



# *THE* **ROSTIE GROUP**

CATERING MENU  
2020

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## HEALTH AND SAFETY

Here at The Rostie Group, our clients health and safety is at the top of our priority list. It is our goal to provide our clients with food service options to minimise potential risks for the transfer of bacteria, because of this we have carefully thought of ways we can cater to a crowd.

It's imperative, as a community we stay calm, positive and adjust to what could be our new normal. To accommodate the revised needs of our valued clients – we have developed a series of single-serve meals.

**We have also implemented additional measures to our already high standards in food handling to ensure the safety of our our team and customers, including:**

- Daily health safety meetings and reminders with our team to share new information as it becomes available and ensuring all staff are educated in evolving precautionary measures
- Enhanced cleaning protocols, with additional focus on high traffic and high contact areas
- Enhanced equipment cleaning and sanitization protocols
- Additional hand sanitization stations throughout our offices, kitchen
- Enhanced food handling protocols
- The introduction of individually packaged meals to minimize cross-contamination.

Today and in days to come, we hope you consider the adjustments we have made to our menu offerings to put food service concerns at ease.

Thank you,

***The Rostie Group.***



## BREAKFAST

**\$20**

### Harvest Breakfast Box

A home baked loaf with butter and preserves, Ontario cheese wedge accompanied with a fresh, seasonal fruit salad - garnished with berries.

### Morning Energy Boost Box

Activia yoghurt with granola, havarti cheese, strawberry and grapes, rounds of multigrain bread served with butter and french preserves.

### Yoga Breakfast Box

Freshly baked muffins, parfait of plain yogurt and **GF** granola, a mango peach compote.

## HOT BREAKFAST

**\$25**

### The Traditional Box

Gluten free nature bar, farm fresh scrambled eggs, maple cured bacon **OR** pork breakfast sausages accompanied with with a fresh, seasonal fruit salad - garnished with berries.

For both maple cured bacon and pork breakfast sausages add an additional **\$4**

## EXTRAS

Gluten free

**\$4**



## COLD LUNCH

**\$24**

### **Business Class Box**

Multigrain, rosemary or ciabatta bread filled with your choice of - tuna, egg, chicken salad, roast beef, turkey and cheese, ham and cheese, grilled chicken or roasted veggies. Accompanied with a gluten free nature bar, whole fresh fruit and a cookie  
*Along with one of the salads below.*

### **Pasta And Multi-grains**

#### **Jewelled Rice**

Basmati rice blended with turmeric, raisins, dried apricot. Dried cranberry and mint, finished with a lemon juice drizzle.

#### **Primavera Pasta Salad**

**GF** penne pasta tubes tossed with broccoli, oven dried tomatoes, sweet red onion and marinated crumbled sheep milk feta, dressed with extra virgin olive oil.

#### **Faro And Roasted Yam**

Faro and honey roasted yam, wilted baby spinach and dried, cranberries, dressed with fresh mint and rice wine vinegar.

### **Mixed Veggie Salad**

#### **Corn and Sugarsnap Salad**

Charred sweetcorn, crisp sugarsnap pea, roasted red peppers and spicy arugula greens in a honey dijon dressing.

#### **Caprese Salad**

Fine ripened tomatoes and fresh mozzarella, bocconcini tossed in a roasted red onion and basil vinaigrette.

#### **Root Veggie Salad**

Seasonal selection of market veggies, oven roasted and dressed in a herb balsamic glaze.

## **EXTRAS**

Gluten free

**\$4**



## HOT LUNCH

\$30

### Chicken Box

Honey and basil chicken, baked with sweet basil and orange blossom honey.

Accompanied with a wild greens salad, heirloom carrots, cucumbers and watermelon relish with a drizzle of pear, maple and balsamic vinaigrette.

### Beef Box

The AAA beef is seasoned with a mesquite glaze. Accompanied with crisp romaine hearts dressed in a creamy garlic dressing and garnished with herb croutons and Parmesan cheese.

### Salmon Box

Mandarin teriyaki salmon with a trio of chilli sesame seeds sprinkled on top.

Accompanied with soba noodles, edamame, cucumber, sugar snap peas and pickled carrots tossed in a rice wine dressing.

### Veggie Box

Tofu steaks marinated with maple and smoked paprika. Layered with candied sweet potato, caramelised onion and mascarpone cheese.

Accompanied baby kale and fennel with cucumber, chickpeas, cherry tomato, shaved fennel dressed with rice wine dressing.

## EXTRAS

Gluten free

\$4



## SNACKS

**\$4**

Ice cream bars

Individually wrapped trail mix assortment

Individually wrapped freshly made cookies

Chocolate bars

Individually boxed cheesecake

Individual fruit skewers

## PREMIUM SNACKS

**\$7**

Assortment of boxed vegetables with dip

Hummus and pita chips

## DRINKS

Bottled water **\$2**

Soda pop **\$2**

Bottled juice **\$3**

Sparkling Water **\$5**

Coffee/Tea **\$2.50**

Coffee/Tea (6cup urn) **\$11.50**

Coffee/Tea (12cup urn) **\$19.50**



## **PRIX FIXE**

**\$48**

### **BREAKFAST**

The "Harvest Breakfast Box", served with tea, coffee and fruit juice.

### **MORNING BREAK**

Refill on tea and coffee service.

### **LUNCH**

Multigrain, rosemary or ciabatta bread filled with your choice of - tuna, egg, chicken salad, roast beef, turkey and cheese, ham and cheese, grilled chicken or roasted veggies. Accompanied with a gluten free nature bar, whole fresh fruit and a cookie.

Along with a salad of your choice.

Tea, coffee and soda.



### **AFTERNOON SNACK**

Tea and Coffee served with an afternoon snack of your choice.

### **UPGRADE**

Add our hot breakfast box to the prix fix menu for an additional **\$14** per person.

Add any of our hot lunch boxes to the prix fix menu for an additional **\$14** per person.

Upgrade to a premium snack for an additional **\$2** per person.



**WANT TO ORDER SOMETHING THAT YOU DON'T SEE ON OUR MENU? LET US KNOW WHAT YOU WOULD LIKE TO HAVE SERVED IN YOUR MEETING, WE ARE MORE THAN HAPPY TO TAKE CARE OF ALL OF YOUR EXTERNAL FOOD ORDERING.**

**(PRICES MAY VARY)**