

On The Move Catering

April 1, 2024 Corporate Menu

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PLATTERS



Cookie Platter

(chocolate chip, oatmeal, double chocolate, white chocolate macadamia nut) \$22.95 per doz

Mixed Dessert Platter (squares & tarts) \$5.25 pp

Fresh Fruit Platter \$6.75 pp

Fresh Vegetable Platter with Dip \$4.75 pp

Cheese & Cracker Platter \$7.25 pp

Breakfast









(Hot) – Ham frittata, home fries, and sausage \$11.95

(Cold) – Breakfast bowl with quinoa & brown rice, honey, cottage cheese, assorted berries, cheddar cheese, and boiled egg. \$11.95

(Hot) - Pancakes with sausage and homefries \$10.95

(Hot)- Bagel B.E.L.T. with bacon, egg, lettuce, and tomato \$8.95

Vegan (Hot)- Breakfast hash with mixed vegetables, potatoes and vegan sausage \$11.95

Vegan (Hot) – Scrambled tofu with cherry tomatoes, asparagus and onions with a Beyond Meat patty and a side of home fries \$12.95

Vegan (Cold)- Breakfast bowl with quinoa, chickpeas, shredded vegan cheese, assorted berries and grapes \$12.95

Breakfast Continued









(Hot) - Breakfast bacon wrap with scrambled eggs, potatoes and cheese \$9.95

(Hot) - Vegetable quiche with peameal bacon and home fries \$11.95

(Hot) - Pulled pork breakfast wrap with cheddar cheese and lettuce \$10.95

(Hot)- Scrambled eggs with bacon and hash browns \$11.95

(Cold) - Bacon, lettuce and tomato Sandwich \$8.95

(Cold) - (Protein Pack) Boiled egg, cheese, crackers, grapes and hummus \$9.95

Vegan (Hot) - Vegetable patty topped with tomato, stuffed with quinoa and dried fruit on a bed of 5 bean medley with tomato broth \$11.95

Vegan (Cold) - Breakfast vegan bowl with sweet potato, carrots, red cabbage, hummus and Moroccan quinoa \$11.95

Soups



Chicken Noodle Soup - Made with or without noodles

Cream of Broccoli Soup

Potato and Leek Soup

Barley and Vegetable Soup - Beef barley with prime cuts of meat, fresh vegetables and barley

Vegan Butternut Squash Soup with Apple Crisps

Vegan Carrot and Ginger Soup

Vegan Garden Vegetable Soup - Hearty vegetable soup made with fresh vegetables

\$6.95 per bowl

Salads







Apple, nut and Goat Cheese Salad - Sliced apples topped with arugula and radicchio with a beet vinaigrette and candied walnuts and blue cheese \$11.95

Baby Spinach and Fresh Berry Salad- with smashed candied pecans, goat cheese and a reduced balsamic vinaigrette \$9.95

Chicken Caesar Salad - Grilled chicken on top of a bed of romaine lettuce tossed in creamy caesar dressing \$13.95

Greek Salad- served with Kalamata olives and goat cheese \$8.95

Moroccan Couscous Salad with Chicken \$13.95

Homemade Potato Salad with Fresh Dill- Creamy potato salad topped with fresh dill \$7.95

Grilled Vegetable Salad - with red, yellow, and green peppers, zucchini and eggplant with a honey dressing \$10.95

Vegan Salad - Mixed Green salad served with aged balsamic and oil dressing \$9.95

Vegan Fattoush Salad - Levantine bread salad combined with mixed greens, tomatoes and other vegetables. \$9.95

Sandwiches & Wraps









Prosciutto panini with mozzarella cheese, tomato, and a pesto spread

Turkey club with bacon, lettuce, tomato and cheese

Seasoned roast beef with arugula and shaved parmesan cheese, red pepper dijon and tomatoes

Jerk Chicken wrap with napa slaw and rice and peas

Chicken shawarma wrap with rice, pickles and turnips

Southwest turkey wrap with salsa, cheddar, lettuce and an avocado spread

Vegan- Three Bean vegan wrap with hummus and lettuce

Vegan- Veggie Delight with grilled eggplant, zucchini and sauteed peppers in balsamic dressing served on a wrap garnished with tomatoes and arugula

Vegan- Tofu shawarma wrap with rice, pickles and turnip

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

\$9.95 each

Lunch

All beef/chicken orders are halal and gluten free. If you have further dietary restrictions, please specify when ordering. Add a side salad, beverage, dessert for additional \$6.75









(Hot)- Chicken Fajita bowl with grilled chicken served with mexican rice, black bean salsa, jalapeno peppers, shredded cheese and sour cream \$14.50

(Hot)- Tandoori chicken over a bed of vegetable rice \$15.95

(Hot)- Honey Asian Pork with rice, broccoli, and water chestnuts \$14.95

(Hot)- Baked basa topped with black olives, capers and lemon, mashed potatoes and sauteed green beans \$12.95

(Hot)-Shrimp Buddha with quinoa, Napa carrots, corn and cauliflower \$13.95

Vegan (Cold)- Vegan bowl with quinoa, black olives, tear drop peppers, eggplant, mixed bean salad with red peppers and vegan lemon vinaigrette dressing \$12.50

Vegan (Hot)- Vegetable pasta al Forno with vegan cheeses and vegetables \$12.50

Vegan (Hot)- Vegan tofu and chickpea cacciatore over a bed of beans and corn fried rice \$12.50

Lunch Continued









(Hot) -Chicken souvlaki with roasted potatoes and vegetables \$15.95

(Hot) - Shrimp Stir fry with rice noodles & sauteed vegetables \$13.95

(Hot) - Baked Chicken with a peach chutney, roasted potatoes and brussels sprouts \$15.25

(Hot)- Piri Piri Chicken with rice and mixed vegetables \$14.95

(Hot) - Baked Citrus cod with rice and mixed vegetables \$15.95

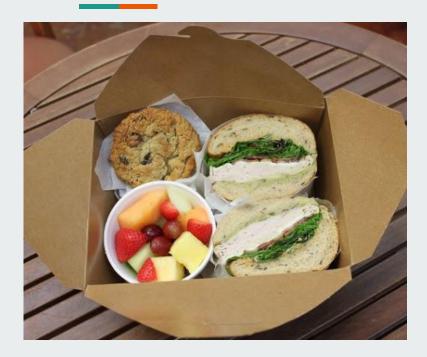
(Hot) - Butter chicken with basmati rice \$14.95

Vegan (Hot) - Vegan stir fry with tofu \$14.95

Vegan (Hot) - Vegan Chili with a garden green salad \$13.95

Vegan (Hot) - Polenta ratatouille with black olive and mushrooms \$13.95

Boxed Lunches



Includes:

Sandwich
Salad (mixed green, pasta or potato)
Fruit cup
Cookie or square

Sandwich/Wrap Choice:

Turkey Roast beef Tuna Chicken shawarma Wrap Falafel Wrap

Made on Whole Wheat, Multigrain, White or rye breads or wraps

\$16.90pp

Gourmet Box Lunches



Vegan – Asian noodle salad with Bok Choy, gourmet bean salad, fresh fruit salad and an avocado chocolate mousse

Chicken – Teriyaki chicken, Asian noodle salad with Bok Choy, fresh fruit salad and a plain butter tart or Nanaimo bar

Salmon – Teriyaki salmon, Asian noodle salad with Bok Choy, fresh fruit salad and a plain butter tart or Nanaimo bar

Greek - Chicken Souvlaki, Greek salad, fruit cup, couscous, olives and a plain butter tart or Nanaimo bar

\$17.25pp

Beef Tenderloin – A beef tenderloin wrap, gourmet bean salad, fresh fruit salad and a plain butter tart or Nanaimo bar

\$18.40pp

Dinner

Includes a salad - mixed green, caesar or greek

Add a beverage and dessert for an additional \$5.75









(Hot)- Roast beef with mashed potatoes and fresh vegetables \$18.95

(Hot)- Grilled salmon with roasted potatoes and vegetables \$17.95

(Hot)-Chicken Masala with cherry tomatoes, oven roasted potatoes and assorted mixed vegetables \$17.95

(Hot)-Teriyaki chicken with rice and vegetables \$17.95

(Hot)- Oven baked pork loins with baked beans, roasted potatoes and steamed vegetables \$16.95

(Hot)- Italian style Beef Lasagna \$16.95

(Hot)- Middle Eastern chicken kebab over parsley lemon rice and lentil stew \$17.95

Vegan (Hot)-Grilled lemon cauliflower steaks topped with olive caper salsa served with mashed potatoes and black bean \$16.95

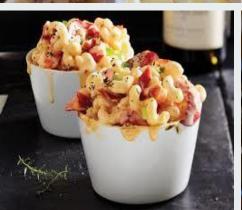
Vegan (Hot)-Tofu stacked portobello mushroom with oven roasted potatoes and green beans \$16.95

Vegan (Hot)- Stuffed pepper with market fresh vegetables and butternut squash \$15.95

Dinner Continued









(Hot) - Lemon tomato cod served with green beans and a honey ginger rice \$18.95

(Hot) - BBQ pineapple Chicken with roasted potato and mushrooms \$17.95

(Hot) - Chicken stroganoff served with vegetables and rice \$16.95

(Hot) - Fish Cacciatore with basa, roasted potatoes and california mixed greens \$17.95

(Hot) - Seafood Mac and Cheese \$17.95

(Hot) - Momma Nerissa's mild jerk chicken with rice and peas \$16.95

Vegan (Hot) - Coconut Korma over vegetable rice \$16.95

Vegan (Hot) - Vegan Lasagna \$15.95

Vegan (Hot) - Three bean lentil loaf served with roasted potatoes, brussel sprouts, mushrooms and topped with a vegan mushroom gravy \$17.95