

BROOKFIELD
PLACE
TORONTO

OFFICE EATS



BEPFL

A selection of menus now available
for take-out or delivery.

All prices quoted in this guide pertain to delivery within Brookfield Place.
For information about offsite catering, please contact the caterer of your choice.

Allergy warning: Some products may contain gluten, dairy, seeds, nuts or other allergens.

For additional information about calorie counts, please contact the caterer of your choice.
Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

Menus and prices subject to change without notice. Some restrictions apply.

Applicable taxes not included unless specified. See individual menus for details.
Discounts or coupons not valid on delivery orders.

BFPLTO.COM

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The Bagel Stop

BAGEL PLATTERS		Price/person
Bagel & cream cheese platter	(min. 10)	\$4.99
An assortment of our fresh bagels paired with cream cheese spreads, sitting on a bed of lettuce, accompanied by cucumber and tomato slices.		
Morning Munchies	(min. 10)	\$4.99
Variety of fresh pastries and bagels, arranged on a tray and served with cream cheese, butter and jam.		
Sunrise sandwiches	(min 10)	\$4.99
A delicious variety of our signature breakfast sandwiches served on your choice of bagels. Choose from B.L.T., Western omlette, turkey sausage & egg, scrambled egg & cheese, Super Nova (cream cheese with smoked salmon, add \$3.00/sandwich).		
Assorted bagel sandwich platter	(min 10)	\$7.99
Our classic sandwiches prepared on our fresh bagels, accompanied by pickle spears. Choose from egg salad, grilled vegetables, tuna salad, chicken salad, Black Forest ham, turkey breast, Reuben & bagel Club.		
Assorted sandwich platter	(min 10)	\$7.99
Our classic sandwiches prepared on your choice of bread, wraps or bagels, accompanied by pickle spears. Choose from egg salad, grilled vegetables, tuna salad, chicken salad, Black Forest ham, turkey breast, Reuben & bagel Club.		
The Daily Scoop	(min 10)	\$7.99
Scoops of tuna, egg, and chicken salad piled on a bed of lettuce and surrounded by cucumber and tomato slices, accompanied by our fresh bagels and pickle spears.		
Super Nova platter	(serves 10)	\$89.99
Sliced smoked salmon presented on a bed of lettuce with sliced cucumber, tomatoes and Spanish onions. Decorated with capers and served with an assortment of our fresh bagels.		

PLATTERS

Veggie platter with dip

Seasonal vegetables arranged on a platter and accompanied by our signature ranch or onion dip.

Small	(serves 8-10)	\$39.99
Large	(serves 12-15)	\$49.99
Sunrise fruit	(serves 10)	\$44.99

A colourful array of seasonal fruit, all conveniently sliced into ready-to-eat portions and arranged on a tray.



PLATTERS

Tossed salad

Fresh seasonal field greens tossed in our signature dressing, accompanied by our fresh bagels and butter.

Price/person
(min. 10) \$4.99

Charcuterie platter

A delicious variety of cured meats and cheeses, accompanied by grapes, olives, and crackers or sliced bagels.

(min. 10) \$7.99

Decadent dessert platter

What a way to end the day! An assortment of cookies, 2-bite brownies and danishes to finish off your gathering.

(min. 10) \$4.99

HOT AND COLD BEVERAGES

Java-To-Go

(10-12 cups) \$17.00

Hot water and loose leaf tea assortment

(10-12 cups) \$17.00

Juices

(300 ml) \$2.00

Canned soft drinks

\$1.60

Bottled water

\$1.60

Milk/chocolate milk

(250 ml) \$1.70

APPLICABLE TAXES EXTRA.

**ALL ORDERS INCLUDE CONDIMENTS
(WHERE APPLICABLE), NAPKINS
AND DISPOSABLE UTENSILS.**

**FREE DELIVERY ON ALL ORDERS
OVER \$150.00 (5KM RADIUS).**



Bottom Line

APPETIZERS

Chicken tenders		\$15.00
Includes carrots & celery with your choice of plum or hot sauce.		
Hat-trick sliders		\$15.00
Three beef sliders with mozzarella, bacon, caramelized onion & rosemary aioli.		
Bottom line wings		\$16.00
Naked or breaded with carrots & celery.		
Dips: ranch or blue cheese.		
Sauces: Hot, medium, mild, jerk, honey garlic, plum, Cajun rub, suicide.		
Flight of wings		\$44.00
3lbs with three sauces of your choice.		
Nachos		\$19.00
Topped with cheese, jalapeños, guacamole, salsa roja & sour cream. Add ground beef \$5, add chicken \$7.		
Spicy tuna tartare		\$17.00
On a bed of avocado & spicy mayo with crispy wonton chips, soya sauce & sesame seeds.		

APPETIZER PLATTERS

Sea salt edamame (v)		\$8.00
Tortilla chips with salsa roja & guacamole. (v)		\$10.00
Party size onion rings with chipotle mayo. (v)		\$15.00
Pepperoni caprese bites	(12 pieces)	\$25.00
Crudite platter* with ranch or blue cheese.		\$35.00
Vegetarian samosas with plum sauce. (v)	(25 pieces)	\$37.00
House-made vegetarian spring rolls*	(28 pieces)	\$40.00
With sweet chili thai sauce. (v)		
Spicy tuna tartare with spicy mayo & sesame seeds.	(12 pieces)	\$40.00
Mini beef sliders with smoked bacon, cheddar cheese & rosemary mayo.	(8 pieces)	\$41.00
Duo of wings: naked & breaded	(21 pieces)	\$42.00
With your choice of sauces.		
Moroccan spiced chicken skewers*	(12 pieces)	\$42.00
With chermoula sauce.		
Buffalo chicken tenders with ranch.	(21 pieces)	\$45.00
Fish bites with house-made tartar sauce.	(25 pieces)	\$45.00
Pizza platter margherita, meat lovers or vegetarian.	(24 pieces)	\$48.00
Fish taco with shredded cabbage, pico de gallo, sour cream & guacamole.	(8 pieces)	\$42.00
Cheese platter: chef selection*		\$55.00

MAINS

Taco salad Seasoned ground beef, romaine lettuce, pico de gallo, avocado, charred corn, black beans, sour cream & cheese with catalina dressing served in a tortilla bowl. Add ground beef \$5, add chicken \$7.	\$20.00
Caesar salad Crisp romaine lettuce tossed in housemade dressing, topped with crispy bacon & shaved grana padano cheese. Add chicken \$7.	\$16.00
Cobb salad Chicken, bacon, blue cheese, avocado, egg, tomatoes & cucumber, on a bed of romaine with orange pommery vinaigrette.	\$21.00
Margherita pizza Bocconcini, crushed tomatoes & fresh basil.	\$16.00
Ultimate meatlovers pizza Pepperoni, smokey bacon, ground beef, mushrooms, black olives & mozzarella. All pizzas can be made gluten free for \$4.	\$18.00
California club sandwich** Chicken, lettuce, tomato, avocado, bacon & mayo on a 12-grain bun.	\$16.00
Jerk chicken wrap** Grilled jerk chicken, romaine lettuce, tomato, mixed cheese & mango aioli in flour tortilla.	\$17.00
Classic cheeseburger** 7oz Angus patty, cheddar, lettuce, tomato, red onion, dill pickle, on a toasted brioche bun.	\$17.00
Spiked grilled cheese** 3-tier white bread with tomato, honey & basil. Add bacon \$4.	\$16.00
Fish & chips Fried in our Pilsner batter, house-made fries, fresh tartar sauce.	\$18.00
Chicken fajitas Seasoned chicken, mixed peppers & onions on a sizzling skillet with a side of tortillas, pico de gallo, sour cream & guacamole.	\$19.00
Seafood coconut curry Shrimp, scallops & basa with mixed peppers in a coconut curry sauce served with basmati rice.	\$19.00

**** SERVED WITH YOUR CHOICE OF SIDE
FRIES OR HOUSE SALAD.**

**UPGRADE TO SWEET POTATO FRIES OR
ONION RINGS FOR \$2.50.**

***MUST BE ORDERED ONE DAY
IN ADVANCE.**

(V) VEGETARIAN OPTION



Chotto Matte

HOT APPETIZERS

Nikkei gyoza \$20.00

Chicken & shrimp dumplings pan fried & steamed, yuzu sweet potato puree, red pepper ponzu.

Shrimp spring rolls \$16.00

(Ebi harumaki) shiitake, shiso leaf and ponzu salsa.

Shishito peppers \$9.50

BBQ peppers in den miso.

SASHIMI DISHES

Spicy edamame \$8.50

Rocoto chili dressing.

Brazino ceviche \$19.50

Brazino sashimi, leche de tigre, chive oil, sweet potato, Peruvian corn, coriander.

Yellowtail Nikkei sashimi \$24.00

Cherry tomatoes, jalapeno, coriander, yuzu truffle soy.

Beef tataki \$25.00

Sashimi cut seared beef, smoked aji panca & passion fruit salsa.

SUSHI ROLLS

Spicy tuna maki \$18.00

Tuna, Peruvian chili mayo.

Shrimp tempura maki \$15.00

Shrimp, asparagus, Peruvian chili mayo.

California maki \$22.00

Snow crab, avocado.

Sato maki \$26.00

Brazino, salmon tartar, romano pepper, lime soy.

Dragon roll \$21.00

Shrimp tempura, salmon, avocado, unagi sauce.

BENTO BOX

Seasonal Bento Box Market price

ROBATA GRILL

Binchotan charcoal BBQ.

Black cod aji miso

Chili miso marinated, chargrilled.

\$49.00

Asado de tira

Slow cooked BBQ beef, purple potato puree, teriyaki jus.

\$29.00

Pollo den miso

Miso marinated chicken marinated chargrilled, carrot, daikon, yellow chili salsa.

\$21.00

Lomo al la parilla

BBQ fillet steak, spicy teriyaki, cilantro causa.

\$39.00

VEGAN

Lychee ceviche

Leche de tigre, chive oil, sweet potato, Peruvian corn, coriander.

\$16.00

Arroz chuafa

Peruvian vegetable fried rice, spicy sesame soy.

\$11.50

Nasu miso

BBQ miso marinated aubergine with apricot.

\$11.50

Shojin Nikkei

Carrot, daikon, avocado, romano pepper, shiso, cucumber, yama gobo, sesame seeds.

\$14.00

**ORDERS MUST BE PLACED 72 HOURS
IN ADVANCE BY EMAILING
BAILEY.SINGER@CHOTTO-MATTE.COM
OR TORONTO@CHOTTO-MATTE.COM.**



iQ Food Co.

SMOOTHIES

Mr. Peanut \$7.83

Peanut butter (unsweetened), banana, organic cacao, dates, almond milk (unsweetened). (v) (gf)

Almond Brothers \$8.83

Almond butter (unsweetened), toasted almonds, banana, coconut, dates, almond milk (unsweetened). (v) (gf)

The Notorious G.R.E. \$7.83

Spinach, kale, cucumber, parsley, celery, lemon juice, chia, coconut water + pineapple. (v) (gf)

Peaches + Green \$7.83

Peaches, cashews, kale, spinach, banana, lemon juice, coconut water. (v) (gf)

Blue Magic \$7.92

Blueberries, dates, almond butter (unsweetened), chia, lemon juice, banana, flax, coconut water. (v) (gf)

TOAST

Jam toast \$5.50

Choice of cream cheese, almond butter (unsweetened) or peanut butter (unsweetened) with blackberry chia jam on sourdough.

Avocado toast \$6.50

Avocado smash, lime juice, chili flakes, cilantro, extra virgin olive oil, salt, pepper on sourdough. (v)

Avocado and egg toast \$8.00

Avocado smash, sliced egg, salt, pepper, dill on sourdough.

Avocado and salmon toast \$11.50

Avocado smash with smoked salmon, cucumber, pickled onion, lemon, black pepper on sourdough.

Everything toast \$11.50

Cream cheese + everything bagel spice with smoked salmon, cucumber, dill, lemon, black pepper on sourdough.

SNACKS

Peanut butter oats \$6.30

Organic steel-cut oats, chia seeds, peanut butter (unsweetened), banana, almond milk (unsweetened), honey, salt, topped with blackberry chia jam (just blackberries + chia, no sugar added) + cacao nibs.

Chia pudding	\$6.30
Chia pudding (chia, coconut milk, maple syrup, vanilla, salt), blackberry chia jam (just blackberries + chia, no sugar added), almond butter (unsweetened), coconut. (v) (gf)	
Happy Eggs	\$2.98
Free run, hard-boiled eggs. (gf)	
BOWLS	
Spicy kale Caesar	\$14.20
Chopped romaine, baby kale, oven roasted chicken, asiago, roasted grape tomatoes, spicy sunflower seeds, black pepper, lime wedge, spicy caesar dressing (vegan). (gf)	
Sababa	\$12.90
Sweet potato bean cakes, roasted cauliflower, avocado, chickpeas, cucumbers, pickled carrots, pickled turnips, spicy sunflower seeds, cilantro, lemon wedge, organic baby kale, brown rice, spicy tahini dressing. (v) (gf)	
Lima	\$13.90
Oven roasted chicken, corn, black beans, grape tomatoes, avocado, aged white cheddar, jalapeños, lime green cabbage, cilantro, chopped romaine, brown rice, jalapeño lime vinaigrette, hot sauce. (gf)	
Sparta	\$13.90
Oven roasted chicken, grape tomatoes, cucumbers, feta, kalamata olives (with pits), pickled onions, basil, arugula, organic quinoa, hummus, extra virgin olive oil + balsamic vinegar. (gf)	
Daily Cobb	\$14.50
Oven roasted chicken, goat cheese, hard-boiled egg, pickled onions, cucumber, red radish, grape tomatoes, organic baby kale, spinach, lemon wedge, honey dijon vinaigrette. (gf)	
Miso Miso	\$15.90
Roasted steelhead salmon, roasted sweet potato, steamed broccoli, avocado, pickled ginger, red radish, toasted sesame seeds, brown rice, arugula, lime wedge, ginger miso dressing. (gf)	

BAKED GOODS

Crack squares

Dates, dark chocolate (organic evaporated cane juice, cocoa mass, cocoa butter, soy lecithin, ground vanilla beans), almonds, organic coconut oil, almond butter, water, pecans, cocoa butter, sea salt. (v) (gf)

\$3.20

Date + oat cookies

Dates, gluten free rolled oats, evaporated cane juice, water, organic coconut oil, gluten free oat flour, nuts (walnuts, pecans or brazil nuts), blackstrap molasses, chia seeds, non-alum baking powder, sea salt. (v) (gf)

\$2.40

Buckwheat vegan chocolate chip cookie

Buckwheat flour, tapioca flour, baking powder, baking soda, salt, sugar, brown sugar, oil, water, dark chocolate (unsweetened chocolate, sugar, cocoa butter, soy lecithin, natural vanilla flavour). (v) (gf)

\$3.50

Chocolate chip cookie

All purpose flour, salt, baking powder, baking soda, butter, sugar, brown sugar, eggs, vanilla extract, dark chocolate (unsweetened chocolate, sugar, cocoa butter, soy lecithin, natural vanilla flavour).

\$3.50

Peanut butter cookie

Unsweetened peanut butter, organic all purpose flour, kamut flour, eggs, roasted peanuts, unsalted butter, honey, golden brown + organic sugar, pure madagascar vanilla extract, glucose, corn syrup, baking soda, kosher salt.

\$3.50

Kale, cheddar + sweet potato scone

Kale, sweet potato, medium cheddar, organic all purpose flour, 2% buttermilk, 18% cream, unsalted butter, baking powder, organic sugar, olive oil, garlic, black + white sesame seeds, kosher salt, flaked sea salt.

\$3.75

Blueberry + lemon scone

Wild blueberries, lemon juice + zest, pure madagascar vanilla extract, organic all purpose flour, unsalted butter, organic sugar, balkan yogurt, 2% buttermilk, whole milk,, baking powder, baking soda, kosher salt.

\$3.75

Caramelized onion, provolone, maple-chili + mustard scone

Smoked provolone cheese, canadian maple syrup, grainy mustard, vidalia onions, organic all purpose flour, 2% buttermilk, 18% cream, unsalted butter, baking powder, olive oil, garlic, canola oil, kosher salt, smoked paprika, chili flake.

\$3.75

(V) VEGAN
(GF) GLUTEN FREE





Jimmy The Greek

JIMMY THE GREEK MEALS

All dinners include Greek salad, rice & roasted potatoes.

Chicken souvlaki	850 Cals	\$11.49
Chicken fillet	840 Cals	\$11.49
Pork souvlaki	900 Cals	\$10.49
Vegetable Souvlaki	740 Cals	\$10.29
Gyros	1070 Cals	\$11.49
Roast chicken	1140 Cals	\$9.99
Spinach cheese pie	990 Cals	\$9.49
Roast lamb	1200 Cals	\$13.75
Moussaka	1430 Cals	\$10.49
Shrimp griller	700 Cals	\$11.99
Jimmy's vegetable plate	630 Cals	\$8.49
Salmon fillet	860 Cals	\$13.75
Calamari	1010 Cals	\$11.99
Schnitzel	1070 Cals	\$11.49
Dolmades	840 Cals	\$9.25

JIMMY'S PITAS WITH GREEK SALAD

Pitas topped with tomatoes, onions & tzatziki.

Chicken souvlaki	830 Cals	\$10.99
Chicken fillet	820 Cals	\$10.99
Pork souvlaki	890 Cals	\$9.99
Vegetable souvlaki	720 Cals	\$8.99
Gyros	1050 Cals	\$10.99

JIMMY'S PITAS

Pitas topped with tomatoes, onions & tzatziki.

Chicken souvlaki pita	550 Cals	\$7.75
Chicken fillet pita	540 Cals	\$7.75
Pork souvlaki pita	600 Cals	\$6.75
Vegetable souvlaki pita	440 Cals	\$6.49
Gyros pita	770 Cals	\$7.75
Veggie pita	350 Cals	\$5.75

JIMMY THE GREEK SALADS

Greek salad	250-570 Cals	\$6.49/\$8.49
Grilled chicken	780 Cals	\$11.49
Shrimp griller	640 Cals	\$11.99
Calamari Greek	950 Cals	\$11.99
Grilled salmon	800 Cals	\$13.75

DESSERT

Baklava	370 Cals/piece	\$3.25
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JIMMY THE GREEK®

Fast • Fresh • Delicious

JIMMY'S CELEBRATED CATERING MENU

Greek Salad

Small	(serves 10-15)	250 Cals/serving	\$45.00
Large	(serves 25-30)	250 Cals/serving	\$70.00

Oven baked rice

Small	(serves 10-15)	580 Cals/serving	\$35.00
Large	(serves 25-30)	580 Cals/serving	\$60.00

Oven roasted potatoes

Small	(serves 10-15)	200 Cals/serving	\$35.00
Large	(serves 25-30)	200 Cals/serving	\$60.00

Moussaka

Small	(serves 10-12)	800 Cals/serving	\$55.00
Large	(serves 21-24)	800 Cals/serving	\$95.00

Chicken souvlaki		220 Cals/piece	\$4.25
Pork souvlaki		270 Cals/piece	\$3.99
Spinach cheese pie		360 Cals/piece	\$3.75
Chicken fillet		210 Cals/piece	\$4.25
Grilled salmon fillet		230 Cals/piece	\$8.75

SIDES & EXTRAS

Chicken souvlaki		220 Cals	\$4.25
Pork souvlaki		270 Cals	\$3.99
Vegetable souvlaki		110 Cals	\$3.89
Roast chicken		510 Cals	\$3.75
Spinach cheese pie		360 Cals	\$3.75
Oven baked rice		580 Cals	\$3.50
Oven roasted potatoes		200 Cals	\$3.50
Dolmades	(4 pieces)	150 Cals	\$2.50
Pita bread		230 Cals	\$1.25
Tzatziki		70 Cals	\$1.00
Feta cheese		130 Cals	\$1.00

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

PREPARED FRESH DAILY IN OUR KITCHEN! OUR INCREDIBLE SPICE MIX HAS NO MSG, NO ADDED PRESERVATIVES, CONTAINS NO FAT, AND IS FREE OF TRANS FATTY ACIDS.

ADDITIONAL MENU ITEMS AND BEVERAGES ALSO AVAILABLE. PLEASE INQUIRE.



ki Modern Japanese + Bar

INDIVIDUAL SETS

Salmon poke bowl \$25.00

Atlantic salmon, romaine, avocado, edamame, tamago, taro chips, pickled beets, nori + kabayaki-chilli ponzu.

Tokusen chirashi platter \$34.00

This is a Japanese classic! Our sushi chef's selection of sashimi in a bowl of sushi rice.

Fuji bento (15 pieces) \$35.00

Spicy tuna, yasai roll, salmon, butterfish, binnaga, hiyashi salad + edamame.

House wagyu + prime beef burger \$23.00

House-made burger with onion jam, arugula + crispy shallot, served on a brioche bun with a side of sweet potato wedges + seasonal house salad (provolone or cheddar available upon request).

Grilled free-range chicken breast \$28.00

Served with sautéed kale-togarashi slaw, yuzukosho-teriyaki sauce, edamame, oshinko + steamed rice.

COLD LARGE FORMAT SETS

Sakura platter (28 pieces) \$62.00

Hamachi + jalapeño, maple tamari binnaga, kiwi tuna, yasai roll, maguro, ebi, salmon, butterfish, edamame + hiyashi salad.

Kyoto platter (40 pieces) \$78.00

Hamachi + jalapeño, maple tamari binnaga, spicy avocado, spicy salmon, ki beef maki, yasai roll, ebi, butterfish, sake, maguro, edamame, broccoli gomae + hiyashi salad.

Modern nigiri platter (40 pieces) \$280.00

Hamachi + pink peppercorns, binnaga, pickled chilli + ginger-onion oil, atlantic salmon + sesame-yuzu karashi, butterfish, beet miso + espresso-infused brown sugar.

Classic nigiri platter (40 pieces) \$280.00

Maguro (bigeye tuna), ebi (black tiger shrimp), mutsu (butterfish), tai (sea bream).

Yasai platter (40 pieces) \$75.00

Spicy avocado roll, yasai roll, tempura sweet potato roll, avocado + crispy rice cakes, shishito peppers + chilled edamame.

Hakusan platter (60 pieces) \$150.00

Hamachi + jalapeño, striploin tataki, maguro + salmon rice cakes, kiwi tuna, spicy salmon, lobster maki, yasai roll, sake, maguro, ebi, hamachi, binnaga, butterfish.

Tokusen platter (62 pieces) \$215.00

Cold plates: hamachi + jalapeño, striploin tataki, maguro + salmon rice cakes, maple tamari binnaga.

Assorted sashimi: Atlantic salmon, maguro tuna, butterfish, black tiger shrimp, hamachi, albacore tuna.

HOT LARGE FORMAT SETS

Tempura platter (50 pieces) \$91.00

Ginger chicken karaage, vegetable tempura, bistro shrimp tempura + sweet potato wedges.

Kushiyaki platter (40 pieces) \$98.00

Shishito peppers, grilled pineapple, chicken + leeks yakitori, tiger shrimp + mango habanero sauce, ginger-marinated Canadian AAA striploin, atlantic salmon + lime-pepper miso.

JAPANESE BEER

Asahi 'Super Dry' Pale Lager, Hokkaido, Japan	\$9.00
Far Yeast Co. 'Tokyo Blonde' Golden Ale, Tokyo, Japan	\$12.00
Far Yeast Co. 'Tokyo IPA' Belgian-style IPA, Tokyo, Japan	\$12.00
Kagua 'Blanc' Belgian Style White Ale, Belgium / Japan	\$12.00
Kagua 'Rouge' Belgian Style Red Ale, Belgium / Japan	\$12.00

WHITE WINE

Matto Pinot Grigio 2018, Veneto IGT	\$36.00
Hirsch Grüner Veltliner 2017, Kamptal	\$48.00
Astrolabe Sauvignon Blanc 2018, Marlborough	\$62.00
Merlin Mâcon Chardonnay 2017, Burgundy	\$62.00
Truchard Chardonnay 2018, Carneros	\$90.00
Pascal Jolivet Sancerre Blanc 2018	\$90.00
Château de Maligny "Vau de Vey" Chablis 2018	\$98.00

RED WINE

Vega Rioja "Semi-Crianza" 2018, Rioja DOC, ES	\$46.00
Nespoli "Prugneto" Sangiovese 2016, Romagna, Italy	\$46.00
Kew Vineyards Pinot Noir 2014, Beamsville Bench	\$54.00
Doña Paula Malbec 2018, Mendoza, Argentina	\$56.00
Cannonball Cabernet Sauvignon 2014, California	\$60.00
Dominique Piron Morgon 2016, Beaujolais	\$60.00
Fontodi Chianti Classico 2016, Tuscany	\$75.00
Martin Ray Pinot Noir 2017, Sonoma County	\$88.00
Collemattoni Brunello di Montalcino 2014	\$144.00

SAKE

Rihaku 'Dance of Discovery' Junmai Shimane, Japan	(300 ml)	\$50.00
Otokoyama Tokubetsu Junmai Hokkaido, Japan	(500 ml)	\$80.00
Tedorigawa Junmai Yamahai Ishikawa, Japan	(720 ml)	\$88.00
Dewazakura 'Dewanosato' Junmai Yamagata, Japan	(720 ml)	\$85.00
Kikusui Junmai Ginjo Niigata, Japan	(300 ml)	\$42.00
SakeOne 'G' Junmai Ginjo Genshu Oregon, USA	(750 ml)	\$84.00
Masumi 'K-Ki-Ippon' Junmai Ginjo Nagano, Japan	(720 ml)	\$96.00
Okunomatsu 'Sakura' Daiginjo Fukushima, Japan	(300 ml)	\$48.00
Dassai '23' Junmai Daiginjo Yamaguchi, Japan	(300 ml)	\$98.00
SOTO Junmai Daiginjo Niigata, Japan	(300 ml)	\$50.00
	(720 ml)	\$100.00
Tatenokawa 'Phoenix' Junmai Daiginjo Yamagata, Japan	(720 ml)	\$125.00
Dassai '45' Junmai Daiginjo Yamaguchi, Japan	(720 ml)	\$130.00
Wakatake 'Demon Slayer' Junmai Daiginjo Shizuoka, Japan	(720 ml)	\$136.00

**A MINIMUM OF 24 HOURS NOTICE IS
REQUIRED FOR ALL LARGE ORDERS.**



Kupfert & Kim

BREAKFASTS

	Single Serving	Platter
Chia pudding	\$6.50	\$50.00
Almond milk, maple syrup, chia, vanilla, topped with berries, coconut, flax and hemp.		
Overnight oats	\$6.50	\$50.00
Rolled oats, almond milk, maple syrup, vanilla, topped with flax, hemp and dried cranberries.		
House granola	\$6.50	\$50.00
House granola topped with berries, cranberries, hemp and choice of one milk: coconut, oat or almond.		
K&K waffle	\$11.25	\$64.00
Gluten-free waffle topped with berries, hemp & coconut-cashew cream.		
Avocado toast	\$7.50	\$50.00
Seed & oat toast, smashed avocado, cucumber, radish, pickled onion, pomegranate, sunflower parmesan, sea salt.		
Blueberry almond toast	\$7.50	\$50.00
Seed & oat toast, almond butter, organic banana, wild berries.		
Mediterranean toast	\$7.50	\$50.00
Seed & oat toast, pomegranate, olives, hummus, sea salt sunflower pesto, lemon, toasted walnut, fine herbs, organic sprouts.		
B-Fast lettuce wrap platter	\$12.25	\$85.00
Baby romaine lettuce cups served with an assortment of roasted yam, scrambled tofu, guacamole, black beans, cucumber, radish, cashew hollandaise and za'atar salsa.		
All day bowl	\$12.25	\$85.00
Brown rice or yams, mushroom, organic kale, organic tofu scramble, guacamole, black beans, za'atar salsa, organic sprouts, sesame.		

SPECIALTIES

	Single Serving	Platter
Golden Curry	\$12.25	\$90.00
Eggplant, zucchini, organic tofu, potatoes, with golden curry sauce, on bed of organic kale, brown rice, topped with roasted cashews, cilantro & basil, lime wedge, optional hot peppers.		
Butternut Lasagna	\$14.25	\$95.00
Eggplant, zucchini, organic tofu, potatoes, with golden curry sauce, on bed of organic kale, brown rice, topped with roasted cashews, cilantro & basil, lime wedge, optional hot peppers.		
Chili	\$12.50	\$98.00
Eggplant, zucchini, organic tofu, potatoes, with golden curry sauce, on bed of organic kale, brown rice, topped with roasted cashews, cilantro & basil, lime wedge, optional hot peppers.		

APPS & SIDES

	Single Serving	Platter
Guac and organic tortilla chips	\$6.75	\$45.00
Soup of the day	\$7.25	\$40.00
Roasted yams with chimmichurri	\$7.25	\$40.00

SALADS & BOWLS

	Single Serving	Platter
Cauliflower Tahini	\$12.85	\$90.00
Choice of base, hummus, cauliflower, za'atar salsa, carrots, cabbage, beets, mint, pomegranate, radish, sesame, organic greens, pickled onions, seed oat cracker with lemon tahini sauce.		
add falafel balls	\$2.00	\$16.00
Oaxaca	\$11.75	\$80.00
Choice of base, black beans, organic kale, guacamole, pico de gallo, beets, non-GMO corn, daikon, hemp, organic tortilla chips, cashew cream lime wedge.		
K&K paleo	\$12.50	\$88.00
Roasted yam, baked hemp & sunflower balls, house sauerkraut, carrots, cucumber, organic greens, fennel slaw, cabbage, organic sprouts with lemon tahini sauce and chimichurri.		
All day bowl	\$12.25	\$85.00
Brown rice or org quinoa, roasted mushroom, organic kale, organic tofu scramble, guacamole, black beans, za'atar salsa, sprouts, sesame.		
Almond lime	\$12.50	\$88.00
Brown rice or organic quinoa, organic tofu, bok choy, pickled carrots & daikon, roasted mushroom, caraway slaw, cilantro, toasted almonds, sesame seeds, lime, scallions, optional hot pepper with almond lime sauce.		
First Canadian bowl	\$11.75	\$80.00
Choice of base, organic tempeh, organic kale, roasted yam, beets, pomegranate, carrots, watermelon radish, red cabbage, organic sprouts, sesame and sunflower seeds with maple chia sauce.		
Lily's salad	\$12.25	\$85.00
Roasted Grapes, lentil celery salad, organic kale, toasted walnuts, roasted cauliflower, beets, fennel slaw, mint, radish with house vinaigrette and cashew cream.		
Kale & caesar	\$12.25	\$85.00
Green kale, romaine, garlic + herb croutons, pickled onion, valentine radish, sunflower parmesan, baked tempeh, creamy garlic caper dressing.		
Keto bowl	\$13.25	\$92.00
Cauliflower rice, hemp, broccoli, cabbage, organic kale, cucumber, organic tempeh & organic tofu scramble with avocado aioli.		

**ORDERS MUST BE PLACED
24 HOURS IN ADVANCE.**

**ORDERS NEED TO MEET MINIMUM
CHARGE OF \$100 BEFORE TAX.**

**DELIVERY IS AVAILABLE FOR
SELECT LOCATIONS WITH A
MINIMUM \$15 DELIVERY CHARGE.**

**PLEASE ADVISE IF YOU NEED
CUTLERY & NAPKINS.**

**FOR THE FULL AND
MOST RECENT CATERING GUIDE
PLEASE VISIT OUR WEBSITE.**

Platters serve 8-10.



Lahuna Poke Stop

416 519 0755
INFO@LAHUNAPOKE.COM

POKE BOWLS

\$12.95

Individual build your own. Add avocado or seaweed salad for \$1.00.

Base: Sushi rice, quinoa (add \$1.50), organic green salad.

Protein: Tuna, salmon, shrimp, chicken, tofu.

Poke sauce: Lahuna (regular), Lahuna spicy, Lahuna citrus ponzu.

Toppings: Cucumber, shredded lettuce, edamame, green onion, masago, crispy jalapeños, carrot & ginger slaw, rice puffs, wasabi, fresh jalapeños, cilantro, crispy onions, shredded nori, sesame seeds.

Finishing sauce: Unagi (mild), gochu (medium), sour cream avocado (medium), red dragon (spicy), green honey (spicy).

SIGNATURE BOWLS

\$12.95

Individual bowls. Add avocado or seaweed salad for \$1.00.

Crunchy bowl

Salmon, Lahuna sauce (mild), rice puffs, edamame, cucumber, crispy onion, sesame seeds, shredded lettuce, nori, unagi sauce (mild), masago.

Spicy bowl

Wasabi salmon, spicy Lahuna sauce, jalapeño, green onion, crispy jalapeño, sesame seeds, red dragon sauce (hot), masago.

Sweet and Heat

Salmon, wasabi ponzu, edamame, cucumber, crispy jalapeno, crispy onion, red dragon sauce (hot), green honey (spicy), sesame seeds.

Moa bowl

Chicken, citrus ponzu sauce, green onion, edamame, crispy onion, shredded lettuce, cucumber, gochu sauce (medium).

Shrimp Po' bowl

Shrimp, spicy Lahuna sauce, green onion, shredded lettuce, rice puffs, crispy onion, avocado green sauce (medium), red dragon sauce (hot), cilantro.

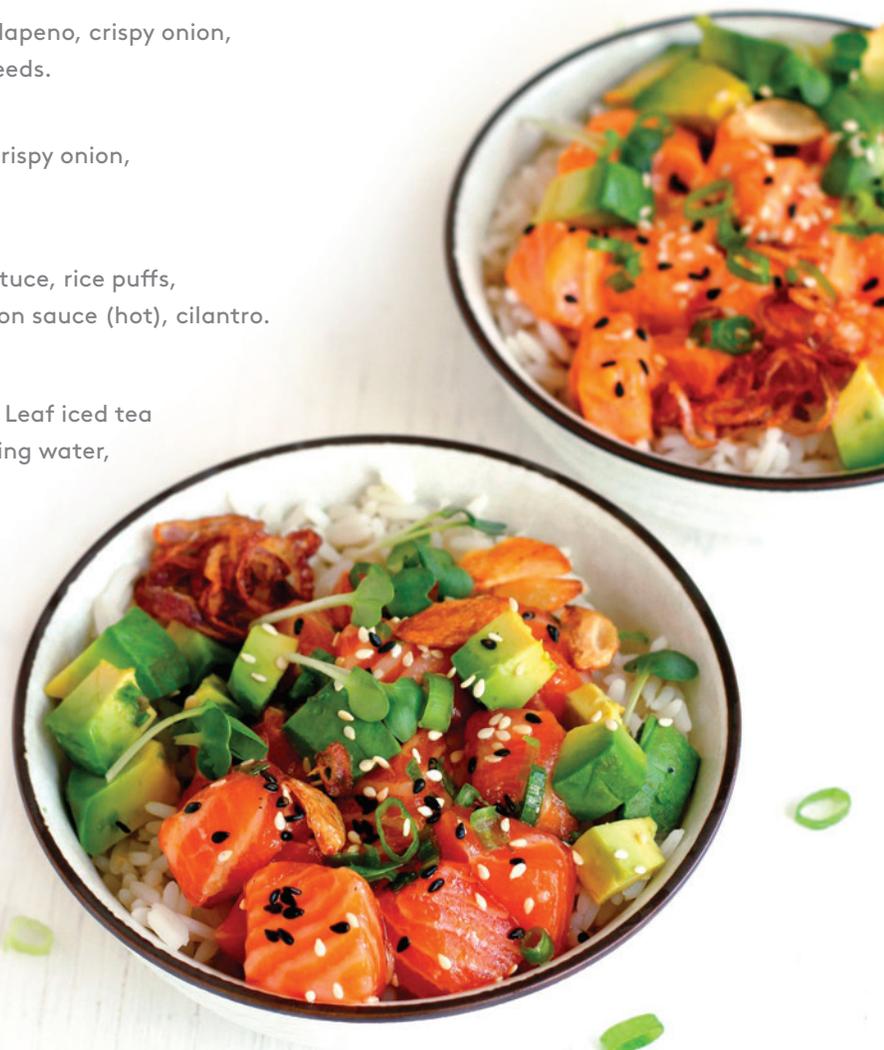
BEVERAGES

Pepsi, Diet Pepsi, 7up, Pure Leaf iced tea (lemon), Pure Leaf iced tea (green tea & honey), Aquafina water, Montellier sparkling water, O.N.E. coconut water.

**FRESH, DELICIOUS & HEALTHY
POKE. LET LAHUNA POKE
CATER YOUR NEXT EVENT.**

**FREE DELIVERY WITH ORDERS
OVER \$150. FOR PARTIES OF 15
OR MORE, WE OFFER LARGER
STYLE CATERING BOWLS FOR
BOTH LUNCH AND DINNER.**

**PLEASE CONTACT US AT
INFO@LAHUNAPOKE.COM FOR
MORE DETAILS.**



The Market By Longo's

VEGETABLES AND DIP TRAYS

Regular	(serves 20)		\$34.99
Large	(serves 24)		\$49.99

SALADS

Caesar salad	(serves 8-10)	130-100 Cals/serving	\$12.99
Chicken Caesar salad	(serves 8-10)	140-110 Cals/serving	\$13.99
Greek salad	(serves 8-10)	110-90 Cals/serving	\$12.99

PASTA SALADS

Greek penne	(serves 10-12)	260-210 Cals/serving	\$29.99
Pesto tortellini	(serves 10-12)	480-400 Cals/serving	\$29.99

APPETIZERS

Gourmet fruit and cheese tray	(serves 15)		\$69.99
Shrimp Feast	(serves 8-10)	80-60 Cals/serving	\$69.99

FRUIT TRAYS

Fresh sliced fruit tray			
Small	(serves 6)		\$19.99
Fresh fruit tray			
Regular	(serves 20)		\$39.99
Large	(serves 30)		\$49.99

SANDWICHES

Sandwich bites			
Regular	(40 pieces)	70-90 Cals/piece	\$44.99
Large	(80 pieces)	70-90 Cals/piece	\$54.99
Focaccia fingers			
Large	(24 pieces)	200 Cals/piece	\$49.99
Sandwich combos			
Regular	(42 pieces)	70-90 Cals/piece	\$44.99
Large	(70 pieces)	70-90 Cals/piece	\$54.99

DELI MEAT AND CHEESE

A Taste of Italy			
Small	(serves 15)		\$54.99
Large	(serves 25)		\$64.99
The Cheese Taster			
Regular	(serves 15)	320 Cals/serving	\$44.99
Large	(serves 25)	350 Cals/serving	\$54.99

BAKED GOODS

Cookies Galore

Regular	(serves 15-20)	480-360 Cals/serving	\$24.99
Large	(serves 20-25)	540-430 Cals/serving	\$34.99
Longo's Coffee Time Tray	(serves 15-20)	600-450 Cals/serving	\$34.99

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

**DAILY DELIVERY THROUGHOUT
THE GTA AVAILABLE.**

**ADDITIONAL MENUS ARE AVAILABLE
BY CALLING 1 800 9 LONGOS. CALL
FOR PRICING. ALL ITEMS ARE FOR A
MINIMUM OF 8 PEOPLE.**

**DUE TO MARKET AVAILABILITY, SOME
SUBSTITUTIONS MAY BE NECESSARY.**





Nori Japan

DIM SUM

Spring roll, egg roll, siu mai, shrimp dumpling, sesame ball, bbq pork bun.

Any 4 dim sum + 1 entrée	\$10.95
Any single dim sum	\$1.50
Any 4 dim sum	\$5.50
Any 8 dim sum	\$10.00

BENTO BOX

Gyoza, yam rolls, tempura shrimp, japanese potatoes pancake & steam rice.

Chicken bento box	\$10.95
Beef bento box	\$10.95
Salmon bento box	\$11.95

RAMEN

Served with egg, beansprout, corn, seaweed & green onion.

Choice of roast pork, grilled chicken, beef, or salmon.

Tonkatsu	\$10.95
Miso	\$10.95
Shoyu	\$10.95
Spicy miso	\$10.95

WONTON SOUP

Veggie soup (6)	\$5.50
Noodle soup (8)	\$8.95

UDON NOODLE SOUP

Chicken	\$9.25
Beef	\$9.25
Salmon	\$9.25
Tempura shrimp	\$9.25
Vegetables	\$9.25

PRICES ARE SUBJECT TO CHANGE
 WITHOUT NOTICE.

ENTRÉES

One meat entrée with noodle or rice	\$8.40
One meat entrée + one veggie with noodle or rice	\$9.35
Two meat entrées with noodle or rice	\$10.39
Two meat entrées + one veggie with noodle or rice	\$11.59

Entrée Choices

Vegetable: Bok choy with Chinese mushroom, braised eggplant in sweet and spicy sauce, Ma Po tofu, mix vegetables, pan fried tofu with mixed greens.

Meat: Black pepper beef & chicken, braised pork belly, chicken or beef with black bean sauce, chili boiled beef & fish, General Tso's chicken, grilled mandarin chicken, Kong Po chicken/beef, roast duck, roast pork, sautéed beef with chili pepper, sautéed beef with scallion, sautéed green bean with minced pork, salt and pepper spicy ribs, spicy popcorn chicken, sweet and sour spare ribs, sweet and spicy shredded pork.

Seafood: Kong Po fish/shrimp, pan fried almond crusted fish, pan fried shrimp in spicy tomato sauce.

STARTER

Spring roll	\$1.50
Pot stickers	\$5.99
Scallion pancake	\$3.99
Crab rangoon	\$3.99
Cheese puff	\$3.99

SIDE ORDER

Gyoza (4)	\$4.25
Tempura appetizer	\$4.95
Stir-fried vegetable udon	\$5.95
Japanese fried rice	\$5.95

BEVERAGES

Bottle drinks	\$1.59
Mineral water	\$2.39
Soft drinks	\$2.39
Specialty drinks	\$3.59



FROZEN YOGURT

Light, refreshing and craveable frozen yogurt made fresh daily with nonfat milk and yogurt. Each flavor is expertly crafted to complement fresh fruit hand-cut daily at the store and gourmet toppings. Choose from original tart flavor or ask for our seasonal flavor.

Small	150-240 Cals	\$4.40
Mini	90-144 Cals	\$3.75
Topping	30-570 Cals	\$2.50/cup

FRESH FRUIT PARFAIT

240-330 Cals \$5.65

Made-to-order with your choice of fresh cut fruit, wholesome granola and your choice of frozen yogurt flavor. An incredibly refreshing light snack perfect for anytime of day.

SMOOTHIES

\$6.10

Our light & refreshing frozen yogurt, fresh daily hand-cut fruit & nonfat milk, blended to perfection.

Strawberry banana	340 Cals
Strawberry pomegranate	300 Cals
Mango pineapple	410 Cals
Chocolate banana	500 Cals
Chocolate chip cookie	470 Cals
Avocado ginger	340 Cals

PINKTEAS™

\$5.75

Black milk tea + tapioca pearl	280 Cals
Taro milk tea + tapioca pearl	460 Cals
Earl grey milk tea + tapioca pearl	310 Cals
Passion fruit green tea + strawberry boba	190 Cals
Mango passion fruit mojito	170 Cals

PINKTEAS™ SLUSH

\$6.15

Strawberry slush	190 Cals
Mango slush	230 Cals
Taro milk slush + lychee jelly	460 Cals

Extra topping

5 -100 Cals \$0.75

**FLAVOUR AND TOPPING
AVAILABILITY MAY VARY.
MINIMUM ORDER \$150 WITH
24 HOURS ADVANCE NOTICE.**



CONTINENTAL STYLE BREAKFAST

Continental breakfast with fruit \$9.95

Freshly baked pastries, sliced coffee cakes, muffin & bagels.
Served with cream cheese, jam, butter & peanut butter.

Breakfast sandwich \$5.95

Whole eggs oven baked to perfection on a toasted english muffin.
Assortment of toppings.

Breakfast boxes \$13.95

Individually packaged breakfast meals.
Includes breakfast sandwich, fruit salad and juice.

FRUIT & YOGURT PARFAITS

Berry & granola parfait \$4.95

HOT BREAKFAST \$9.95

Hot classic breakfast

Scrambled eggs, bacon, sausage, home potatoes, & condiments.

Add toast & jam (per person) \$1.25

Classic French toast breakfast

Vanilla French toast, scrambled eggs, bacon, sausage, butter & syrup.

Vegetarian French toast breakfast

Vanilla French toast, scrambled eggs, home potatoes, butter & syrup.

FRUIT TRAYS

Small (serves 6-10) \$45.00

Medium (serves 11-15) \$75.00

Large (serves 16-25) \$95.00

LUNCH BOXES

Includes sandwich, mixed green salad, cookie, pop/water \$16.95

SANDWICH TRAYS

Assorted sandwiches Each \$8.95

Hot deli sandwich \$10.45

Assorted wraps \$8.95

Artisanal grilled sandwich \$10.45

GRILLED PLATTERS

Grilled chicken Price/person \$10.45

Grilled salmon \$13.95

Add salad \$4.25

Choose from green, kale Caesar, bean & veggie, tabouli,
pasta & veggie, spinach, couscous, Caesar.

**FOR A FULL LIST OF ITEMS ASK
FOR OUR CATERING BROCHURE.
YOU MAY ALSO ORDER ONLINE.
CONTACTLESS DELIVERY
AND PAYMENT AVAILABLE.**



SANDWICH PLATTERS

\$40.00

Perfect for meetings or just kicking back with friends. Made fresh to your order and piled high with a wide variety of taste-bud-tempting deliciousness you've come to know and love. You can even build your own platter of tasty subs just the way you like.

Recommended for 5-9 people (15 servings).

Classic Combo platter

190-320 Cals/serving

Featuring the cold cut combo (290 Cals), Black Forest ham (190 Cals), turkey breast (190 Cals), tuna (320 Cals), and Italian B.M.T.® (270 Cals).

Flavour Craver platter

190-320 Cals/serving

Featuring the Subway Club® (200 Cals), roast beef (190 Cals), cold cut combo (290 Cals), Italian B.M.T.® (270 Cals), and tuna (320 Cals).

Subway Commit to Fit platter

150-200 Cals/serving

Featuring the Veggie Delite® (150 Cals), Black Forest ham (190 Cals), turkey breast (190 Cals), Subway Club® (200 Cals), roast beef (190 Cals).

Customize your own platter

150-320 Cals/serving

Custom platters are made with any mix of subs from the above listed platters, up to 5 different flavours.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

**FOR MORE INFORMATION
ABOUT THE SUBWAY® CHAIN,
VISIT: SUBWAY.COM.**



SUSHI PLATTERS

60 pieces \$76.95

Includes Authentik Pizza (6), Sirocco™ (6), Volcano (5), spicy shrimp (5), snow crab (5), Red-Eye™ (5), Teriyaki Bomb (4), ebi maki (4), twin salmon (4), California Classic (4), Kappa Philly (6), avocado (6), Wakame salad (small).

40 pieces \$68.95

Includes Lobster & Co.™ Pizza (6), Dragon Eye (5), Volcano (5), Diablo™ (5), spicy shrimp (5), Teriyaki Bomb (4), 911 (4), Sirocco (6), Wakame salad (small).

26 pieces \$22.95

Includes Inari (4), kappa (3), avocado (3), oshinko (3), akanasu (3), vegetarian (10).

CHEF'S CHOICE

50 pieces \$56.95

Includes Hosomaki (9), Sumomaki™ (20), maki (16), nigiri (5).

75 pieces \$79.95

Includes Hosomaki (12), Sumomaki™ (30), maki (24), nigiri (9).

100 pieces \$102.95

Includes Hosomaki (18), Sumomaki™ (40), maki (32), nigiri (10).

GIFT BOX

Gift Box included with all orders of 40 pieces or more, or with any à la carte orders of 50 pieces or more.



Thai Island

INDIVIDUAL MEAL BOXES

All meals served with vegetable and choice of base: steamed rice, brown rice, fried rice, or egg noodle (add \$1). Add a Spring Roll and choice of beverage: canned pop or bottled water for \$3.50.

Meat \$12.50

Basil chicken, lemongrass chicken, black pepper chicken, General Thai chicken, chili chicken, green curry chicken, yellow curry chicken, peanut chicken, red curry beef, spicy beef, black pepper beef, lemon chicken.

Vegetable \$11.00

Spicy tofu, tomato & egg, green curry vegetable, bean sprout.

Seafood \$14.50

Chili Fish and Red Curry Shrimp.

MENU	À la Carte	(serves 5-7)	(serves 8-10)
		Small Tray	Regular Tray
Mango salad	\$9.95	\$32.00	\$40.00
Chicken entrée	\$13.00	\$39.00	\$52.00
Beef entrée	\$14.00	\$42.00	\$56.00
Vegetable entrée	\$11.00	\$36.00	\$44.00
Seafood	\$14.50	\$43.50	\$58.00
Noodle	\$9.50	\$29.00	\$39.00
Pineapple fried rice	\$9.50	\$29.00	\$39.00
Special pad thai (chicken, shrimp, tofu)	\$13.50	\$40.50	\$54.00
Steamed rice	\$5.00	\$16.00	\$20.00
Brown rice	\$6.00	\$18.00	\$22.00
Chicken fried rice	\$11.50	\$36.50	\$51.00

POULTRY

Basil chicken, General Thai chicken, green curry chicken, chili chicken, mango chicken, lemongrass chicken, yellow curry chicken, black pepper chicken, massaman peanut chicken, lemon chicken.

BEEF

Black pepper beef, red curry beef, basil beef, spicy beef.

VEGETARIAN

Bean sprout, tomato & egg, thai eggplant, spicy tofu, assorted vegetable, green curry vegetable.

SEAFOOD

Chili fish, spicy shrimp, thai red curry shrimp.

NOODLES

Thai egg noodle, plain pad thai, chow kwai theu, pad sew.

APPETIZERS AND SOUPS

Veg spring roll	(per piece)	\$2.50
Curry chicken spring roll or pork spring roll	(per piece)	\$2.50
Thai cold shrimp roll	(2 pieces)	\$7.50
Thai cold chicken roll	(2 pieces)	\$7.50
Thai Cold Tofu Roll	(2 pieces)	\$7.50
Chicken wonton soup	(per bowl)	\$4.50
Tom yum soup	(per bowl)	\$4.50

SET MENU

Serves 8 \$125.00

8 vegetable spring rolls, 1 à la carte each of: spicy shrimp, red curry beef, black pepper beef, General Thai chicken, lemongrass chicken, basil chicken, assorted vegetable, thai egg noodle, pineapple fried rice.

Serves 16 \$250.00

16 vegetable spring rolls, 2 à la carte each of: spicy shrimp, red curry beef, black pepper beef, General Thai chicken, lemongrass chicken, basil chicken, assorted vegetable, thai egg noodle, pineapple fried rice.

Serves 24 \$375.00

24 vegetable spring rolls, 1 small tray each of: spicy shrimp, red curry beef, black pepper beef, General Thai chicken, lemongrass chicken, basil chicken, assorted vegetable, thai egg noodle, pineapple fried rice.

Serves 32 \$500.00

32 vegetable spring rolls, 1 regular tray each of: spicy shrimp, red curry beef, black pepper beef, General Thai chicken, lemongrass chicken, basil chicken, assorted vegetable, thai egg noodle, pineapple fried rice.

**PLEASE ORDER 24 HRS IN ADVANCE.
MENU SUBJECT TO AVAILABILITY.
MINIMUM ORDER \$100 FOR DELIVERY.
FREE DELIVERY TO FINANCIAL CORE.
5% OFF PICK UP ORDERS OF \$100
OR MORE. PRICES ARE SUBJECT TO
CHANGE WITHOUT NOTICE.**



Tim Hortons

BREAKFAST

		Price/person
Continental breakfast platter	(min. 10)	\$2.59

A variety of our freshly baked muffins (340-420 Cals each), croissants (260-290 Cals each) and classic bagels (290-330 Cals each). Served with cream cheese spread (35-50 Cals per tbsp.) and butter (40 Cals per tbsp.).

Bagel selection platter	(min. 10)	\$2.39
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A selection of our always fresh classic bagels (290-330 Cals each) served with cream cheese spread (35-50 Cals per tbsp.), butter (40 Cals per tbsp.), peanut butter (110 Cals per serving) and jam (60 Cals per serving). Specialty bagels are also available at an upcharge.

Homestyle oatmeal	(min. 10)	\$3.49
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Our homestyle oatmeal is slow cooked, whole grain, low in fat and high in fibre. Available in maple (220 Cals) or mixed berries (210 Cals). 1 per person.

LUNCH

		Price/person
Assorted sandwich platter	(min. 10)	\$5.59

Sandwich platters consist of the following sandwich selections: chicken salad (480 Cals each), turkey sandwich (480 Cals each), ham & cheddar (470 Cals each), B.L.T. (420 Cals each) and garden vegetable (400 Cals each). Sandwiches are served cut in half.

SNACKS

Assorted pastry platter	(per person, min. 10)	\$1.59
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Includes danishes (300-370 Cals each), cookies (210-280 Cals each), donuts (180-340 Cals each), muffins (340-420 Cals each).

Yogurt parfait	(per person, min. 10)	\$2.99
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Looking for a light snack that tastes great?
Varieties offered: strawberry or vanilla (270 Cals each).

Assorted cookie platter	(per dozen)	\$9.99
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An assortment of gourmet cookies (210-280 Cals each).

Timbit box	20 Timbits	50 Timbits
A fan favourite! Selection may vary (45-90 Cals each).	\$4.19	\$9.29

BEVERAGES	12	35	70	105
Coffee*	\$19.49	\$49.99	\$99.99	\$149.99
Regular, Dark Roast or Decaf				
French Vanilla	\$23.89	\$64.99	\$129.99	\$194.99
Hot Chocolate	\$20.05	\$59.99	\$119.99	\$179.99
Or White Hot Chocolate				
Steeped Tea	\$19.49	\$49.99	\$99.99	\$149.99

Please inquire about other beverages.

Bottled water, Coke, Diet Coke, Sprite, apple juice, orange juice, milk, chocolate milk, iced tea, peach drink.

*A deposit is due on plastic cambros, which serve 35, 70, 105.

Dairy and sweetener available, please inquire with the restaurant.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

**GOT A CROWD TO FEED?
VISIT OUR WEBSITE AT
CATERING.TIMHORTONS.COM AND
SELECT THE 181 BAY ST. LOCATION.**

**WE STRONGLY RECOMMEND
24 HOURS ADVANCE NOTICE.
ALL PRICES REFLECTED ARE SUBJECT
TO TAXES. SELECTIONS AND PRICES
ARE SUBJECT TO CHANGE
WITHOUT NOTICE.**

**BAKED GOODS ARE PACKAGED
INDIVIDUALLY.**



BFPLTO.com

