

# **Fit To Eat Appetizers**

Minimum quantities apply and prices vary. Please inquire with one of our customer service representatives who would happy to customize a menu for your group

# BEEF | GAME | LAMB

- Beef, Zucchini and Grape Tomato Skewers\*
- Bunless Beef Sliders with lettuce, tomato & dill pickle\*
- Grilled Beef Crostini with arugula & lemon-caper aioli
- Herb Crusted Lamb Chops with cherry compote\*
- Lamb Kofta Skewers with lemon sumac dip\*
- Montreal Beef Brochettes\*
- Teriyaki Sesame beef skewers\*

#### PORK

- Maple Bacon water chestnuts\*
- Corn and Pancetta Risotto Cakes with basil aioli\*
- Hoisin Pork Meatballs served in asian spoons\*
- Mini Pulled Pork Sliders with coleslaw\*

# POULTRY

- Basil Chicken wrapped in grilled zucchini
- Chicken "Wings", chicken meatballs with ranch\*
- Chicken Satay with peanut sauce & sesame seeds
- Jerk Chicken Skewers with cucumber pineapple salsa
- Mild Curry Chicken skewers with mango chutney
- Mini Mango-Cashew Chicken Salad in wonton cup
- Miniature Chicken Quesadillas, with jack cheese, sour cream and guacamole\*
- Pineapple Chicken Skewers
- Tandoori Chicken Lollipops with cucumber yogurt dip

### FISH | SEAFOOD

- Grilled Lemon Garlic Shrimp with black olive tapenade
- Lobster Salad on Endive with chopped egg
- One Bite Shrimp Tacos with guacamole and sour cream
- Pan Seared Scallop with pepper jelly\*
- Salmon and Roasted Corn Cakes with lemon aioli\*
- Salmon Cakes with pineapple habanero glaze\*
- Sesame Salmon with soymaple dipping sauce
- Shrimp cakes, sesame-soy dip\*
- Shrimp Cocktail
- Smoked Salmon Blini (pancakes), dill, cream cheese
- Smoked Salmon Cucumber Rolls with cream cheese & dill
- Smoked Salmon Sushi Squares with lime-soy sauce dip
- Sushi and Maki with soy sauce, wasabi and ginger
- Tandoori Salmon on lavash, with cucumber raita

# **VEGETARIAN | EGGS | DAIRY**

- Caprese Skewers with basil pesto balsamic dip
- One Bite Vegan Tacos with guacamole Υ
- Crostini, melted bocconcini, kalmata, balsamic\*
- Cucumber Canapés, mango salad, peanuts and cilantro Υ<sup>2</sup>
- Cucumber Rolls with smashed buffalo chickpeas γ
- Devilled Eggs (classic / pesto and sundried tomato / red pepper hummus)

### **VEGETARIAN | EGGS | DAIRY**

- Goat Cheese "Lollipops" rolled in crushed nuts, seeds and fresh herbs
- Grilled Tofu-Teriyaki Skewers, pineapple habanero sauce  $\gamma$
- Mini "Baked" Potatoes, sour cream, chives and cheddar\*
- Miniature Grilled Cheese\* (cheddar | apple, brie and poppy seed)
- Miniature Mac and Cheese, toasted breadcrumbs\*
- Polenta Rounds with herbed ricotta, caramelized onions\*
- Roasted Bell Pepper Crostini with shaved asiago cheese
- Watermelon and Petite Greek Salad Canape
- Wild Mushroom Barley Risotto Cakes with creamy aioli\*

# **TEA SANDWICHES**

- Sweet and Savoury Available
  - Please inquire

#### NOTES:

Υ = Vegan
\* = BEST served HOT

