



# CATERING MENU

Platters	1
Canapés	2
Salads	3
Entrées	4
Sides & Desserts	5

# PLATTERS

SM APPROX 6-8      MED APPROX 10-15      LG APPROX 20-25

## Fruit + Veg

<b>Veggies + Dips</b> sour cream & onion, roasted red pepper, garlic & cream cheese, sun-dried tomato & cilantro, or cucumber & dill	\$34.75	\$69.50	\$139
<b>Marinated Roasted Veggies</b> peppers, mushrooms, grape tomatoes, zucchini, celery & cauliflower	\$37.50	\$79.50	\$159
<b>Sliced Fresh Fruits</b> honey dew melon, cantaloupe, kiwi, strawberries, grapes, apples, oranges	\$37.50	\$79.50	\$159

## Meats + Cheeses

<b>Antipasto</b> Italian salami, olives, tomatoes, assorted cheeses & fruits	\$49.75	\$99.50	\$199
<b>Charcuterie Platter</b> assorted salamis, Italian hams & cheeses, mixed olives, pesto, black olive tapenade, sliced baguette	\$49.75	\$99.50	\$199
<b>International Cheeses</b> a selection of gourmet cheeses, fruits, crackers	\$39.75	\$79.50	\$159
<b>Deli Meats</b> freshly roasted miles prime beef, turkey, Virginia baked ham, salami & sliced cheeses. Add rolls & condiments for \$2.00pp	\$37.50	\$79.50	\$159
<b>Finger Sandwiches</b> Miles roast turkey & beef, ham & Swiss, tuna, smoked salmon & cucumber, crusts left on or cut off if you prefer!	\$34.75	\$69.50	\$139

## Seafood + Sushi

<b>Smoked Salmon</b> red onion, capers, lemons, sliced baguette, cream cheese	\$59.75	\$119.50	\$239
<b>Shrimp Cocktail</b> fresh lemon wedges & cocktail sauce [sm: 25 pcs, med: 50 pcs, lg: 100pcs]	\$49.75	\$99.50	\$199
<b>Sushi Roll Patter</b> assorted makimono & chef's special maki [sm: 48 pcs, med: 64 pcs, lg: 80pcs]	\$62.50	\$87.50	\$112.50
<b>Shogun Sushi Platter</b> assorted maki, nigiri & sashimi [One Size - Lg: 80pcs]			\$135

# CANAPE PLATTERS

## Cold Canapes

---

\$30 / dz | *Presented on disposable platters.*

### Asparagus Spears

wrapped in prosciutto

### Cucumber Cups

baby shrimp, marie rose sauce

### Smoked Chicken Mousse

tart shell, creme fraiche

### Double Cream Cambozola

balsamic glaze on a toasted museli round

### Beef Croustade

Thin sliced roast beef, horseradish crème fraîche on a croustade

### Scottish Salmon

lemon, capers, cream cheese, toasted wheat round

### Greek Salad Bite

onion, tomato, kalamata olive + feta, light vinaigrette in cucumber cup

### Caprese Skewers

grape tomatoes, bocconcini + fresh basil pesto

## Hot Canapes

---

\$30 / dz | *Presented in disposable foil pans hot & ready to serve, or chilled for you to reheat in your oven later.*

### Mini Codfish Cakes

Bermuda style, pan fried

### Madras Chicken Skewers

with pineapple

### Shrimp Skewers

pan seared shrimp in garlic + olive oil

### Beef Tenderloin Skewers

teriyaki marinade

### Stuffed Mushrooms

stuffed with crab meat, breaded, crispy fried

### Bacon Wrapped Dates

baked medjool dates, stuffed with stilton cheese + wrapped in bacon

## Hot Bites

---

\$18 / dz | *Presented in disposable foil pans hot & ready to serve, or chilled for you to reheat in your oven later.*

### Vegetable Spring Rolls

sweet chili sauce

### Spanakopita

spinach & feta cheese in filo pastry

### Chicken Wings

mild or spicy

### Chicken Tenders

breaded +fried

### Mini Quiche Canapés

assorted vegetables + meat

### Beef Meat Balls

hickory smoked BBQ sauce

### Petit Sausage Rolls

English Cumberland Sausage, puff pastry

### Shrimp or Chicken Gyoza

steamed Asian style dumplings

# SALADS

## \$5.00 per serving

---

### Classic Caesar Salad

croutons, parmesan, traditional creamy dressing

### Seven Leaf Salad

pine nuts, almonds, orange segments, yogurt, orange & ginger dressing

### Beet Salad

sliced onions, fresh parsley, balsamic vinaigrette

### Potato Salad

chopped egg, dill, mayo & sour cream dressing

### Broccoli Coleslaw

shredded broccoli, florets, bacon bits, carrots, creamy dressing

### Classic Coleslaw

shredded cabbage, carrots, creamy dressing

### Tossed Fresh Green Salad

your choice of dressing: herb vinaigrette, yogurt & pink peppercorn, creamy tomato basil

### Tuscan Pasta

tri colored cheese tortellini with spinach, bell peppers black olives shredded carrots in a parmesan dressing

### Honey Ranch Pasta Salad

cherry tomatoes, bell peppers, broccoli florets in a honey ranch dressing

## \$6.00 per serving

---

### Caprese

baby bocconcini, sliced fresh tomatoes + a pesto dressing

### Greek

tomatoes, black olives, cucumber, fresh herbs, crumbled feta, red wine vinaigrette

### Fruit Salad

honey dew, cantaloupe, apples, oranges, grapes

### Thai Chicken

julienne chicken breast, bell peppers, egg noodles & spicy peanut dressing

### Corn + Black Bean Salad

with lime + cilantro dressing

### Cous Cous

turmeric, dates, apricots, cranberries, pine nuts, cilantro, extra virgin olive oil

## \$7.00 per serving

---

### Nutrifit Layered Moroccan Salad

quinoa, pomegranate, orange, chickpeas, cucumber, mint, cilantro, pistachios, spiced yoghurt dressing

### Nutrifit Spicy Wild Rice + Chickpea Salad

lentils, spicy chipotle pepper dressing

### Nutrifit Crunchy Quinoa Salad

cashews, cranberries, kale, champagne vinaigrette

### Nutrifit Hong Kong Confetti Salad

carrots, red cabbage, bell peppers, sweet onion, cilantro, ginger, toasted sesame, tamari, honey, fresh lime

### Nutrifit Kickin Kale Salad

lemon, evoo, honey, tahini, toasted sesame seeds, pine nuts

# ENTREES

*Presented in disposable foil pans hot & ready to serve, or chilled for you to reheat in your oven later. Priced per portion. 8oz portions unless otherwise noted.*

## Chicken

Grilled Chicken Breast with fresh herbs	\$9.75
Chicken Parmigiana breaded chicken breast, tomato sauce, mozzarella, parmesan	\$9.75
Chicken Carmel diced chicken breast, sun-dried tomato cream sauce	\$9.75
Curried Chicken Breast mango chutney	\$9.75
Fried Chicken Tenders bbq dipping sauce (8oz - Approx 6pcs)	\$7.50
Chicken Stir fry with veggies & noodles in a mushroom sauce	\$9.75

## Pork

Grilled Pork Tenderloin (for 2) caramelized onions, red wine sauce	\$32.95
Roasted Pork Loin rosemary gravy	\$9.75
BBQ Baby Back Ribs whole rack	\$29.95

## Vegetarian

Black Bean Patties fresh avocado salsa	\$9.75
Vegetable Yellow Curry lcumin, turmeric, ginger, coconut milk	\$9.75
Portobello Mushroom Caps roasted vegetables, balsamic glaze	\$9.75

## Lamb

Curried Lamb slow cooked lamb leg, masala curry sauce	\$9.75
Grilled Lamb Chops garlic, thyme, jus	Market Price

## Fish / Seafood

Salmon en Croute leeks, brie, herb cream sauce, pastry crust	\$21.95
Pan Seared Shrimp garlic, grape tomatoes, extra virgin olive oil, fresh parsley	\$18.50
Grilled Bermuda Fish fresh fruit salsa - inquire about today's selection and prices	Market Price
Fish Cakes Bermuda style codfish + potato (approx. 5oz) or \$69 for a dozen	\$5.95 ea \$69 / dz

## Beef

Beef Madras slow cooked tender beef, curry sauce made with garam masala, turmeric and coriander, sliced onions, ginger, ground almonds	\$10.95
Beef Wellington beef tenderloin topped with sautéed spinach, mushrooms, onions and paté wrapped in puff pastry ready to be baked served with a madeira sauce	\$29.95
Grilled Flank Steak with fried onions & bell peppers	\$18.50
Beef Tenderloin peppercorn crust, madeira sauce	\$29.95

## SIDES

*Presented in disposable foil pans hot & ready to serve, or chilled for you to reheat in your oven later.  
[one size - 5oz]*

Garlic Mashed Potatoes	\$5.95	Ratatouille	\$6.95
Saffron Rice	\$5.95	Blanched Vegetables broccoli, cauliflower, carrots	\$6.95
Roasted New Potatoes	\$5.95	Sautéed Spinach	\$6.95
Scalloped Potatoes	\$5.95	Grilled Vegetables zucchini, yellow squash, portobello mushrooms, asparagus, bell peppers	\$6.95
Mac + Cheese	\$5.95		
Sautéed Mushrooms	\$5.95		

## DESSERTS

Assorted Macaroons   10 pcs	\$15.00	Cookies choc chip, oatmeal raisin, sugar cookie	\$15 / dz
Mini Brownies bite sized chocolate brownies	\$19 / dz	Chocolate Profiterole Cups pastry balls in a cup with custard & chocolate	\$5.50 ea
Mini Vegan Chocolate Brownies	\$23 / dz	Cupcakes red velvet, chocolate, vanilla	\$4.25 ea \$48 / dz
Nutrifit Banana Bread low-sugar with extra protein & fibre to steady energy release, and chocolate chips to make it a treat! (served per slice)	\$4.50 ea	Mini Assorted Cupcakes	\$29.95 / dz

## Cakes

Chocolate Mousse   10" chocolate sponge base topped with a dark chocolate mousse and dusted with cocoa powder (pre-sliced into 16 slices)	\$69.95	Fruits of the Forest   10" shortcrust pastry base filled with pastry cream, topped with a layer of sponge cake and lavishly garnished with an assortment of blackberries, raspberries, red currants and strawberries (12-16 ptns)	\$69.95
Red Velvet   10" smooth as velvet, this mild chocolate flavored cake is a rich red and topped with cream cheese frosting (sliced into 16 slices)	\$69.95	Chocolate Outrage   10" three layers of moist chocolate cake filled with creamy chocolate fudge and finished with old-fashioned chocolate icing, surrounded with sweet chocolate chips! (12 - 16 ptns)	\$69.95
Carrot   10" with chopped nuts, cinnamon & cream cheese icing (12 - 16 ptns)	\$69.95		