



*THE*  
***ROSTIE GROUP***

CATERING MENU  
2021

(416) 214 1840

[WWW.ROSTIEGROUP.COM](http://WWW.ROSTIEGROUP.COM)  
CATERING @ROSTIEGROUP.COM





## 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.

### Yoga Breakfast Box

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

### Morning Energy Boost Box

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

## HOT BREAKFAST

\$25

### The Traditional Box

Gluten free nature bar, farm fresh scrambled eggs, maple cured bacon **OR** pork breakfast sausages accompanied with a fresh, seasonal fruit salad - garnished with berries. For **both** maple cured bacon and pork breakfast sausages add an additional \$4

### Traditional Sandwich (Min 4 per order)

English Muffin, scrambled egg patty, hickory smoked bacon and aged cheddar.

### Croissant and Brie Sandwich (Min 4 per order)

Triple creme brie, scrambled eggs and roasted asparagus.

## EXTRAS

\$4

Gluten free



## **COLD LUNCH**

**\$25**

### **Sandwiches**

#### **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 and whole fresh fruit.

### **Protein Bowls**

#### **Chicken**

Greek chicken skewers, spiced with garlic and lemon. Grilled to perfection and splashed with extra virgin olive oil. Accompanied with a Mediterranean blend of plum tomatoes, sweet peppers, onions, cucumber, kalamata olives, hearts of romaine and crumbled feta. Drizzled with lemon and olive oil.

#### **Beef**

Flat ironed beef marinated in a sweet and savoury pommery mustard and honey glaze. Accompanied with crisp romaine hearts dressed in a creamy garlic dressing and garnished with herb croutons and Parmesan cheese.

#### **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**

**\$4**

Gluten free



## HOT LUNCH

\$32

### Honey and Basil Chicken

Marinated and baked with sweet basil and orange blossom honey.

Accompanied with a county greens salad (romaine hearts, local apples, sun-dried cranberries, spiced walnuts & red onion) and a roasted vegetable quinoa (squash, sweet potatoes, red peppers & tossed with garlic leeks.)

### Fire Roasted Beef

Roasted with toasted aromatic spices, chipotle peppers, mustard and a touch of Quebec maple syrup.

Accompanied with a selection of roasted vegetables marinated in sun-dried tomato pesto and a couscous tabbouleh salad (kale, parsley, mint, grape tomato and cucumber.)

### Fennel Orange Salmon

Baked with toasted fennel seeds, orange zest, lemon juice, honey and olive oil.

Accompanied with a corn and sugar snap salad. Served on a bed of coconut rice, garnished with multi-toned peppers, Napa cabbage and roasted red onions.

### Squash Ravioli Primavera

Fresh ravioli filled with roasted squash and ricotta cheese.

Tossed with fresh tomato, basil, eggplant, peppers and artichokes. Topped with soft goats cheese

Accompanied with Caesar salad and a steamed medley of vegetables.

### Eggplant Napoleon

Layered roasted eggplant, zucchini, red onions, mushrooms tossed in tomato pesto.

Accompanied with wild greens and a roasted vegetable quinoa.



*Every hot main comes accompanied with a decadent chocolate fudge brownie OR fresh fruit salad.*



## **SNACKS**

**\$4**

Ice cream Bars  
Trail mix assortment  
Freshly made cookies  
Chocolate Bars  
Boxed Cheesecake  
Fruit skewers  
Chips

## **PREMIUM SNACKS**

**\$7**

Assortment of boxed vegetables with dip  
Hummus and pita chips

## **DRINKS**

**\$2**

Bottled water  
Soda pop

**\$2.50**

Coffee/Tea

**\$3**

Bottled juice

**\$5**

Sparkling Water

**\$11.50**

Coffee/Tea (6cup urn)

**\$19.50**

Coffee/Tea (12cup urn)



## **PRIX FIXE**

**\$50**

### **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 **\$15** 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)**