



CORPORATE MENU

HORS D'OEUVRES

\$3.50 PER ITEM - MINIMUM ORDER 2 DOZEN

Grilled Polenta with a Tomato Chutney

Chicken Avocado Tartlet

Mini Beef Wellington

Caprese Skewers

MINIMUM ORDER: 10 GUESTS

ASK ABOUT OUR FULL HORS D'OEUVRES LIST

Cucumber with Salmon & Cream Cheese

Beef or Chicken Satay

Polenta with Grilled Vegetables

Bruschetta

TEA SANDWICHES

\$16.50 PER DOZEN

**Tuna Salad Garnished With Gherkin Pickles
on Brown Breads**

Shaved Turkey With Lettuce And Mayonnaise

**Shaved Honey Ham With Lettuce And
Mayonnaise**

MINIMUM ORDER: 10 GUESTS

**Shaved Roast Beef With Cheese And Mustard
On Whole Wheat**

Egg Salad Served On White Bread

BOUNTIFUL PLATTER

**Domestic and imported cheeses, grapes, berries and
dried fruits, veggies & dip, pita points and middle
eastern dips, assorted crackers, marinated artichokes
on skewers, spicy olives, shaved prosciutto, Geona
salami, crostini bread sticks marinated mozzarella
and feta cubes.**

\$19.95 PER PERSON

Cheese Tray with Crackers and Fruit Garnish

\$11.90 PER PERSON

MINIMUM ORDER: 10 GUESTS

Assortment of Seasonal Fresh Fruit

\$6.95 PER PERSON

Fresh Vegetable Platter with Ranch Dip

\$4.65 PER PERSON

Finger Pastry Platter

\$4.00 PER PERSON

Mixed Dessert Platter

\$6.25 PER PERSON

Fresh Baked Cookies

\$2.00 PER COOKIE - 1 DOZEN MINIMUM



CORPORATE MENU

BREAKFAST - BUFFET

Hot Breakfast Buffet

Scrambled Eggs Bacon or Sausages Breakfast Potatoes 75%. Sliced Fresh Fruit 50%. Bagels & croissants with butter and preserves
\$17.90 PER PERSON

Continental Breakfast

Assortment of muffins, croissants, danishes and scones with butter and preserves
\$6.95 PER PERSON

Continental Breakfast With Fruit

Assortment of Muffins, croissants, danish, bagels with butter, preserves, cream cheese and 75% sliced fruit
CA\$13.95 PER PERSON (\$15.25/PP WITH YOGURT)

Healthy Oats

Oatmeal with dried fruit, honey and almonds
\$4.60 PER PERSON

Pancake Feast

2 Fluffy pancakes with syrup and butter
\$4.50 PER PERSON

Waffle Feast

Belgian Waffles with syrup and butter
\$5.00 PER PERSON

Breakfast Loaf

Breakfast Loaf with Zucchini, Pineapple and Banana
\$23.75 PER DOZEN

BREAKFAST - MADE TO ORDER

Boiled Eggs, shell on and chilled

\$1.75 EACH

Raisin Bran or Cheerios served with milk

\$4.25 EACH

Gluten Free Cereal, Chex or Kashi served with milk

\$5.25 EACH

Granola Clusters with Nuts and Vanilla Yogurt

\$4.00 EACH

Chia Pudding or Chocolate Avocado Pudding

\$5.85 EACH

Whole Fresh Fruit

\$1.75 EACH

Individual Yogurt

\$2.70 EACH

Assortment of Bagels with Cream Cheese

\$31.30 PER DOZEN

BREAKFAST - SANDWICHES

\$10.45 PER PERSON

Avocado Turkey

Turkey topped with a boiled egg and alfalfa sprouts on an English muffin (whole wheat or plain) with a light lemon paprika mayo spread

Smoked Chicken Bacon

Halal Smoked chicken bacon with fried egg and sautéed peppers, with Dijon mustard on a breakfast round



CORPORATE MENU

BREAKFAST - SANDWICHES

10.45 PER ITEM (EXCEPT FRITTATA)

Smoked Salmon

Served on a bagel with cream cheese, sliced cucumbers and arugula or salmon with capers

Chicken Peameal

Chicken and peameal bacon on a bagel served with poached egg, tomatoes and pesto sauce

Frittata

Frittata croissant with tomato and mayo topped with onion sprouts

\$9.95 PER PERSON

Mushroom & Tomato Omelette

Mushroom & Tomato Omelette on a crusty bun (panino) topped with sharp cheddar and turkey sausage

Ricotta & Honey

Ricotta & Honey spread on marble rye topped with rapini and fried egg over-easy

BOXED LUNCHES

\$19.95 PER PERSON

Traditional Sandwiches

Choice of: Turkey, Turkey Club, Chicken Salad, Roast Beef, Tuna Salad, Egg Salad. All made on Whole Wheat, Multigrain, White or Rye Breads

Traditional Wraps

Choice of: Grilled Chicken, Grilled Beef, Turkey. All made on White or Whole Wheat Wraps

Comes with choice of sandwich or wrap, side salad, fresh fruit and dessert

Grilled Veggies with Hummus

Vegan Falafel Wrap. All made on White or Whole Wheat Wraps

* Ask us about additional Vegan, Gluten Free and Dairy Free Options

GOURMET SANDWICH & WRAPS

\$22.95 PER PERSON IN A BOXED LUNCH WITH SIDE SALAD, FRESH FRUIT & DESSERT. \$11.50/PP INDIVIDUAL

Vegan

Grilled Tofu with lettuce, tomato, onions, red peppers and vegan mayo. Asian noodle salad

Chicken Caesar

Chicken Caesar wrap with romaine lettuce, parmesan cheese, bacon and Caesar dressing

* Gourmet Boxed Lunches can also be served as a Protein Bowl

Salmon Teriaki Wrap

Salmon Teriyaki wrap with bean sprouts, spinach, red peppers and sautéed mushrooms. Mixed Greens Salad fresh fruit cup and a butter tart or Nanaimo bar

Greek Chicken Souvlaki

Chicken Souvlaki Wrap, with tzatziki, lemon zest, black olives and arugula. Bruschetta tomatoes Greek salad, Fresh fruit cup and a butter tart or Nanaimo bar

Roast Beef Wrap

Roast Beef wrap with red cabbage, shredded cheese, roasted peppers, garlic and honey mustard

ON THE MOVE CATERING & EVENTS

+1(905) 615-9957



CORPORATE MENU

GOURMET SANDWICH & WRAPS

\$22.95 PER PERSON IN A LUNCHBOX WITH SIDE SALAD, FRESH FRUIT & DESSERT. \$11.50/PP INDIVIDUAL

Chicken Shawarma Wrap

Chicken Shawarma Wrap with chicken marinated in yogurt, tahini sauce, lemon juice, onion, cucumber, pickles, and pickled turnips.

Veggie Burrito

Veggie Burrito with black turtle beans, mozzarella cheese, lettuce, cucumber, black olives and homemade salsa.

Lemon Pesto Chicken

Lemon Pesto Chicken with asiago cheese, oven roasted tomatoes and sprouts on a baguette served with mixed greens salad, fresh fruit cup and plain butter tart or Nanaimo bar.

Grilled Steak and Brie

Grilled steak and brie topped with sautéed onions, Dijon, horseradish and arugula with a fig jam spread on focaccia, served with mixed greens, fresh fruit salad cup and a plain butter tart or Nanaimo bar.

Gourmet Ciabatta With Genoa Salami

Gourmet Ciabatta with genoa salami, prosciutto, arugula, tomato, balsamic glaze and a creamy pesto mayo on a ciabatta bun

Brisket Sandwich

Brisket Sandwich on a soft roll with thinly sliced brisket with fried onions, mozzarella and Monterey cheese.

Tuna Nicoise Sandwich

Tuna Nicoise sandwich with Dijon mustard, cucumber, sliced onion, boiled egg and black olive tapenade

Grilled Spinach Sandwich

Grilled spinach herbed ricotta and tomato with and eggplant wrap

Caprese Wrap

Caprese wrap with fresh tomato, buffalo mozzarella, basil and olive oil Vegetarian delight Wrap with grilled eggplant, zucchini and sauteed peppers in a balsamic dressing with goat cheese, arugula and balsamic glaze

Quinoa Wrap

Quinoa wrap with peppers, corn, black beans, and a vegan chipotle sauce

Falafel Wrap

Falafel or tofu wrap with chickpeas, red peppers, gherkin pickles, onion sprouts, lemon cumin, vegan mayo

Classic Chicken Club

Classic Chicken Club on a baguette with maple smoked bacon, tomato, cheddar and mayonnaise

Hawaiian on a Brioche Bun

Hawaiian on a brioche bun with seasoned chicken breast with cheese, grilled pineapple, sprouts and a creamy spicy mayo.

Italian Panino

Italian Panino served on a crusty ciabatta bun with salami, ham, fresh mozzarella, roasted red peppers, fresh basil, arugula and garlic aioli.

Primerib Sandwich

Primerib Sandwich with sautéed mushroom and onion topped with Monterey jack cheese and horseradish ranch dressing on a crispy baguette.

Butter Chicken Wrap

Butter chicken wrap, grilled chicken, tzatziki sauce, cucumber, coriander, lemon juice, romaine lettuce

Grilled Chicken Sandwich

Grilled chicken sandwich with pesto mayo, sun dried tomatoes, lettuce and smoked mozzarella



CORPORATE MENU

SOUP

\$7.50 PER PERSON

Minestrone

Vegetarian

Vegetable Chicken Noodle

Dairy Free

Creamy Butternut Squash

Vegetarian/ Vegan

Barley Vegetable

Dairy Free/ Vegetarian

Potato Leek

Vegetarian

Tomato Lentil

Dairy Free

Carrot & Ginger

Vegan

Roasted Red Pepper

Dairy Free

Spicy Thai Coconut Chicken

Vegetarian

Corn Chowder

Vegetarian

Beef or Vegan Chili

\$9.50 PER PERSON

TRADITIONAL SALADS

\$6.50 PER PERSON

Traditional Salad

Traditional mixed greens salad with tomato, cucumber, onion sprouts, feta cheese and balsamic dressing

Caesar Salad

Caesar salad with homemade croutons served with or without bacon, topped with parmesan cheese & caesar dressing

Potato Salad

Traditional Potato Salad

Antipasto Salad

Antipasto salad with bocconcini and olive oil & lemon dressing

Napa Coleslaw

House made Napa Coleslaw with a vinaigrette dressing

Cold Pasta Salad

Cold Penne Pasta Salad with Julienne snowpeas, red peppers, red onion, spinach, basil in a creamy green onion dressing

PREMIUMS SALADS

\$8.50 PER PERSON

Spinach & Apple Salad

Spinach and apple with goat cheese and dried cranberry in a poppy seed vinaigrette

Mixed Greens & Pickled Beets

Mixed greens with sliced pickled beets, topped with pumpkin seeds, dried cranberries & balsamic dressing

Kale & Feta

Kale, yellow raisin & feta with a honey balsamic dressing

Spinach & Strawberries

Spinach salad, strawberries, red onions, peppers

Asian Noodles

Asian Noodle Tofu with baby bok choy and sprouts in a ginger dressing

Roasted Carrot & Avocado

Roasted carrot and avocado with citrus dressing

Grilled Vegetables & Lemon

Grilled vegetable salad with olive oil & lemon dressing

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CORPORATE MENU

BOWLS

REGULAR BOWL \$16 PER PERSON, PREMIUM BOWL \$18 PER PERSON

Vegan Bowl

Vegan bowl with diced sweet potatoes, chickpeas, quinoa, shredded carrots, shredded purple cabbage, sliced avocado, hemp seeds and red pepper hummus

Maple Quinoa Bowl

Maple Quinoa Bowl with quinoa, maple chipotle, Brussel sprouts, roasted diced butternut squash, kale, avocado, and honey Dijon dressing

Mediterranean Hummus Bowl

Mediterranean Hummus bowl with chickpeas, quinoa, diced tomatoes, diced cucumbers, diced red onions, baby spinach, feta cheese, black olives with a creamy hummus

Premium Salmon Bowl

Premium Salmon bowl with honey siracha salmon chunks, brown rice, diced cucumbers, roasted broccoli, baby kale and spinach, edamame, avocado slices and siracha dressing

Premium Rainbow Bowl

Premium Rainbow Bowl with Quinoa, chickpeas, black beans, lentils, diced cucumbers, diced onions, shredded cabbage, sliced radish, diced tomatoes, shredded beets, diced peppers and tahini dressing

Premium Beef Burrito Bowl

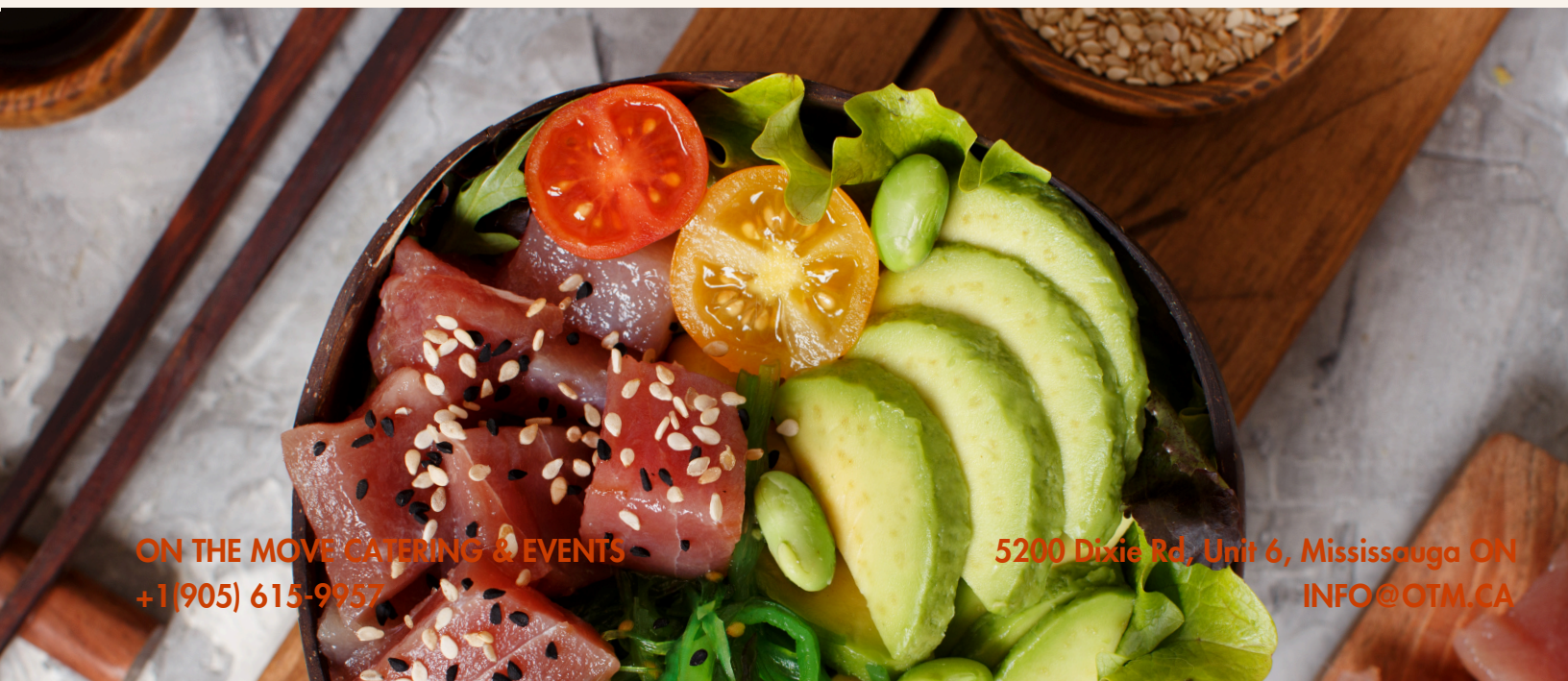
Premium Beef Burrito Bowl with kale, black beans, white rice, shredded cheddar, shredded iceberg lettuce, salsa, sour cream, diced tomatoes, guacamole, fajita beef and chipotle dressing

Premium Chicken Fajita bowl

Premium Chicken Fajita bowl with Grilled chicken served with Mexican rice, black beans, salsa, jalapeno peppers, shredded cheddar, shredded iceberg, julienned onions and peppers and sour cream

Premium Shrimp Bowl

Premium Shrimp bowl with thai noodles, curried shrimp, shredded red cabbage, sliced cucumbers, sliced radishes, kale, chopped broccoli, roasted butternut squash and thai peanut sauce





CORPORATE MENU

HOT MEALS \$19.75 PER PERSON

INCLUDES MAIN, SIDE AND SALAD - ADD DESSERT FOR \$3.50/ PER PERSON

Baked Tomato Lemon Haddock with Butter Dill Broccoli and a Tomato Cucumber Salad with balsamic dressing

Momma Nerissa's Jerk Chicken With Rice and peas, served with a side of Coleslaw

Beef Stir Fry With mixed Greens and a Julianne Vegetable Salad with Sesame Dressing

Vegan Tofu and Chickpea Cacciatore Over a bed of white rice and a side of Bean Salad

CLASSIC HOT LUNCH \$21.95 PER PERSON

INCLUDES MAIN, SIDE AND SALAD - ADD DESSERT FOR \$3.50/ PER PERSON

Momma Nerissa's Jerk chicken with rice and peas, dill butter broccoli with a side of Napa slaw

Pepper steakettes, mashed potatoes, roasted root vegetables and mixed green salad

Chicken souvlaki, roasted lemon potatoes, sautéed peas and mushrooms, served with tzatziki and Greek salad

DESSERT OPTIONS:

Portuguese Tarts, Italian Cannoli, Chocolate Eclairs, Fresh Fruit Cup, Nanaimo Bars, Butter Tarts

Blackened cod with a mango chutney, Sautéed green beans, mashed sweet potato and Caesar salad

Chicken parmesan, grilled half zucchini, lemon orzo pasta with rapini and cherry tomatoes, Spinach salad with apples and cranberries in a honey balsamic dressing

Butter chicken, basmati rice, assorted gingered vegetables served with cucumber salad with vinaigrette dressing

Vegan Stuffed Peppers with market fresh vegetables and butternut squash

PREMIUM HOT LUNCH \$25.95 PER PERSON

INCLUDES MAIN, SIDE AND SALAD - ADD DESSERT FOR \$3.50/ PER PERSON

Roast beef au jus, roasted baby potatoes, grilled lemon asparagus, Mandarin salad with poppy seed vinaigrette

Mushroom chicken with broccoli au gratin, rice pilaf Cucumber and tomato salad in a balsamic dressing

Beef Bourguignon, buttery mashed potatoes, grilled market vegetables, Mixed green salad with strawberries and goat cheese with a balsamic dressing

Oven baked tomato salsa Cod loins, chinese broccoli with a black bean sauce, Soba noodle salad with tofu and mushrooms

Vegan Tofu Stacked Portobello Mushrooms with oven roasted potatoes and 3 bean salad



CORPORATE MENU

CLASSIC PASTA MENU

PASTA, AND SALAD \$16.95 PER PERSON

Pasta alfredo with mushrooms served with Caesar salad

Vegetarian Cheese Lasagna and spinach caprese salad

Ricotta filled cannelloni with Caesar salad

Penne with rosé sauce with Caesar Salad

PREMIUM PASTA MENU

PASTA WITH PROTEIN AND SALAD \$19.95 PER PERSON

Penne with basil tomato sauce served with chicken and spinach salad with strawberries, red peppers and goat cheese

Beef lasagna or cannelloni with beet salad with cranberries and pumpkin seeds and balsamic dressing

Vegan Pasta al forno served with tomato and cucumber salad with artichokes in an olive oil and lemon dressing

\$18.95 PER PERSON

ADD BEVERAGE AND DESSERT FOR \$5.50

BEVERAGES

PRICING LISTED PER PERSON

Assorted Soft Drinks - \$2.00

Bottled Water - \$1.50

Sparkling Water - \$3.50

Coffee & Tea Service - \$4.95

Assorted Bottled Juices - \$3.50

**WE ARE ABLE TO ACCOMMODATE MOST
DIETARY RESTRICTIONS & ALLERGIES. GET IN
TOUCH TO INQUIRE.**



CORPORATE MENU

PREMIUM WRAPS

INDIVIDUAL \$9.30 PER PERSON

WITH SALAD OR SOUP + DESSERT \$17.90 PER PERSON

Veggie Burrito with black turtle beans, mozzarella cheese, lettuce, cucumber, black olives and homemade salsa

Grilled spinach herbed ricotta and tomato with and eggplant wrap

VEGAN WRAPS

INDIVIDUAL \$9.30 PER PERSON

WITH SALAD OR SOUP + DESSERT \$17.90 PER PERSON

Veggie Delight with grilled eggplant, zucchini and sautéed peppers in a balsamic dressing with tomatoes and arugula

Quinoa Wrap with peppers, corn, black beans and a vegan chipotle sauce

Falafel or Tofu vegan wrap with chickpeas, red peppers, potatoes, gherkin pickles, onion sprouts, lemon, cumin, chickpea flour, vegan mayo

PREMIUM SANDWICHES

INDIVIDUAL \$9.30 PER PERSON

WITH SALAD OR SOUP + DESSERT \$17.90 PER PERSON

Tuna Nicoise sandwich with Dijon mustard, cucumber, sliced onion, boiled egg and black olive tapenade

Prime rib sandwich with sautéed mushroom and onion topped with Monterey Jack cheese and a horseradish ranch dressing

Grilled spinach herbed ricotta and tomato with and eggplant wrap

Roast beef, red cabbage, shredded cheddar, roasted peppers, vinegar, olive oil, onion, garlic and honey mustard

Butter chicken wrap, grilled chicken, tzatziki sauce, cucumber, coriander, lemon juice, romaine lettuce

Grilled chicken sandwich with pesto mayo, sun dried tomatoes, lettuce and smoked mozzarella