



CATERING MENU

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PLATTERS

SM APPROX 6-8 MED APPROX 10-15 LG APPROX 20-25

Fruit + Veg

Veggies + Dips sour cream & onion, roasted red pepper, garlic & cream cheese, sun-dried tomato & cilantro, or cucumber & dill	\$34.75	\$69.50	\$139
Marinated Roasted Veggies peppers, mushrooms, grape tomatoes, zucchini, celery & cauliflower	\$37.50	\$79.50	\$159
Sliced Fresh Fruits honey dew melon, cantaloupe, kiwi, strawberries, grapes, apples, oranges	\$37.50	\$79.50	\$159

Meats + Cheeses

Antipasto Italian salami, olives, tomatoes, assorted cheeses & fruits	\$49.75	\$99.50	\$199
Charcuterie Platter assorted salamis, Italian hams & cheeses, mixed olives, pesto, black olive tapenade, sliced baguette	\$49.75	\$99.50	\$199
International Cheeses a selection of gourmet cheeses, fruits, crackers	\$39.75	\$79.50	\$159
Deli Meats freshly roasted miles prime beef, turkey, Virginia baked ham, salami & sliced cheeses. Add rolls & condiments for \$2.00pp	\$37.50	\$79.50	\$159
Finger Sandwiches Miles roast turkey & beef, ham & Swiss, tuna, smoked salmon & cucumber, crusts left on or cut off if you prefer!	\$34.75	\$69.50	\$139

Seafood + Sushi

Smoked Salmon red onion, capers, lemons, sliced baguette, cream cheese	\$59.75	\$119.50	\$239
Shrimp Cocktail fresh lemon wedges & cocktail sauce [sm: 25 pcs, med: 50 pcs, lg: 100pcs]	\$49.75	\$99.50	\$199
Sushi Roll Patter assorted makimono & chef's special maki [sm: 48 pcs, med: 64 pcs, lg: 80pcs]	\$70	\$95	\$120
Shogun Sushi Platter assorted maki, nigiri & sashimi [One Size - Lg: 80pcs]			\$150

CANAPE PLATTERS

Cold Canapes

\$30 / dz | *Presented on disposable platters.*

Asparagus Spears

wrapped in prosciutto

Cucumber Cups

baby shrimp, marie rose sauce

Smoked Chicken Mousse

tart shell, creme fraiche

Double Cream Cambozola

balsamic glaze on a toasted museli round

Beef Croustade

Thin sliced roast beef, horseradish crème fraîche on a croustade

Scottish Salmon

lemon, capers, cream cheese, toasted wheat round

Greek Salad Bite

onion, tomato, kalamata olive + feta, light vinaigrette in cucumber cup

Caprese Skewers

grape tomatoes, bocconcini + fresh basil pesto

Hot Canapes

\$30 / dz | *Presented in disposable foil pans hot & ready to serve, or chilled for you to reheat in your oven later.*

Mini Codfish Cakes

Bermuda style, pan fried

Madras Chicken Skewers

with pineapple

Shrimp Skewers

pan seared shrimp in garlic + olive oil

Beef Tenderloin Skewers

teriyaki marinade

Stuffed Mushrooms

stuffed with crab meat, breaded, crispy fried

Bacon Wrapped Dates

baked medjool dates, stuffed with stilton cheese + wrapped in bacon

Hot Bites

\$18 / dz | *Presented in disposable foil pans hot & ready to serve, or chilled for you to reheat in your oven later.*

Vegetable Spring Rolls

sweet chili sauce

Spanakopita

spinach & feta cheese in filo pastry

Chicken Wings

mild or spicy

Chicken Tenders

breaded +fried

Mini Quiche Canapés

assorted vegetables + meat

Beef Meat Balls

hickory smoked BBQ sauce

Petit Sausage Rolls

English Cumberland Sausage, puff pastry

Shrimp or Chicken Gyoza

steamed Asian style dumplings

SALADS

\$5.00 per serving

Classic Caesar Salad

croutons, parmesan, traditional creamy dressing

Seven Leaf Salad

pine nuts, almonds, orange segments, yogurt, orange & ginger dressing

Beet Salad

sliced onions, fresh parsley, balsamic vinaigrette

Potato Salad

chopped egg, dill, mayo & sour cream dressing

Broccoli Coleslaw

shredded broccoli, florets, bacon bits, carrots, creamy dressing

Classic Coleslaw

shredded cabbage, carrots, creamy dressing

Tossed Fresh Green Salad

your choice of dressing: herb vinaigrette, yogurt & pink peppercorn, creamy tomato basil

Tuscan Pasta

tri colored cheese tortellini with spinach, bell peppers black olives shredded carrots in a parmesan dressing

Honey Ranch Pasta Salad

cherry tomatoes, bell peppers, broccoli florets in a honey ranch dressing

\$6.00 per serving

Caprese

baby bocconcini, sliced fresh tomatoes + a pesto dressing

Greek

tomatoes, black olives, cucumber, fresh herbs, crumbled feta, red wine vinaigrette

Fruit Salad

honey dew, cantaloupe, apples, oranges, grapes

Thai Chicken

julienne chicken breast, bell peppers, egg noodles & spicy peanut dressing

Corn + Black Bean Salad

with lime + cilantro dressing

Cous Cous

turmeric, dates, apricots, cranberries, pine nuts, cilantro, extra virgin olive oil

\$7.00 per serving

Nutrifit Layered Moroccan Salad

quinoa, pomegranate, orange, chickpeas, cucumber, mint, cilantro, pistachios, spiced yoghurt dressing

Nutrifit Spicy Wild Rice + Chickpea Salad

lentils, spicy chipotle pepper dressing

Nutrifit Crunchy Quinoa Salad

cashews, cranberries, kale, champagne vinaigrette

Nutrifit Hong Kong Confetti Salad

carrots, red cabbage, bell peppers, sweet onion, cilantro, ginger, toasted sesame, tamari, honey, fresh lime

Nutrifit Kickin Kale Salad

lemon, evoo, honey, tahini, toasted sesame seeds, pine nuts

ENTREES

Presented in disposable foil pans hot & ready to serve, or chilled for you to reheat in your oven later. Priced per portion. 8oz portions unless otherwise noted.

Chicken

Grilled Chicken Breast with fresh herbs	\$9.75
Chicken Parmigiana breaded chicken breast, tomato sauce, mozzarella, parmesan	\$9.75
Chicken Carmel diced chicken breast, sun-dried tomato cream sauce	\$9.75
Curried Chicken Breast mango chutney	\$9.75
Fried Chicken Tenders bbq dipping sauce (8oz - Approx 6pcs)	\$7.50
Chicken Stir fry with veggies & noodles in a mushroom sauce	\$9.75

Pork

Grilled Pork Tenderloin (for 2) caramelized onions, red wine sauce	\$32.95
Roasted Pork Loin rosemary gravy	\$9.75
BBQ Baby Back Ribs whole rack	\$29.95

Vegetarian

Black Bean Patties fresh avocado salsa	\$9.75
Vegetable Yellow Curry lcumin, turmeric, ginger, coconut milk	\$9.75
Portobello Mushroom Caps roasted vegetables, balsamic glaze	\$9.75

Lamb

Curried Lamb slow cooked lamb leg, masala curry sauce	\$9.75
Grilled Lamb Chops garlic, thyme, jus	Market Price

Fish / Seafood

Salmon en Croute leeks, brie, herb cream sauce, pastry crust	\$21.95
Pan Seared Shrimp garlic, grape tomatoes, extra virgin olive oil, fresh parsley	\$18.50
Grilled Bermuda Fish fresh fruit salsa - inquire about today's selection and prices	Market Price
Fish Cakes Bermuda style codfish + potato (approx. 5oz) or \$69 for a dozen	\$5.95 ea \$69 / dz

Beef

Beef Madras slow cooked tender beef, curry sauce made with garam masala, turmeric and coriander, sliced onions, ginger, ground almonds	\$10.95
Beef Wellington beef tenderloin topped with sautéed spinach, mushrooms, onions and paté wrapped in puff pastry ready to be baked served with a madeira sauce	\$29.95
Grilled Flank Steak with fried onions & bell peppers	\$18.50
Beef Tenderloin peppercorn crust, madeira sauce	\$29.95

SIDES

*Presented in disposable foil pans hot & ready to serve, or chilled for you to reheat in your oven later.
[one size - 5oz]*

Garlic Mashed Potatoes	\$5.95	Ratatouille	\$6.95
Saffron Rice	\$5.95	Blanched Vegetables broccoli, cauliflower, carrots	\$6.95
Roasted New Potatoes	\$5.95	Sautéed Spinach	\$6.95
Scalloped Potatoes	\$5.95	Grilled Vegetables zucchini, yellow squash, portobello mushrooms, asparagus, bell peppers	\$6.95
Mac + Cheese	\$5.95		
Sautéed Mushrooms	\$5.95		

DESSERTS

Assorted Macaroons 10 pcs	\$15.00	Cookies choc chip, oatmeal raisin, sugar cookie	\$15 / dz
Mini Brownies bite sized chocolate brownies	\$19 / dz	Chocolate Profiterole Cups pastry balls in a cup with custard & chocolate	\$5.50 ea
Mini Vegan Chocolate Brownies	\$23 / dz	Cupcakes red velvet, chocolate, vanilla	\$4.25 ea \$48 / dz
Nutrifit Banana Bread low-sugar with extra protein & fibre to steady energy release, and chocolate chips to make it a treat! (served per slice)	\$4.50 ea	Mini Assorted Cupcakes	\$29.95 / dz

Cakes

Chocolate Mousse 10" chocolate sponge base topped with a dark chocolate mousse and dusted with cocoa powder (pre-sliced into 16 slices)	\$69.95	Fruits of the Forest 10" shortcrust pastry base filled with pastry cream, topped with a layer of sponge cake and lavishly garnished with an assortment of blackberries, raspberries, red currants and strawberries (12-16 ptns)	\$69.95
Red Velvet 10" smooth as velvet, this mild chocolate flavored cake is a rich red and topped with cream cheese frosting (sliced into 16 slices)	\$69.95	Chocolate Outrage 10" three layers of moist chocolate cake filled with creamy chocolate fudge and finished with old-fashioned chocolate icing, surrounded with sweet chocolate chips! (12 - 16 ptns)	\$69.95
Carrot 10" with chopped nuts, cinnamon & cream cheese icing (12 - 16 ptns)	\$69.95		