



**On The Move Catering**

**April 1, 2024  
Corporate Menu**

**email [info@otm.ca](mailto:info@otm.ca) • 905-615-9957**

**OTM can accommodate most dietary restrictions. We offer dairy free, gluten free, halal, vegan & vegetarian options. (Volume Discounts Available)**



# 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

*Min of 10 per item*

# 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

**Min 10 per item**

# 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

*Min 10 per item*

# 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

*Min 10 per item*

# 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

*Min 10 per item*

# 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

**Min 10 per item**

# 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

*Min 10 per item*

# 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

*Min 10 per item*

# 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

*Min 10 per item*

# 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

*Min 10 per item*

# 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

*Min 10 per item*