



Sample | **MENU**

[est. 1996]

breakfast

à la carte breakfast menu selections

bagels

plain, cinnamon raisin, poppyseed, marble and multigrain fat reduced

muffins

bran, banana, blueberry, apple, zucchini nut, oatmeal, poppyseed,
carrot, cranberry and lemon

danishes

fresh baked with assorted fruit and cheese

english scones

light and airy with your choice of plain or cheese

croissants

golden light and buttery cheese, plain and/or chocolate

crepes

mini savoury or sweet crepes served hot

pancakes or waffles

with maple syrup

ham & egg turnover

served in a puff pastry, these can be heated in oven or delivered fresh
from the oven covered with foil

loaves

lemon blueberry, banana and zucchini-carrot

cinnamon crunchies

stuffed eggs

tea sandwiches

brunch

quiche

vegetarian or meat

frittata

vegetarian or meat

sweet crêpes

with apples & peaches in an orange sauce

fruit tray

orange, grapefruit, pineapple, melon and berries

cocktail sausages

pork, beef or turkey sausages served with an assortment of mustards

assorted pastries

danish, croissants, scones, muffins, loaves, streusel

miniature corn muffins

with smoked turkey & cranberry relish, smoked ham & dijon,
or rare roast beef with horseradish cream

rice pudding

with raspberry coulis

“xmas” cake

slices served with warmed custard sauce

glazed roasted ham

sliced with apple sauce

smoked salmon or cured gravalax tray

with cream cheese, capers, onion, black pepper,
slices of dark rye and mini bagels

yogurts & muesli

cheese & fruit trays

bread pudding

sandwiches/wraps

urban sandwich selections

roast beef with creamed horseradish
smoked salmon and cream cheese
smoked turkey with roasted peppers
black forest ham and swiss
light chicken salad with cranberries
montréal style corned beef
salmon, egg or tuna salad
prosciutto with brie and olive tapenade
grilled chicken breast with basil mayo
grilled vegetables with goat cheese
herb shrimp salad with cucumber
breaded eggplant
italian or veggie club

urban wrap selections

tandoori chicken
steak teriyaki
curried chickpea and potato
grilled portobello and brie
grilled chicken with goat cheese
grilled salmon
grilled chicken caesar
shrimp salad
turkey club

urban salads

urban salad selections

chickpea and kale salad
israeli couscous
quinoa, sweet potato and kale
roasted cauliflower
healthy bean salad
edamame and kale salad
glass noodle with vegetables
original greek or greek pasta
grilled vegetable salad
green bean and carrot salad
quinoa salad
edamame salad
singapore shrimp noodle
orzo calabrese salad
traditional caesar salad
caprese salad
creole red skin potato salad
italian roast potato salad
pasta primavera
tortellini pesto
thai noodle salad
wild rice and corn
couscous with sun dried apricots

chef salad

with grape tomatoes, carrots, cucumbers and raspberry dressing

signature salad

with pine nuts, chèvre, sun dried cranberries and balsamic vinaigrette

spinach salad

with mandarins, bermuda onion, mushrooms with creamy ranch

SEASONAL
SELECTIONS
ADDED REGULARLY
- just ask us -

boxed lunch

lunch to go **\$17.99** per person

**other options available / environmentally packaged*

salads | select one

tuscan bean salad

southwest potato salad

or

organic red quinoa tabouleh with dried fruits,

roasted hazelnuts cherry tomato, cucumber, italian vinaigrette

sandwiches / wraps | select one

chicken caesar wrap, romaine, parmesan, sun-dried tomatoes

roast beef, smoked gouda, truffle mayonnaise and

watercress sandwich

maple roasted ham, havarti, green apple sandwich

with chorizo mayonnaise

fruit / yogurt cup | select one

apple or pear

diced seasonal fruit

natural or fruit flavoured yogurt

dessert | select one

chocolate chip cookie

brownie bar

nanaimo bar

snack | select one

potato chips

nutri grain cereal bar

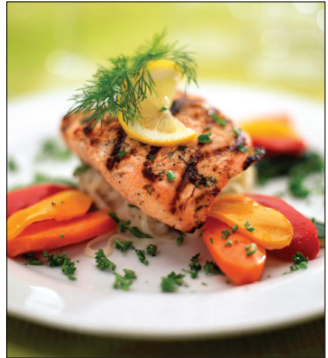
fibre plus chocolate bars

beverages | select one

natural bottled water

soft drink

hors d'oeuvres & entrées



delicious gourmet eats



hors d'oeuvres

minimum of 6 ppl

stationary

our platters make fabulous hostess gifts...

salmon antipasto platter

smoked salmon, green and black olives,
artichoke hearts, bocconcini, roasted red peppers,
sliced onions and capers, lemon wedges and pumpernickel

\$10.99 per person

mini tortilla roll ups

an assortment of tortillas stuffed with roast beef, herbed
salmon, grilled chicken and vegetarian fillings garnished with
tricolour tortilla chips and fresh crudités

\$7.99 per person

baked brie

french brie wrapped in pastry, baked golden served
with a sourdough baguette, fresh grapes and biscuits

10-15 people / *\$26.99* 20-30 people / *\$62.99*

bountiful crudité basket

a beautifully cut and artfully displayed mélange of raw and
steamed vegetables with a light roasted pepper dip

\$3.99 per person

grilled pita basket

fresh grilled pita triangles with our roasted pepper hummus,
garlic tzatziki, and baba ghanoush, garnished with olives

\$5.50 per person

strawberry, pineapple and melon skewers

served with a choice of grand marnier crème fraîche or our
belgium chocolate dip / 2 skewers per person

\$5.99 per person

italian antipasto platter

marinated vegetables and artichokes, italian cheeses, assorted
cheeses, salami, olives and roasted peppers served with house
focaccia and baguette

\$7.99 per person

hors d'oeuvres

minimum of 6 ppl

...when you're not sure how to say thank you for the invitation!

children's favourite

triangle tea sandwiches (no "crusts") with fillings including cheese, turkey, ham, cream cheese and jam plus carrot sticks, cucumbers rounds and fresh grapes (sandwich fillings can be substituted)

\$7.99 per person

fresh seasonal fruit platter

a bountiful assortment of seasonal fresh fruit, sliced and garnished with berries

\$4.99 per person

cheese and crackers please!

a selection of domestic and imported cheese artfully displayed with cheese crisps, crackers and fruit

\$4.99 per person

signature thai taster platters

a selection of thai salad rolls, chicken coconut skewers, szechuan shrimp skewers, vegetable rice rolls and asian dip, garnished with plantain chips - perfect for light cocktails

\$8.99 per person

smoked salmon platter

atlantic smoked salmon, capers, bermuda onions, lemon, cream cheese, pumpernickel and mini bagels

\$8.99 per person

"the hearty" beef tenderloin platter

rosemary and peppered beef tenderloin grilled to medium rare, sliced and served with homemade spicy horseradish, tomato béarnaise dip, dijon aioli, and a basket of mini ciabatta buns

\$16.99 per person

tea sandwiches

\$10.99 per dozen

hors d'oeuvres

2 dozen minimum

served warm

creamy goats cheese tarts with apricot preserves

fig & stilton tartlet- fresh fig chutney topped with
creamy stilton cheese in puff pastry tart

urban fare's signature crab cakes with chipotle aioli

frenched baby lamb chops with mint aioli

teriyaki beef satays with snowpeas

ginger shrimp wonton

mini grilled cheese with aged balderson

cherry tomato & brie pizzettes

honey pecan crusted chicken bites with maple chipotle sauce

jalapeno and aged cheddar risotto balls with smokey aioli

grilled coconut shrimp skewers with roasted garlic aioli

hand folded phyllo triangles with spinach, caramelized onions and
gorgonzola cheese

vegetarian samosa with date tamarind chutney

mini burgers
teriyaki chicken, bbq beef, rosemary lamb or ginger salmon
on a looney bun (min 36)

artichoke spinach asiago tartlette

classic brie and cranberry triangles

hors d'oeuvres

2 dozen minimum

mini potato latkes with smoked salmon & chive creme fraiche

crab and brie phyllo triangles

spicy beef empanadas

mushroom caps filled with goat cheese and herbs

curried coconut chicken satay with peanut sauce

cheese quesadillas

ratatouille in a pastry shell with pecorino cheese

assorted goat cheese tartlettes

served room temp

baby caprese skewers - sweet grape tomatoes, baby bocconcini
sprinkled with fresh basil & zesty balsamic reduction

moo shu wrap with five spice duck rolled with fresh ginger, green onion
and hoisin sauce

vegetarian spring rolls

mini lobster rolls

tornado shrimp with sweet chili dip

assorted california sushi rolls

shrimp spring rolls with asian dipping sauce

key lime coconut chicken crepes tied with chives

hors d'oeuvres

2 dozen minimum

asparagus and prosciutto rolls with herbed goat cheese

seared salmon on mini brioche with saffron aioli

thai fresh salad rolls wrapped in rice paper served
with a chili lime dipping sauce

soy rare beef with pickled ginger & cucumber wrapped in nori

grilled scallop and prosciutto on a rosemary spear

miniature corn cakes with avocado mash

swedish salmon gravlax in beet crisp cups with wasabi mustard and
toasted sesame seeds

thai beef moom with lemongrass

ginger wonton bundles

cajun chicken salad in a toasted corn cup

beef tenderloin on potato crostini served with rosemary lime aspic

mango, peach and roasted pepper salsa
served in cucumber chevrons

ginger tuna with wasabi aiolo on cucumber rounds

shrimp grilled with pesto and wrapped in prosciutto

SEASONAL MENUS

We have every calendar holiday and seasonal
reason to celebrate. Ask us for details!

entrée salads

minimum of 6 ppl

main course salads

\$14.99 per person

grilled salmon and shrimp salad

over frisée with yukon gold potatoes, zucchini, olives and preserved lemons

grilled chicken salad

marinated chicken breast over chicories with fresh apples and grapes

tuna or salmon niçoise salad

white albacore tuna, new potatoes, haricot vert, hard-boiled eggs and niçoise olives

chicken caesar salad

classic grilled chicken caesar salad and creamy dressing

sirloin and arugula salad

mustard seed-crusts sirloin with arugula, roasted tomato and goat or blue cheese

thai skirt steak salad

thai-curried skirt steak with soba noodles, cilantro and toasted cashews

crispy chicken salad

fried chicken strips with hard-boiled eggs, tomato, cucumber and ranch dressing

DIETARY RESTRICTIONS

We will be happy to accomodate any dietary restrictions, just let us know!

entrées

minimum of 6 ppl

vegetables, pastas, grains

grilled parmesan rosemary polenta triangles
with tomato zest, olives & chevre

our signature szechuan green beans
with red and yellow peppers

roasted mini red potatoes with baked garlic and rosemary

canadian wild rice with shitake mushrooms,
pine nuts and parsley

our signature vegetarian pad thai

balsamic glazed roasted sweet potatoes,
roasted pecan, walnuts and thyme

traditional creamy scalloped potatoes

grilled vegetable platter with nut free pesto drizzle

bundles of asparagus, red and yellow
peppers tied with chive

orchiette pasta with artichokes, rapini &
yellow peppers with roasted shallot dressing

twice baked yukon gold potato stuffed
with sour cream, chives & cheddar

sweet potato disks

roasted julienne root vegetables

** additional options available*

entrées

minimum of 6 ppl

the meat

stuffed tenderloin with spinach, pinenuts and sundried tomatoes

moroccan spiced lamb

grilled striploin of beef with chimichurri sauce

slow cooked beef brisket

grilled flat iron steak sliced with fresh tomato salsa

beef sliced in rosemary au jus

beef tenderloin medallions with a bordeaux glaze

classic beef wellington

slow roasted beef bourgignone

beef tenderloin medallions
with three peppercorn sauce and maple-glazed onions

beef tenderloin with a mushroom-madeira demi

italian or honey garlic meatballs

grilled rack of lamb with red wine reduction and fresh mint pesto

roast pork tenderloin
with fresh baked apple discs, dates and calvados glaze

grilled lamb racks with fresh mint sauce

entrées

minimum of 6 ppl

the fowl

grilled breast of chicken marinated in herbs du provence
served with a tomato salsa fresca

boneless breast of lemon chicken piccata

individual chicken teriyaki meatloaf
or traditional beef with a barbeque glaze

marinated chicken breast roasted in rosemary garlic sauce

boneless breast of chicken
stuffed with goat cheese and roast peppers with basil pesto

breast of chicken with a lemon-ginger glaze

roast turkey with cranberry-onion confit
or roast turkey with an apple-cherry chutney

florentine breasts of chicken
stuffed with spinach, mushrooms and feta with a light sherry sauce

grilled chicken breast topped with caramelized
apples, mango and bermuda onions

santa fé chicken breast topped with asparagus,
grilled onions and peppers in a pesto balsamic sauce

sweet & sour crispy chicken tenders lightly battered
with chunky tomato, peppers and homemade sweet & sour sauce

chicken souvlaki with lemon, herbs and cucumber tzatziki sauce

thai green chicken curry

chicken chow mein

herb crusted chicken

chicken pizzaiola

entrées

minimum of 6 ppl

fish and seafood

nori wrapped salmon with wasabi glaze

panko crusted basa with cranberry salsa

halibut filets baked in a spicy coconut lime sauce

grilled filet of salmon with artichokes, yellow pepper and fine herbs

seared halibut with white wine, olives, capers, tomato and lime

tortilla crusted tilapia with urban fare's roasted tomato salsa

jerk shrimp seasoned with mango

grilled shrimp, scallops and squid with a herb dressing

fricasse of scallops, tiger shrimps and tricolour peppers, vermouth, basil and cilantro (usually served with rice noodles, but can be substituted)

lemon herb crusted cod with fresh citrus salsa

salmon on lemongrass and served with a blackbean-ginger-sesame glaze

salmon filet in pastry paper served with a chardonnay and dill sauce

thai-spiced salmon baked in a banana leaf and served with a coconut-lime cream

grilled atlantic salmon with a lime zinfandel glaze

cold poached atlantic salmon with dill mayonnaise

entrées

minimum of 6 ppl

vegetarian

vegetable lasagna

spinach & ricotta cannelloni

cheese tortellini with pesto or tomato sauce

fusilli with a trio of wild mushrooms

bean pasta primavera

pasta & chickpeas with roasted vegetables

pad thai

vegetable cappellini

vegetarian chilli

vegetable paella

stuffed peppers

zucchini, squash & eggplant or spinach, roasted peppers and goat cheese or refried beans, roasted peppers, cheese (vegan or regular) or tofu and salsa

casseroles & pies

priced according to size

chicken pot pie

vegetable tian

steak and mushroom pie

assorted savoury quiches

lamb moussaka

shepherds pie

baked pasta and vegetables al forno

traditional tourtière

teriyaki beef rolls

italian sausage rolls

the extras

helpful / easy / reliable

Urban Fare Catering has a wide variety of menus to choose from so don't hesitate to ask us to send you a copy of our specialized menu packages or have one tailored to your requests. From small private affairs to large corporate events, our staff is dedicated to making your event a memorable one!

venues

Urban Fare Catering is proud of our partnerships with various venues across the GTA. For a full list of venues please visit our website at www.urbanfarecatering.com

equipment

Urban Fare Catering can arrange for the rental of all equipment required for your event.

bar services

Black Tie or Casual, we can supply you SMART SERVICE experience staff. Mixers; Tonic Water, Seltzer, Assorted Sodas, Club Soda, Fruit Juices, Sparkling & Spring Water can all be provided.

Chefs, Waitstaff and Bartenders are priced according to function.

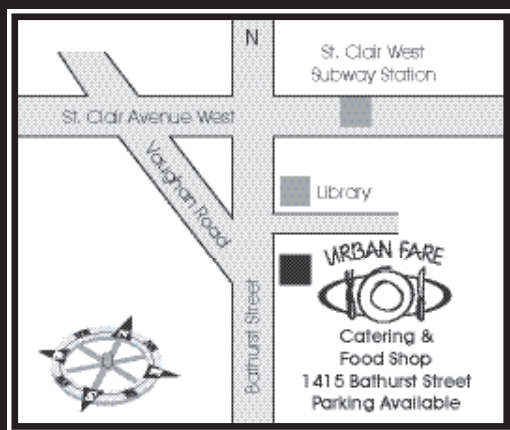
delivery service

We deliver 7 days a week within the Greater Toronto Area from 6:30 AM to 5:30 PM! Anything outside of the GTA may have additional charges. Delivery fees vary depending on location and time.

Canceling your party is NOT a crime. Not mentioning it to us within 24 hours of said event however, isn't very nice and will cost you a 50% cancellation fee, OUCH! We know...right!

VISIT OUR Food Shop & Café

1415 Bathurst Street
1/2 Blocks South of St. Clair Avenue
on the East Side



Delivery Available
7 Days a Week!

416.532.1010

www.urbanfarecatering.com