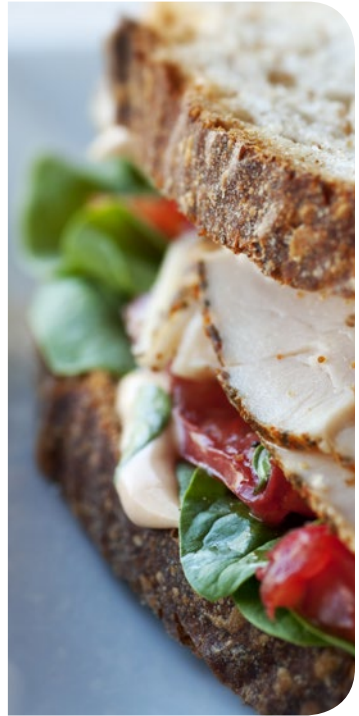



themen^uinc

corporate catering



Tel: 416.785.7233 or 905.763.7233
thenucatering.com
 order@thenucatering.com

Our food. Your table. Anywhere.





The Menu Inc.

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The Menu Incorporated

We are a full service corporate catering and event planning company. We are committed to providing you healthy and delicious meals you can trust, made from highest quality ingredients. Our knowledgeable and courteous catering coordinators will ensure all your requirements are met.

Clients appreciate our reliable and friendly service and the care that is taken with every order. Our chefs are happy to provide a customized menu. We are able to accommodate any food allergies, sensitivities and vegetarian options.

We offer rentals, professional servers, bartenders, supervisors, chefs and décor for all your functions.

Call us for any upcoming meetings, events or company BBQ's and experience The Menu's exceptional food and service.

We are proud supporters of the
CANADIAN CYSTIC FIBROSIS FOUNDATION

www.ccff.ca



The Menu Inc.

How we're green...

- Installed energy efficient lighting & kitchen equipment to reduce energy consumption
- Use low flow faucet aerators & spray valves to conserve water
- Use non toxic cleaning chemicals where possible
- In-house recycling program
- Use biodegradable & compostable plates & napkins
- Eco-friendly cutlery, available
- China platters and baskets available for food presentation
- China plates & stainless cutlery available for rental
- Use organic fair trade coffee
- All printing is done on recycled paper
- Paperless ordering available by email
- Use local suppliers whenever possible
- Organic cotton staff uniforms, aprons & chef coats





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Breakfast

Tea Break

\$6

A fresh baked assortment of bagels, muffins, fruit & coffee breads, gourmet scones, chocolate croissants & danishes accompanied by butter, jam & cream cheese

*Gluten free available – please provide minimum 48 hr notice



Healthy Wholegrain Platter

\$7

Good taste meets good health. Multigrain & whole wheat bagels, banana bread, roasted pumpkin seed bran loaf, oatmeal muesli loaf, mini morning glory & cran- blueberry oat bran muffins accompanied by butter, jam & cream cheese

Fresh Fruit Salad (min 6)

\$5

Bite size pieces of market fresh fruit

Fresh Fruit Kabobs

\$3.75

Bite size pieces of market fresh fruit on a skewer

Market Fruit Platter

XS (3-5) \$30

S (5-10) \$45

M (10-15) \$70

L (15-20) \$90

The finest fruits in season, including such selections as cantaloupe, watermelon, oranges, honeydew, pineapple, red & green grapes. Garnished with fresh seasonal berries.

Served on china platters

\$5.50



The Menu Inc.

Mini Breakfast Croissants (min 6) served at room temp. \$7.50
Fresh baked croissants with assorted fillings of smoked salmon & cream cheese, black forest ham & cheddar, smoked turkey and Swiss. Veggie option available

Smoked Salmon Platter (min 8) \$10
Attractively garnished with red onion, lemon, cream cheese, capers & served with choice of pumpernickel bread or bagels

Yogurt Buffet (min 8) \$9
Low fat vanilla yogurt, crunchy granola, seasonal berries & fresh fruit. Be creative & make your own healthy parfait!

Yogurt Parfaits (min 6) \$6
Probiotic Greek yogurt, fresh berries & crunchy granola

Yogurt \$2
Regular & low fat

Breakfast Boxes \$16
Mini turkey & Swiss breakfast croissant, yogurt, fruit cup & fruit juice or spring water

Hot Breakfast English Muffin (min 8) \$8
An assortment of egg omelets with ham cheddar & turkey Swiss



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Country Breakfast (min 10)

Scrambled farm fresh eggs, crispy bacon, farmer's sausage, choice of roast potatoes or pancakes, fresh fruit salad & Tea Break

\$19

Upgrade to gratin dauphinoise

\$3.50

Upgrade to frittata

\$6

Mini Quiche (min 2 dz)

Quiche Lorraine & Swiss veggie

\$3



Mini Breakfast Burritos

Tortillas filled with scrambled eggs, peppers, onions & cheddar served with fresh salsa

\$8

Belgium Waffle Station (min 10)

Fresh waffles served with fruit toppings, whipped cream & maple syrup

\$12

Add crispy bacon & farmer's sausage

\$6

Gourmet Coffee (serves 8)

Includes cups, stir sticks, sugar, milk & cream

\$22

Tea package (serves 8)

A variety of herbal & traditional flavours

\$22

Freshly Squeezed

Orange Juice 1 litre jug

\$14

Fruit Juice

Apple, Orange & Cranberry

\$2

Spring Water

\$1.75



The Menu Inc.

Salads

- The Menu Signature** \$5.50
Our very best! Leaf lettuce, mandarin oranges, toasted sunflower seeds, toasted slivered almonds & served with our house signature dressing
- Apricot & Sweet Potato** \$6
Assorted greens, baby spinach, cubed sweet potato, apricots, celery, spring onion, topped with tri-colour quinoa & served with a citrus dressing
- Beautiful** \$6
Mesclun & romaine, fresh sliced strawberries, Emmental cheese, slivered toasted almonds & served with our house signature dressing
- Berry Praline** \$6.50
Garden greens, seasonal fresh berries, chèvre, caramelized pecans & served with our honey Dijon dressing
- California Greens** \$4.50
Mesclun mix, red bell peppers, tomato, cucumber & served with our balsamic dressing
- Caprese** \$5.50
Field tomatoes, bocconcini cheese, red onion tossed in our pesto herb vinaigrette
- Classic Caesar** \$5
Romaine lettuce, homemade herb croutons, fresh parmesan & served with our classic Caesar dressing
*Add crispy bacon \$2
*Add sliced grilled chicken \$3
- Cobb** \$9
Mixed greens, tomato, hard-boiled egg, crispy bacon, avocado, grilled chicken, shredded cheddar cheese & served with your choice of dressing
- Cous Cous** \$5
Fresh orange, cinnamon & turmeric infused cous cous with cranberries, carrots, cucumber, celery & red onion
- Garden** \$4.50
Mixed greens, tomato, carrot, red & green peppers, cucumber & served with your favourite dressing





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Greek Leaf

\$5.50

Mixed greens, kalamata olives, greek feta, tomato, cucumber, red onion & served with our feta & oregano dressing

Greek Pasta

\$5

Penne pasta, tomato, cucumber, red onion, kalamata olives & feta tossed in our Greek vinaigrette

*Gluten free pasta (min 8)

Add \$2



Harvest

\$5.50

Garden greens, crisp apples, topped with herb croutons, cheddar cheese & served with our creamy balsamic poppy seed dressing

Mediterranean

\$5.50

Garden greens, artichoke hearts, kalamata olives, grilled vegetables, sun dried tomatoes & served with our balsamic dressing

Pear & Blue Cheese

\$6

Garden greens, sliced sweet pear, blue cheese, red bell peppers & served with our honey dijon vinaigrette

Pear Pecan & Cranberry

\$5.50

Fresh greens, red pepper, sliced pear, toasted pecans, sweet dried cranberries & served with our honey Dijon dressing



The Menu Inc.

Peach Pecan Poppy Seed	\$5.50
Fresh greens, red pepper, sliced peaches, toasted pecans & served with our creamy balsamic poppy seed dressing	
Pesto Pasta	\$5
Rotini pasta, grilled vegetables, sun-dried tomato, spring onion & tossed in our pesto vinaigrette	
Potato Cream & Egg	\$4.50
Just like Mom's!	
Quinoa	\$5
Healthy choice! Grilled peppers, zucchini, green onions, currants, cherry tomatoes & tossed in our lemon cumin dressing	
Roasted Red Skin Potato	\$4.50
Roasted with carrots, red onion, celery & tossed in our zesty vinaigrette	
Signature Coleslaw	\$4.50
White cabbage, broccoli, julienne carrot, sweet cranberries, sunflower seeds tossed in our signature coleslaw dressing	
South West	\$5
Romaine, red peppers, spiced roasted sunflower seeds, roasted corn, tortilla strips & served with our yogurt dressing	
Sesame Mango	\$6
Mesclun mix, red bell peppers, cucumbers, tomatoes, sliced fresh mango & served with our citrus dressing	
*Add tiger shrimp	\$6





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Spinach

\$5

Fresh spinach, red pepper, sliced mushrooms, hard boiled eggs, toasted slivered almonds & served with our house signature dressing

Sun Dried Tomato Primavera

\$4.50

Penne pasta, cherry tomatoes, red & green peppers, carrots, fresh parmesan tossed in our tangy sun dried tomato & oregano vinaigrette

*Gluten free pasta (min 8)

Add \$2

Sweet Cranberry

\$5

Garden greens, sweet cranberries, red grapes, mandarin oranges, roasted pumpkin seeds & served with our creamy balsamic poppy seed dressing

Tuscan Bean (min 8)

\$4.50

Mixed beans, roasted corn, red & green peppers in our lime & cilantro vinaigrette

Tuscan Greens

\$5.50

Mixed greens, grape tomatoes, toasted sunflower seeds, sweet cranberries, yellow peppers, shaved parmesan cheese & served with our yogurt dressing

Village Greek

\$6

Grape tomatoes, cucumber, red & green peppers, kalamata olives, fresh feta tossed in our zesty oregano vinaigrette

Salad Meals

Individually priced

Make your favorite salad into a meal!

*Add grilled chicken breast or Atlantic salmon





The Menu Inc.

Sandwiches ***Gluten Free Bread Available**

The Menu Platter

\$8.50

Our most popular! Egg salad with chives & sprouts • flaked tuna & celery • garden ranch vegetable, oven roasted turkey & Swiss • black forest ham & cheddar • Montreal smoked beef & cheese • Moroccan chicken salad • grilled BBQ chicken • grilled pesto chicken • smoked salmon with herbed cream cheese & capers • seafood supreme, slow roasted beef • Tuscan grilled vegetable

Served on cape seed loaf, cheese & poppy seed bread, multigrain & sesame loaf, Portuguese bun, whole wheat & carrot sesame bun, pita's, onion buns, croissants & assorted wraps. Platters are attractively garnished with banana peppers, pickles & carrots

The Menu Wrap Platter \$9

All of our most popular varieties listed above

Deli-Platter \$8

Egg salad with chives & sprouts • flake tuna & celery • garden ranch vegetable • black forest ham & cheddar • Montreal smoked beef & cheese

Gourmet Platter \$10

Grilled BBQ chicken breast • grilled pesto chicken & havarti • smoked salmon with herbed cream cheese & capers • seafood supreme • slow roasted beef & cheese • Tuscan grilled vegetables • roasted turkey & swiss.

Fiesta Wrap Platter \$10

Three varieties! Fajita seasoned chicken, steak & grilled veggies, shredded crisp lettuce, Monterrey jack & cheddar cheese, salsa, guacamole & southwestern spread on assorted flavoured tortilla wraps. Served with a side of corn & black bean relish





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Signature Sandwiches (min 8)

\$11

An assorted platter garnished with carrots & olives!

Caprese (fresh basil, roma tomatoes, mini bocconcini cheese, olive oil drizzle) • Albertan slow roasted Dijon beef, gruyère, caramelized onions, sautéed mushrooms & horseradish crème • Grilled chicken, goat cheese, artichoke hearts with olive & sundried tomato tapenade • Oven roasted turkey, brie cheese, sliced fresh apple with a sweet & savory cranberry chutney • Norwegian smoked salmon with fresh avocado, sprouts & citrus mayo • Layered grilled red & green peppers, zucchini, eggplant, mushrooms, fresh chèvre & sundried tomato pesto • Sliced roasted chicken, fresh avocado, cheddar, sprouts & a honey mustard spread • Filet of Atlantic salmon, grilled red bell pepper, artichoke hearts, radicchio with lemon aioli • Caesar (grilled sliced chicken breast, crispy bacon & fresh parmesan tossed in a classic Caesar dressing)

Signature Cocktail Sandwich Platter

\$90 (60 Pieces)

Watercress & Chèvre, curry chicken salad, egg & scallion, Waldorf tuna, cream cheese & cucumber, Atlantic salmon mousse. Served on whole wheat, white, pumpernickel & cinnamon raisin loaf

Scandinavian Open-Face

\$8.50

Fillings include The Menu's most popular varieties

Relish Selection

\$3.50

Includes dill pickles, black & green olives, banana peppers, carrot sticks & sweet gherkins

Hot Panini

\$12

Philly Steak (min 6)

Tender strip steak, sautéed onions, bell peppers, Dijon bistro sauce & topped with Swiss

Chicken Parmagianna (min 6)

Chicken cutlet, sautéed mushrooms, pommadore sauce & topped with fresh mozzarella

Menu Panini (min 6)

Grilled breast of chicken, zucchini, peppers, sautéed mushrooms & onions, Swiss cheese with a garlic aioli spread

Pulled Pork Sandwiches (min 10) 72 hr notice

\$13

Build your own! Our pulled pork is slow-cooked to perfection tossed in a hickory BBQ sauce. Served with caramelized onions, coleslaw & fresh baked buns

Boxed Lunches

\$17

Includes deli & gourmet sandwich, pasta salad, gourmet cookie & fresh whole fruit. Other lunch box ideas include individual yogurt, fruit cups, chips & granola bars



The Menu Inc.

Soups

Made fresh daily (min 8) \$5.50 & up
Inquire when ordering for varieties

Butternut squash • minestrone • potato leek •
cream of vegetable • chicken vegetable •
chicken noodle • beef & barley •
roasted red pepper • roasted corn chowder •
tomato Florentine • carrot ginger



Platters

Crudités & Dip S (5-10) \$40 M (10-15) \$60 L (15-20) \$80
Crisp garden fresh vegetables served with buttermilk & herb dip

Market Fruit XS (3-5) \$30 S (5-10) \$45 M (10-15) \$70 L (15-20) \$90
The finest fruits in season, including such selections as cantaloupe,
watermelon, oranges, honeydew, pineapple, red & green grapes.
Garnished with fresh seasonal berries.
Served on china platters \$5.50

Classic Cheese XS (3-5) \$35 S (5-10) \$55 M (10-15) \$85 L (15-20) \$110
A delectable selection of the finest imported & domestic cheeses accompanied by
biscuits & crackers *Add dried fruit & nuts to your platter – inquire upon ordering
Served on china platters \$6.50



Mediterranean (serves up to 15) \$65
Pita triangles served with bruschetta, roasted red pepper hummus,
fresh Tzatziki accompanied with an olive assortment
*Add baba ghanoush, assorted flatbreads & crisps \$30

Mexicano (serves up to 10) \$55
Nacho chips with fresh guacamole, sour cream, & zesty salsa



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Caprese (Serves up to 12)

\$75

Sliced roma tomatoes, bocconcini cheese & fresh basil served with a side of balsamic olive oil drizzle



Meat Platters

All served at room temperature with our fresh bread basket & attractively garnished

Grilled Chicken (min 6)

\$11

Herb marinated breast of chicken sliced & served with our cranberry chutney

Grilled Chicken & Atlantic Salmon (min 8)

\$14

Herb marinated breast of sliced chicken served with our cranberry chutney & grilled Atlantic salmon served with our caper-cucumber dip

The Trio (min 10)

\$17

Herb marinated breast of chicken sliced & served with cranberry chutney, Atlantic salmon served with our caper-cucumber dip & grilled beef tenderloin served with our Dijon bistro sauce

Jumbo Shrimp (min 6)

\$6

Add to your favorite buffet platter! Served with our classic cocktail sauce

Grilled Veggies

\$5.50

Garden fresh vegetables marinated in aged balsamic & extra-virgin olive oil

Cold Stuffed Peppers

\$12

A great vegetarian or vegan option ! Stuffed with grilled vegetables, bocconcini cheese & balsamic drizzle or stuffed with vegetarian cous cous and topped with fresh feta cheese.



The Menu Inc.

Dairy Style

\$12

Generous mounds of tuna salad, egg salad & Moroccan chicken salad garnished with pickles, olives & accompanied with our fresh baked bread basket



Meat & Cheese Style (min 8) (build your own!)

\$13

An assortment of sliced meats including oven roasted turkey, Montreal smoked beef, black forest ham & slow roasted beef. Served with pickles, olives, tomatoes, assorted sliced cheeses, condiments & our fresh baked bread basket

Anti Pasto Platter (min 10)

\$15

Genoa salami, turkey-wrapped asparagus, olive assortment, prosciutto wrapped melon, artichoke hearts, grilled zucchini, red & yellow bell peppers, pesto tomato bocconcini, sliced provolone cheese & served with assorted baguettes





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Hot Selections

Minimum of 6 - 8 on all hot entrées, please provide 24hrs notice whenever possible

All hot entrees include fresh baked bread basket unless otherwise specified

Gluten free pasta available – inquire upon ordering.

Pasta, Stir-fry, Vegetarian & Others...



= Gluten Free

Capiletti Fromagio	\$14
Three cheese tortellini, roasted bell peppers & sautéed mushrooms in a creamy blush sauce	with chicken \$16
Chicken & Fusilli Cream é Vino	\$15
Tri-coloured pasta, roasted peppers, sun-dried tomatoes, sliced grilled chicken in a white wine tomato cream sauce	
Coconut Curry Pasta	\$13
Penne, red peppers & fresh spinach tossed in our coconut curry sauce	with chicken \$15
Meat or Vegetable Lasagna (serves 8)	\$14
The Menu's homemade sauce, fresh pasta, fresh parmesan, ricotta, mozzarella & garden ripe vegetables	
Orecchiette Pasta	\$13
Orecchiette, fresh spinach, green peppers & sautéed mushrooms tossed in our rosé sauce	with chicken \$15
Mediterranean Pasta	\$13
Rotini, black olives, sundried tomatoes, grilled peppers in our zesty pomadore sauce & topped with fresh feta	with chicken \$15
Pesto Cream Penne	\$13
Penne, grilled veggies in our fresh pesto cream sauce	with chicken \$15
Seafood Farfalle	\$21
Bowtie pasta, broccoli, red peppers grilled Atlantic salmon & jumbo shrimp with choice of alfredo or pomadore sauce	
Tortellini Primavera	\$13
Three cheese tortellini, sautéed mushrooms, broccoli, scallions & cherry tomatoes, in our fresh basil & tomato sauce	with chicken \$15
Spinach & Ricotta Cannelloni (2 pcs)	\$15
Fresh pasta baked in a pommadore sauce & topped with our alfredo sauce	




The Menu Inc.

Quiche: Lorraine, Spinach Feta & Swiss Veggie (serves 6) \$9
Choice of filling baked in a flaky pastry


Honey Ginger Stir-Fry \$14 - \$15
Sautéed bell peppers, broccoli, onion, water chestnuts, baby bok choy & cubed fresh pineapple in our sweet & savory sauce.
Your choice of Chicken, Beef, Shrimp or Veggie

Fajitas \$16 - \$18
Chicken or Steak with sautéed peppers & onions. Served with seasoned rice, warm flour tortillas, cheddar cheese, fresh salsa, sour cream
*Add Nacho Chips \$1.50

Poutine Bar (serves up to 12) \$95
Make your own! Our fresh hand cut fries, signature beef gravy & cheese curds. Gourmet it up! Add bacon, chicken, sautéed mushrooms & caramelized onions (ind. priced)

 **Hot Stuffed Pepper** \$13
Seasoned rice, grilled vegetables, fresh herbs & topped with parmesan

Tofu Cutlets \$12 - \$15
Lightly breaded tofu with choice of BBQ sauce, Mediterranean topping, Tropical salsa or Bruschetta

 **Vegetarian Coconut Curry** \$13
Grilled tofu, bell peppers, chick peas, potato, spinach, carrots in our mild sweet coconut curry sauce & served with basmati rice





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Chicken

Served with choice of roasted red skin potatoes, whipped butter potato, garden rice, basmati, jasmine or mushroom & green onion rice unless otherwise specified.

Substitute side Gratin Dauphinoise

\$3.50



Apricot Rosemary

Pan seared breast of chicken in a fruit & herb sauce

\$15



BBQ

Boneless breast of chicken basted with our house bbq sauce

\$12



Bruschetta

Pan seared breast of chicken topped with a fresh tomato & basil salsa

\$14

Coconut Curry

Tender pieces of chicken breast, bell peppers, carrots in our mild sweet coconut curry sauce & served with basmati rice.

\$14



Cumin Oregano Kabobs (2 skewers pp)

Marinated tender pieces of chicken served with our roasted red pepper dip

\$14

Enchiladas

Soft flour tortilla filled with chili seasoned chicken & our South western jalapeño cheddar sauce. Served with Spanish rice, nacho chips & fresh salsa

\$15



Lemon Asparagus

Sautéed breast of chicken topped with fresh asparagus accompanied with our lemon butter sauce

\$15



The Menu Inc.

Leek & Aged White Cheddar

Pan seared breast of chicken in a leek & aged cheddar sauce

\$15



Mediterranean

Sautéed breast of chicken topped with artichoke hearts, black olives, sun-dried tomatoes & fresh goat cheese

\$15

Marsala

Pan seared breast of chicken served in a classic Marsala wine sauce & topped with sautéed mushrooms

\$15

Moroccan

Grilled marinated breast of chicken served over a cinnamon turmeric infused cous cous with asparagus, currants & scallions

\$14



Mango Coconut

Pan seared breast of chicken in a coconut mango chutney sauce

\$14



Orange Sesame

Sautéed breast of chicken covered in our sweet spicy orange sesame sauce & served with basmati rice

\$14

Piccata

Pan seared breast of chicken with a lemon mushroom caper sauce & served with a garden cous cous

\$15



Tropical Salsa

Grilled breast of chicken topped with our fresh pineapple salsa

\$14





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Parmagianna

\$15

Breaded chicken breast baked in our pommadore sauce, topped with Mozzarella & served with a tomato basil penne

Panko Herb

\$15

Breast of chicken crusted in seasoned crispy panko crumbs & served with a side of apricot Dijon dip

Ranch Parmesan Kabobs (2 skewers pp)

\$14

Ranch marinated chicken breast crusted in fresh herb & parmesan Served with a side BBQ sauce

South Western

\$14

Breast of chicken rubbed in our southern blend of spices & accompanied with a sweet chili bbq sauce. Served with our corn & black bean rice

Signature

\$15

Tender breast of chicken seasoned with our special blend of spices, seared & topped with chèvre, sun dried tomato & accompanied with our lemon basil sauce

Souvlaki (2 skewers pp)

\$14

Tender pieces of chicken marinated in our special Greek seasoning & served with warmed pitas & Tzatziki dip

Valentino

\$15

Breast of chicken stuffed with Chèvre, roasted red pepper & drizzled with our white wine tomato cream sauce

Seafood

Served with choice of garden rice, basmati, scented Jasmine rice or mushroom & green onion rice

Fresh Atlantic salmon fillet \$20 & up

Your Choice of:

Lemon butter dill with asparagus

Leek & aged white cheddar

Lime & cilantro salsa

Mango Coconut

Maple pecan crusted

Orange sesame ginger

Panko herb crusted

Pesto baked

Tropical Salsa





The Menu Inc.

Beef

Served with choice of roasted red skin potatoes, whipped butter potato, garden rice, basmati and mushroom & green onion rice.

Substitute Gratin Dauphinoise

\$3.50



Balsamic Glazed

Cubed top sirloin of beef with baby carrots & button mushrooms enrobed with a balsamic glaze

\$15

Braised

Fresh seasoned beef braised in a red wine & mushroom jus

\$15

Hoisin Ginger Kabobs (2 skewers pp)

Beef tenderloin marinated in hoisin, fresh ginger, garlic, lime juice & sesame oil with a side of fresh pineapple salsa

\$22

Stroganoff

Tender strips of beef with button mushrooms, bell peppers & onions in our homemade gravy with a touch of sour cream served with rice or egg noodles

\$15

Swedish Meatballs

All beef meatballs served on a bed of buttered egg noodles in a thyme cream sauce & sautéed mushrooms

\$14

Tenderloin

Tenderloin of AAA Beef served with choice of sauce:

Wild mushroom, Five peppercorn, Gorgonzola, Red wine & rosemary reduction

Market Price



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Sides



Green beans & sautéed mushrooms	\$5	Basmati rice	\$4
Green beans & carrots	\$5	Basmati rice with roasted pinenuts & currants	\$5
Grilled veggies (bell peppers, zucchini, mushrooms, asparagus & red onion)	\$5.50	Scented Jasmine rice	\$4
Maple roasted root vegetables	\$5	Mushroom & green onion rice	\$4
Sweet corn	\$4	Moroccan rice	\$4
Roasted asparagus with rosemary	\$5	Rice pilaf	\$4
Ratatouille (tomatoes, zucchini, eggplant, red peppers, onions & mushrooms)	\$4	Potato duchess	\$4
Sautéed broccoli & bok choy	\$4	Roasted red skin potatoes	\$4
Vegetable medley (broccoli, carrots & zucchini)	\$4	Whipped butter potatoes	\$4
Herb garden rice	\$4	Sweet potato	\$4
		Gratin Dauphinoise	\$5.50
		Parmigianina roasted red skin potatoes	\$5





The Menu Inc.

Hors D'oeuvres

Minimum 2-4 dozen of each selection

Please provide min 72 hrs notice

Cold Selections

3 cheese & pecan lollypops

Asian beef cucumber cup

Artichoke, roasted pepper mousse cone

Boursin & red pepper phyllo cup

Brie & cranberry phyllo

Candied ginger cones

Cous cous cucumber cup

Cucumber, herbed cheese canape

Cucumber rounds with seafood

Chicken mandarin crustini

Dijon beef crustini

Herb chicken & grilled zucchini skewer

Jumbo shrimp cocktail

Mango shrimp in a black sesame basket

Moroccan chicken beetroot basket

Orange & sesame glazed Atlantic salmon skewer

Pesto tomato bocconcini skewer

Polenta bruschetta

Phyllo with fig compote, chèvre mousse & pistachios

Prosciutto wrapped asparagus & brie

Salmon mousse black sesame cones

Smoked salmon canapé

Sundried tomato, olive & feta tapenade on a cucumber

Teriyaki beef beet root basket





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Hot Selections

- | | |
|------------------------------------------------------------|-----------------------------------------|
| Bacon zucchini tartlet | Mini chicken potpie tartlet |
| Beef satay with a Thai dip | Mini Dijon panko crusted chicken skewer |
| Bombay chicken skewer with a Raita dip | Mini Greek chicken skewer with Tzatziki |
| Chicken corn & black bean quesadillas | Mini Honey lime vegetable skewer |
| Crispy coconut shrimp | Rosemary mini lamb chops |
| Grilled chicken & pineapple skewers | Spanakopita |
| Honey pecan crusted chicken skewer with a honey garlic dip | Spinach & artichoke tartlet |
| Honey lime mini vegetable skewer | Sweet & sour meatballs |
| Jerk chicken lollipop with tropical salsa | Smokey bacon wrapped dates |
| Mini assorted quiche | Vegetarian samosas |
| Mini sheppard's pie | Vegetarian spring rolls |
| | Veggie Quesadillas |

For Afternoon Cocktail Party Suggested Serving of 6 – 10 per guest

For Pre-Dinner Hors d'oeuvres Suggested Serving of 3 – 6 per guest

Hors d'oeuvres instead of Dinner Suggested Serving of 10 – 15 per guest





The Menu Inc.

BBQ's

Minimum 30 Guests unless otherwise specified. Please inquire for pricing.



Menu 1 (min 75)

Classic burger or Jumbo hot dog

Ketchup, mustard, relish, dill pickles, tomatoes, onions & hot peppers, potato chips, sliced chilled watermelon

Menu 2

Jumbo roadhouse burger & Jumbo hot dog

Ketchup, mustard, relish, dill pickles, tomatoes, onions & hot peppers

Choice of two:

Coleslaw, Roasted Red Skin Potato or Garden salad, Sliced chilled watermelon

Menu 3

Choice of two:

Jumbo roadhouse burger, chicken breast on a bun, Italian sausage on a bun

Ketchup, mustard, relish, mayo, dill pickles, tomatoes, onions & hot peppers

Choice of two:

Menu Signature, Garden, California Greens, Caesar, Greek, Sweet Cranberry,

Coleslaw, Pesto Pasta, Greek Pasta, Pasta Primavera, Creamy Potato,

Roasted Red Skin Potato, Sliced chilled watermelon

Menu 4

Maple bbq glazed grilled breast of chicken

Roasted red skin potatoes or rice pilaf

Fresh baked bread basket & butter

Seasonal veggie skewer with honey lime glaze, Sliced chilled watermelon



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Menu 5

Pulled pork sandwiches - build your own!

Our hickory smoked pulled pork is slow-cooked to perfection with a sweet bbq sauce & caramelized onion

Roasted red skin potato salad & traditional creamy coleslaw

Served with fresh baked buns

Sliced chilled watermelon

Menu 6

Grilled herb marinated chicken skewers & Montreal spiced Beef tenderloin steak skewers served with our house bbq sauce,

Mediterranean rice pilaf, Assorted flatbread, pita & humus

Choice of two:

Menu Signature, Garden, California Greens, Caesar, Greek, Sweet Cranberry, Coleslaw,

Pesto Pasta, Greek Pasta, Pasta Primavera, Creamy Potato, Roasted Red Skin Potato

Sliced chilled assorted melon platter and gourmet cookies

Menu 7

Southern dry rubbed breast of chicken served with a pineapple chipotle salsa

Chipotle maple bbq baby back ribs

Gourmet red skin potato salad with roasted medley of carrots, celery, red onions, artichokes, asparagus, sundried tomatoes tossed in our fresh herb & oil vinaigrette

Arugula & green leaf salad with grilled red & yellow peppers, roasted corn, sautéed onions, cherry tomatoes, fresh feta served with our champagne dressing

Fresh baked bread basket & butter

Tropical fruit kabobs & individual mini chocolate mousse cups

Menu 8

Grilled beef AAA tenderloin marinated with a peppercorn rub served with our signature steak sauce

Grilled breast of chicken marinated in olive oil, sundried tomatoes, fresh herb & citrus zest

Grilled jumbo chili, cumin & lime prawn skewers

Fire roasted corn on the cob with garlic herb butter rosettes

Gourmet red skin potato salad with roasted medley of carrots, celery, red onions, artichokes, asparagus, sundried tomatoes tossed in our fresh herb & oil vinaigrette

Fresh basil pesto Caprese salad

Fresh baked bread & butter basket

Fresh berry fruit salad & individual

Mini chocolate mousse cups



The Menu Inc.

Extras & gourmet toppings

Corn on the cob	\$3	Crispy bacon	\$2
Baked potato station	\$4	Pesto Mayo	\$1
Roasted chipotle potatoes	\$3	Drumsticks	\$4
Lime & honey veggie skewer	\$4	Haagen Dazs	\$5-\$6
Chili, cumin & lime shrimp kabob	\$7	Fresh fruit kabobs	\$3.75
Potato chips – ind. bags	\$2-3	Cakes & Pies	Ind. priced
Nachos, salsa & guacamole	\$5	Gourmet cookies	\$2
Pitas, baba ghanoush	\$5	Ice cream sandwiches	\$3
roasted red pepper humus & tzatziki		Gourmet brownie tray	\$5
Sliced cheese or olive tapenade	\$1	Spring Water & Pop	\$1.75
Sautéed mushrooms & onions	\$3	Fruit punch & lemonade station	\$3





Our food. Your table. Anywhere.

Sweets



Gourmet Sweets, Pastries & Cookies					\$4.50
Grapes & Strawberries garnish					\$2
Gourmet Brownie Platter					\$5
Fruit Kabobs					\$3.75
Market Fruit Platter	XS (3-5) \$30	S (5-10) \$45	M (10-15) \$70	L (15-20) \$90	
Fresh Fruit Salad					\$5
Berry Bowl (min 8)				\$8 / Fresh whipped cream add \$2	
Biscotti Platter					\$4.50
Hot Berry, apple or peach cobblers (min 48 hrs notice)					\$8
Chocolate Dipped Strawberries (2 dz)				Seasonally Priced	
Mini Chocolate Mouse Cups (2 dz)					\$36/dz
Dacquoise, Cheesecake & Assorted Tarts					\$6
Gourmet Cookies (min 8)					\$2
Gourmet Cookies Platter (20 pieces)					\$40



Cakes and Tortes

8 inch \$50 10 Inch \$70

Please provide 1 week notice on all cake orders.
Inquire for large cakes (20-120 guests)

- Lemon Mousse
- Chocolate Truffle
- Carrot
- Raspberry Cheesecake
- Milky Way
- Chocolate Mousse Bombe
- Turtle Brownie Cheesecake
- Strawberry Shortcake





The Menu Inc.

Beverages

Spring water & Soft drinks	\$1.75
Juice & Nestea	\$2
V-8 & Fruitopia	\$2.50
Perrier	\$2.95
Gourmet Coffee (serves 8)	\$22
Includes cups, stir sticks, sugar, milk & cream	
Tea package (serves 8)	\$22
A variety of herbal & traditional flavours	



Ordering

Phone 416-785-7233 or 905-763-7233

 order@themenucatering.com

If you do not receive confirmation of your email or voicemail please contact our office.

We'll do our very best to accommodate same day orders!

Cancellation Policy

Daily orders may be cancelled with a minimum 24 hours notice, otherwise are subject to 100% charge. Events & groups of 20 or more are excluded.

Delivery & pickup charge

Prices are subject to change

Please inquire

We accept



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