



Marigolds & Onions
CATERING & EVENT PRODUCTION

Daily Menu
Package 2018

Table of Contents

Order Guidelines	1
Environmental Policy.....	2
Breakfast Menus.....	3
Continental Breakfast	3
Healthy Breakfast Options.....	3
Hot Breakfast Menu	4
Healthy Hot Breakfast Menu.....	4
Lunch and Dinner Menus	5
The Tourist Class Sandwich Lunch.....	5
The Business Class Sandwich Lunch.....	6
First Class Sandwich Lunch.....	7
Tourist Class Box Option	8
Business Class Box Option.....	8
First Class Box Option	8
Menu Combo Options.....	9
Menu Combo Options Continued	10
Menu Combo Options Continued	11
Salad Menus.....	12
À la Carte Salad Selection – Leafy Green Salads	12
À la Carte Salad Selection – Pasta & Grain Salads	13
À la Carte Salad Selection – Mixed Vegetable Salads.....	14
Protein Menus.....	15
Protein Selection – Chicken	15
Protein Selection – Beef.....	16
Protein Selection – Fish	17
Sides.....	18
Sides – Potatoes.....	18
Sides - Rice and Grains.....	18
Sides – Vegetables.....	19
Vegetarian Entrée Selection.....	19
Pastas.....	20
Layered Pasta Selection.....	20
The Tourist Class Pasta.....	20
The Business Class Pasta.....	20
The First Class Pasta.....	21
À la Carte Menus.....	21
À la Carte Menu – Cold Breakfast Ideas	21
À la Carte Menu – Hot Breakfast Ideas.....	22
À la Carte Menu – Trays and Snack Ideas.....	23
Sweet Endings.....	26
Pastry Ideas	26
Individual Dessert Options.....	26
Cake Selection.....	26

ORDER GUIDELINES

1. Weekday Orders

All orders should be received by web order or email no later than **4:00 PM** of the business day prior. 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.

2. Weekend Orders and Weekend Order Modification

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

3. Weekday Order Modification

As per our service standards, we will do our utmost to accommodate any changes. However, any changes received by Marigolds and Onions after **3:00 pm** on the day prior to your weekday delivery will have to be approved by your customer service representative or account manager.

4. Order Cancellations

Cancellations must be received by phone or email during business hours, 9:00 am to 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.

5. Delivery Minimum

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

6. Delivery Charge

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

7. Re-usable 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.

8. Disposables

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

9. Allergies

We take every precaution necessary to prevent cross contamination. Nonetheless, Marigolds and Onions does not accept liability or responsibility for any allergic reaction, caused by any items consumed.

10. Pricing

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

11. Standards for Delivery

We will always do our utmost to perform deliveries at the time requested, but we may be earlier than requested. Our delivery staff will not be responsible to open or set up any of the food being delivered. However, if you require assistance to set-up, please speak with customer service who can assist you in arranging staffing.



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 wherever possible. We believe our continued efforts and behaviour will contribute to the sustenance of our environment.

Just a few of our daily steps

- Use of email versus printed materials
- Strive to choose local suppliers.
- Support manufacturers and distributors who have green policies in place.
- All leftover food is donated to a local charity.
- Marigolds and Onions advocate the "**Blue Box**" program.
- "Domtar Earth Choice" our only internal paper source, is certified by the Forest Stewardship council (FSC) which guarantees that it is made from wood products that come from responsibly managed forests and verified recycled sources.
- Reuse all folders & hanging files from our event work. For all event filing, we have switched over to event binders, which are reused after each event. For all Daily Catering orders, we have now eliminated 85% of the paper and are striving to make this a 100% paper free process.
- Marigolds and Onions makes every effort to sell or recycle used equipment at the end of the product's life cycle
- Use of Hybrid vehicles whenever possible
- All staff at Marigolds and Onions use ceramic mugs and reusable plastic cups for hot and cold beverages consumed during working hours.
- Deliveries are scheduled by area & time to maximize driving efficiency and minimize emission of gases. There is no idling policy with our vehicles.
- Our fluorescent bulbs were retrofitted with more energy efficient ballasts and bulbs. The net result is a 8852kW savings per year
- Marigolds and Onions is proud to participate in a savings blitz program provided by Toronto Hydro, involving retrofitting our fluorescent light fixtures with more energy efficient bulbs and ballasts.



CONTINENTAL BREAKFAST

\$7.70 per guest with no beverages

\$9.45 per guest with beverages

An additional charge applies when substituting a gluten-free option. Optional beverages may include apple, orange, grapefruit, cranberry juices & bottled water. Price does not include disposables, staff charges, delivery or applicable taxes.

Bakers Basket

Pain au chocolate croissants, butter croissants, citrus glazed madeleines, assorted fruit and custard Danishes, sweet & savoury scones, rugalach crescents, cinnamon swirls, muffins, bagels and assorted morning loaves.

Gluten-free pastries available for an additional \$1.40 per guest.

Accompanied by butter, preserves and cream cheese.

Fresh Sliced Seasonal Fruit

Garnished with fresh berries.

HEALTHY BREAKFAST OPTIONS

\$8.75 per guest with no beverages

\$10.50 per guest with beverages

An additional charge applies when substituting a gluten-free option. Optional beverages may include apple, orange, grapefruit, cranberry juices & bottled water. Price does not include disposables, staff charges, delivery or applicable taxes.

Freshly Baked Muffins

Home baked assortment to include summer berry with cornmeal crunch, apple bran with cinnamon crumble and wholegrain banana with cracked quinoa crumble.

Gluten-free pastries available for an additional \$1.10 per guest

Granola and Balkan Style Yogurt

Homemade gluten-free granola with sunflower and sesame seeds, cinnamon and clover honey. Topped with an assortment of dried fruits.

Fresh Sliced Seasonal Fruit

Garnished with fresh berries.

HOT BREAKFAST MENU

\$15.65 per guest

An additional charge applies when substituting a gluten-free option. Price does not include disposables, staff charges, delivery or applicable taxes.

Bakers Basket

Pain au chocolate croissants, butter croissants, citrus glazed madeleines, assorted fruit and custard Danishes, sweet & savoury scones, rugalach crescents, cinnamon swirls, muffins, bagels and assorted morning loaves.

Gluten-free pastries available for an additional \$0.70 per guest

Accompanied by butter, preserves and cream cheese.

Farm Fresh Scrambled Eggs

Accented with fresh herbs.

Accompanied by...

Maple cured bacon slices.

Or**

Breakfast sausages.

Crisp Cut Home Fries

Fresh Sliced Seasonal Fruit

Garnished with fresh berries.

**To include both bacon and sausage add \$1.35 per guest

HEALTHY HOT BREAKFAST MENU

\$17.25 per guest

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

Baked Eggs

With creamy goat cheese, baby spinach and oven-dried tomatoes served in individual cups.

Fresh Fruit Skewers with Low-Fat Berry Yogurt Dip

Locally Farmed Turkey Sausage

Mini Bagel

Accompanied by butter, preserves and cream cheese.

or

Gluten-free Nature Bar

Handmade with almond butter, dried fruit and toasted seeds.

THE TOURIST CLASS SANDWICH LUNCH

\$12.70 per person

An additional charge of \$1.95 applies when substituting a gluten-free sandwich and dessert option. An additional charge of \$0.80 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately. Price does not include disposables, staff charges, delivery or applicable taxes.

Marigolds and Onions' Signature Salad

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

Assorted Sandwiches and Tortilla Wraps

Prepared on a daily selection of rustic, wholegrain breads and rolls filled with an assortment of the following fillings...

Solid White Albacore Tuna

With diced green olives in a citrus mayonnaise.

Chunky White Chicken Salad

With Asiago aioli and roasted artichokes.

Peppercorn Encrusted Sterling Silver Roast Beef

Accented with roasted marinated tomatoes, arugula and creamy horseradish.

Chopped Egg Salad

With citrus mayonnaise, fresh sliced cucumber and watermelon radish.

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.

Smoked Turkey Breast and Cheese

Shaved and accented with roasted pepper spread and jalapeno Havarti.

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.

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.

Havarti and Cucumber

Spiced Havarti cheese, crispy cucumber, and creamy hummus.

A selection of Marigolds and Onions Fresh Baked Squares and Home-Style Cookies.

THE BUSINESS CLASS SANDWICH LUNCH

\$18.30 per guest

An additional charge of \$2.25 applies when substituting a gluten-free sandwich and dessert option. An additional charge of \$0.80 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately. Price does not include disposables, staff charges, delivery or applicable taxes.

Pasta Salad of the Day

Wild Greens

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

Assorted Sandwiches and Tortilla Wraps

Prepared on a daily selection of rustic, wholegrain breads and rolls filled with an assortment of the following fillings...

Solid White Albacore Tuna

With diced green olives in a citrus mayonnaise.

Chunky White Chicken Salad

With Asiago aioli and roasted artichokes.

Peppercorn Encrusted Sterling Silver Roast Beef

Accented with roasted marinated tomatoes, arugula and creamy horseradish.

Chopped Egg Salad

With citrus mayonnaise, fresh sliced cucumber and watermelon radish.

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.

Smoked Turkey Breast and Cheese

Shaved and accented with roasted pepper spread and jalapeno Havarti.

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.

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.

Havarti and Cucumber

Spiced Havarti cheese, crispy cucumber, and creamy hummus.

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

\$21.75 per guest

An additional charge of \$3.25 applies when substituting a gluten-free sandwich and dessert option. An additional charge of \$0.80 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately. Price does not include disposables, staff charges, delivery or applicable taxes.

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.

The County Greens

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

Assorted Gourmet Sandwich Selection

Curried Shrimp

Sweet coconut tiger shrimp mildly spiced with red curry and studded with sweet potato, ripe mango and baby spinach leaves bound in multi-toned tortilla wraps.

Peppered Flat Iron Steak

Medium rare steak, caramelized onion, roasted peppers, rocket lettuce and stilton cream on a stone milled baguette.

Roasted Pear and Fennel

Triple crème brie and creamed Roquefort, honey roasted pear, shaved fennel and radicchio on our own freshly baked multigrain ciabatta bun.

Chicken Milanese

Panko crusted chicken breast, roasted artichoke, tomato relish, Gaeta tapenade on a rosemary focaccia.

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.

Salmon Filet

Chardonnay poached salmon with fresh orange, anise and tiny mixed greens on an herb baguette.

Fresh Sliced Seasonal Fruit

Garnished with fresh berries.

Assorted Biscotti Fingers

TOURIST CLASS BOX OPTION

\$13.00 per box

An additional charge of \$1.15 applies when substituting a gluten-free option. Price does not include disposables, staff charges, delivery or applicable taxes.

Assorted Sandwiches on multigrain bread, rosemary focaccia & multigrain ciabatta.

Choose from a selection of the following fillings:

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

Gluten-Free Nature Bar

Handmade with almond butter, dried fruit and toasted seeds.

Whole Fresh Fruit**

**Substitute Whole Fruit for Fruit Cup for an additional \$2.95 per box

BUSINESS CLASS BOX OPTION

\$16.45 per box

An additional charge of \$2.65 applies when substituting a gluten-free sandwich and cookie. An additional charge of \$0.80 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately. Price does not include disposables, staff charges, delivery or applicable taxes.

Assorted Sandwiches on multigrain bread, rosemary focaccia & multigrain ciabatta.

Choose from a selection of the following fillings:

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

Salad

Select only one per order from the "Pasta & Grain" or "Mixed Vegetable" salads on pages 13 & 14.

Whole Fresh Fruit**

Home-style Cookie

**Substitute Whole Fruit for Fruit Cup for an additional \$2.95 per box

FIRST CLASS BOX OPTION

\$24.15 per box

An additional charge of \$2.65 applies when substituting a gluten-free sandwich and dessert. Price does not include disposables, staff charges, delivery or applicable taxes.

Gourmet Sandwich

Choose from a selection of the following fillings:

Peppered Steak, Roasted Pear and Fennel, Chicken Milanese, Szechuan Tofu Lettuce Wrap, Salmon Filet.

Salad

Select only one per order from the "Pasta & Grain" or "Mixed Vegetable" salads on pages 13 & 14.

Fresh Fruit Salad

Decadent Chocolate Brownie

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

Add fruit to any of the following options: \$3.45 per guest
Replace a pastry item with fruit in any of the following options: \$1.35 per guest

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	\$21.20 per guest
Beef only	\$22.30 per guest
Salmon or Rainbow Trout only	\$23.35 per guest
Vegetarian Entree only	\$20.45 per guest
Duo of Protein (any two)	\$30.75 per guest
Tourist Class Pasta	\$20.95 per guest
Business Class Pasta	\$22.00 per guest
First Class Pasta	\$23.10 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	\$23.60 per guest
Beef only	\$24.65 per guest
Salmon or Rainbow Trout only	\$25.75 per guest
Vegetarian Entree only	\$22.80 per guest
Duo of Protein (any two)	\$33.15 per guest
Tourist Class Pasta	\$23.35 per guest
Business Class Pasta	\$24.40 per guest
First Class Pasta	\$25.45 per guest

MENU COMBO OPTIONS CONTINUED

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

Add fruit to any of the following options: \$3.45 per guest
Replace a pastry item with fruit in any of the following options: \$1.35 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	\$26.00 per guest
Beef only	\$27.05 per guest
Salmon or Rainbow Trout only	\$28.10 per guest
Vegetarian Entree only	\$25.20 per guest
Duo of Protein (any two)	\$35.80 per guest
Tourist Class Pasta	\$25.75 per guest
Business Class Pasta	\$26.80 per guest
First Class Pasta	\$27.85 per guest

Option 4

2 Servings 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	\$28.40 per guest
Beef only	\$29.45 per guest
Salmon or Rainbow Trout only	\$30.50 per guest
Vegetarian Entree only	\$27.60 per guest
Duo of Protein (any two)	\$38.20 per guest
Tourist Class Pasta	\$28.10 per guest
Business Class Pasta	\$29.15 per guest
First Class Pasta	\$30.25 per guest

MENU COMBO OPTIONS CONTINUED

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

Add fruit to any of the following options: \$3.45 per guest
Replace a pastry item with fruit in any of the following options: \$1.35 per guest

Option 5

1 Serving of Salad
1 Serving of Protein or Pasta
2 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	\$30.75 per guest
Beef only	\$31.80 per guest
Salmon or Rainbow Trout only	\$32.90 per guest
Vegetarian Entree only	\$29.95 per guest
Duo of Protein (any two)	\$40.55 per guest
Tourist Class Pasta	\$30.50 per guest
Business Class Pasta	\$31.55 per guest
First Class Pasta	\$32.60 per guest

Option 6

2 Servings of Salad
1 Serving of Protein or Pasta
2 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	\$33.40 per guest
Beef only	\$34.45 per guest
Salmon or Rainbow Trout only	\$35.55 per guest
Vegetarian Entree only	\$32.60 per guest
Duo of Protein (any two)	\$43.20 per guest
Tourist Class Pasta	\$33.15 per guest
Business Class Pasta	\$34.20 per guest
First Class Pasta	\$35.25 per guest

À LA CARTE SALAD SELECTION – LEAFY GREEN SALADS

\$5.25 per serving

An additional charge of \$0.80 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately. Price does not include disposables, staff charges, delivery or applicable taxes.

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.

Caesar Salad

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

Chick Peas and Greens

Arugula and romaine topped with cumin toasted chick peas, roasted leeks and grape tomatoes. Served with roasted tomato vinaigrette.

Duo of Beets and Greens

Roasted baby beets, a julienne of fresh golden beets and pumpkin seed granola on a selection of baby greens and romaine lettuce. Served with apple balsamic 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.

Kaleslaw

New Chopped salad of Tuscan kale, red and nappa cabbages, arugula and heirloom carrots. Tossed with organic red quinoa grains and toasted pumpkin seeds. Served with citrus tahini dressing.

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.

Roasted Vegetable and Orange Greens

New Crisp romaine and Treviso radicchio topped with cracked pepper roasted heirloom carrots and red onions. Garnished with orange sections. Served with spicy red wine vinaigrette.

Spinach and Roasted Veggies

Fennel scented roasted sweet potato, fried green beans and blistered tomatoes served over baby spinach. Served with an herb and tomato vinaigrette.

The County Greens

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

Wild Greens

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

À LA CARTE SALAD SELECTION – PASTA & GRAIN SALADS

\$5.25 per serving

An additional charge of \$0.80 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately. Price does not include disposables, staff charges, delivery or applicable taxes.

Aztec Grain

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

Beans, Peas and Grains

New

7-Bean blend, crisp sugar snap peas, fire roasted corn and Freekah grains. Tossed with fresh cilantro leaves, rice wine and extra virgin olive oil.

Curried Ramen Noodle

New

Curry and ginger spiced egg noodles blended with baby bok-choy, heirloom carrots, celery and crisp fried tofu strips. Tossed with fresh cilantro leaves, rice wine and extra virgin olive oil.

Farro and Roasted Yam

New

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

Greek Style Rice Salad

Delicate grains of basmati rice tossed with the traditional Greek flavours of crisp cucumber, Kalamata olives, Bermuda onion, grape tomatoes, feta cheese and fresh mint. Dressed with fresh lemon juice, olive oil and oregano.

Israeli Grains

Organic quinoa and the new super grain, freekah (heart of the green wheat kernel) garnished with dried dates, fresh Fuji apples, hearty greens and fire roasted zucchini. Dressed with citrus herb dressing.

Mighty Greens Pasta Salad

Orecchiette pasta, the traditional ear shaped pasta from Italy's Puglia region, is tossed with "super green" kale, roasted red peppers and tender chick peas. Tossed with rice wine vinegar and extra virgin olive oil.

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.

À LA CARTE SALAD SELECTION – MIXED VEGETABLE SALADS

\$5.25 per serving

An additional charge of \$0.80 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately. Price does not include disposables, staff charges, delivery or applicable taxes.

*Note: This salad is not available in any lunch boxes.

Caprese Salad

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

Cauliflower Two Ways

Cumin roasted cauliflower and turmeric poached cauliflower garnished with baby arugula and drizzled with tahini dressing.

Corn and Sugar Snap Salad

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

Island Coleslaw

A wonderfully light slaw of shredded green cabbage, cucumber, heirloom carrots and green onions. Tossed with lemon and lime white wine vinaigrette.

Kale and Apple Slaw*

Hand shredded green kale and cabbage tossed with crisp royal gala apples, green onions and roasted pumpkin seeds. Dressed with mustard seed, fresh pressed lemon juice, rice wine vinegar and olive oil.

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.

Roasted Mediterranean Veg Salad

Oregano and basil baked wedges of eggplant, fennel and parsnip. Topped with roasted leeks.

Root Vegetable Salad

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

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)

\$9.05 per 4 ounce serving | \$11.95 per 7 ounce serving

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

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

Alba Chicken

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

Apricot Chicken

Roasted breast of chicken glazed with the Moroccan flavours of harissa, buckwheat honey and apricot.

Chickpea and Chevre Stuffed Chicken

New Stewed chickpeas and goat cheese stuffed chicken breast. Roasted and finished with a Cumin, fennel and aji pepper glaze.

Cilantro Pesto Chicken

New Cumin marinated breast of chicken, roasted and glazed with a cilantro and roasted garlic pesto.

Greek Chicken Grill

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

Honey and Basil Chicken

Marinated and baked with sweet basil and orange blossom honey.

Hot and Sour Chicken

New Chili and plum sauce glazed grilled breast of chicken. Scented with rosemary, lemon and lime juices.

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.

Shawarma Crusted Chicken

Chicken breast marinated in traditional shawarma spices and falafel crusted.

Smokey Mustard Chicken

Chili and smoked paprika marinated chicken breast. Roasted and finished with Miele Dijon mustard and fresh coriander.

PROTEIN SELECTION – BEEF (AVAILABLE HOT OR COLD)

\$10.10 per 4 ounce serving | \$13.00 per 7 ounce serving

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

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.

Ginger Wasabi Beef

Marinated in rice vinegar, wasabi and ginger; grilled and topped with a crust of chili sesame.

Korean Beef Sizzle

NEW

Charred Flat Iron Steak marinated and topped with bulgogi and sriracha sauces and a sprinkling of red and white sesame seeds.

Mesquite Beef

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

Moroccan Beef

NEW

Roasted AAA Flat Iron Steak topped with traditional earthy Moroccan spices, honey, molasses and house-made ketchup.

Peppercorn Beef

Grilled with a crush of peppercorns.

Red Chimichurri Beef

NEW

Grilled Flat Iron Beef topped with a traditional Argentinean Chimichurri of garlic, basil, cilantro, chillies and olive oil complimented with marinated garlic tomatoes.

Tuscano Beef

Charbroiled flat iron steak topped with a crush of oven-dried tomato pesto, fried capers and fresh horseradish.

PROTEIN SELECTION – FISH (AVAILABLE HOT OR COLD)

\$11.15 per 3 ounce serving | \$14.05 per 6 ounce serving

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

Rainbow Trout

In an ongoing effort to support environmental responsibility, we are featuring locally sourced rainbow trout which has been sustainably farmed. We are working directly with suppliers to receive the freshest shipments on a regular basis.

Citrus Rainbow Trout

Sweet water trout rubbed with mandarina relish and fresh chopped dill.

New Maple and Caper Rainbow Trout

Roasted Ontario Rainbow Trout glazed with a pistou of caper, tarragon, roasted garlic and maple syrup.

Atlantic Salmon

We serve only centre cut Atlantic salmon from certified environmentally conscious suppliers. Our suppliers are held to high standards of environmental responsibility, animal health & welfare, food safety and social responsibility.

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 salmon glazed with honey, fresh thyme, harissa spice and a squeeze of lemon.

New Miso Salmon

Grilled Salmon finished with Orange, white miso, pickled and fresh ginger glaze.

New Montreal Steak Spiced Salmon

Roasted filet of salmon marinated with house-made blend of Montreal Steak Spice. Finished with an olive oil, honey and fresh lemon glaze.

Rocky Mountain Salmon

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

Za'atar Salmon

Fresh salmon filets marinated with sesame, sumac and Mediterranean herbs.

SIDES – POTATOES (AVAILABLE HOT ONLY)

\$5.25 per serving

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

New

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.

New

Mesquite Potato

Mesquite roasted mini red skin potatoes finished with fresh lemon zest and parsley.

Roasted Rosemary Potato

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

SIDES - RICE AND GRAINS (AVAILABLE HOT ONLY)

\$5.25 per serving

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

New

Basmati and Roasted Root Vegetable Pilaf

Turmeric spiced basmati pilaf garnished with a julienne of roasted cauliflower and sweet potato.

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)

\$5.25 per serving

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

Grilled Vegetables

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

Heirloom Carrots

Oven caramelized heirloom carrots tossed with toasted cumin and coriander and topped with house-dried raisins.

Medley of Seasonal Roast

With a garlic, thyme and extra virgin olive oil.

New

Roasted Cauliflower

Turmeric roasted cauliflower with toasted cumin and coriander with extra virgin olive oil.

Steamed Medley of Vegetables

Seasonal selection of local vegetables tossed with fresh herbs.

VEGETARIAN ENTRÉE SELECTION (AVAILABLE HOT OR COLD)

\$10.35 per serving

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

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

Eggplant Napoleon¹

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 Stack¹

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

New

Mediterranean Squash Tart

Crisp tart shell filled with roasted squash, caramelized onion, fig preserve and creamy Fontina cheese.

Portobello Cap¹

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

LAYERED PASTA SELECTION (GLUTEN-FREE)

\$58.30 per pan (each pan serves 6-9 guests)

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

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.

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.

THE TOURIST CLASS PASTA (GLUTEN-FREE)

\$11.15 per serving

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

Baked Cannelloni

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

Baked Manicotti

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

THE BUSINESS CLASS PASTA

\$12.20 per serving

Add grilled chicken for an additional charge of \$9.05 per serving. Gluten-free penne is available for an additional \$1.35 per guest, but will be delivered cold with reheating instructions.

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

Boccontini Alla Grecque

New Tube shaped 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.

Orecchiette Mac'n Cheese Arrabiata

New A play on the classic. Orecchiette pasta served with cheddar and Jalapeno Havarti cheese sauce. Topped with dollops of creamed ricotta cheese and buttered panko crust.

THE FIRST CLASS PASTA

\$13.25 per serving

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

New

Mushroom Medallions Louisiana Style

Fresh layers of pasta filled with cremini mushrooms and parmesan cheese. Tossed with a smoky tomato cream sauce and a trio of peppers.

Squash Ravioli Primavera

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

À LA CARTE MENU – COLD BREAKFAST IDEAS

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

¹These items are Vegan

Assortment of Morning Pastries	\$2.00 per piece
Assortment of Gluten-Free Morning Pastries	\$2.65 per piece
Spiced morning glory muffin	
Lemon poppy seed loaf	
Blueberry cornmeal muffin with citrus glaze ¹	
Pumpkin chocolate chunk muffin with cracked quinoa crumble ¹	
Assortment of bagel thins (whole grain flax and plain) ¹	
Assortment of Miniature Bagels	\$1.15 per piece
Accompanied by butter, preserves and cream cheese.	
Balkan Style Yogurt and <i>Gluten-Free</i> Granola	\$5.05 per serving
Parfait of Creamy Plain Yogurt and <i>Gluten-Free</i> Granola with Mango Peach Compote	\$5.05 per serving
Individual Activia™ Yogurt	\$2.50 per piece
Cinnamon Swirl Lollipops	\$2.65 per piece
Fresh Fruit Display	\$4.55 per serving
Fresh Fruit Skewers	\$4.80 per serving
With low fat berry honey yogurt dip.	
Fresh Whole Fruit	\$1.35 per piece
Fresh Berries	\$6.65 per serving
Gluten-Free Nature Bar	\$3.45 per piece
Handmade with almond butter, dried fruit and toasted seeds.	

À LA CARTE MENU – HOT BREAKFAST IDEAS

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

Hot Breakfast Sandwich Collection

Traditional Sandwich (minimum 4 per order) \$6.90 per serving
English muffin, scrambled egg patty, hickory smoked bacon and aged cheddar.

Croissant and Brie Sandwich (minimum 4 per order) \$6.90 per serving
Triple crème brie, scrambled eggs, roasted asparagus.

New **Italian Breakfast Egg Sandwich (minimum 4 per order)** \$6.90 per serving
Mediterranean brioche bun, scrambled egg patty, Parma smoked ham, fontina cheese and a sprinkle of ricotta salata.

Wild Mushroom Bagel Sandwich (minimum 4 per order) \$6.90 per serving
Gluten-free flax bagel with scrambled eggs, wild mushroom sauté, bacon and bubbly Swiss.

Baked Eggs \$8.25 per piece
With creamy goat cheese, baby spinach and oven-dried tomatoes served in individual cups.

Farm Fresh Scrambled Eggs \$6.65 per serving

Locally Farmed Turkey Sausage \$2.65 per serving

Maple-Cured Bacon or Breakfast Sausage \$2.70 per serving

Oven-Baked Roma Tomato \$4.20 per serving
With basil panko crust.

Yukon Gold Hash Brown Potatoes \$4.55 per serving

Hash Brown Triangle Patty \$2.40 per piece

Hot Oatmeal with House Dried Fruit \$4.40 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.

À LA CARTE MENU – TRAYS AND SNACK IDEAS

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

Antipasto Tray Dry cured Italian sausage, marinated bocconcini, Fontina ribbons, grilled zucchini and peppers, roasted artichokes, olives, oven-dried garlic marinated tomatoes, roasted red pepper aioli, taralli and grissini.	\$10.55 per serving
Charcuterie Tray Pate, prosciutto, salami, bresaola, sour gherkins, pickled onions. Served with soft and crisp flatbreads.	\$10.55 per serving
Mezze Tray 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.	\$10.55 per serving
Artisanal Cheese Platter 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. <i>Gluten-free crackers available for an additional \$0.80 per guest</i>	\$9.50 per serving
Domestic Cheese Tray Garnished with grape clusters, strawberries, crackers and Raincoast crisp crackers. <i>Gluten-free crackers available for an additional \$0.80 per guest</i>	\$5.05 per serving
Domestic and Imported Cheese Tray Garnished with grape clusters, strawberries, crackers and Raincoast crisp crackers. <i>Gluten-free crackers available for an additional \$0.80 per guest</i>	\$5.85 per serving
Crudités and Dip Display	\$4.00 per serving
Gluten-Free Nature Bar Handmade with almond butter, dried fruit and toasted seeds.	\$3.45 per piece
Individual Bags of Chips and Pretzels	\$1.90 per serving
Root Chips and Artichoke Dip Sweet potato, beets and carrots.	\$4.55 per serving
Smoked Salmon with Capers Red onion, cream cheese, lemon and flatbreads.	\$9.50 per serving
Tri-colour Tortilla Chips With salsa picante, sour cream and guacamole.	\$4.80 per serving
Beverages Pop, juice and flat mineral water.	\$1.75 per each
Plain and Lemon Sparkling Water	\$3.20 per each
Coffee & Tea in a Thermos (8 Servings per Thermos) Includes sugar, sweetener, tea bags, milk and cream, disposable coffee cups and stir sticks.	\$20.80 per thermos

À LA CARTE MENU – LUNCH AND SNACK IDEAS CONTINUED

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

Sandwich Assortment \$6.35 per serving
Prepared on whole grain breads, rolls and tortillas.

Assortment of Sandwiches on Gluten-free Whole-grain Breads and Bagel Thins \$7.45 per serving
Grilled chicken, tuna salad, egg salad, roast beef and smoked turkey.

Gourmet Sandwich Selection \$9.85 per serving
Sandwich assortment on whole-grain breads, rolls and tortillas.

Make Your Own Sandwich \$9.50 per serving
Sliced deli meats to including turkey breast, roast beef, ham, smoked meat, grilled herb and citrus chicken and Italian cold cuts. Dairy fillings to including egg, tuna and chicken salads. Accompanied by a generous assortment of sandwich condiments and bread.

Venetian Tramezzini Sandwiches \$17.00 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 \$18.05 per dozen

Soups (Minimum Order of 10 Portions) \$6.65 per serving

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

Cream of Forest Mushroom

Cream of Leek, Yukon Potato and Cheddar

Mediterranean Vegetable and Organic Farro Grain

New Puree of Tuscan Bean, Roasted Garlic and Basil

New Quinoa Minestrone

New Traditional Beet Borscht

Kosher Meals

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.

Price Varies

À LA CARTE MENU – LUNCH AND SNACK IDEAS CONTINUED

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

Assorted Cool and Warm Bites (Minimum 48 hours' notice required)

Note: 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 onsite to finish assembly. Please speak with customer service or an account manager to arrange staffing.

Fresh Rolled Sushi (Minimum 5 Dozen and 48 hours' notice)

Assortment of 5 Maki Rolls \$35.40 per dozen

Aubergine Roll (tempura baby eggplant and avocado)

Cucumber Roll

Salmon Dragon Roll

(fresh Atlantic salmon laid atop a roll of avocado, unagi, tempura crunch, and tobiko caviar)

Spider Roll (soft shell crab, lettuce, avocado and tobiko caviar)

Spicy Tuna (fresh tuna and spicy tobiko mayonnaise)

Assortment of Maki Rolls and Nigiri \$39.00 per dozen

Assorted Nigiri (tuna, salmon and shrimp)

Aubergine Roll (tempura baby eggplant and avocado)

Cucumber Roll

Spider Roll (soft shell crab, lettuce, avocado and tobiko caviar)

Assorted Cool and Warm Bites (Minimum 48 hours' notice) \$35.40 per dozen

Consult with customer service or your account manager for full bites selection.

PASTRY IDEAS

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

¹These items are Vegan

Butter Shortbreads and Biscotti	\$1.60 per piece
Home-Style Cookies Oatmeal raisin, chocolate chunk, double-chocolate, white chocolate macadamia.	\$1.05 per piece
Assortment of Marigolds and Onions Fresh Baked Cookies	\$1.60 per piece
Assortment of Marigolds and Onions Fresh Baked Cookies, and Squares	\$2.15 per piece
Assortment of Marigolds and Onions Fresh Baked Cookies, Squares, and French Pastries	\$2.40 per piece
Assortment of Gluten-free Fresh Baked Squares and Cookies Mandarin curd square, chocolate chunk cookie ¹ , double-chocolate sugar cookie ¹ , cranberry and almond chew, iced brownie ¹ .	\$2.65 per piece
Cheesecake Lollipops	\$2.95 per piece
Chocolate Dipped Strawberries	\$2.95 per piece
Macaroon Donuts Miniature almond macaroons, donut shaped and glazed with an assortment of fun toppings.	\$2.95 per piece
Traditional French Almond Macaroons	\$2.95 per piece

INDIVIDUAL DESSERT OPTIONS (Minimum 48 Hours' Notice)

\$6.65 per serving

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

Classic New York Cheesecake

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

Coconut Cream Pie

Crisp sugared puff pastry shell filled with coconut cream and topped with whipped cream and shaved white couverture chocolate.

Lemoncello

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

Peach Tart

New

Vanilla crust filled with layers of pastry cream and salted caramel. Topped with honey roasted peaches scented with thyme

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.