

**CATERING MENU**

Breakfast • Lunch • Dinner

Delivery Available

**PLATTERS****Scoop Platter** ..... **\$9.95/person***Egg salad, Tuna, Lox, Cream Cheese**Served with Bagels and Rolls***Sandwiches\*** ..... **\$65** (5-7 people) / **\$125** (10 people)*Egg Salad, Tuna, Lox, Cream Cheese**Prepared on an assortment of Breads: White, Whole Wheat, Pumpernickel, Multi Grain***Wraps\*** ..... **\$70** (9 assorted wraps) / **\$135** (18 assorted wraps)*Grilled Veggie/Mediterranean/Tuna/Spicy Tuna/ Greek/ Omelette/Grilled Portobello/ Grilled Salmon**Choice of: Whole Wheat, Sundried Tomato, or Pesto Wraps*

\*Option for Sandwich and Wrap Platter combination

**Pinwheel Sandwiches** (Minimum 3 Dozen. Multiples of 3 Dozen)*Egg Salad / Tuna / Cream Cheese* ..... **\$13/dozen***Lox & Cream Cheese / Salmon*..... **\$15/dozen***Peanut Butter & Jelly*..... **\$13/dozen****Bruschetta**..... **\$20** (10" platter) / **\$35** (14" platter)*Toasted Baguette topped with Marinated Tomato Mix. Add feta \$1 / piece.***Focaccia** ..... **\$8** Medium (12") / **\$12** Large (16")*Herbed Italian Bread***Grilled Veggie** ..... **\$40** Medium / **\$75** Large**Crudités** ..... **\$25** Small / **\$40** Medium / **\$65** Large**Cheese, Crackers and Grapes** ..... **\$70** (8-10 people)**Fresh Fruit Platter** ..... **\$40** Medium / **\$65** Large / **\$95** Extra Large**Smoked Fish** ..... Please call for price options**Sushi Assorted** ..... Please call**BREAKFAST TRAYS****Scrambled Eggs** ..... **\$45** (9x13 tray)**Pancakes** Maple Syrup included..... **\$15/dozen****French Toast** Maple Syrup included..... **\$25/dozen****Waffles** Maple Syrup included..... **\$30/dozen****Fruit Salad** ..... **\$20** Small / **\$40** Medium

## SALADS

Medium (4-6 people) / Large (8-12 people) / Extra Large (14-16 people)

CHOICE OF DRESSING: *Honey Lemon, Balsamic, Honey Mustard, Caesar, Lo Cal Caesar, Sweet 'n Sour*

**Hearty Quinoa** ..... \$35 Medium / \$65 Large / \$85 Extra Large  
*Mixed Greens, Apples, Pomegranate Seeds, Maple Sunflower Seeds*

**Market Salad** ..... \$35 Medium / \$65 Large / \$85 Extra Large  
*Romaine, Grilled Portobello Mushrooms, Roasted Beets, Chickpeas, Snap Peas, Avocado, Salad Topping*

**Spinach Combo** ..... \$35 Medium / \$65 Large / \$85 Extra Large  
*Roasted Sweet Potato, Grilled Fennel, Grilled Portobello Mushrooms, Sundried Tomatoes, Quinoa, Maple Sunflower Seeds*

**The Power Bowl** ..... \$35 Medium / \$65 Large / \$85 Extra Large  
*Mixed Greens, Quinoa, Chickpeas, Beets, Radishes, Blueberries, Almonds*

**Grilled Rockport** ..... \$35 Medium / \$65 Large / \$85 Extra Large  
*Romaine, Grilled Pear, Grapes, Craisins, Feta, Cashews*

**Classic Caesar** ..... \$25 Medium / \$50 Large / \$75 Extra Large  
*Romaine, Sliced Egg, Cherry Tomatoes, Homemade Croutons. Grated Parmesan available upon request.*

**Salad Nicoise** ..... \$35 Medium / \$65 Large  
*Solid White Tuna, Green Beans, Potato, Egg, Olives, Tomato, Vinaigrette*

**Spinach Salad** ..... \$35 Medium / \$50 Large / \$75 Extra Large  
*Spinach, Mandarins, Sliced Mushrooms, Red Onions, Maple Sunflower Seeds*

**Greek Salad** ..... \$35 Medium / \$60 Large / \$80 Extra Large  
*Romaine, Cherry tomatoes, Cucumber, Peppers, Black Olives, Feta. Anchovies available upon request.*

**Roasted Tomato**..... \$75 Large  
*Romaine, Arugula, Roasted Cherry Tomatoes, Quinoa, Pine Nuts, Pesto Dressing*

**Pasta Salad** ..... \$25 Medium / \$50 Large / \$65 Extra Large  
*Tri-Colored Pasta, Sundried Tomatoes, Roasted Peppers*  
*Dressing: Seasoned Vinaigrette or Creamy Italian*

**Edamame, Corn, Black Bean** .....\$25 (Medium)

**Fresh Mango** ..... \$35 (Medium)  
*Sliced Red Onion, Edamame, Green Beans, Lemon Dressing*

**Israeli Salad Plus**..... \$35 (Medium)  
*Cucumbers, Tomatoes, Radishes, Red onion, Green Olives, Israeli Pickles*

## MINIS

Mini Pizzas Basic .....	\$30/dozen
Mini Pizzas Specialty.....	\$42/dozen
<i>Grilled Vegetable / Mediterranean / Greek / Pesto</i>	
Mini Quiche .....	\$35/dozen
<i>Spinach / Mushroom / Zucchini / Vidalia Onion &amp; Roasted Tomato</i>	
Mini Cheese Blintzes .....	\$35/dozen
Mini Egg Rolls .....	\$25/dozen

## POTATO BOUREKAS ..... \$17/ dozen

## QUICHE (12" round)

Spinach and Feta Quiche with Heirloom Tomatoes .....	\$45
Asparagus & Goat Cheese .....	\$45

## HOT TRAYS (9x13)

Quiche <i>Spinach / Mushroom / Zucchini</i> .....	\$60	Steamed Market Vegetable .....	\$55
Eggplant Parmesan .....	\$60	Grilled Vegetable.....	\$50
Lasagna .....	\$60	Basmati Rice .....	\$35
Penne Rose.....	\$55	Creamy Mashed Potatoes .....	\$35
Fettuccini Alfredo.....	\$55	Seasoned Roasted Potatoes .....	\$35
Ravioli con Vodka.....	\$65	French Fried Potato Wedges.....	\$35
Macaroni & Cheese.....	\$50		

## PIZZAS

	Medium (14")	Large (16")	X Large (18")
Basic .....	\$14.....	\$16 .....	\$18
<i>Mozzarella, House Tomato Sauce</i>			
Grilled vegetable .....	\$18 .....	\$22 .....	\$27
<i>Mozzarella, Peppers, Zucchini, Onions, Eggplant</i>			
Mediterranean .....	\$18.....	\$22 .....	\$27
<i>Mozzarella, Feta, Grilled Eggplant, Peppers, Sundried Tomatoes</i>			
Greek .....	\$18 .....	\$22 .....	\$27
<i>Mozzarella, Feta, Olives, Onions, Peppers, Tomatoes, Cucumbers</i>			
Pesto .....	\$18 .....	\$22 .....	\$27
<i>Mozzarella, Basil Pesto, Spinach, Red Onion, Mushrooms</i>			

**SOUPS** 1 litre container (serves 4)

<b>Cream of Mushroom</b> (Dairy) .....	<b>\$16</b>
<b>Cream of Potato</b> (Dairy) .....	<b>\$16</b>
<b>Squash Zucchini</b> (Non-Dairy).....	<b>\$16</b>
<b>Carrot Ginger</b> (Non-Dairy) .....	<b>\$16</b>
<b>Chunky Vegetable</b> (Non-Dairy).....	<b>\$16</b>

**CREPES**

<b>Mushroom</b> .....	<b>\$35/dozen</b>
<i>Includes Creamy Mushroom Sauce</i>	
<b>Salmon</b> .....	<b>\$45/dozen</b>
<i>Includes House Cream Sauce</i>	
<b>Cheese Blintzes</b> .....	<b>\$38/dozen</b>
<i>Includes Blueberry Sauce</i>	

**FISH**

<b>Side of Salmon</b> .....	Please Call
<i>Garlic Dijon / Teriyaki / Maple Glazed</i>	
<i>Includes our Dill Horseradish Sauce. Decorated on platter</i>	
<b>Dinner Sized Salmon</b> (7-8 ounces).....	<b>\$10/Piece</b>
<i>Teriyaki / Pecan Crusted / Cedar Plank</i>	
<b>Dinner Sized Tilapia</b> (8 ounces).....	<b>\$10/Piece</b>
<i>Breaded / Sesame Crusted / Grilled</i>	
<b>Schmaltz Herring</b> .....	<b>\$3.50/fillet</b> (5 pieces per fillet)
<b>Matjes Herring</b> .....	<b>\$4.50/fillet</b> (5 pieces per fillet)

**DESSERTS**

<b>Cheesecake</b>	
<i>Vanilla or Marble</i>	
10 1/2" Round.....	<b>\$60</b>
9x13 pan (approx. 25-30 squares) please allow 1 week notice.....	<b>\$60</b>
<b>Churros</b> .....	<b>\$20/dozen</b>
<i>Includes Chocolate Sauce, Caramel Sauce, Frozen Yogurt</i>	
<b>Apple Strudel</b> .....	<b>\$15</b> per strip (4-5 slices per strip)
<b>Fresh Fruit Platter</b> .....	<b>\$40</b> Medium / <b>\$65</b> Large / <b>\$95</b> Extra Large
<b>Pastries</b> .....	<b>\$2.50/person</b>
<i>Rugelach (cinnamon, chocolate) or Mini Danishes (cheese, cinnamon, chocolate)</i>	