

BROOKFIELD
PLACE
TORONTO

OFFICE EATS

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



BFFL

Introducing

FOOD2DESK



Ordering lunch is now easier and faster!

Brookfield Place **Office Eats** offers the convenience of quick and safe food delivery through **Food2Desk** – an innovative app providing a dedicated team of Food Runners from participating Brookfield Place restaurant & food court tenants.

BENEFITS INCLUDE:

- Covid 19 screened runners
- Contactless drop points
- 15 minute delivery times*
- Order from multiple merchants on one order
- Fund transfers and corporate program discounts

*Visit our app to learn more about **Food2Desk**.



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

Table of Contents

4	The Bagel Stop	416 955 9095
6	Bottom Line	416 362 7585
8	Chotto Matte	416 988 8097
10	iQ Food Co.	647 346 0792
13	Jimmy The Greek	416 955 8759
16	ki Modern Japanese + Bar	416 308 5888
18	Kupfert & Kim	416 601 1333
22	Lahuna Poke Stop	416 559 9569
23	The Market By Longo's	416 306 1881
25	Nori Asian Bistro	647 358 5688
28	Paramount Fine Foods	416 551 7515
31	Piazza Manna	416 862 9000
33	Pinkberry	416 363 6884
34	Pumpnickel's	416 863 9880
35	Subway	416 214 5779
36	Sushi Shop	416 363 6000
37	Thai Island	416 861 0124
39	Tim Hortons	416 359 0581

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)

BAKED GOODS

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

(V) VEGAN
(GF) GLUTEN FREE

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

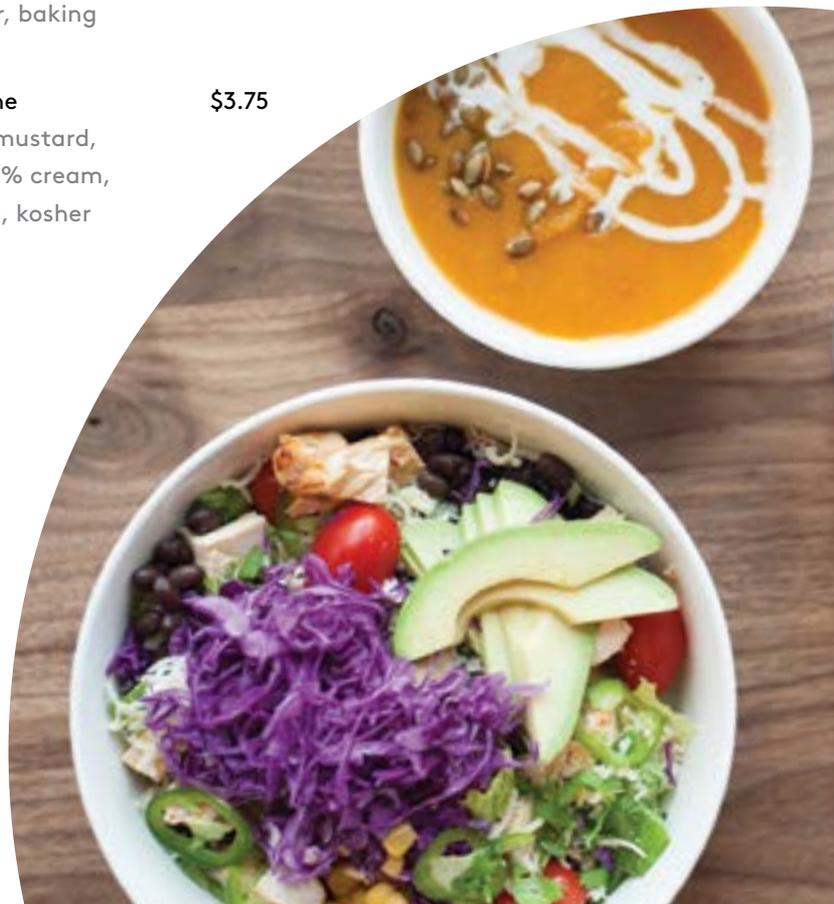
Wild blueberries, lemon juice + zest, pure madagascar vanilla extract, organic all purpose flour, unsalted butter, organic sugar, balkan yogurt, 2% buttermilk, whole milk,, baking powder, baking soda, kosher salt.

\$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



Jimmy The Greek

JIMMY THE GREEK MEALS

All meals include Greek salad, rice & roasted potatoes.

Chicken souvlaki	850 Cals	\$11.99
Chicken fillet	840 Cals	\$11.99
Pork souvlaki	900 Cals	\$10.99
Vegetable Souvlaki	740 Cals	\$10.79
Gyros	1070 Cals	\$11.99
Roast chicken	1140 Cals	\$10.49
Spinach cheese pie	990 Cals	\$9.99
Roast lamb	1200 Cals	\$14.49
Moussaka	1430 Cals	\$10.99
Shrimp griller	700 Cals	\$12.75
Jimmy's vegetable plate	630 Cals	\$8.99
Salmon fillet	860 Cals	\$14.49
Calamari	1010 Cals	\$12.75
Schnitzel	1070 Cals	\$11.99
Dolmades	840 Cals	\$9.75

JIMMY'S PITAS WITH GREEK SALAD

Pitas topped with tomatoes, onions & tzatziki.

Chicken souvlaki	830 Cals	\$11.49
Chicken fillet	820 Cals	\$11.49
Pork souvlaki	890 Cals	\$10.49
Vegetable souvlaki	720 Cals	\$10.29
Gyros	1050 Cals	\$11.49

JIMMY'S PITAS

Pitas topped with tomatoes, onions & tzatziki.

Chicken souvlaki pita	550 Cals	\$7.69
Chicken fillet pita	540 Cals	\$7.69
Pork souvlaki pita	600 Cals	\$6.69
Vegetable souvlaki pita	440 Cals	\$6.49
Gyros pita	770 Cals	\$7.69
Veggie pita	350 Cals	\$5.69

JIMMY THE GREEK SALADS

Greek salad	250-570 Cals	\$6.99/\$8.99
Grilled chicken	780 Cals	\$11.99
Shrimp griller	640 Cals	\$12.75
Calamari Greek	950 Cals	\$12.75
Grilled salmon	800 Cals	\$14.49

DESSERT

Baklava	370 Cals/piece	\$3.50
---------	----------------	--------



JIMMY'S CELEBRATED CATERING MENU

Greek Salad

Small	(serves 10-15)	250 Cals/serving	\$50.00
Large	(serves 25-30)	250 Cals/serving	\$75.00

Oven baked rice

Small	(serves 10-15)	580 Cals/serving	\$40.00
Large	(serves 25-30)	580 Cals/serving	\$65.00

Oven roasted potatoes

Small	(serves 10-15)	200 Cals/serving	\$40.00
Large	(serves 25-30)	200 Cals/serving	\$65.00

Moussaka

Small	(serves 10-12)	800 Cals/serving	\$65.00
Large	(serves 21-24)	800 Cals/serving	\$105.00

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	\$8.99

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

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), sake (Atlantic salmon).

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, kombu-miso albacore tuna tataki. 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 smoked striploin + asparagus, lime salt-cured butterfish.

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).

Chicken katsu bowl \$28.00

Served with breaded chicken cutlet, caramelized onions, nori, egg + katsu don sauce.

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

**FOR WINE AND JAPANESE
BEERS, PLEASE CONTACT US AT
TORONTOFUNCTIONS@KIJAPANESE.COM**



Kupfert & Kim

SALADS & BOWLS

	Single Serving	Platter
Cauliflower tahini Choice of base, hummus, roasted cauliflower, za'atar salsa, carrots, cabbage, beets, mint, pomegranate, organic greens, radish, pickled onions, sesame seeds, seed & oat crackers with lemon tahini sauce.	\$14.25	\$60.00
Oaxaca Brown rice or choice of base, black beans, organic kale, beets, non-gmo corn, daikon, hemp seeds, organic tortilla chips, lime wedge with pico de gallo, guacamole and cashew cream.	\$13.75	\$55.00
K&K paleo Roasted sweet potato, hemp & sunflower balls, house sauerkraut, carrots, cucumber, organic greens, fennel slaw, cabbage, organic sprouts with lemon tahini sauce and chimichurri.	\$14.25	\$55.00
First Canadian Place Choice of base, organic tempeh, organic kale, roasted sweet potato, beets, pomegranate, carrots, rainbow radish, purple cabbage, white cabbage, organic sprouts, sunflower and sesame seeds with maple chia sauce.	\$13.75	\$55.00
Almond lime Brown rice, organic tofu, bok choy, pickled carrots and daikon, roasted mushroom, caraway slaw, crushed cashews, cilantro, sesame, scallions, basil, lime wedge, optional hot pepper with almond kaffir lime sauce.	\$13.75	\$55.00
Keto bowl Cauliflower rice, org tempeh chorizo, org scrambled tofu, org kale, hemp, broccoli, cabbage, cucumber, with avocado aioli.	\$14.25	\$60.00
Green dream Brown rice or choice of base, steamed broccoli, org kale & bok choy, cucumber, green peas, org sprouts, almond lime sauce.	\$13.75	\$55.00
Add extra protein Choose from black beans, 2 hemp & sunflower balls, green peas, org baked tempeh, org tempeh chorizo, org baked tofu, org tofu scramble.	\$2.50	\$10.00



SALAD BAR

Single Serving
\$13.75

Minimum order of 8 servings.

Bases (choose 2): organic kale, organic greens, brown rice, organic quinoa.

Proteins (choose 2): black beans, hemp & sunflower balls, organic scrambled tofu, organic baked tofu, organic baked tempeh.

Toppings (choose 6): bok choy, roasted cauliflower (+1), roasted mushrooms, roasted sweet potato, blueberries, beets, broccoli, red cabbage, white cabbage, caraway slaw, carrots, non-GMO corn, cucumber, daikon, fennel slaw, organic greens, guacamole (+2), hummus, organic kale, kimchi, red radish, watermelon radish, pico de gallo, za'atar salsa.

Garnishes (choose 4): almonds, cashews, cranberries, herb mix, hemp seeds, pickled onion, min, pickled jalapeno, pumpkin seeds, pomegranate, sesame seed, sunflower seeds, organic sprouts, scallions, Thai pickle, sauerkraut, sunflower parmesan, tortilla chips, za'atar spice.

Sauces (choose 2): almond lime sauce, lemon tahini dressing, chimichurri, pesto, house vinaigrette, maple chia dressing, lemon & olive oil.

Additional protein	\$2.50
Additional base	\$2.50
Additional sauce	\$2.00
Additional topping	\$1.00



SPECIALTIES	Single Serving	Platter
Guac burger	\$15.75	\$65.00
House patty, pico de gallo, guacamole, pickled onions, pea shoots, on a bed of grain or salad, with house salad and roasted sweet potato.		
Tahini burger	\$15.75	\$65.00
House patty, pico de gallo, guacamole, pickled onions, pea shoots, on a bed of grain or salad, with house salad and roasted sweet potato.		
K&K lasagna	\$15.75	\$65.00
Sweet potato, lentil bolognese, cashew ricotta, pesto, organic kale, organic sprouts, sunflower parmesan with side salad.		
Golden curry	\$14.75	\$60.00
Eggplant, zucchini, organic tofu and potato, with golden curry sauce, on a bed of organic kale and brown rice, topped with roasted cashews, cilantro & basil, green onion, lime wedge and optional hot peppers.		
Miso ginger broth bowl	\$13.75	
Brown rice or organic quinoa, house kimchi, daikon, green onion, radish, carrots, bok choy, mushroom, organic tofu, sesame, almonds.		
 BRUNCH ALL DAY		
House granola	\$7.75	\$30.00
House-made granola topped with blueberries, cranberries, hemp seeds and your choice of milk.		
Breakfast bowl	\$13.50	\$55.00
Brown rice or sweet potato, roasted mushroom, organic kale, organic tofu scramble, guacamole, black beans, za'atar salsa, organic sprouts, sesame.		
K&K waffle	\$12.75	
House-made gluten-free waffle topped with organic blueberries, hemp seeds and coconut-cashew cream.		
Keto coconut yogurt parfait	\$9.25	
Yogurt (org coconut, bacteria cultures), berries, hemp, house granola.		
 TOASTS		
Avocado toast	\$7.75	\$30.00
Seed & oat toast, smashed avocado, cucumber, radish, pickled onion, pomegranate, sunflower parmesan, sea salt.		
Mediterranean toast	\$7.75	\$30.00
Seed & oat toast, pomegranate, olives, hummus, lime, toasted walnuts, fine herbs, organic sprouts, sea salt.		
Almond banana toast	\$7.75	\$30.00
Seed & oat toast, almond butter, org banana, wild blueberries, sea salt.		

SMOOTHIES

	Single Serving
Green	\$8.75
Organic kale, organic banana, organic pear, lime, ginger, hemp seeds, mint.	
Blueberry	\$9.25
Wild blueberries, cashews, lemon, dates, vanilla, flax.	
Almond chocolate	\$9.75
Almond butter, cacao, dates, chia seeds, coconut milk.	
Açaí	\$9.50
Organic açaí, organic banana, organic strawberries, coconut milk.	
Vanilla cacao	\$9.75
Organic banana, vanilla, walnuts, cacao, maple syrup, coconut milk, hemp & sunflower seeds, sea salt.	

**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 4-6.

SIDES & SHARES

	Single Serving	Platter
Guac & chips	\$8.25	\$35.00
With pico de gallo and non-gmo corn tortilla chips.		
Roasted sweet potato	\$7.75	\$30.00
With avocado aioli, pickled jalapeño, scallions, sunflower & sesame.		
Cauliflower side	\$8.25	\$35.00
With pomegranate, sunflower parmesan, chimichurri, pickled onions, organic sprouts.		
Hummus side	\$8.25	\$35.00
With seed & oat crackers, za'atar salsa, olives and organic sprouts.		
Soup of the day	\$7.50	\$30.00
Call for details.		
Hemp & sunflower balls with za'atar yogurt	\$8.25	\$35.00
Coconut yogurt, olive oil, mint, tahini, za'atar.		

TREATS

Chocolate oat square	\$4.75	\$20.00
Chocolate or key lime mousse	\$7.75	\$30.00
Bakery platter		\$30.00
Mixed assortment of muffins, cookies, macaroons & squares.		

BOTTLED DRINKS

Eska water (still or sparkling)	\$1.75
Flow water (various flavours)	\$2.75
Rise kombucha (various flavours)	\$4.75
Remedy kombucha (0 sugar, various flavours)	\$4.75
Greenhouse cold pressed juice (various flavours)	\$7.50

Lahuna Poke Stop

416 559 9569
INFO@LAHUNAPOKE.COM

POKE BOWLS

\$14.95

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

\$14.95

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.

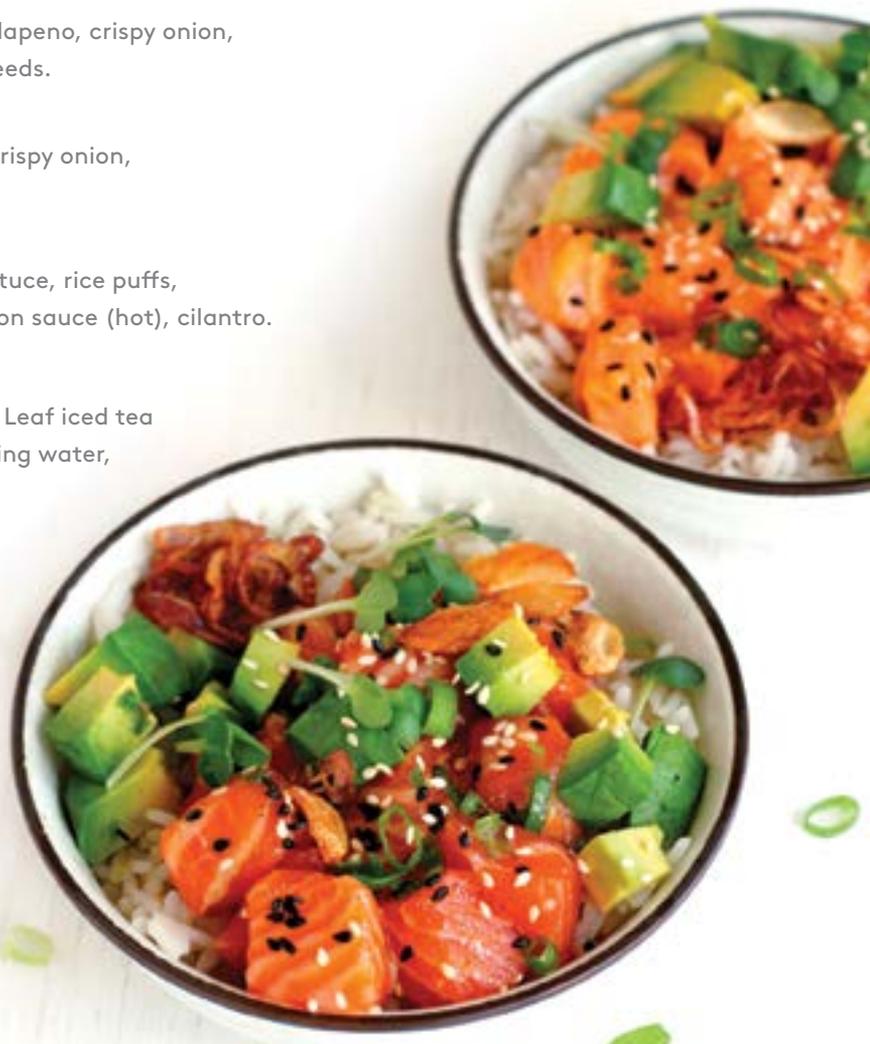
BEVERAGES

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 15-20)		\$34.99
Large	(serves 25-35)		\$49.99

SALADS

Caesar salad	(serves 8-10)	130-100 Cals/serving	\$13.99
Kale salad	(serves 8-10)		\$13.99
Greek salad	(serves 10-12)	110-190 Cals/serving	\$13.99

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

Mini rice balls	(32 pieces)		\$29.99
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	(serves 8-10)		\$19.99
Fresh fruit tray			
Regular	(serves 15-20)		\$39.99
Large	(serves 25-35)		\$49.99

SANDWICHES

Sandwich bites			
Regular	(40 pieces)	70-90 Cals/piece	\$44.99
Large	(80 pieces)	70-90 Cals/piece	\$54.99
New York Style Deli			
Regular	(18 pieces)		\$44.99
Large	(24 pieces)		\$54.99
Focaccia fingers			
Large	(24 pieces)	70-90 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			
Regular	(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 10-20)	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 Asian Bistro

DIM SUM

Choice of spring roll, Har Gow, Siu Mai, BBQ pork bun, sesame ball & breaded shrimp.

Dim Sum Combo (any 4 dim sum + 1 veggie)	\$9.50
Any single dim sum	\$1.50
Any 4 dim sum	\$5.80
Any 8 dim sum	\$11.00

RAMEN

Served with egg, bean sprout, corn, seaweed & green onion.
Choice of soup base: Tonkatsu, miso, spicy miso or Shoyu.

Grilled chicken	\$11.50
Spicy crispy chicken	\$11.50
Roast pork	\$11.50
Beef	\$11.50
Spicy crispy fish	\$11.50
Crispy shrimp	\$11.50
Veggie	\$10.00

NOODLE SOUP

Wonton veggie (6)	\$6.50
Wonton noodle (8)	\$8.95
Chicken noodle	\$9.50
Beef noodle	\$9.50
Seafood noodle	\$10.50
Vegetable noodle	\$8.50

UDON NOODLE SOUP

Served with broccoli, corn, seaweed & green onion.

Chicken (white meat)	\$9.95
Spicy crispy chicken	\$9.95
Beef	\$9.95
Spicy crispy fish	\$9.95
Crispy shrimp (5 pieces)	\$9.95
Veggie	\$8.50

VALUE COMBO

Served with rice (steamed, brown or fried) OR noodle OR broccoli.

Combo 1 (any one entrée)	\$8.95
Combo 2 (1 meat + 1 veggie)	\$10.50
Combo 3 (2 meats entrée)	\$10.95
Combo 4 (2 meats + 1 veggie)	\$12.50
Veggie Combo (any 2 veggies + rice or noodle)	\$9.50

Choices

Veggie: broccoli, green bean, eggplant tofu.

Chicken: black pepper beef, spicy crispy chicken, General Tao chicken, sweet & sour chicken, lemon chicken, spicy chicken, chili onion chicken, curry chicken (white meat), BBQ chicken, chicken green bean.

Beef: black pepper beef.

Pork: BBQ pork.

Seafood: salt pepper shrimp, breaded shrimp, salt pepper fish, pan fried fish.

Rice: fried rice, steam rice, brown rice.

Noodle: Canton noodle, Singapore noodle, fried flat rice noodle, Shanghai noodle.

SIDE ORDER

Spring roll	\$1.49
Fried rice or noodle	\$6.95
Any veggie entrée	\$7.95
Any meat entrée	\$9.95
Steam rice	\$3.00
Crispy shrimp (5 pieces)	\$4.95

BEVERAGES

Soft drink (regular)	\$1.69
Bottle drinks (large)	\$2.50
Nestea (regular)	\$1.89

PRICES ARE SUBJECT TO
CHANGE WITHOUT NOTICE.





Paramount Fine Foods

COLD APPETIZERS

World famous hummus	(serves 12-15)	360 Cals/serving	\$34.99
Our world famous recipe, blended chickpeas and tahini served with pita bread. (v)			
Moutabbal	(serves 12-15)	350 Cals/serving	\$44.99
Fresh grilled eggplant, blended with tahini and parsley, served with pita bread. (v)			

HOT APPETIZERS

Falafel	(12 pieces)	140 Cals/piece	\$14.99
12 pieces of falafel, ground chickpeas and sesame seeds mixed and fried to perfection served with tahini dipping sauce and pita bread. (v)			
Lentil soup	(serves 1)	370 Cals/serving	\$5.99
Our signature recipe, lentil soup, served with crispy pita and a lemon wedge. (v)			

APPETIZER PLATTERS

Mezza platter	(serves 12-15)	850 Cals/serving	\$59.99
Three of our favourites in one serving: world famous hummus, moutabbal and freshly chopped tabbouleh served with pita bread. (v)			
Veggie Delight	(serves 12-15)	520 Cals/serving	\$44.99
A combination of falafel, our world famous hummus, tabbouleh, fattoush and fresh pita, served with traditional garnish, and tahini. (v)			
Baked pita bread (v)	(per piece)	380 Cals/piece	\$0.99

FRESH SALADS

	Small (serves 6-8)	Large (serves 12-15)
Fattoush salad	\$49.99	\$69.99
Chopped romaine lettuce, cucumbers, mixed bell peppers, radishes, tomatoes, onions, mint, basil, and crispy pita chips served with our authentic Middle Eastern dressing. (v)		
Tabbouleh salad	\$49.99	\$69.99
Our signature salad, hand-chopped fresh parsley, diced tomatoes, onions, mint and crushed wheat, mixed with our authentic Middle Eastern dressing. (v)		

Adults and youth (ages 13 and older) need an average of 2000 calories a day, and children (ages 4 to 12) need an average of 1500 calories a day. However, individual needs vary.



LUNCH BOX

Lunch boxes include your choice of wrap, individual fattoush salad, 3 pieces of our homemade baklawa, and a bottle of water. Minimum order of 10 boxes required.

Chicken shawarma wrap (serves 1) 1170 Cals/serving \$15.49

Authentically seasoned chicken shawarma, shredded lettuce, pickles and garlic sauce wrapped in pita bread.

Beef shawarma wrap (serves 1) 1100 Cals/serving \$15.99

Authentically seasoned beef shawarma, fresh parsley, onions, pickles, tomatoes and tahini sauce wrapped in pita bread.

Falafel wrap (serves 1) 1150 Cals/serving \$14.99

3 pieces of falafel, fresh parsley, onions, turnips, pickles, tomatoes and tahini sauce wrapped in pita bread. (v)

DINNER BOX

Dinner boxes include your choice of protein served with hummus, fattoush salad, Paramount rice, and pita. Minimum order of 10 boxes required.

Chicken shawarma (serves 1) 1800 Cals/serving \$19.99

Authentically seasoned chicken shawarma served with garlic sauce.

Beef shawarma (serves 1) 2120 Cals/serving \$21.99

Authentically seasoned beef shawarma served with tahini sauce.

Falafel (serves 1) 1920 Cals/serving \$18.99

3 pieces of falafel served with tahini sauce. (v)

WRAPS

Shawarma wrap platter (serves 12) 1150 Cals/serving \$115.99

An assortment of chicken shawarma, beef shawarma, and meatless shawarma wraps served in half cuts, accompanied by a side of french fries.

Favourites wrap platter (serves 12) 1100 Cals/serving \$115.99

An assortment of falafel, shish tawouk, and kafta wraps served in half cuts, accompanied by a side of french fries.

KEEP IT SIMPLE

PLK package (serves 12-15) 940 Cals/serving \$199.99

6 kafta skewers, 6 shish tawouk skewers, shaved chicken shawarma, Paramount rice, traditional garnish, fattoush salad, garlic sauce, tahini sauce, and baked pita bread.

SKEWERS & SHAWARMA

Minimum order for 10 people per option required. Please contact location for special requests. Select one side for each option.

Kafta skewer	(per person)	440 Cals/serving	\$14.99
2 skewers of BBQ'd ground beef per person, served with pita, and hummus for dipping.			
Shish tawouk skewer	(per person)	740 Cals/serving	\$15.99
2 grilled skewers of boneless skinless marinated chicken breast per person, served with pita and garlic dipping sauce.			
Chicken shawarma	(per person)	620 Cals/serving	\$14.99
Authentically seasoned and shaved chicken shawarma, served with your choice of side, pita, and garlic sauce.			
Beef shawarma	(per person)	620 Cals/serving	\$15.99
Authentically seasoned and shaved beef shawarma, served with your choice of side, pita, and tahini sauce.			
Meatless shawarma	(per person)	500 Cals/serving	\$14.99
Authentically seasoned plant based protein, served with your choice of side, pita bread, and garlic sauce. (m)			

Side options:

Paramount rice (v) (gf)	(per person)	160 Cals/serving	Included
French fries (v) (gf)	(per person)	460 Cals/serving	Included
Spicy potatoes (v) (gf)	(per person)	860 Cals/serving	\$2.00
Fattoush salad (v)	(per person)	240 Cals/serving	\$2.00
Tabbouleh salad (v)	(per person)	130 Cals/serving	\$2.00

ADD ONS

Paramount rice (v) (gf)	(serves 12-15)	160 Cals/serving	\$19.99
French fries (v) (gf)	(serves 12-15)	460 Cals/serving	\$19.99
Spicy potatoes (v) (gf)	(serves 12-15)	860 Cals/serving	\$24.99
Cubed potatoes tossed in our signature batata harra sauce.			
Baked pita bread (v)	(per piece)	380 Cals/serving	\$0.99
1kg chicken shawarma		3100 Cals	\$69.99
1kg beef shawarma		2400 Cals	\$79.99
Garlic sauce	(serves 8)	90 Cals/serving	\$6.99
Tahini sauce	(serves 8)	40 Cals/serving	\$6.99
Hot sauce	(serves 8)	20 Cals/serving	\$7.99

SWEETS

Baklawa 1kg	(serves 12-15)	70 Cals/piece	\$32.00
-------------	----------------	---------------	---------

DRINKS

Assorted soft drink & bottled water bundle		0-150 Cals	\$20.00
12 soft drinks/bottled water, 355ml.			

**TO PLACE YOUR ORDER,
OR TO RECIEVE A QUOTE
PLEASE CONTACT US.
DELIVERY AND PICK UP
OPTIONS AREAVAILABLE
(DELIVERY CHARGES DO APPLY).**

**48 HOURS NOTICE REQUIRED
FOR ALL CATERING ORDERS.
TO CANCEL ANY CATERING ORDER,
WE REQUIRE 12 HOURS NOTICE.
CANCELLATION CHARGES MAY APPLY.
ITEMS MAY CONTAIN ORCOME
INTO CONTACT WITH NUTS OR
OTHER ALLERGENS.**

(V) VEGETARIAN

(GF) GLUTEN FRIENDLY

(M) MEATLESS

Piazza Manna

19" JUMBO PARTY PIZZA

Choose from our wide variety of simple and gourmet pizzas.

Margherita, Pepperoni	each	\$25.00
Americano, La Bruschetta, Tutto, Meat, Piccante, Asiago Chicken, Simple, Calabrese, Potato, or Ortolano	each	\$33.50
Hawaiian, BBQ chicken, or Vegetarian	each	\$33.50

Or build your own with our wide variety of toppings

Pepperoni, mushroom, green pepper, Roma tomato, olives, red onion, bacon, onion, Calabrese, soppressata, house-made sausage, hot pepper, provolone, roast chicken, baby spinach, Asiago, prosciutto cotta, smoked mozzarella, roasted peppers, thin sliced potato, pancetta, roasted mixed vegetables, chevre, ham, pineapple, bacon, sweet BBQ sauce.

HOUSE SPECIALTIES

Includes choice of pasta, potato and veggies or salad.

	Small	Large
The Parm	\$66.75	\$133.00
Veal, chicken or eggplant lightly breaded and covered in tomato sauce and cheese.		
Meatballs	\$66.75	\$132.75
Fresh ground beef and veal topped with our tomato sauce and fresh ricotta cheese.		
Chicken Piccata	\$71.75	\$143.25
Roast chicken in a white wine and lemon sauce.		
Lemon chive salmon	\$93.00	\$189.95
Grilled salmon in a lemon chive sauce.		

SANDWICHES

	Price/person
Focaccia & panini assortment	\$9.50
House roast beef, ham & Swiss, smoked turkey, chicken pesto, jalapeño chicken, grilled vegetable & goat cheese, tuna & Italian cold cut. Tip: Cut in half and served on platters or pick and choose.	

Wraps	\$9.50
BBQ chicken, chicken club, roast beef, ham & Swiss, smoked turkey, jalapeño chicken, grilled vegetable & goat cheese, tuna & Italian cold cut. Tip: Mix in with focaccia & panini or try it as our green white and red wrap bouquet platter.	

HOT SANDWICHES

Veal, chicken or eggplant parm	each	\$10.50
Meatballs	each	\$9.95

PASTA

Small	(serves 6-8)	\$46.75 - \$57.25
Large	(serves 12-16)	\$92.75 - \$116.00

Choose from tomato sauce or arrabiata, Bolognese meat sauce, vodka tomato cream, chicken Toscana, l'Amatriciana, traditional Alfredo, Calabrese sausage, chicken rose, cheese cannelloni.

Lasagna		\$61.50 - \$152.75
---------	--	--------------------

SALADS

	Small	Large
Mixed green garden	\$27.75	\$55.00
Classic Caesar	\$27.75	\$55.00
Tomato cucumber	\$33.00	\$64.50
Bean salad	\$33.00	\$64.50
Quinoa salad	\$33.00	\$64.50
Pasta salad	\$33.00	\$64.50
Strawberry	\$41.50	\$84.00
Pear salad	\$41.50	\$84.00
Cobb salad	\$41.50	\$84.00
Kale salad	\$41.50	\$84.00
Caprese	\$41.50	\$84.00

Dressings: House balsamic, Italian, poppy seed, blue cheese, honey Dijon, ranch, French.

**NO MATTER HOW YOU
SLICE IT, WE'VE GOT ALL
THE RIGHT INGREDIENTS.**



FROZEN YOGURT

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

Small	150-240 Cals	\$4.95
Mini	90-144 Cals	\$3.95
Topping	30-570 Cals	\$2.95/cup

FRESH FRUIT PARFAIT

240-330 Cals \$6.25

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

SMOOTHIES

\$6.45

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™

\$5.95

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

\$6.35

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.



Pumpnickel's

416 863 9880
PUMPERNICKELS.CA

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, chili chicken, General Thai 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	Small Tray (serves 5-7)	Regular Tray (serves 8-10)
Mango salad	\$9.95	\$32.00	\$40.00
Chicken entrée	\$13.00	\$42.00	\$55.00
Beef entrée	\$14.00	\$46.50	\$60.00
Vegetable entrée	\$11.00	\$37.00	\$48.00
Seafood	\$14.50	\$46.50	\$60.00
Noodle	\$9.50	\$31.00	\$40.00
Pineapple fried rice	\$9.50	\$31.00	\$40.00
Special pad thai (chicken, shrimp, tofu)	\$13.50	\$42.00	\$54.00
Steamed rice	\$6.00	\$18.00	\$22.00
Brown rice	\$6.00	\$18.00	\$22.00
Chicken fried rice	\$11.50	\$37.50	\$48.00

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

**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.**

SET MENU

Serves 8 \$135.00

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 24 \$390.00

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 \$520.00

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.



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
-------------------------	-----------	--------

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
-------------------	-----------	--------

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)	\$5.99

Sandwich platters consist of the following sandwich selections: caprese sandwich (630 Cals each), turkey sandwich (680 Cals each), ham & cheddar (670 Cals each), B.L.T. (650 Cals each), roast beef & cheddar sandwich (720 Cals each) and Craveables sandwich (410-430 Cals each). Sandwiches are served cut in half.

SNACKS

Assorted pastry platter	(per person, min. 10)	\$1.59
-------------------------	-----------------------	--------

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)	\$3.29
----------------	-----------------------	--------

Looking for a light snack that tastes great?
Varieties offered: strawberry or vanilla (270 Cals each).

Assorted cookie platter	(per dozen)	\$9.99
-------------------------	-------------	--------

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.

**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

