

YORKSHIRE
Pudding

CATERING

LUNCH MENU



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SANDWICH LUNCH

Sandwich & wraps + 1 side* + 1 dessert*: \$19 per person

Sandwich & wraps + 2 sides* + 1 dessert*: \$23 per person

Sandwich & wraps + 2 sides* + 2 desserts*: \$27 per person

***side and dessert options found on page 5**

CURRIED EGG SALAD WRAP

greens, cucumber ribbons, chives, wrap

TURKEY & BRIE SANDWICH

roasted turkey breast, brie, baby greens, dijon cranberry mayo, cucumber, whole wheat bread

SLOW-ROASTED AAA SHAVED BEEF SANDWICH

peppercorn rub, horseradish herb aioli, caramelized onions, arugula

TONNO MEDITERRANEO

olive-packed tuna, arugula, lemon, tomato, tapenade aioli, brioche bun

MEDITERRANEAN CHICKEN WRAP

Tuscan grilled chicken, spinach, feta, roasted red pepper, cucumber ribbons, tatziki

FRENCH ONION, HAM & GRUYERE SANDWICH

Virginia ham, gruyere, baby lettuces, caramelized onions, cornichons, grainy mustard aioli, sourdough bun

SMOKED SALMON EVERYTHING BAGEL

Smoked salmon, dill herb cream cheese, pickled onion, cucumber, baby greens, "everything" bagel

CHICKEN CLUB SANDWICH

roasted chicken, bacon, aged cheddar, tomato, herbed aioli, greens, schicatta bun

SANTA FE STEAK WRAP

Spiced-grilled flank steak, guacamole, pickled jalapenos, lettuce, roasted red pepper, chipotle mayo, wrap
add \$2 per sandwich

MOROCCAN CHICKPEA SALAD WRAP

chick peas, carrot, celery, apricots, red pepper, parsley, mint and delicate lemon tahini

BASIL GRILLED VEGETABLE & HUMMUS WRAP

Seasonal vegetables (can include peppers, sweet potato, red onion, zucchini, etc), harissa hummus, baby lettuces,
whole wheat wrap

**GF breads and wraps available upon request, charges apply*

Minimum of 5 per type of sandwich



GLUTEN FREE



DAIRY FREE



CONTAINS NUTS



VEGAN



BUFFET LUNCH

All buffets include 3 oz of each protein, choice of 2 sides and 1 dessert (see page 5)

*all items served room temp unless otherwise noted

\$31 per person

PLEASE CHOOSE TWO OF THE FOLLOWING:

LEMON DILL ROASTED SALMON 🌿

lemon dill sour cream

TUSCAN GRILLED CHICKEN BREAST 🌿 🥚

garlic & lemon, rosemary aioli

BALSAMIC ROSEMARY GRILLED FLATIRON 🌿 🥚

caramelized fennel and onion compote - add \$3

GRILLED SHRIMP KEBAB 🌿 🥚

cracked chili, garlic, lime aioli

PIRI PIRI GRILLED CHICKEN KEBAB 🌿 🥚

roasted pepper mayo

GINGER SOY MARTINATED TOFU KEBABS 🌿 🌱

grilled, with peppers and onions

ALBERTA BEEF TENDERLOIN 🌿 🥚

thyme horseradish aioli - add \$5

PIE COMMISSION INDIVIDUAL POT PIES

Choice of (counts as 2 proteins, served warm):

Braised beef rib, sweet potato & mushroom

Butter chicken, tomato, chickpea & cauliflower

Tourtiere: French Canadian pork, veal, potato and onion

Kale, broccoli, cauliflower and goat cheese

Santa Fe chili vegetable (vegan)

ROASTED BUTTERNUT SQUASH & CHICKEN 🌿 🥚

caramelized onion, rosemary cream sauce (served warm)

PENNE AL FORNO

Spicy Italian sausage, arugula, zucchini, roasted red peppers, rose sauce and 3-cheese blend (served warm)

*replace sausage with chickpea to be vegetarian



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VEGAN

SIDES & DESSERTS

SIDES

CREAMER POTATO & CHARRED CORN SALAD 🌱 🌱

roasted creamers, field beans, charred corn, semi-dried tomatoes, herb vinaigrette

CLASSIC CAESAR

crisp romaine, pancetta, herbed croutons, shaved parmesan, roasted garlic dressing

QUINOA & LENTIL SALAD 🌱 🌱

cdried cranberry, crisp celery, cucumber, lemon vinaigrette

MIXED GREENS 🌱 🌱

watermelon radish, cherry tomatoes, sunflower seeds, sherry vinaigrette

BABY ARUGULA & ROASTED BEET SALAD 🌱

pepitos, chevre, herbed croutons, beet vinaigrette

BABY SPINACH CRANBERRY SALAD 🌱 🌱 🌱

toasted almonds, torn mint, citrus vinaigrette

BLACK KALE, LENTIL & ROASTED BUTTERNUT SALAD 🌱 🌱

pepitas, golden raisins, cider vinaigrette

ROASTED POTATO SALAD 🌱

caramelized shallot, ancho sour cream, herbs

GLASS NOODLE SALAD 🌱 🌱

julienned carrot, edamame, shiitake mushrooms, cilantro, sesame seeds, ginger sesame dressing

BROCCOLI SALAD W/ CREAMY CIDER DRESSING 🌱 🌱

crisp broccoli, sunflower seeds, raisins, red onions, cider mayo dressing

ORZO ARUGULA SALAD 🌱

caramelized shallots, toasted walnuts, shaved parm, lemon, EVOO

DESSERTS

ASSORTED MINI DESSERTS 🌱

cupcakes, tartlets, squares and cookies (2 per)

SEASONAL FRUIT CUP 🌱 🌱

freshly cut fruits and berries

FRESHLY-BAKED COOKIES 🌱

baker's choice (2 types), may include: chocolate chip, double chocolate chip, cowboy cookie, cranberry macadamia, oatmeal raisin, chewy ginger molasses (1 per)



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CONTAINS NUTS



VEGAN

POWER BOWLS

SOUTHWEST BOWL

black bean, arugula, roasted creamer potato, grilled corn, avocado, spinach, tomato and cilantro - \$16

CALIFORNIA CRUNCH BOWL

baby spinach, crisp kale, toasted pumpkin seeds, carrot, tortilla crisps, crumbled feta, pickled red onion, grape tomatoes, purple cabbage, housemade creamy avocado dressing - \$16

ANTIOXIDANT BOWL

baby spinach, red cabbage, grated red beets, red pepper, parsley, red grapes, pumpkin seeds, cider vinaigrette - \$16

GREEN GODDESS BOWLS

spinach, lentils, pickled red cabbage, pickled jalapeños, roasted broccoli, cucumber, edamame, avocado, pumpkin seeds, toasted walnuts, valentine radish, sprouts and creamy goddess dressing - \$17

ISLAND JERK BOWL

brown rice, romaine, black beans, grilled pineapple, pickled red cabbage, carrot, red pepper, roasted sweet potato, citrus dressing, scallions - \$17

SPICY NOODLE BOWL

glass noodle salad, edamame, shiitake, carrot, cilantro, sesame, ginger tamari dressing - \$14

MEDITERRANEAN BOWL

Fresh cucumber, grape tomato, pickled red onion, roasted chickpeas, crumbled feta and pita crisps, seasonal lettuces. Creamy lemon-tzatziki dressing - \$16

PROTEIN ADD ONS

grilled lemon herb chicken breast - add \$7

grilled herb-rubbed flat iron steak - add \$9

grilled chili lime shrimp - add \$7

roasted harissa salmon - add \$8

crispy tofu bites - add \$6 

grilled ginger/soy tempeh - add \$6 

Minimum 5 bowls per type



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DAIRY FREE



CONTAINS NUTS



VEGAN

GRAB 'N GO SNACKS

*minimum order of 10 pieces

SAVOURY OPTIONS:

ROSEMARY ROASTED MIXED NUTS

sweet, spicy and salty mixed nuts, individually bagged - \$7 a bag

CHEDDAR THYME CRISPIES

aged cheddar, puffed rice, dash of cayenne - \$6 a bag

TRUFFLE PARMESAN POCORN

fresh herbs, fleur de sel - \$6 a bag

CHARCUTERIE CUPS

Assorted salami, Cheddar, Manchego, flatbread and crostini, fresh and dried fruit, olives, chocolate pretzel. A hearty, hand-held option.

\$16 a cup

VEGGIE & HUMMUS CUPS

cucumber, carrot, red pepper, harissa hummus - \$7 a cup

SWEET OPTIONS:

ASSORTED BITE-SIZE DESSERTS

Chef's choice of squares, cookies, cupcakes and tarts - \$6 pp, 3 pcs per

FRESH FRUIT KEBABS

seasonal fruits and berries - \$4 per

DARK CHOCOLATE ENERGY BITES

chocolate, almond butter, coconut and chia - \$4

"SWEET SIXTEEN" CANDY CONE

everyone's favourite mix, individually packaged - \$6.50 a bag

SLICED TEA BREADS

brown butter cinnamon banana loaf and lemon loaf with lavender glaze - \$4 pp

FRESHLY-BAKED COOKIES

Baker's choice (2 types), may include: chocolate chip, double chocolate chip, cowboy cookie, cranberry macadamia, oatmeal raisin, chewy ginger molasses (2 per) - \$5 pp

CHERRY CHOCOLATE CHUNK GRANOLA BARS

oats, dried cherry, chocolate chunks, almond butter, maple syrup - \$4 pp



COLD BEVERAGES

**Chilled individually packaged cans and bottles.
Galvanized tin tubs and ice displays available upon
request. Additional rental fees apply.**

Minimum of 10 pieces per item

FLOW WATER

Ontario alkaline spring water, eco-conscious packaging,
assorted flavours (\$4, 500 ml)

EARTH WATER

Canadian alkaline spring water, infinitely recyclable
aluminum bottle (\$5, 473 ml)

SAN PELLEGRINO

sparkling mineral water, recyclable can (\$3.50, 330ml)

SAN PELLEGRINO NATURALI BEVERAGES

aranciata rosso, pompelmo grapefruit,
limonata (\$4, 330 ml)

TWO BEARS FLASH BREW COFFEE

black coffee, hazelnut sea salt, mocha cans (\$6, 207 ml)

CHASER'S FRESH-SQUEEZED JUICES

freshly-squeezed fruit and/or vegetable juices, lemonades,
iced teas and smoothies (\$6 - 8, 355ml bottles)

ASSORTED CANNED SODAS

cola, diet cola, lemon-lime, gingerale (\$3.50, 355ml)



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VEGAN



DROP-OFF INFO

DELIVERY HOURS & FEES

HOURS:

- Monday - Friday*: 7 AM - 5 PM
- Saturday*: 8 AM - 4 PM
- Sunday*: 9 AM - 3 PM
- *deliveries outside these times may be available for an additional fee

FEES:

- Delivery within Toronto (427/401/DVP): \$30 - \$100
- Delivery to Mississauga, Vaughan, Scarborough, etc: \$60+
- Deliveries to the GTA: \$125+
- Surcharges apply for downtown core/office tower/condo deliveries

DELIVERY WINDOW:

We can provide you with a 1 hour delivery window. We cannot guarantee exact delivery timing.

ORDERING LEAD TIMES & MINIMUMS

- Minimum 72 hours required for all orders.
- Rush orders are subject to availability. Additional fees may apply.
- Minimum guest count of 10 people. For events with fewer than 10 guests, a \$15 pp surcharge will apply.

DROP-OFF INFO

CONT'D

SPECIAL DIETARY REQUESTS & ALLERGENS

- We can accommodate most dietary restrictions. Additional fees may apply
- Vegan substitutions are available, typically for an additional cost.
- We are a 100% peanut-free facility.
- Although we take every pre-caution to avoid cross-contamination, our kitchen prepares foods with allergens (gluten, tree nuts, dairy, etc) and therefore cannot guarantee allergen-freeness.

FOOD TEMPS, UTENSILS, PRESENTATION, ETC.

- All items on our lunch items are created to be served cool unless otherwise noted.
- Disposable serving utensils, cutlery & napkins available for an additional \$3 pp
- All foods will arrive on recyclable catering platters and bowls, with full garnish. Reusable platters can be arranged (rental and extra pick up fees will apply)
- Food signs (with allergens outlined) will be provided for all buffet dishes.
- General dietary labels included. Custom labels (ie. guest names) available for an additional fee.

BOXED LUNCHES

- We can box any of the above (room temperature) lunches for fee. Box includes utensils, napkin and mint.

YORKSHIRE PUDDING

FINE CATERING & EVENTS

