



# *Sample* | MENU

[ est. 1996 ]

# breakfast

# brunch

## *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**

plain, cheese or fruit

### **quiche**

vegetarian or meat

### **frittata**

vegetarian or meat

### **croissants**

golden light and buttery cheese, plain or chocolate

### **loaves**

lemon blueberry, banana and zucchini-carrot

### **crepes**

mini savoury or sweet crepes served hot

### **sweet crêpes**

with apples & peaches in an orange sauce

### **pancakes or waffles**

with maple syrup; berry compote or whip cream available at additional cost

### **ham & egg turnover**

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

### **fruit tray**

orange, grapefruit, pineapple, melon and berries

### **yogurts & muesli**

individual yogurt, berry and granola parfaits

# 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

quinoa caprese salad

**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**

# 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, 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

Lorem ipsum

*\$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, 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, 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, roasted red peppers, caramelized onions, 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*

urban fare's signature crab cakes with chipotle aioli  
frenched baby lamb chops with mint aioli  
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  
coconut shrimp skewers with roasted garlic aioli  
hand folded phyllo triangles with spinach, caramelized onions and gorgonzola cheese  
vegetarian samosa with date tamarind chutney  
artichoke spinach asiago tartlette  
classic brie and cranberry triangles  
spicy beef or chicken 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  
(Flavours: apricot, fig, roasted beet or olive tapenade)

## *served room temp*

mini potato latkes with smoked salmon & chive crème fraiche  
(vegetarian option available with apple cranberry chutney)  
ginger tuna with wasabi aiolo on cucumber rounds  
shrimp grilled with pesto and wrapped in prosciutto  
teriyaki beef satay with roasted red peppers

# hors d'oeuvres

*2 dozen minimum*

## *served room temp con't*

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

mini lobster rolls

tornado shrimp with sweet chili dip

assorted california sushi rolls

vegetarian or shrimp spring rolls with Asian dipping sauce

key lime coconut chicken crepes tied with chives

mini sweet potato & chickpea cakes with mango chutney

asparagus and prosciutto rolls with herbed goat cheese

mango shrimp fresh salad rolls wrapped in rice paper with chili lime dip

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

ginger chicken, shrimp or mushroom wonton bundles

cajun chicken salad in a toasted corn cup

beef tenderloin on potato crostini served with horseradish

mango, peach and roasted pepper salsa served in cucumber chevrons

### **SEASONAL MENUS**

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



## 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)

# 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 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

sweet potato discs

roasted julienne root vegetables

sautéed green beans with shallots

*\* additional options available*

# entrées

*minimum of 6 ppl*

## *the meat*

moroccan spiced lamb

grilled striploin of beef with chimichurri sauce

slow cooked beef brisket

grilled maple glazed flank 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

individual beef meatloaf with BBQ glaze

# 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

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

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

roasted turkey with cranberry onion confit

thai green chicken curry

chicken pad thai

herb crusted chicken

# 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 with tropical dip

grilled shrimp, scallops and squid with a lemon herb dressing

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

potato herb crusted cod with fresh citrus salsa

lemongrass salmon with ginger 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

vegetarian chilli

vegetable paella  
(minimum 10 portions)

stuffed peppers

mushroom pepper and squash OR quinoa, beans,  
vegetables and herbs

## *casseroles & pies*

*priced according to size*

chicken pot pie

vegetarian lentil moussaka

steak and mushroom pie

assorted savoury quiches

lamb moussaka

shepherds pie

baked pasta and vegetables al forno

traditional tourtiere

teriyaki beef rolls

tofu & vegetable sheppards pie

# 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](http://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.

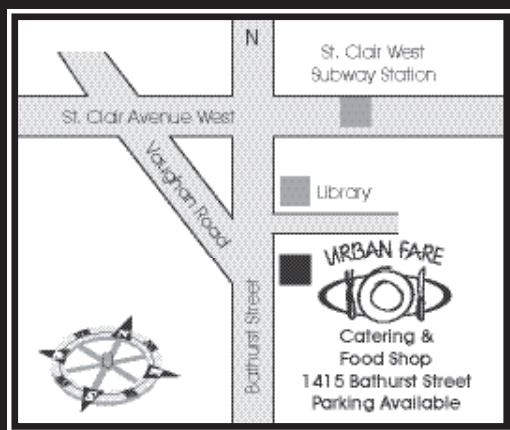
## *delivery service*

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**

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