

Hot Buffet Menus – Build Your Own

Hot Items served hot in Chafing Dishes. Salads and Desserts are Served Room Temperature.

10 guests minimum applies. All prices are per guests, unless otherwise noted. HST is additional. Some items require 48 hours notice.

All Hot Buffets Menus Come with Your Choice Of:

1 Entrée + 1 Salad + 1 Side + Fruit Salad OR 2 Small Chocolate Chip Cookies

OR 1 Entrée + 2 Salads + Fruit Salad OR 2 Small Chocolate Chip Cookies

CHICKEN \$17.95

Greek chicken souvlaki, tzatziki or roasted red pepper feta dip
BBQ chicken, fit apple cider sticky BBQ sauce, fresh herbs
Fit chicken parmesan, mozzarella, tomato sauce and basil
Sweet and sour chicken and vegetable stir-fry, sliced green onions, sesame and cilantro
Peanut chicken satays, peanut dipping sauce, cilantro, grilled limes
Tequila lime chicken taco and all the fixings (*guacamole \$1.25 extra*)

FISH | SEAFOOD \$18.95

Atlantic salmon fillet, fried capers, lemon butter white wine sauce
Mediterranean tilapia, tomato-olive salsa
Thai basil cashew shrimp and vegetable stir-fry, sliced green onions and basil
Green Thai coconut curry poached white fish, chopped Thai basil, yogurt drizzle and grilled limes
Citrus seared Cajun shrimp taco and all the fixings (*guacamole \$1.25 extra*)

PORK \$16.95

Grilled German sausages, sauerkraut, and trio of mustard's (sweet, spicy and yellow)
Sausage puttanesca, Italian tomato sauce, capers, olives and parsley

BEEF (Market \$)

Beef tenderloin and vegetable kebabs (2), rosemary olive oil (\$23.95)
Soy-sherry beef and vegetable stir-fry, chunky coconut peanut sauce and cilantro (\$19.95)
Herb and grainy mustard crusted beef tenderloin, sautéed mushroom ragout (\$21.95)
Fit grape jelly meatballs, grape jelly jam, chili sauce (\$18.95)

PASTAS \$15.95

Baked mac n' cheese (bacon \$1 | grilled sausage \$2 | shrimp \$3 | lobster \$5), three cheese, panko and parsley
Pasta Bolognese, classic Italian meat sauce, parmesan cheese and chopped basil
Grilled vegetable lasagna, zucchini, peppers, mushrooms, kale, spinach, tomatoes, basil (minimums apply)



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VEGETARIAN \$15.95

Eggplant parmesan stacks, mozzarella, basil and tomato sauce
Fit signature falafel, lemon herb yogurt dip
Roasted and stuffed acorn squash with quinoa, pepita, dried cranberries and spinach
Sweet potato and grilled vegetable tower, basil balsamic pesto
Black bean and quinoa sweet potato burgers, roasted red pepper feta dip

SIDE VEGETABLES

The big roast (sweet potatoes, carrots, potatoes, beets, parsnips, squash) \$1 more
Honey roasted carrots and parsnips
Grilled vegetable towers with balsamic glaze (add goat cheese \$0.50)
Trio of mushrooms sautéed with fresh herbs and butter
Szechuan green beans, almonds, garlic, ginger, coconut oil
Italian green beans with sautéed garlic and plum tomatoes
Bacon and Brussel sprout sauté
Oh' snap, green bean and carrots
Roasted asparagus and lemon aioli *seasonal*
8 veg stir-fried vegetables

POTATOES

Smashed sour cream and green onion potatoes	Greek potatoes, lemon, feta and olive oil
Italian mashed potatoes, parsley and olive oil	Goat cheese and maple syrup mashed sweet potatoes
Thyme and rosemary roasted mini new potatoes	Garlic parmesan roasted potatoes

RICE | GRAINS

Vegetable rice pilaf | Lemon basil rice | Saffron rice | Lebanese vermicelli rice | Mushroom and thyme pearl barley
Fit butternut squash risotto | Black bean quinoa with edamame, corn and cilantro | Pineapple fried rice

ADD ON'S

Please refer to our full list of salads, sides, desserts and entrees to make your selections. All prices are per person.

Extra Side Vegetables or Starches Starting At \$3.00 | More Greens, Extra Salads Starting At \$3

Herbed Crostini and Hummus \$1.50 | Dinner Roll and Honey Butter \$1.50

Assorted Fruit Options Starting at \$3.00 | Small Chocolate Chips Cookies (2) \$1.50

2nd Entrée: \$4 Chicken | Salmon \$5 | Beef Tenderloin \$7 (When You Add A 2nd Entrée, You Get 3 Ounces of Each Entrée)

STAFF AND RENTALS

We are happy to arrange service staff, bartenders, chefs and rental equipment for your event.