



# Menu

## GOURMET PLATTERS

SMOKED SALMON TORTILLA WRAPS Smoked salmon tortilla wraps with herbed cream cheese, capers, fresh lemon   50 bites	\$ 48
SHRIMP PLATTER Shrimp Platter with the Chef's Seafood Sauce   60-70 shrimp	\$ 58
SUSHI PLATTER Assorted rolls (tuna, salmon, crab, California), Soya sauce, marinated ginger, wasabi   50 pieces	\$ 80
POACHED SALMON PLATTER Poached salmon filet, served with dill sour cream and lemon wedges   serves 5-7	\$ 60
CRAB SPRING ROLLS Fresh crab meat, julienned vegetables and ginger citrus dipping sauce   40 rolls	\$ 62
TOMATO & GARLIC BRUSCHETTA Tomato & Garlic Bruschetta, served with crostini   serves 20	\$ 45
BLACK OLIVE TAPENADE Black olive tapenade, served with crostini   serves 20	\$ 45
ROASTED RED PEPPER TAPENADE Roasted red pepper tapenade, served with crostini   serves 20	\$ 45
TRIO OF TAPENADES Trio of tapenades: tomato bruschetta, black olive tapenade and roasted red pepper tapenade; *it is recommended that you order a bread basket to accompany this dish*   serves 20	\$ 65
VEGETARIAN SUSHI PLATTER Vegetarian sushi platter with marinated ginger, soya sauce and wasabi   50 pieces	\$ 70
TOMATO BOCCONCINI SKEWERS Tomato & bocconcini skewers, served with a balsamic reduction and mint   45 skewers	\$ 50
VEGETABLE SPRING ROLLS Vegetable spring rolls, with julienned vegetables and ginger-citrus dipping sauce   40 rolls	\$ 55
VEGETABLE PLATTER Vegetable platter: crunchy fresh veggies, with the House dip (carrots, broccoli, cauliflower, grape tomatoes)   large platter, serves approx. 15	\$ 50
DELI SANDWICH PLATTER Deli-shaved roast chicken and ham, provolone, lettuce; served on fresh Kaiser rolls, and quartered for easy handling   32 quarters	\$ 65
GOURMET'S GRANNY-WICHES ON WHITE BREAD Egg, tuna and chicken salad sandwiches, served in bite-size quarters   48 quarters	\$ 50
GOURMET'S GRANNY-WICHES ON MULTI-GRAIN BREAD Egg, tuna and chicken salad sandwiches, served in bite-size quarters   48 quarters	\$ 55
ANTIPASTO PLATTER Sliced meats, marinated olives, cornichons and mustard, best served alongside bread basket or gourmet bread basket   serves approx. 15-20 people	\$ 60
MONTREAL SMOKED MEAT PLATTER Sliced smoked meat, kosher dills, mustard and rye bread basket   serves 15-20 people	\$ 65
SAUSAGE PLATTER Assorted grilled gourmet sausages, cut into bite size pieces, served with a trio of sauerkraut and mustards   serves 15-20	\$ 60
THE SMOKEY TURKEY SANDWICH Deli-sliced chipotle smoked turkey breast, jalapeno havarti, lettuce and mayo, on Kaiser rolls   32 quarters	\$ 70
THE ULTIMATE STEAK SANDWICH Thinly-sliced steak, cooked medium rare, and topped with aged cheddar, watercress and roasted garlic mayo on Ciabatta rolls   20 sandwiches	\$ 75

<b>THE NEW ORLEANS MUFFULETTA</b> Shaved capicola, salami and ham, topped with provolone and the Gourmet's secret olive relish, on Kaiser   32 quarters	\$ 75
<b>THE LOBSTER ROLL</b> Chunks of fresh lobster, with green onions and lettuce, in a creamy dressing with the Chef's blend of fresh herbs, served on traditional white rolls   approx. 10 rolls	\$ 80
<b>THE CHEF'S ROAST BEEF SANDWICH</b> Sliced, medium-rare roast beef, fresh arugula and a mild horseradish mayo	\$ 75
<b>PULLED PORK SLIDERS</b> Tender pork, simmered for 8 hours in the Chef's custom blend of seasonings, shredded, and tossed in Gourmet's house BBQ sauce   approx. 25 sliders	\$ 65
<b>CRAB SALAD SLIDERS</b> Fresh crab meat, tossed in our creamy house dressing, with celery, fresh herbs and green onions   approx. 25 sliders	\$ 75
<b>BBQ CHICKEN SLIDERS</b> Shredded roast chicken, tossed in the Gourmet's house BBQ sauce   approx. 25 sliders	\$ 65
<b>MEXICAN BEAN &amp; CORN SALAD</b> Mexican bean & corn salad, with a chili coriander vinaigrette   serves 15	\$ 30
<b>CHUNKY GREEK SALAD</b> Chunky greek salad, with tomatoes, cucumbers, green peppers, Kalamata olives and feta   serves 15	\$ 30
<b>TRADITIONAL COLE SLAW</b> Shredded cabbage and carrots, in our home vinaigrette   serves 15	\$ 30
<b>CREAMY COLESLAW</b> Shredded cabbage and carrots, in our creamy home dressing   serves 15	\$ 30
<b>BUTTERNUT SQUASH COLE SLAW</b> Butternut squash cole slaw, with honey goat cheese dressing and dried cranberries	\$ 30
<b>THE CHEF'S OWN CAESAR SALAD</b> With home-made dressing, croutons, bacon and fresh parmesan   serves 15	\$ 30
<b>MEDITERRANEAN PASTA SALAD</b> With green onions, mixed bell peppers, olives and home-made vinaigrette   serves 15	\$ 30
<b>PERFECT PICNIC POTATO SALAD</b> With green onions, mixed bell peppers, and home made creamy dressing   serves 15	\$ 30
<b>CHOCOLATE LOVER'S PLATTER</b> Assortment of chocolate cakes and cookies (i.e. brownies, cookies, pastries)   serves 20	\$ 60
<b>COOKIE PLATTER</b> Gourmet Cookie Platter (chocolate chip, double chocolate and white chocolate)   serves 20	\$ 50
<b>ASSORTED DESSERT PLATTER</b> Assortment of one-bite desserts: gourmet cookies, cakes and pastries   serves 20	\$ 65
<b>CHOPPED FRUIT SALAD</b> Chopped fruit salad (honeydew and cantaloupe, pineapple, grapes and strawberries   serves 15	\$ 50
<b>FRUIT SKEWERS</b> Strawberries, pineapple, assorted melon with greek yogurt and honey dipping sauce	\$ 50
<b>CUBED CHEESE PLATE</b> Three varieties of firm cheeses, i.e. orange and white cheddar, havarti, fruilano; (order with a bread basket)   serves 20	\$ 80
<b>GOURMET CHEESE PLATTER</b> A variety of local and imported firm and semi-firm cheeses, sliced; includes artisanal bread basket   serves 20	\$ 115
<b>BREAD AND CRACKER BASKET</b> A mix of crackers and sliced baguette (may contain nuts)	\$ 18
<b>GOURMET BREAD BASKET</b> A variety of sliced artisanal breads (may contain nuts)	\$ 28
<b>DISPOSABLE CUTLERY, PLATES AND NAPKINS</b> Price per person	\$ 1.25
<b>BOTTLED WATER (PRICE PER BOTTLE)</b>	\$ 1

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SPARKLING WATER (PRICE PER BOTTLE)	\$ 1.75
STEWARTS SODAS (ASSORTED FLAVOURS; PRICE PER BOTTLE)	\$ 1.75
DISPOSABLE SALAD SERVICE SPOON	\$ 2
DISPOSABLE SERVING SPATULA	\$ 2
ASSORTED JUICES	\$ 1.25
GOURMET LUNCHBOX	\$ 18

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## GOURMET FROZEN FOODS

ROASTED BUTTERNUT SQUASH & LEEK SOUP 1 litre of roasted butternut squash & leek soup	\$ 10
JALAPENO BACON SOUP 1 litre of jalapeno bacon soup	\$ 12
MANHATTAN CLAM CHOWDER 1 litre of tomato-based broth with clams, bacon, carrots, celery, onion, fresh herbs	\$ 12
BAKED POTATO SOUP & ROASTED GARLIC SOUP 1 litre of baked potato soup & roasted garlic soup	\$ 10
GOURMET'S HOUSE SAUCE Tomato sauce with sausage, roasted red peppers, artichokes and garlic (1 Litre)	\$ 12
CLASSIC BOLOGNESE RAGU Rich tomato sauce with beef, veal, carrots, celery, red wine and a touch of cream (1 litre)	\$ 13
MARINARA SAUCE Simple, fresh tomato sauce, with garlic and fresh herbs (1 litre)	\$ 9
ARRABBIATA SAUCE Fresh tomato sauce, with garlic, fresh herbs, with a spicy kick of hot red peppers (1 litre)	\$ 9
THE CHEF'S ULTIMATE SHEPHERD'S PIE Ground beef, mashed potatoes, corn, mozzarella cheese (10 oz. single serving)	\$ 8
EGGPLANT AND CHEVRE GRATIN Layers of roasted eggplant, tomato and pancetta, topped with goat cheese (10 oz. single serving)	\$ 10
GOURMET MAC 'N CHEESE Macaroni baked in the Chef's own creamy, three cheese sauce, with a golden panko topping (10 oz. single serving)	\$ 8
NOT-YOUR-MOM'S MEAT LOAF Minced beef and pork, kicked up a notch with a tomato sauce topping and the Chef's spicy seasoning blend (10 oz. single serving)	\$ 8
TUSCAN CHICKEN A chicken breast, baked with pesto, provolone, fresh tomatoes and basil (10 oz. single serving)	\$ 10
CHIPOTLE CHILI Slow-simmered minced beef, kidney beans, and plum tomatoes with the Chef's chipotle seasoning blend (10 oz. single serving)	\$ 9
FAMILY-SIZE CHIPOTLE CHILI Slow-simmered minced beef, kidney beans, and plum tomatoes with the Chef's chipotle seasoning blend (1 litre)	\$ 12
LOUISIANA JAMBALAYA Chunks of sausage and chicken, rice, and tomatoes, slow-simmered in a blend of spicy southern spices (8 oz. serving)	\$ 9
FAMILY-SIZE LOUISIANA JAMBALAYA Chunks of sausage and chicken, rice, and tomatoes, slow-simmered in a blend of spicy southern spices (1 litre)	\$ 12
ASIAN CHICKEN AND HONEY NUT SAUTE WITH GLASS NOODLES	\$ 9
POOR MAN'S CASSOULET Toulouse sausage, simmered with white beans	\$ 9
FAMILY-SIZE CLASSIC LASAGNA Beef, marinara sauce, mozzarella (4 portions)	\$ 19
CLASSIC LASAGNA A rich lasagna with meat sauce, spinach and cheese filling, and topped with mozzarella	\$ 16
BASQUE CHICKEN WITH CHORIZO A classic, full flavoured Spanish dish of pan-seared chicken thighs, slow cooked in a rich tomato sauce with spicy Chorizo sausage.	\$ 14

## MARINATED READY-TO-GRILL

SIRLOIN STEAKS 2 x 10-12 oz., with Chef's own House Blend Rub	\$ 21
SIRLOIN STEAKS 2 x 10-12 oz., with Montreal Steak Spice Rub	\$ 21
RIB STEAKS 2 x 10-12 oz., with Chef's own House Blend Rub	\$ 21
RIB STEAKS 2 x 10-12 oz., with Montreal Steak Spice Rub	\$ 21
FLANK STEAKS 1 x 16 oz., with Chef's House Blend Rub	\$ 15
ANGUS FILET MIGNON 2 x 6-8 oz., with Chef's House Blend Rub	\$ 25
ANGUS FILET MIGNON 2 x 6-8 oz., with Montreal Steak Spice Rub	\$ 25
PORK CHOPS 2 x 8-10 oz., with Mediterranean Rub	\$ 14
PORK CHOPS Pork Chops (2 x 8-10 oz.), with Lemon Pepper Rub	\$ 14
LAMB CHOPS 4 x 4-6 oz., with Greek Marinade	\$ 18
PORK TENDERLOIN 1 x 10-12 oz., with Jerk Rub	\$ 12
PORK TENDERLOIN 1 x 10-12 oz., with Moroccan Rub	\$ 12
CHICKEN BREAST 2 x 5 oz., with Adobe Marinade	\$ 12
CHICKEN BREAST 2 x 5 oz., with Lemon Pepper Rub	\$ 12
CHICKEN BREAST 2 x 5 oz., with Cajun Rub	\$ 12
CHICKEN BREAST 2 x 5 oz., with Chef's House Blend Rub	\$ 12
CHICKEN THIGHS 4 x 4 oz., with Jack Daniel's BBQ Sauce	\$ 10
CHICKEN THIGHS 4 x 4 oz., with Moroccan Rub	\$ 10
CHICKEN WINGS 20 large wings, with Chef's House Blend Rub	\$ 20
LAMB SOUVLAKI 4 brochettes, with Greek Marinade	\$ 18
CHICKEN BROCHETTE 4 brochettes, with Cajun Rub	\$ 16
ANGUS BEEF BROCHETTES 2 brochettes, with Adobo Marinade	\$ 20