist Class Vegetarian *Sandwich Lunch*

15.95 per person
Gluten-friendly sandwiches and dessert are available for an additional +2.25 per person.

Sandwich Selection:

- CAPRESE**
Roma tomato, bocconcini cheese, pesto, greens and balsamic.
- EGGPLANT MILANESE**
Crisp breaded eggplant with arugula, cheese and sun-dried tomato pesto.
- PAN TOMATE**
Fresh tomato, goat cheese and crisp fried onion.
- ROASTED VEGETABLE AND FETA**
Sweet peppers, oven-dried tomatoes, spinach, feta, pesto.

Salad Selection:

- Select one
- WILD GREENS**  
House greens with heirloom carrots, cucumbers, watermelon radish.
 - BEET AND SQUASH GREENS**  
Tuscan greens, baby kale, butternut squash, beets, pomegranate.
 - AZTEC GRAIN**  
Organic quinoa with cucumber, corn, scallions, peppers, candied ginger.
 - SHADES OF GREEN**  
Arugula, green peas, grilled asparagus, zucchini, green beans.

Dessert

HOME-STYLE COOKIES & SQUARES



Business Class Deli Salads *Sandwich Lunch*

21.75 per person
Gluten-friendly sandwiches and dessert are available for an additional +2.75 per person.

Sandwich Selection:

- TUNA SALAD**
With diced green olives in a citrus mayonnaise.
- EGG SALAD**
With citrus mayonnaise, fresh sliced cucumber.
- PESTO CHICKEN SALAD**
Shredded chimichurri chicken in a nut-free basil pesto.
- SMASHED CHICKPEA SALAD**
Chickpeas, celery, hummus, lettuce, and tomato.

Pasta/Grain Selection:

- Select one
- JAPCHAE NOODLE**  
Sweet potato noodles with sauteed vegetables and soy-butter sauce.
 - AZTEC GRAIN**  
Organic quinoa with cucumber, corn, scallions, peppers, candied ginger.
 - COUSCOUS TABOULEH SALAD** 
Pearl couscous, green kale, parsley, mint, grape tomato, cucumber.
 - FARRO AND ROASTED YAM**
Super-grain farro with honey roasted yam, spinach, cranberries.

Dessert

COOKIES, SQUARES, FRENCH PASTRIES
+ FRESH SLICED FRUIT

 Vegan  Gluten-Friendly

Business Class Italian *Sandwich Lunch*

21.75 per person
Gluten-friendly sandwiches and dessert are available for an additional +2.75 per person.

Sandwich Selection:

- ITALIAN COLD CUTS**
Spicy soppressata, Genoa salami, smoked speck with radicchio and green basil pistou.
- APPLE AND MORTADELLA**
Shaved mortadella with house-made apple mostarda, arugula, havarti.
- CAPRESE**
Roma tomato, bocconcini cheese, pesto, greens and balsamic.
- EGGPLANT MILANESE**
Crisp breaded eggplant with arugula, cheese and sun-dried tomato pesto.

Salad Selection:

- Select one
- WILD GREENS**  
House greens with heirloom carrots, cucumbers, watermelon radish.
 - INSALATA GENOVESE**
Baby spinach, radicchio, avocado, oven-dried tomatoes, artichoke.
 - CAPRESE SALAD**
Vine-ripened tomatoes and fresh mozzarella bocconcini.
 - ROOT VEGETABLE SALAD**
Seasonal market vegetables with herb balsamic glaze.

Pasta/Grain Selection:

- Select one
- BRUSCHETTA PASTA SALAD** 
Rigatoni with fresh cherry tomatoes and basil.
 - PRIMAVERA PASTA SALAD** 
Gluten-friendly penne pasta with broccoli, oven-dried tomatoes, sweet red onion and marinated crumbled sheep's milk feta. Simply dressed with extra virgin olive oil.
 - FARRO AND ROASTED YAM**
Super-grain farro with honey roasted yam, spinach, cranberries.
 - COUSCOUS TABOULEH SALAD** 
Pearl couscous, green kale, parsley, mint, grape tomato, cucumber.

Dessert

COOKIES, SQUARES, FRENCH PASTRIES
+ FRESH SLICED FRUIT



Business Class Meat Eaters *Sandwich Lunch*

21.75 per person
Gluten-friendly sandwiches and dessert are available for an additional +2.25 per person.

Sandwich Selection:

- GRILLED CAJUN CHICKEN BREAST**
With chipotle aioli and spring mix greens.
- MONTREAL SMOKED MEAT**
With ballpark mustard.
- ROAST BEEF BRISKET**
With green peppercorn aioli, arugula, and creamy horseradish.
- CRANBERRY AND TURKEY**
Oven-roasted Canadian turkey with sweet cranberry jam and Dijon mustard.

Pasta/Grain Selection:

- Select one
- VERMICELLI NOODLE SALAD**
Vermicelli with white cabbage, carrot, sugar snap, bok choy, celery, and cilantro. In a garlic and sesame oil dressing.
 - JEWELLED RICE** 
Basmati rice with turmeric, raisins, dried apricot and cranberry, mint and lemon juice drizzle.
 - PRIMAVERA PASTA SALAD** 
Gluten-friendly penne pasta with broccoli, oven-dried tomatoes, sweet red onion and marinated crumbled sheep's milk feta. Simply dressed with extra virgin olive oil.
 - BRUSCHETTA PASTA SALAD** 
Rigatoni pasta with fresh cherry tomatoes and basil in a light Italian dressing.

Salad Selection:

- Select one
- WILD GREENS** 
House greens with heirloom carrots, cucumbers, watermelon radish.
 - THE COUNTY GREENS** 
Romaine hearts, radicchio, local apples, cranberries, spiced walnuts.
 - CORN AND SUGAR SNAP SALAD** 
Charred corn, sugar snap peas, peppers, arugula.
 - SPICED BRASSICA** 
A rainbow of roasted cauliflower with aromatic spices with a creamy Parmesan and yogurt feta dressing.

Dessert

COOKIES, SQUARES, FRENCH PASTRIES + FRESH SLICED FRUIT

Business Class Vegetarian *Sandwich Lunch*

21.75 per person
Gluten-friendly sandwiches and dessert are available for an additional +2.25 per person.

Sandwich Selection:

- CAPRESE**
Roma tomato, bocconcini cheese, pesto, greens and balsamic.
- EGGPLANT MILANESE**
Crisp breaded eggplant with arugula, cheese and sun-dried tomato pesto.
- PAN TOMATE**
Fresh tomato, goat cheese and crisp fried onion.
- ROASTED VEGETABLE AND FETA**
Sweet peppers, oven-dried tomatoes, spinach, feta, pesto.

Pasta/Grain Selection:

- Select one
- JAPCHAE NOODLE** 
Sweet potato noodles with sauteed vegetables and soy-butter sauce.
 - AZTEC GRAIN** 
Organic quinoa with cucumber, corn, scallions, peppers, candied ginger.
 - COUSCOUS TABOULEH SALAD** 
Pearl couscous, green kale, parsley, mint, grape tomato, cucumber.
 - ROASTED ZUCCHINI & CAULIFLOWER SALAD** 
Gluten-friendly penne mixed with a blend of roasted cauliflower and zucchini. Dressed in a lemon citrus vinaigrette.

Salad Selection:

- Select one
- WILD GREENS** 
House greens with heirloom carrots, cucumbers, watermelon radish.
 - BEET AND SQUASH GREENS** 
Tuscan greens, baby kale, butternut squash, beets, pomegranate.
 - AUTUMN CHICKPEAS** 
Protein-packed chickpeas with crisp apple, radish and fresh herbs.
 - SHADES OF GREEN** 
Arugula, green peas, grilled asparagus, zucchini, green beans.

Dessert

COOKIES, SQUARES, FRENCH PASTRIES + FRESH SLICED FRUIT

First Class *Sandwich Lunch*

29.95 per person
Gluten-friendly sandwiches and dessert are available for an additional +2.25 per person.

Sandwich Selection:

FRIED CHICKEN AND PEPPERS
Hand-breaded chicken with mild yellow pepper sauce and pickled jalapenos.

FALAFEL WRAP
Falafel, hummus, tzatziki, spring mix, tomato, roasted eggplant, feta in tortilla wrap.

STEAK AU POIVRE
Grilled oyster blade steak with green peppercorn aioli, arugula, horseradish on pretzel bun.

BAJA GRILLED CHICKEN WRAP
Grilled chicken, chipotle mayo, tomato, fried onions, havarti and avocado.

SZECHUAN TOFU LETTUCE WRAP
Grilled teriyaki tofu with chili peppers, pea sprouts, pickled ginger, wasabi hummus in rice paper.

VEGAN TOFU BANH MI SANDWICH
Baguette with marinated tofu, shredded carrots, pickled cucumber, vegan mayo and cilantro.

Pasta/Grain Selection:

Select one
AZTEC GRAIN GF V
Organic quinoa with cucumber, corn, scallions, peppers, candied ginger.

ROASTED ZUCCHINI AND CAULIFLOWER SALAD GF V
Gluten-friendly penne with roasted cauliflower and zucchini.

Dessert

MINI TART + FRESH SLICED FRUIT

Salad Selection:

Select one
WILD GREENS GF V
House greens with heirloom carrots, cucumbers, watermelon radish.
BEET AND SQUASH GREENS GF V
Tuscan greens, baby kale, butternut squash, beets, pomegranate.

AUTUMN CHICKPEAS GF V
Protein-packed chickpeas with crisp apple, radish and fresh herbs.

SHADES OF GREEN GF V
Arugula, green peas, grilled asparagus, zucchini, green beans.

JAPCHAE NOODLE GF V
Sweet potato noodles with sauteed vegetables and soy-butter sauce.

COUSCOUS TABOULEH SALAD V
Pearl couscous, green kale, parsley, mint, grape tomato, cucumber.





Mini Sammie Selection

4.75 per piece

Not available as a gluten-friendly option.

SMOKED MEAT

Served Montreal style, on a mini bun with grainy mustard.

GRILLED CHICKEN

Oregano and lemon marinated chicken breast with tzatziki and shaved red onion on a mini bun.

ROAST BEEF

Shaved roast beef with green peppercorn aioli, arugula, and horseradish on a mini bun.

EGGPLANT MILANESE

Crisp thinly sliced breaded eggplant with arugula, cheese and sun-dried tomato pesto on a mini bun.

PAN TOMATE

Fresh tomato, goat cheese and crisp fried onion on a mini bun.

Cafe Meat Eaters Sandwich Lunch Box

16.95 per box

Gluten-friendly sandwiches are available for an additional +2.25 per box.

ASSORTED SANDWICHES | Choose from a selection of the following fillings:

Grilled cajun chicken breast, montreal smoked meat, roast beef brisket, cranberry and turkey.

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.

Cafe Deli Salad Sandwich Lunch Box

16.95 per box
Gluten-friendly sandwiches are available for an additional +2.25 per box.

Sandwich Selection:

- TUNA SALAD**
With diced green olives in a citrus mayonnaise.
- PESTO CHICKEN SALAD**
Shredded chimichurri chicken in a nut-free basil pesto.
- EGG SALAD**
With citrus mayonnaise, fresh sliced cucumber.
- SMASHED CHICKPEA SALAD**
Chickpeas, celery, hummus, lettuce, and tomato.

Dessert

- WHOLE FRESH FRUIT**
Substitute whole fruit for fruit cup for an additional +3.10 per box.
- NATURE BAR **
Handmade with almond butter, dried fruit and toasted seeds.

Cafe Italian Salad Sandwich Lunch Box

16.95 per box
Gluten-friendly sandwiches are available for an additional +2.25 per box.

Sandwich Selection:

- ITALIAN COLD CUTS**
Spicy soppressata, Genoa salami, smoked speck with radicchio and green basil pistou.
- CAPRESE**
Roma tomato, bocconcini cheese, pesto, greens and balsamic.
- APPLE AND MORTADELLA**
Shaved mortadella with house-made apple mostarda, arugula, havarti.
- EGGPLANT MILANESE**
Crisp breaded eggplant with arugula, cheese and sun-dried tomato pesto.

Dessert

- WHOLE FRESH FRUIT**
Substitute whole fruit for fruit cup for an additional +3.10 per box.
- NATURE BAR **
Handmade with almond butter, dried fruit and toasted seeds.

Cafe Vegetarian Sandwich Lunch Box

16.95 per box
Gluten-friendly sandwiches are available for an additional +2.25 per box.

Sandwich Selection:

- CAPRESE**
Roma tomato, bocconcini cheese, pesto, greens and balsamic.
- PAN TOMATE**
Fresh tomato, goat cheese and crisp fried onion.
- EGGPLANT MILANESE**
Crisp breaded eggplant with arugula, cheese and sun-dried tomato pesto.
- ROASTED VEGETABLE AND FETA**
Sweet peppers, oven-dried tomatoes, spinach, feta, pesto.

Dessert

- WHOLE FRESH FRUIT**
Substitute whole fruit for fruit cup for an additional +3.10 per box.
- NATURE BAR **
Handmade with almond butter, dried fruit and toasted seeds.



Bistro Deli Salad *Sandwich Lunch Box*

22.75 per person
Gluten-friendly sandwiches and dessert are available for an additional +2.75 per person.

Sandwich Selection:

- TUNA SALAD**
With diced green olives in a citrus mayonnaise.
- EGG SALAD**
With citrus mayonnaise, fresh sliced cucumber.
- PESTO CHICKEN SALAD**
Shredded chimichurri chicken in a nut-free basil pesto.
- SMASHED CHICKPEA SALAD**
Chickpeas, celery, hummus, lettuce, and tomato.

Salad Selection:

- Select one
- WILD GREENS**  
House greens with heirloom carrots, cucumbers, watermelon radish.
 - LEAFY ATHENIAN** 
Mediterranean blend with plum tomatoes, peppers, onions, cucumber, olives, feta.
 - FARRO AND ROASTED YAM**
Super-grain farro with honey roasted yam, spinach, cranberries.
 - ROOT VEGETABLE SALAD** 
Seasonal market vegetables with herb balsamic glaze.

Dessert

- HOME-STYLE COOKIES**
Oatmeal raisin, chocolate chunk, double-chocolate
- FRESH WHOLE FRUIT**
Upgrade your whole fruit to fruit salad for an additional 3.10



Bistro Italian *Sandwich Lunch Box*

22.75 per person
Gluten-friendly sandwiches and dessert are available for an additional +2.75 per person.

Sandwich Selection:

- ITALIAN COLD CUTS**
Spicy soppressata, Genoa salami, smoked speck with radicchio and green basil pistou.
- APPLE AND MORTADELLA**
Shaved mortadella with house-made apple mostarda, arugula, havarti.
- CAPRESE**
Roma tomato, bocconcini cheese, pesto, greens and balsamic.
- EGGPLANT MILANESE**
Crisp breaded eggplant with arugula, cheese and sun-dried tomato pesto.

Salad Selection:

- Select one
- WILD GREENS**  
House greens with heirloom carrots, cucumbers, watermelon radish.
 - INSALATA GENOVESE**  
Baby spinach, radicchio, avocado, oven-dried tomatoes, artichoke.
 - BRUSCHETTA PASTA SALAD** 
Rigatoni with fresh cherry tomatoes and basil.
 - CAPRESE SALAD** 
Vine-ripened tomatoes and fresh mozzarella bocconcini.

Dessert

- HOME-STYLE COOKIES**
Oatmeal raisin, chocolate chunk, double-chocolate
- FRESH WHOLE FRUIT**
Upgrade your whole fruit to fruit salad for an additional 3.10



Bistro Meat Eaters *Sandwich Lunch Box*

22.75 per person
Gluten-friendly sandwiches and dessert are available for an additional +2.75 per person.

Sandwich Selection:

- GRILLED CAJUN CHICKEN BREAST**
With chipotle aioli and spring mix greens.
- MONTREAL SMOKED MEAT**
With ballpark mustard.
- ROAST BEEF BRISKET**
With green peppercorn aioli, arugula, and creamy horseradish.
- CRANBERRY AND TURKEY**
Oven-roasted Canadian turkey with sweet cranberry jam and Dijon mustard.

Salad Selection:

- Select one
- WILD GREENS**  
House greens with heirloom carrots, cucumbers, watermelon radish.
 - THE COUNTY GREENS** 
Romaine hearts, radicchio, local apples, cranberries, spiced walnuts.
 - CORN AND SUGAR SNAP SALAD** 
Charred corn, sugar snap peas, peppers, arugula.
 - SPICED BRASSICA** 
Roasted cauliflower with aromatic spices and Parmesan yogurt feta dressing.

Dessert

- HOME-STYLE COOKIES**
Oatmeal raisin, chocolate chunk, double-chocolate
- FRESH WHOLE FRUIT**
Upgrade your whole fruit to fruit salad for an additional 3.10



Bistro Vegetarian *Sandwich Lunch Box*

22.75 per person
Gluten-friendly sandwiches and dessert are available for an additional +2.25 per person.

Sandwich Selection:

- CAPRESE**
Roma tomato, bocconcini cheese, pesto, greens and balsamic.
- EGGPLANT MILANESE**
Crisp breaded eggplant with arugula, cheese and sun-dried tomato pesto.
- PAN TOMATE**
Fresh tomato, goat cheese and crisp fried onion.
- ROASTED VEGETABLE AND FETA**
Sweet peppers, oven-dried tomatoes, spinach, feta, pesto.

Salad Selection:

- Select one
- WILD GREENS**  
House greens with heirloom carrots, cucumbers, watermelon radish.
 - BEET AND SQUASH GREENS**  
Tuscan greens, baby kale, butternut squash, beets, pomegranate.
 - AZTEC GRAIN**  
Organic quinoa with cucumber, corn, scallions, peppers, candied ginger.
 - SHADES OF GREEN**  
Arugula, green peas, grilled asparagus, zucchini, green beans.

Dessert

- HOME-STYLE COOKIES**
Oatmeal raisin, chocolate chunk, double-chocolate
- FRESH WHOLE FRUIT**
Upgrade your whole fruit to fruit salad for an additional 3.10



Gourmand *Sandwich Lunch Box*

30.95 per person
Gluten-friendly sandwiches and dessert are available for an additional +2.75 per person.

Sandwich Selection:

- FRIED CHICKEN AND PEPPERS**
Hand-breaded chicken with mild yellow pepper sauce and pickled jalapenos.
- FALAFEL WRAP**
Falafel, hummus, tzatziki, spring mix, tomato, roasted eggplant, feta in tortilla wrap.
- STEAK AU POIVRE**
Grilled oyster blade steak with green peppercorn aioli, arugula, horseradish on pretzel bun.
- BAJA GRILLED CHICKEN WRAP**
Grilled chicken, chipotle mayo, tomato, fried onions, havarti and avocado.
- SZECHUAN TOFU LETTUCE WRAP**
Grilled teriyaki tofu with chili peppers, pea sprouts, pickled ginger, wasabi hummus in rice paper.
- VEGAN TOFU BANH MI SANDWICH**
Baguette with marinated tofu, shredded carrots, pickled cucumber, vegan mayo and cilantro.

Dessert

BROWNIE + INDIVIDUAL FRUIT SALAD

 Vegan  Gluten-Friendly

Salad Selection:

Select one

- WILD GREENS**  
House greens with heirloom carrots, cucumbers, watermelon radish.
- BEET AND SQUASH GREENS**  
Tuscan greens, baby kale, butternut squash, beets, pomegranate.
- AZTEC GRAIN**  
Organic quinoa with cucumber, corn, scallions, peppers, candied ginger.
- SHADES OF GREEN**  
Arugula, green peas, grilled asparagus, zucchini, green beans.



Signature Chicken *Protein Bowls*

A combination of one of our mouth-watering entrées and two signature salads packed into a convenient container for a light lunch on the go,

The Aegean Harvest Chicken Bowl

24.00 (3 oz) | **27.00** (6 oz)

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.

AZTEC GRAIN

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

* No Substitutions

Tuscan Honey Herb Chicken Bowl

24.00 (3 oz) | **27.00** (6 oz)

MAPLE BASIL CHICKEN

Marinated and baked with sweet basil and Canadian maple syrup.

WILD GREENS

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

BRUSCHETTA PASTA SALAD

Rigatoni pasta with fresh cherry tomatoes and basil in a light Italian dressing.

Signature Beef *Protein Bowls*

A combination of one of our mouth-watering entrées and two signature salads packed into a convenient container for a light lunch on the go,

The Boardroom Alberta Beef Bowl

26.00 (3 oz) | **29.00** (6 oz)

POMMERY HONEY BEEF

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

WALNUT & BERRIES

Tender baby spinach with a trio of fresh berries, goat cheese, candied walnuts with raspberry vinaigrette.

* No Substitutions

Peppercorn Crust Signature Beef Bowl

26.00 (3 oz) | **29.00** (6 oz)

PEPPERCORN BEEF

Grilled with a crush of peppercorns.

POMEGRANATE PULSE SALAD

Split lentils with shredded coconut, mango, pomegranate seeds and fresh herbs.

MARIGOLDS & 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.

*Good Food is
Good Mood*



Signature Fish *Protein Bowls*

A combination of one of our mouth-watering entrées and two signature salads packed into a convenient container for a light lunch on the go,

Sesame Garden Teriyaki Salmon Bowl

26.00 (3 oz) | **29.00** (6 oz)

MANDARIN TERIYAKI SALMON

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

VERMICELLI NOODLE SALAD

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

RAINBOW 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.

* No Substitutions

Tuna Seoul Bowl

26.00 (3 oz) | **29.00** (6 oz)

WILD CAUGHT TUNA

Yellowfin tuna with a soya, sesame ginger dressing.

ASIAN CORIANDER SLAW

Cabbage, carrot, cilantro, mint, with a rice wine dressing.

JAPCHAE

Sweet potato noodles with sautéed vegetables and soy-butter sauce.

Signature Vegetarian *Protein Bowls*

A combination of one of our mouth-watering entrées and two signature salads packed into a convenient container for a light lunch on the go,

Falafel and Couscous Mezze Bowl

23.00 (6 oz)

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.

* No Substitutions

Tofu Seoul Bowl

23.00 (6 oz)

GRILLED TOFU

In a soya ginger marinade.

ASIAN CORIANDER SLAW

Cabbage, carrot, cilantro, mint, with a rice wine dressing.

JAPCHAE

Sweet potato noodles with sautéed vegetables and soy-butter sauce.



*Food Tastes Better
When You Eat Together*

À La Carte *Trays & Snacks*

ANTIPASTO TRAY

A plentiful assortment of Italian dry-cured sausage, grilled and roasted vegetables and Mediterranean cheeses.

CHARCUTERIE TRAY

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

ARTISANAL CHEESE TRAY

French Comte and Ossau-Iraty Basque Sheep Cheeses, Tri-colour Gouda and Boer N’ Trots Honey Goat from Holland, Dutch Blue Velvet, and award winning Quebec Le Douanier. Served with Canadian made fig and Olive tuiles and assorted crackers.

DOMESTIC CHEESE TRAY

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

DOMESTIC AND IMPORTED CHEESE TRAY

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

CRUDITÉS AND DIP

SMOKED SALMON PLATTER

Red onion, cream cheese, lemon and mini bagels.

INDIVIDUAL BAGS OF CHIPS AND PRETZELS

INDIVIDUAL BAGS OF BUTTER-SALT POPCORN

TRI-COLOUR TORTILLA CHIPS

With salsa picante, sour cream and guacamole.

Size	SMALL	MEDIUM	LARGE
Serves	6 – 9	12 – 15	24 – 27
Guests	Guests	Guests	Guests

90175340

95185360

65125245

4078150

4585160

3560100

70135265

per serving

2.75

2.75

5.75



À La Carte *Trays & Snacks*

per serving

ASSORTED SANDWICHES AND TORTILLA WRAPS

8.75

Prepared on a daily selection of rustic, wholegrain breads and rolls.
Gluten-friendly bread available for an additional 1.25 per guest.

GOURMET SANDWICH SELECTION

13.50

Sandwich assortment on whole-grain breads, rolls and tortillas.
Gluten-friendly bread available for an additional 1.25 per guest.

VENETIAN TRAMEZZINI SANDWICHES

23.00

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.

GRAZING PLATTER (served room temperature)

Our most popular bites now available as an easy to order snack tray. Vegetable samosas, vegetable spring rolls, Java Chicken, brie and apple flatbread, and falafel bites.

Medium Tray (24 pieces) 95.00 | Large Tray(48 pieces) 185.00

FLATBREAD PLATTER (served room temperature)

An assortment of our gourmet flatbread: Bianco, Mediterranean Soppresata, Grilled Peach & Prosciutto, Tomato Toastie, and Burrata & Prosciutto.

Medium Tray (24 pieces) 95.00 | Large Tray(48 pieces) 185.00

COFFEE OR TEA IN A TRAVEL BOX (serves 12)

30.95

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

BEVERAGES

2.75

Pop, juice and flat mineral water.

SAPSUCKER SPARKLING WATER

3.75

KOSHER MEALS

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

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Vegan Gluten-Friendly

Menu Combo Options

Below is a selection of menu options to suit your own personal needs. Pricing for each option is based on the entrée 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 of four servings per protein flavour. Minimum of 4 per flavour type if selecting multiple flavours

OPTION 1

One serving each of a Salad; an Entrée **or** Pasta; Assorted Mini Pastries, Squares and Cookies; Fresh Baked Bread and Creamery Butter.

CHICKEN	30.00
BEEF	34.00
FISH	32.00
VEGETARIAN ENTRÉE	24.00
DUO OF ENTRÉES (excluding pasta)	41.00
PASTA (hot only)	22.00

OPTION 2

Two servings of Salad + one serving each of an Entrée **or** Pasta; Assorted Mini Pastries, Squares and Cookies; Fresh Baked Bread and Creamery Butter.

CHICKEN	33.00
BEEF	37.00
FISH	35.00
VEGETARIAN ENTRÉE	27.00
DUO OF ENTRÉES (excluding pasta)	45.00
PASTA (hot only)	26.00

OPTION 3

One serving each of a Salad; an Entrée **or** Pasta; a Side Dish; Assorted Mini Pastries, Squares and Cookies; Fresh Baked Bread and Creamery Butter.

CHICKEN	36.00
BEEF	40.00
FISH	38.00
VEGETARIAN ENTRÉE	27.00
DUO OF ENTRÉES (excluding pasta)	48.00
PASTA (hot only)	29.00

per guest



ADD ADDITIONAL SALAD OR SIDE 6.75 per guest
ADD FRUIT 5.65 per guest
REPLACE PASTRY WITH FRUIT 1.15 per guest



À La Carte *Salad Leafy Greens*

6.75 per person

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.

CHICORY SALAD

Sweet orange, salty feta, and aromatic red onion on a bed of greens with a white wine vinaigrette.

FARMER'S COBB SALAD

Tender greens, cucumber, tomato, cheddar, and egg. Green goddess dressing.

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 & 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.

WILD GREENS

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

WALNUT & BERRIES

Baby spinach, berry trio, goat cheese, candied walnuts, and raspberry vinaigrette.

À La Carte *Salad Pasta & Grains*

6.75 per person

AZTEC GRAIN

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

BRUSCHETTA PASTA SALAD

Rigatoni pasta with fresh cherry tomatoes and basil in a light Italian dressing.

COUSCOUS TABOULEH SALAD

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

JAPCHAE

Sweet potato noodles with sautéed vegetables and soy-butter sauce.

POMEGRANATE PULSE SALAD

Split lentils with shredded coconut, mango, pomegranate seeds and fresh herbs.

PRIMAVERA PASTA SALAD

Handmade gluten-friendly 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-friendly 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 Mixed Vegetables*

6.75 per person

AUTUMN CHICKPEAS

Protein packed chickpeas with crisp apple, radish and fresh herbs.

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.

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.

RAINBOW 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.

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.

SPICED BRASSICA

A rainbow of roasted cauliflower with aromatic spices with a creamy Parmesan and yogurt feta dressing.



Protein Selection *Chicken*

Hot or Cold

12.00 per 3 oz 19.95 per 6 oz

Halal available upon request.

ALBA CHICKEN gf

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

ASH’S BUTTER CHICKEN (available hot only) gf

Chef Ashtad’s homemade butter chicken. Tender chicken thigh braised in aromatic spices.

CREOLE CHICKEN gf

Cajun spiced chicken with a spiced tomato compote.

GREEK CHICKEN GRILL gf

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

MAPLE BASIL CHICKEN gf

Marinated and baked with sweet basil and Canadian maple syrup.

ROTISSERIE CHICKEN gf

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

SANTA FE CHICKEN gf

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

STUFFED CHICKEN (available hot only) gf

Chef’s special stuffed chicken supreme.

Protein Selection *Beef*

Hot or Cold

15.00 per 3 oz 22.00 per 6 oz

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

CARAMELIZED BEEF gf

Grilled aged flat iron finished with balsamic caramelized onions.

BEEF BOURGUIGNON (available hot only) gf

The traditional French dish of braised beef, pearl onions, and carrot in a red wine sauce.

KERALA SPICE CRUSTED BEEF (available hot only) gf

Tender beef stewed in a tomato broth with aromatic Indian spices and finished with coconut milk.

MESQUITE BEEF gf

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

ORANGE MISO BEEF gf

Grilled flat iron beef marinated with miso and orange. Garnished with pickled banana peppers and fresh orange.

PEPPERCORN BEEF gf

Grilled with a crush of peppercorns.

POMMERY HONEY BEEF gf

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

STEAK ALVADANE gf

Flat iron beef marinated in Worcestershire sauce and finished with a fig balsamic glaze.

Protein Selection *Fish*

Hot or Cold

15.00 per 3 oz 20.00 per 6 oz

Marigolds & 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.

BLACKENED WHITE FISH 
Charred white fish, with Cajun spices.

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

GOCHUJANG SALMON 
Grilled Atlantic salmon with a sweet and spicy gochujang chili sauce with cilantro and sesame seeds.

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.

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.

WHITE FISH A LA PANCHA 
Pan-fried white fish with a tomato, caper and olive sauce.



Entrée Selection *Vegetarian & Vegan*

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 (can be made vegan) 
Maple and smoked paprika rubbed tofu steaks layered with candied sweet potato, caramelized onion and mascarpone cheese.

PORTOBELLO CAP (can be made vegan) 
Roasted portobello cap topped with basil marinated tomatoes, artichokes and shaved Asiago cheese.

FORBIDDEN SQUASH  
Wedges of acorn squash maple pommery mustard and topped with maple chippits and black rice with edamame and roasted radish.

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.



Sides *Potatoes* Hot Only

6.75 per serving

ROASTED GARLIC MASHED POTATO

Creamy mashed red-skin potato with house-roasted garlic.

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.

SMOKED PAPRIKA ROASTED SWEET POTATO WEDGES

With chipotle aioli.



Sides *Rice & Grains* Hot Only

6.75 per serving

COCONUT RICE

Delicate basmati steamed and lightly scented with coconut milk. Garnished with multitoned 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 red and white quinoa with herb roasted squash, sweet potato and red peppers, tossed with garlic leeks.

TAMARI FRIED RICE

Stir-fried rice with a melange of vegetables and scrambled eggs.



Sides *Vegetables* Hot Only

6.75 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.

SPICED CAULIFLOWER

Roasted cauliflower tossed in our chef’s special spice mix.

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.



 Vegan  Gluten-Friendly



Soups

Minimum order of 10 servings

7.50 per serving

CREAM OF FOREST MUSHROOM

PUREE OF POTATO & LEEK

QUINOA MINISTRONE

ROASTED RED PEPPER, TOMATO & BASIL

Pastas

10.00 per serving

MACARONI AND AGED CHEDDAR

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

CAMPANELLA ALLA VODKA

Handmade campanelle pasta with a traditional vodka rose sauce.

MUSHROOM AGNOLOTTI AL LIMONE

Wild mushroom stuffed agnolotti in a bright lemon cream sauce.

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Sweets Menu

À La Carte *Pastries & Bites*

BUTTER SHORTBREADS AND BISCOTTI

HOME-STYLE COOKIES

Oatmeal raisin, chocolate chunk, and double-chocolate.

ASSORTMENT OF M&O’S FRESH BAKED COOKIES

ASSORTMENT OF M&O’S FRESH BAKED COOKIES, AND SQUARES

ASSORTMENT OF M&O’S FRESH BAKED COOKIES, SQUARES AND FRENCH PASTRIES

ASSORTMENT OF GLUTEN-FRIENDLY FRESH BAKED SQUARES AND COOKIES

Key lime square, vegan dried fruit cookie, chocolate chunk cookie, double-chocolate sugar cookie, iced brownie, upside down fruit cake.

M&O’S MINI CUPCAKE COLLECTION

A striking array of decadent hand-decorated mini cupcakes.

CHEESECAKE LOLLIPOPS

CHOCOLATE DIPPED STRAWBERRIES

MACARON DONUTS

Miniature almond macaron, donut shaped and glazed with an assortment of fun toppings.

TRADITIONAL FRENCH ALMOND MACARONS

per serving

2.25

1.75

2.25

2.95

3.35

3.75

3.50

3.50

3.50

4.95

3.95



Individual *Desserts*

(minimum 24 hours notice)

8.95 per serving

CLASSIC NEW YORK CHEESECAKE

Silky creamed cheesecake with a graham crust, seasonal berries and whipped ganache

POACHED PEAR

Red-wine poached ripe pear in an mascarpone mousse topped with a sesame crunch.

CHOCOLATE TART

Rich chocolate tart shell with caramel whipped ganache filling.

CROSTATA DI LIMONE

Lemon and coconut vegan cream in a gluten-friendly flaky shell.

Cake Selection

(minimum 24 hours notice)

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





m&so

marigoldsandonions.com

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