



416.789.7651

Milk 'n Honey Restaurant & Catering

CATERING MENU

Please allow 48 hour minimum notice for some catering orders.

MILK 'N HONEY RESTAURANT & CATERING PRIDES ITSELF ON THE FRESHNESS
OF ALL THEIR CAREFULLY PREPARED MENU ITEMS

PLATTERS:

scoop platter \$60 (5-7 people) \$110 (10-12 people)

egg salad, tuna, lox, cream cheese

served with choice of bagels, ciabatta, or baguette

sandwiches \$65 (10 assorted) \$125 (15 assorted)

egg salad, tuna, lox, cream cheese, pesto grilled peppers, tahini grilled portabella

choice of: white, whole wheat, bagel, pumpernickel, multi grain, ciabatta

wraps \$70 medium (18 halves of assorted wraps) \$135 large (36 halves of assorted wraps)

grilled veggie, Mediterranean, classic tuna, spicy tuna, Greek, grilled salmon

choice of: whole wheat, sundried tomato, or pesto wraps

bruschetta \$20 (12 pieces)

toasted baguette topped with marinated tomato mix. with feta add \$1 each piece

combination platter \$80 (5 sandwiches quartered, 5 wraps halved, 10 pieces bruschetta)

focaccia \$8 (12"round) \$12 (16"round)

Italian bread topped with olive oil, coarse salt & herbs. with grilled veggies add \$5

party sandwiches \$13/dozen. minimum 3 dozen. multiples of 3 dozen

cheese, crackers and grapes \$70 (8-10 people)

seasonal fruit \$30 small (4-6 people) \$55 medium (10-12 people) \$90 large (15-20 people)

crudite \$25 small (4-6 people) \$40 medium (6-8) \$75 large (15-20 people)

grilled veggie \$40 small (6-8 people) \$75 large (10-15 people)

smoked fish assorted. please call. minimum 48hrs notice.

sushi assorted. please call



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SALADS: large (10-15 people)

kale quinoa \$65 apples, pomegranate seeds, nuts, lemon honey vinaigrette

market salad \$65 romaine, portobello mushrooms, roasted beets, chickpeas, snap peas, avocado, topping

spinach combo \$65 roasted sweet potato, grilled fennel, portobello mushrooms, sundried tomato, bulgur, seeds

the power bowl \$65 arugula, kale, quinoa, chickpeas, beets, radishes, blueberries, almonds, yogurt dressing

grilled rockport \$65 romaine, grilled pear, grapes, raisins, feta, cashews, lemon honey vinaigrette

classic caesar \$50 homemade croutons, classic caesar dressing or low cal dressing (no anchovies)

salad nicoise \$65 solid white tuna, green beans, potato, egg, olives, tomato, vinaigrette

spinach salad \$50 sliced mushrooms, red onions, mandarins, seeds, sweet'n sour dressing

Greek salad \$60 romaine, black olives, anchovies, cherry tomatoes, cucumber, peppers, feta

slow roasted tomato \$75 romaine, arugula, cherry tomatoes, quinoa, pine nuts, arugula pesto dressing

pasta salad \$55 seasoned tri color pasta, sliced sundried tomatoes, grilled peppers

edamame, corn, black bean \$25 (6-8 people)

cole slaw \$25 (6-8 people)

fresh mango \$30 (6-8 people) red onion, fresh parsley, fresh basil, lemon dressing

Israeli salad plus \$35 (6-8) cucumbers, tomatoes, radishes, red onion, green olives, Israeli pickles



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MINIS:

mini pizzas \$35 per dozen

mini quiche \$35 per dozen. choice of spinach, mushroom, zucchini, or Vidalia onion & roasted tomato

mini cheese blintzes \$35 per dozen

mini egg rolls \$25 per dozen

POTATO BOUREKAS: \$17 per dozen

QUICHE: 11" round

spinach and feta quiche with heirloom tomatoes \$45

asparagus & goat cheese \$45

HOT TRAYS: 9x13

lasagna \$60

quiche --- spinach / mushroom / zucchini \$60

eggplant parmesan \$60

penne rose \$55

scrambled eggs \$45

grilled vegetables \$50



PIZZAS:

	MEDIUM (14")	LARGE (16")	X LARGE (18")
Basic mozzarella, tomato sauce	\$14	\$16	\$18
Grilled vegetable peppers, zucchini, onions, eggplant	\$18	\$22	\$27
Mediterranean grilled eggplant, peppers, sundried tomatoes, feta	\$18	\$22	\$27
Greek olives, onions, peppers, tomatoes, cucumbers, peppers, feta	\$18	\$22	\$27
Pesto spinach, red onion, mushrooms, mozzarella	\$18	\$22	\$27

SOUPS: \$16/litre container - serves 4 people

zucchini squash

potato with roasted garlic

chunky vegetable

cream of mushroom

carrot (with a hint of ginger)

mushroom barley soup

CREPES: per dozen

mushroom \$35

salmon \$45

ratatouille \$35

cheese blintzes \$38



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FISH: price subject to market conditions

side of salmon \$100+ teriyaki, lemon herb, spicy *decorated add \$20

salmon \$10/piece (dinner size) teriyaki, pecan crusted, cedar plank (on platter add \$5 total)

tilapia \$10/piece (dinner size) breaded, sesame crusted, grilled (on platter add \$5 total)

schmaltz herring \$3.50/fillet (5 pieces per fillet)

matjes herring \$4.50/fillet (5 pieces per fillet)

DESSERTS:

whole vanilla cheesecake \$60 **whole marble cheesecake** \$60

churros \$6 per dozen

apple strudel \$15 per strip (4-5 slices per strip)

seasonal fresh fruit platter

\$30 small (4-6 people) \$40 medium (10-12 people) \$90 large (15-20 people)