



# CORPORATE [express] MENU

## Delivery Available 7 Days a Week!

We are proud to support  
Local Farmers, Ontario  
Produce Growers and  
**BREAKFAST FOR LEARNING**

### Catering Office Hours

Monday to Friday  
9:00 am – 5:00 pm  
416-532-1010

We Make It Easy To Eat Well  
[www.urbanfarecatering.com](http://www.urbanfarecatering.com)



### Executive Continental Breakfast

#### Freshly Baked Morning Pastries

A selection of homemade muffins, fruit danish, plain, chocolate and cheese croissants, bagels, morning breads and scones all attractively arranged in wicker baskets and served with fresh creamery butter, preserves and cream cheese

#### Fresh Seasonal Fruit Platter

**Apple, Orange, Cranberry Juice and  
Bottled Water**

**\$7.99 per person**

### Urban Breakfast Add-ons

**Smoked Salmon and Cream Cheese  
Mini Bagel \$3.50**

**Individual Fruit Flavoured Yogurt  
\$2.75**

**Yogurt, Berry and Granola Parfaits  
\$3.99**

**Cucumber and Cheese Mini Bagels  
\$2.99**



## **Healthy Fare Breakfast**

### **Frittata**

Egg white frittata with asparagus, red peppers, mushroom and chèvre

### **Tomatoes and Cucumbers**

Fresh slices of tomatoes, crisp cucumbers and herbs

### **Fresh Seasonal Fruit Tray**

Seasonal selection of sliced fruit granished with berries

**\$14.99 per person**

## **Urban Breakfast Add-ons**

### **Healthy Grain Breads**

A selection of breads and bagels served with light preserves

**\$2.99**





## Urban Fare Sandwich Lunches

### An Easy Fare Meeting

One sandwich or wrap  
per person plus a sweet basket

**\$11.99 per person**

### Executive Lunch 1

One Urban Fare sandwich or wrap  
per person with a choice of one  
salad, cheese tray and cookies

**\$15.99 per person**

### Executive Lunch 2

One Urban Fare sandwich or wrap  
per person with choice of two salads  
and a sweet basket

**\$15.99 per person**

**•GLUTEN FREE AND  
VEGETARIAN OPTIONS  
AVAILABLE•**



## Sandwich Lunches

Let us make recommendations, or feel free to choose from our wide array of sandwich/wrap fillings and salad selections.

### Urban Sandwich Selection

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 Club or Veggie Club  
Tandoori Chicken Breast Wrap  
Steak Teriyaki Wrap  
Curried Chickpea and Potato Wrap  
Grilled Portobello and Brie Wrap  
Grilled Chicken with Goat Cheese

Grilled Salmon Wrap  
Grilled Chicken Caesar Wrap  
Shrimp Salad Wrap  
Turkey Club Wrap

### Urban Salad Selection

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  
Asia Coleslaw  
Vegan Quinoa Caprese Salad

Roast Beet & Citrus 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 and Mushrooms with  
Creamy Ranch Dressing

## Flat Bread Luncheon

Flat breads are a thin soft artisan herbed flat bread which make a great substitute to breads and rolls

### The Salad

Baby greens with cucumber, julienne carrots and grape tomatoes with lemon herb vinaigrette

### The Flat Bread Sandwich Selection

Smoked turkey with tahini, shaved rare roast beef with pommery mustard, chicken caesar, smoked salmon, caper and dill cream cheese albacore tuna or chopped egg salad

### The Dessert

Double chocolate & almond biscotti, macadamia & white chocolate and raisin oatmeal cookies, butter and lemon mini tarts with fruit garnish

**\$14.99 per person**

## Healthy Easy Fare Lunch

### Teriyaki Beef, Chicken, Salmon, & Tofu Wrap

### Vegetarian Thai Noodle Salad

Julienne vegetables in a sweet asian dressing

### Mixed Green Salad

With cucumber, mango and citrus vinaigrette

### Assorted Cookies

OR

### Fresh Fruit Tray

**\$15.99 per person**

## Lunch on the Go! Bagged Lunch

Includes one beverage, a whole piece of fruit, cookie, napkin and cutlery

A café sandwich served with a choice of one of the following salads: pasta primavera, orzo pasta, tuscan bean or signature salad

### Sandwich/Wrap Options

grilled chicken and basil mayo, smoked turkey with roasted peppers, tuna salad, grilled vegetable and goat cheese, roast beef with creamed horse-radish and ham & swiss

**\$16.99 per person**

## EASY FARE MEETING

**Fresh Fruit Kebobs**

**Cheese and Crackers**

**Granola Bars OR Trail Mix**

**\$7.99 per person**

**Pick 2**



# Healthy Bowls by

# Urban Fare Catering and Food Shop



## The Teriyaki Bowl

*(Choice of Proteins: Salmon, Chicken, Beef, or Tofu)*

- Shredded Red Cabbage
- Carrots
- Edamame
- Pineapple
- Cilantro
- Brown Rice



## The Chipotle Bowl

*(Choice of Protein: Salmon, Chicken, Beef, or Tofu)*

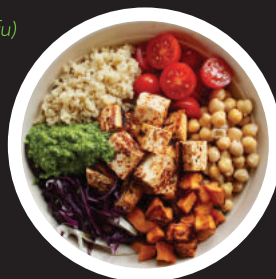
- Black Bean
- Mango
- Red Pepper
- Red Onions
- Corn
- Mix Greens



## The Cajun Bowl

*(Choice of Protein: Salmon, Chicken, Beef, or Tofu)*

- Roasted Sweet Potato
- Red & White Cabbage
- Cherry Tomatoes
- Broccoli Parsley Pesto
- Cajun Chickpeas
- Quinoa



## The Balsamic Glaze Bowl

*(Choice of Protein: Salmon, Chicken, Beef, or Tofu)*

- Arugula
- Kale
- Sundried Tomato
- Green Pepper
- Cucumber
- Chickpeas
- Olives



\*Bowls portioned and priced at \$14.95 per person

1415 Bathurst Street, Toronto, ON | (416) 532 1010 | [www.urbanfarecatering.com](http://www.urbanfarecatering.com)

### **Express Menu**

When a sandwich lunch just won't do.  
Enjoy one of our many Corporate Express Menus.

#### **Express Lunch 1**

##### **Roasted Roulade of Chicken**

Filled with a julienne of seasonal vegetables with mushrooms, chèvre and Ontario peach and red pepper chutney

##### **Urban Fare's Signature Salad**

Field greens, toasted pine nuts, sun dried cranberries, chèvre and balsamic vinaigrette

##### **Red Skin Potato Salad**

Miniature red skin potatoes dressed in a mustard and dill vinaigrette with slivers of red onion and bell peppers

##### **Fresh Fruit Tray**

**OR**

##### **Urban Fare Assorted Pastries**

**\$18.99 per person**

***Gluten Free!***

***\*Add Rolls or Pita \$0.75 per person***

#### **Express Lunch 2**

##### **Poa Po Chicken**

Tender pieces of chicken marinated in Asian spices and a sweet soy teriyaki glaze

**and/or**

##### **Lemon Grass Salmon**

Fillets of salmon marinated in Asian spices and lemon grass seared with a ginger glaze

##### **Thai Noodle Salad**

Stir fry egg vermicelli noodles with julienne of vegetables dressed with cilantro and a light soy dressing

##### **Szechuan Green Beans**

Dressed in a hot and sour vinaigrette

##### **Fresh Fruit Tray**

**OR**

##### **Urban Fare Assorted Pastries**

**\$20.50 per person**

***Dairy Free!***

#### **Express Lunch 3**

##### **Lake Tahoe Chicken**

Tender pieces of chicken marinated in white wine, fresh herbs, caramelized onions, oranges and olives

##### **Urban Fare's Signature Salad**

Field Greens, toasted pine nuts, sun dried cranberries, chèvre and balsamic vinaigrette

##### **Green Bean and Carrot Salad**

Tender green beans with fresh herbs and carrots dressed in a honey Dijon vinaigrette

##### **Fresh Fruit Tray**

**OR**

##### **Urban Fare Assorted Pastries**

**\$16.99 per person**

***Gluten + Dairy Free!***



## **Express Lunch 4**

### **Chicken Souvlaki**

Skewered tender pieces of chicken  
marinated in lemon, garlic and  
oregano, accompanied by a  
cucumber yogurt sauce

and/or

### **Vegetable Souvlaki**

Skewered chunks of vegetables with a  
nut-free pesto vinaigrette

### **Original Greek Crumbled Feta and Tomato Salad**

### **Grilled Vegetable Tabbouleh**

### **Fresh Fruit Tray**

**OR**

### **Urban Fare Assorted Pastries**

**\$16.99 per person**

***\*Add Rolls or Pita \$0.75 per person***



# **NEW**

## **Express Lunch 5**

### **BBQ Style Portuguese Chicken**

### **Saffron Rice**

### **Grilled Vegetable Platter**

Nut-free Pesto Vinaigrette

### **Mix Green Salad**

with lemon vinaigrette

### **Fresh Fruit Tray**

**OR**

### **Urban Fare Assorted Pastries**

**\$16.99 per person**

***Gluten + Dairy Free!***

### **Express Lunch 6**

#### **Mamma-Mia Chicken**

Tender chicken breast marinated in herbs, grilled and sliced, topped with pitted olives, caramelized onions and roasted sweet peppers

#### **Urban Fare's Caesar Salad**

Hearts of romaine, herbed croutons, parmesan cheese, bacon bits and creamy caesar dressing

#### **Pasta Primavera Salad**

Tri color fusilli noodles with garden vegetables dressed in a light herb vinaigrette and parmesan cheese

#### **Fresh Fruit Tray**

**OR**

#### **Urban Fare Assorted Pastries**

**\$16.99 per person**

***\*Add Rolls or Pita \$0.75 per person***

### **Express Lunch 7**

#### **Filet of Atlantic Salmon**

Poached salmon filet with artichokes, fennel and yellow peppers

#### **Marinated Creole Salad**

Apples with julienne celery, orange segments and red onions dressed in vinaigrette, set on a bed of seasonal greens

#### **"Spring Has Sprung" Spinach Salad**

Baby spinach greens garnished with radish and citrus with an apple cider dressing

#### **Fresh Fruit Tray**

**OR**

#### **Urban Fare Assorted Pastries**

**\$16.99 per person**

***Gluten + Dairy Free!***

### **Express Lunch 8**

#### **Baked Lasagna**

Meat or Vegetarian

#### **Urban Fare's Caesar Salad**

Hearts of romaine, herbed croutons, parmesan cheese, bacon bits and creamy caesar dressing

**OR**

#### **Caprese Salad**

Tomatoes, cucumber, bocconcini and red onions with basil drizzle

#### **Fresh Fruit Tray**

**OR**

#### **Urban Fare Assorted Pastries**

**\$16.99 per person**

### **Express Lunch 9**

#### **Chicken Parmesan**

Tender chicken breast baked in fresh tomato marinara & basil sauce

#### **Tender Herbed Buttered Pasta**

Fussilli pasta tossed in fresh herbs & butter or Urban Fare's homemade pesto (NO NUTS)

#### **Italian Salad**

Romaine, Boston and radicchio leaves with balsamic vinaigrette

#### **Fresh Fruit Tray**

**OR**

#### **Urban Fare Assorted Pastries**

**\$16.99 per person**

**\*Add Rolls or Pita \$0.75 per person**

### **Express Lunch 10**

#### **Orange Chicken Kebobs**

Tender chicken in an orange infused teriyaki glaze

#### **Urban Fare Signature Pad Thai**

An Urban Fare specialty of rice noodles tossed with authentically seasoned crisp vegetables

#### **Seasonal Green Salad**

Mixed with cucumbers, celery, tomatoes and radish

#### **Fresh Fruit Tray**

**OR**

#### **Urban Fare Assorted Pastries**

**\$17.99 per person**

***Gluten + Dairy Free!***

# **NEW**

### **Express Lunch 11**

#### **Creole Blackened Salmon**

#### **Or Chicken Breast**

With Pineapple Salsa

#### **Quinoa Salad (Healthy Grains)**

Pronounced 'keen wah' it's known as the "super food." It's gluten free and a great source of protein!

#### **Winter Greens**

Fresh mix of romaine and baby spinach, red peppers and radish with mustard vinaigrette

#### **Fresh Fruit Tray**

**OR**

#### **Urban Fare Assorted Pastries**

**\$16.99 per person**

***Gluten + Dairy Free!***

## **Express Lunch 12**

### **Maple Glazed Steak**

BBQ tender flank steak, thinly sliced,  
and served with a spicy tomato salsa

### **Roasted Garlic Potato Salad**

Urban Fare's signature potato salad  
with roasted garlic and  
balsamic glaze

### **Mix Green Salad with Arugula**

with parmesan and lemon olive  
oil vinaigrette

### **Fresh Fruit Tray**

**OR**

### **Urban Fare Assorted Pastries**

**\$18.99 per person**

***Gluten + Dairy Free!***

**\*Add Rolls or Pita \$0.75 per person**



## **Express Lunch 13**

### **Surf & Turf**

Asian inspired grilled tiger shrimp  
and mongolian beef on glass  
noodles with red peppers, scallions,  
coriander, napa cabbage  
and spicy asian vinaigrette

### **Spinach Salad**

Baby spinach leaves with julienne of  
white radish and red wine vinaigrette

### **Fresh Fruit Tray**

**OR**

### **Urban Fare Assorted Pastries**

**\$18.99 per person**

***Gluten + Dairy Free!***

### **Express Lunch 14**

#### **Herb Crusted Breast of Chicken**

Sliced and served with orange soy glaze and citrus salsa

#### **Baby Spinach Salad**

With fresh mushrooms, sweet red peppers and ranch dressing

#### **Grilled Vegetable Display**

Eggplant, zucchini, roasted peppers, mushrooms and Bermuda onion with a pesto drizzle

#### **Fresh Fruit Tray**

**OR**

#### **Urban Fare Assorted Pastries**

**\$16.99 per person**

***\*Add Rolls or Pita \$0.75 per person***

### **Express Lunch 15**

#### **Chicken Santé Fe**

Grilled chicken breast with asparagus, peppers, onions and pesto vinaigrette

#### **Mixed Greens and Cherry Tomato Salad with Vinaigrette**

#### **Wild Rice and Corn Salad**

#### **Fresh Fruit Tray**

**OR**

#### **Urban Fare Assorted Pastries**

**\$16.99 per person**

***Gluten + Dairy Free!***

### **Express Lunch 16**

#### **Medium Rare Sliced Beef Tenderloin Platter**

With roasted red peppers and horseradish cream

#### **Urban Fare's Signature Salad**

Field greens with toasted pine nuts, sun dried cranberries, chèvre and balsamic vinaigrette

#### **Roasted Root Vegetable Salad**

Carrots, yams, butternut squash and parsnips roasted and dressed with pommery mustard

#### **Fresh Fruit Tray**

**OR**

#### **Urban Fare Assorted Pastries**

**\$22.99 per person**

***Gluten + Dairy Free!***

### **Express Lunch 17**

#### **Baked Penne Pasta**

With beef bolognese and fresh herbs served with parmesan cheese  
(vegetarian option available)

#### **Urban Fare's Classic Caesar Salad**

Hearts of romaine, herbed croutons, parmesan cheese, bacon bits and creamy caesar dressing

OR

#### **Cucumber and Tomato Salad**

With red wine vinaigrette

#### **Fresh Fruit Tray**

OR

#### **Urban Fare Assorted Pastries**

**\$16.99 per person**

*\*Add Rolls or Pita \$0.75 per person*

### **Express Lunch 18**

#### **Chicken Scallopini**

Tender chicken breast with a creamy mushroom sauce

#### **Romaine Salad**

Romaine hearts with shaved parmesan and sweet peppers in a balsamic vinaigrette

#### **Roast Potato Salad**

Roasted mini red potatoes with caramelized onions, garlic and rosemary

#### **Fresh Fruit Tray**

OR

#### **Urban Fare Assorted Pastries**

**\$16.99 per person**

# **NEW**

### **Express Lunch 19**

#### **Quinoa & Sweet Potato Salad**

#### **Salad Bar with Romaine Leaves, Baby Spinach and Mixed Greens**

##### ***Toppings Includes:***

Chickpeas  
Crumbled Feta Cheese  
Black Olives  
Baby Corn  
Red Peppers  
Julienne Carrots  
Julienne Beets  
Slivered Almonds  
Shredded Cheddar Cheese

Grilled Sliced Chicken  
Grilled Sliced Tofu  
Grilled Salmon Pieces  
Sliced Hard Boiled Egg

*\*Choice of 2*

Blueberry Vinaigrette  
Ranch Dressing  
Balsamic Vinaigrette  
*\*Choice of 2*

**10 person minimum - \$16.99 per person**

***Gluten + Dairy Free!***





**MOST POPULAR**

## Urban Express Snacks

### Thai Taster Platter

A selection of thai salad rolls, lemongrass chicken satay with peanut sauce, szechuan shrimp skewers and california rolls with asian dip

**\$8.99 per person**

### Euro Dipping Platter

Spicy feta spread, artichoke asiago dip and babaganoush served with crispy flatbread and pita garnished with olives

**\$6.99 per person**

### Cheese & Crackers Please!

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

**\$4.99 per person**

### Bountiful Crudite Basket

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

**\$3.99 per person**

### Express Cocktail Fare

Spicy Thai Shrimp Skewers,  
Crab Cakes with Chipotle Aioli,  
Chicken Satay with Peanut Sauce,  
Thai Fresh Salad Rolls with Chili lime Dip,  
Mini Goat Cheese Tarts

**\$10.50 per person**

**5 pieces per person**

**(minimum 10 people)**

### Fresh Seasonal Fruit Platter

Fresh seasonal fruit, sliced and carved to include melons, citrus, grapes, pineapples, mango and strawberries garnished with berries

**\$4.99 per person**

### Urban Fare Sweet Basket

A daily selection of a wide variety of homemade decadent squares, bars, tarts and cookies including brownies, cheesecake, squares and mini pastries

**\$4.75 per person**

Offering the finest  
LOCALLY PREPARED FOOD

———— AT ————  
URBAN FARE FOOD SHOP  
GLUTEN FREE & VEGETARIAN OPTIONS

.....  
{ EAT IN or TAKE OUT }

—————  
*www.urbanfarecatering.com*

————— est 1996 ————

## VISIT OUR FOOD SHOP

We offer the convenience of Gourmet to Go's delicious takeout foods with a handpicked selection of unique gift items.

Prepared Food, Frozen Entrées,  
Delicious Desserts and  
Gourmet Gifts!



**Most menus are served cold  
unless otherwise requested**

**Prices do not include rentals,  
staff charges, administration  
fees, beverages, disposables,  
delivery or taxes**

Urban Fare has a wide variety of menus to choose from. For something different, please ask us to send you a copy of our à la carte sample menus.

We also encourage you to use the services of our experienced event planners who will customize a menu tailored to your specific requests. From small private affairs to large corporate events, we take great pride in both the quality of food and presentation. Our staff is dedicated to making your event a memorable one.

**\* GLUTEN FREE  
AND VEGETARIAN  
OPTIONS AVAILABLE \***

### Delivery Service

Urban Fare delivers 7 days-a-week. A delivery charge applies for the Toronto area. Please inquire for deliveries outside of the city.

### Service Staff

Black Tie or Casual, we can supply you with experienced staff.

Minimum 4 hours

Wait Staff, Bartenders and Chefs.

### Equipment

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



# Delivery Available

7 Days a Week!

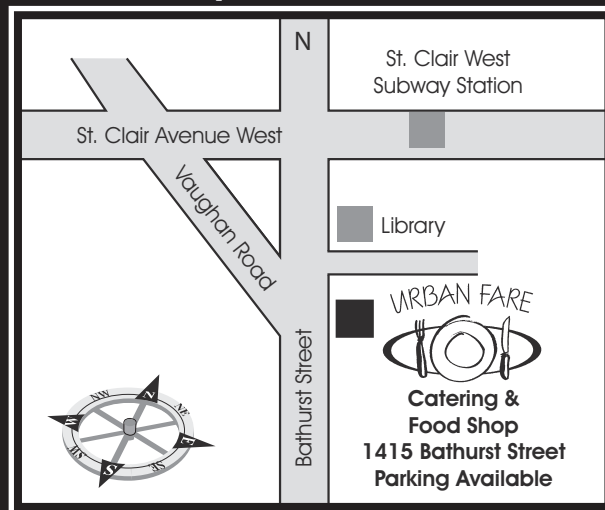
**416.532.1010**

[www.urbanfarecatering.com](http://www.urbanfarecatering.com)

**1415 Bathurst Street, Toronto**

1 ½ blocks South of St. Clair Ave. on East Side

## Food Shop & Café Location



# We Make It Easy To Eat Well!