



THE
ROSTIE GROUP

CATERING MENU 2019

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PRIX FIX

- 48 -

BREAKFAST

CONTINENTAL BREAKFAST
INCLUDING A VARIETY OF FRESHLY
BAKED BAGELS WITH SPREADS AND
PRESERVES, SELECTION OF SWEET
AND SAVOURY PASTRIES, ASSORTED
YOGURTS, AND A SEASONAL FRUITS
TRAY, SERVED WITH TEA COFFEE,
AND FRUIT FRUIT JUICE



MORNING BREAK

REFILL ON TEA AND COFFEE
SERVICE



LUNCH

SELECTION OF GOURMET
SANDWICHES, CHOICE OF
SALAD/SOUP, ASSORTED DESERTS,
TEA, COFFEE, AND SODAS

AFTERNOON BREAK

TEA AND COFFEE
SERVED WITH A SNACK





PRIX FIX

UPGRADE MENU

BREAKFAST

ADD OUR HOT BREAKFAST TO THE
PRIX FIX MENU FOR AN ADDED
\$4 PER PERSON

ADD AN ADDITIONAL PROTEIN FOR
\$3 PER PERSON



LUNCH

ADD ANY OF OUR HOT LUNCH ITEMS
TO THE PRIX FIX MENU FOR AN
ADDED \$14 PER PERSON

***SPLIT YOUR ORDER BETWEEN TWO
CHOICES OF MAIN, SIDE AND
SALAD IF YOU ORDER FOR 20
PEOPLE OR MORE***

AFTERNOON BREAK

UPGRADE TO OUR PREMIUM SNACK
OPTIONS FOR AN ADDITIONAL
\$2 PER PERSON





BREAKFAST

- MENU -

CONTINENTAL BREAKFAST

20

A VARIETY OF BAGELS, CROISSANTS,
SCONES, PASTRIES, SERVED WITH
SPREADS AND PRESERVES.
FRESH FRUIT AND YOGURT.



HOT BREAKFAST BUFFET

24

FLUFFY SCRAMBLED EGGS, WITH
HOMEFRIES, BAKED BEANS, FRESH
BAGEL BASKET.

YOUR CHOICE OF BACON OR
SAUSAGE



EXTRAS

ADD A PROTEIN 3

GLUTEN FREE 4





LUNCH

- MENU -

SANDWICH PLATTER

13

A DAILY SELECTION OF
GOURMET SANDWICHES



LIGHT LUNCH COMBO

25

SANDWICH PLATTER, WITH CHOICE
OF SOUP OR SALAD AND DESSERT



EXECUTIVE LUNCH COMBO

30

SANDWICH PLATTER, WITH CHOICE
OF SOUP, SALAD AND DESSERT

LUNCHBOX

15

CHOICE OF SANDWICH AND SALAD

EXECUTIVE LUNCHBOX

21

CHOICE OF SANDWICH, SALAD,
FRUIT, COOKIE, AND BEVERAGE



HOT LUNCH

- MENU -

ROTISSERIE CHICKEN

38

PORTUGUESE STYLE WITH TRADITIONAL
SMOKY BBQ DRY RUB SEASONING.
GARNISHED WITH MARINATED PIT-IN
OLIVES AND GARLIC ROASTED
TOMATOES



PEPPERCORN BEEF

38

GRILLED WITH A CRUSH OF
PEPPERCORNS



GRILLED PESTO SALMON

38

ORANGE MARINATED AND GRILLED
ATLANTIC SALMON FILET. TOPPED WITH
FRESH DILL AND ROASTED TOMATO
PESTO



**ALL PORTIONS ARE SERVED WITH A
CHOICE OF SALAD, SIDE (SEE FOLLOWING
PAGES), FRESH BAKED BREAD, AND AN
ASSORTMENT OF PASTRIES, SQUARES, AND
COOKIES.**

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



SIDES

- MENU -

ALL SIDES- 8

GRILLED VEGETABLES

AN ASSORTMENT OF SEASONAL
VEGETABLES MARINATED WITH
SUNDRIED TOMATO PESTO AND EXTRA
VIRGIN OLIVE OIL.

MEDLEY OF SEASONAL ROASTED VEGETABLES

SEASONAL SELECTION OF LOCAL
VEGETABLES TOSSED WITH FRESH
HERBS.

MEZES RICE

LEMON SCENTED GREEK STYLE RICE
PILAF BLENDED WITH CHOPPED
OREGANO AND EXTRA VIRGIN OLIVE OIL.
GARNISHED WITH SLICES OF KALAMATA
OLIVES, FRESH PEPPERS AND TOMATOES.

LEMON PEPPER POTATO

STEAMED MINI RED SKIN POTATOES
TOSSED IN LEMON PEPPER.





GREENS

- MENU -

ALL GREENS- 8

GREEK SALAD

PLUM TOMATOES, SWEET PEPPERS,
SWEET RED ONIONS, CUCUMBER,
KALAMATA OLIVES, TEARS OF ROMAINE
HEARTS AND CRUMBLED. DRIZZLED
WITH LEMON AND OLIVE OIL

CAESAR SALAD

CRISP HEARTS OF ROMAINE DRESSED IN
A CREAMY GARLIC DRESSING AND
GARNISHED WITH HERB CROUTONS AND
PARMESAN CHEESE

INSALATA GENOVESE

BABY SPINACH AND RADICCHIO TOPPED
WITH SLIVERS OF AVOCADO,
MARINATED TOMATOES, SWEET ONIONS,
AND ROASTED ARTICHOKE QUARTERS
WITH CITRUS VINAIGRETTE

COUNTRY GREENS

CRISP ROMAINE HEARTS AND TREVISO
RADICCHIO TOPPED WITH SLIVERED
LOCAL APPLES, SUNDRIED
CRANBERRIES, CANDIED WALNUTS AND
SWEET RED ONION. SERVED WITH A RED
WINE VINAIGRETTE

CORN AND SUGAR SNAP SALAD

CHARRED SWEET CORN, CRISP SUGAR
SNAP PEA, ROASTED RED PEPPERS AND
SPICY ARUGULA GREENS IN A HONEY
DIJON DRESSING.





GRAINS

- MENU -

ALL GRAINS- 8

GREEK PASTA

GLUTEN-FREE PENNE, FETA, KALAMATA
OLIVES, GARLIC CONFIT
OLIVE OIL AND MEDITERRANEAN HERB
DRESSING



VIETNAMESE GLASS NOODLE SALAD

GLASS NOODLES, WHITE CABBAGE,
CARROTS, SUGAR SNAP PEAS, BOK CHOI
CELERY, AND CILANTRO
GARLIC AND SESAME OIL DRESSING



SOUTH AMERICAN GRAINS

ORGANIC QUINOA, CUCUMBER,
ROASTED CORN, SUNFLOWER SEED
GRANOLA, SCALLIONS, SWEET PEPPERS,
CANDIED GINGER
LEMON AND RICE WINE VINAIGRETTE

BOCCONTINI PASTA SALAD

ROASTED EGGPLANT, ZUCCHINI, RED
PEPPERS, RED ONION
BASIL VINAIGRETTE

COUSCOUS TABOULEH SALAD

PEARL COUSCOUS, GREEN KALE,
PARSLEY, MINT, GRAPE TOMATO,
CUCUMBER
RICE WINE AND OLIVE OIL VINAIGRETTE

PRIMAVERA PASTA SALAD

GLUTEN FREE PENNE, BROCCOLI, OVEN
DRIED TOMATOES, SWEET RED ONION,
SHEEP'S MILK FETA
HERBS AND EXTRA VIRGIN OLIVE OIL

SOUPS

- MENU -

ALL SOUPS- 8

CREAM OF FOREST MUSHROOM

CHICKEN AND VEGETABLE STOCK, WILD
MUSHROOMS, ONIONS, GARLIC AND
CREAM



SPLIT PEA AND SMOKED TURKEY

CHICKEN AND VEGETABLE STOCK,
SMOKED TURKEY, YELLOW SPLIT PEA,
YUKON POTATO, GARLIC, ONION AND
OREGANO



QUINOA MINESTRONE

VEGETABLE STOCK, ZUCCHINI,
EGGPLANT, PEPPERS, FAVA BEANS,
QUINOA

ROASTED RED PEPPER, TOMATO AND BASIL

VEGETABLE STOCK, BASIL, TOMATO,
ROASTED RED PEPPERS, GARLIC AND
ONION



MEDITERRANEAN VEGETABLE AND ORGANIC FARRO GRAINS

VEGETABLE STOCK, ZUCCHINI,
EGGPLANT, PEPPERS, FAVA BEANS AND
FARRO



EXTRAS

- MENU -

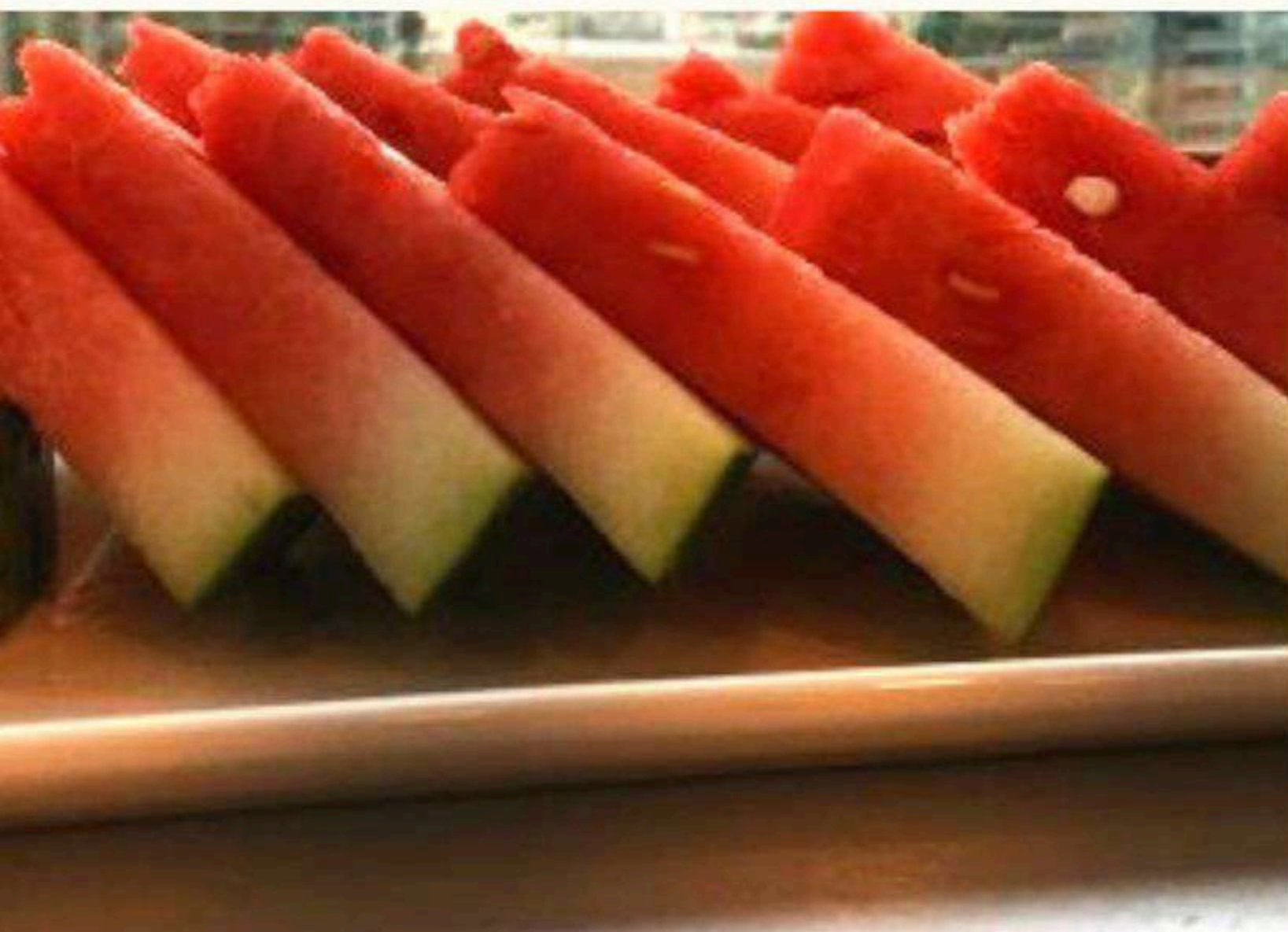
PREMIUM SNACKS

CHARCUTERIE & CHEESE BOARD	12
LOCAL CHEESE BOARD	10
HUMMUS & PITA CHIP PLATTER	7
VEGETABLE TRAY & DIPS	6
CAKE WITH FRESH FRUIT	6



SNACKS

WATERMELON TRAY	4
ICE CREAM BARS	4
FRESH BAKED COOKIES	4
MINI SQUARES AND CAKES	4
SEASONAL FRUIT TRAY	4
CHEESECAKE	4
HOUSE-MADE TRAIL MIX	3



BEVERAGES

BOTTLED WATER	2
SODA POP	2
BOTTLED JUICE	3
SPARKLING WATER	5



REUNION ISLAND

COFFEE ROASTERS

At the Rostie Group, we are proud to brew coffee from local roaster Reunion Island Coffee. Located in downtown Toronto, Reunion Island Coffee is Canada's largest coffee roaster powered 100% by green energy, and is committed to sustainability- for example, they are certified by B Lab as an industry leader in social and environmental performance. Their coffee beans are sourced responsibly, and are certified Fair Trade, Organic, Rainforest Alliance, or are Direct Trade beans.

Each month, we highlight a different blend, which we serve in our meetings at our reception area. Make sure to order your coffee urn for your meeting and try some of Toronto's best coffee.

Coffee of the Month or Tea

\$2.50/pp

\$11.50 /6 cup urn

\$19.50/12 cup urn

