



Fit To Eat Grazing Platters

Served Room Temperature, Ready to Enjoy! A 10-person minimum applies.

DOMESTIC CHEESE

\$ 4.95 per person

Will include 4 varieties from the following: Boursin, Brie, Havarti, Provolone, Friulano, Cheddar, Mozzarella

with dried apricots, grapes and strawberries with assorted crackers, gluten free crackers and herbed crostini

ARTISINAL CHEESE

\$ 6.95 per person

Will include 5 varieties from the following: Oka, Boursin, Gorgonzola, Brie, Havarti, Provolone, Friulano, Cheddar, Mozzarella, Gouda, St.Paulin and Blue Cheese

dried apricots, grapes, strawberries, gluten free crackers and herbed crostini

CRUDITÉS

\$2.95 per person

Seasonal display of cool sliced vegetables

with garlic & herb sour cream dipping sauce and roasted pepper hummus

BRUSCHETTA

\$2.50 per person

Herbed crostini with tomato-basil bruschetta. *Gluten Free crostini available on request at an additional charge.

SMOKED SALMON

\$75 for 550g (*serves 8-12 people*)

smoked salmon garnished with dill, pea shoots, caper-lemon cream cheese, sliced cucumbers, red onions, lemon assorted bagels and flatbreads.

DIPS & BREADS

\$3.25 per person

baked pita crisps, herbed crostini and baguette

Dips: tzatziki, black olive hummus, roasted red pepper-feta dip

ANTIPASTO AND CHARCUTERIE

\$7.95 per person - Displayed on Fit To Eat Charcuterie Boards

Will include 5 varieties from the following: Oka, Boursin, Gorgonzola, Brie, Havarti, Provolone, Friulano, Cheddar, Mozzarella, Gouda, St.Paulin and Blue Cheese.

Assorted salami and dried sausage, Marinated black and green olives, Black Olive Paste, Pickled Onions and Gherkin Pickles, Fresh fruit garnish, dried apricots and dates, Herbed crostini, crackers

** Make it vegetarian by removing the cured meats and salamis. Gluten Free crackers available too.*



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TEA SANDWICHES

\$ Vary depending on selections (minimum of 4 pieces per person)

egg salad | curried egg salad | ham and cheese | asparagus and lemon cream cheese | chicken salad | pesto chicken | tarragon chicken | smoked salmon, cucumber and cream cheese | tuna salad | salmon salad | strawberry cream cheese | ricotta-orange | roast beef-horseradish | turkey and cheese | double-decker (ham and egg) | cucumber ginger cream cheese

**Gluten Free tea sandwiches available on request at an additional charge.*

SOUTHWESTERN

\$ 3.95 per person

7-layer Mexican dip

guacamole, sour cream, salsa, black olives, cheddar, refried beans and green onions, tortilla crisps

Ask us about making it Vegan!

MAKI SUSHI

\$ 4.95 per person

(3 pieces per person)

Vegetarian \cap , California and Spicy Crab

wasabi, pickled ginger and soy

SUMMER SALAD ROLLS (vegan or shrimp)

\$ 5.25 (2 per person)

* 24-hour notice required

lettuce, mint, bean sprouts, cucumber, carrots, and rice noodles freshly wrapped in a rice paper

B.Y.O. SANDWICHES

\$10.95 per person (choice of 3), minimum 12 people

Scoops of chickpea tuna salad, egg salad, chicken salad, salmon salad served with assorted breads, rolls and wraps, sliced cheeses, mayonnaise, mustard, lettuce, tomatoes and pickles

Gluten Free bread available on request \$2.25 per roll

BEEF TENDERLOIN

\$16.95 per person (4 oz)

sliced seasoned beef tenderloin, small dinner rolls, horseradish mayonnaise, caramelized onions, pommery mustard and garlic aioli. Add Blue Cheese Crumble for \$1 extra

Gluten Free bread available on request \$2.50 per roll