

pantry



Catering Menu



pantryfoods.ca

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HORS D'OEUVRES OR SHARING BITES

(one dozen minimum order)

VEGETABLE

	Price Per Dozen
RISOTTO RICE CAKES WITH CARAMELIZED ONION TOPPING	24
VEGETABLE EGGROLLS with sesame plum dipping sauce	24
SESAME TOFU SKEWERS with soy ginger dipping sauce	24
FRESH VEGETABLE RICE PAPER WRAPS with sesame plum dipping sauce	24
POTATO PEROGIES	24
MINI VEGETABLE CABBAGE ROLLS	24
VEGETABLE DUMPLINGS with soy ginger dipping sauce	24
MUSHROOM CREPE with mushroom sauce	28
MINI POTATO LATKES with apple sauce and sour cream	24
GRILLED TOFU AND ZUCCHINI SKEWERS	24

DAIRY

CAPRESE SKEWERS- fresh mozzarella, tomato and basil	24
MAC AND CHEESE BALLS	24
MINI QUICHE (mushroom +spinach, cheddar + leek, red pepper +feta, eggplant + tomato)	24
JALAPENO, MUSHROOM AND CHEDDAR CIGARS	24
PEAR AND BRIE PHYLLO PACKETS	24
SQUASH + GOAT CHEESE TARTS	24
CHEESE BLINTZ with mixed berry sauce	36
YOGURT PARFAIT with homemade granola and fresh berries	42
CRIMINI SLIDERS grilled with swiss cheese on a mini bun with greens and tomato	36
SPINACH AND FETA TRIANGLES	24

FISH

SALMON GYOZA (DUMPLINGS) with soy ginger dipping sauce	36
MINI MOCK CRAB CAKES with tartar sauce	36
CEDAR PLANK SALMON SKEWERS (2-3oz)	36
SEARED TUNA TACO BITES	42
GRAVALOX CROSTINI	36
MOCK CRAB SUMMER ROLLS with sesame plum dipping sauce	36
SPICED PHYLLO WRAPPED SALMON CIGARS	36
MEXICAN MAHI MAHI SKEWERS with lime wedges	42
MOCK CRAB SLIDER with herb mayo on a mini bun with greens and tomato	42
SALMON SLIDER with lime and chili mayo on a mini bun with greens and tomato	42

PLATTERS

	<u>price per 10"</u>	<u>14"</u>	<u>16"</u>
BREAKFAST PASTRIES assorted, croissants, scones, brioche and muffins served with butter, cream cheese and preserves. Small (20 pieces) Medium (36 pieces) Large (72 pieces)	50	90	150
BAGELS AND ALL THE FIXINGS tuna, egg, smoked salmon and cream cheese with fresh vegetables	75	110	150
SMOKED SALMON PLATTER smoked salmon with lemon wedges, capers, red onion, butter and cream cheese. served with bagels	77	114	151
DAIRY PLATTER			
PARTY SANDWICHES rolled or finger party favourites with assorted fillings (tuna, egg, salmon, cream cheese and cucumber)	50	100	150
ASSORTED GRILLED SEASONAL VEGETABLES bell peppers, zucchini, eggplant, sweet potato, mushrooms and tomatoes on a stick	45	65	80
FRESH VEGGIES or CRUDITE with homemade dip (spinach or hummus)	30	45	60
DIPS + DIPPERS Crispy wonton crisps with our own spinach or roasted red pepper dip	30	45	60
CHEESE + CRACKERS assorted kosher soft and hard cheeses with crackers, grapes, and preserves	60	95	130
COOKIES + PASTRIES Assorted fresh baked items (parve and dairy) Small (24 pieces) Medium (48 pieces) Large (72 pieces)	30	60	90
SEASONAL FRUITS Seasonal Melons, pineapple, seasonal berries, citrus, and grapes	50	75	105

SANDWICHES

WHITE CIABATTA OR WHITE WRAP 8/each
MUTIGRIAN CIABATTA OR WHOLE WHEAT WRAP 9/each
SMALL BASKET (10) 75/85 dollars
LARGE BASKET (15) 115/130 dollars

CAPRESE - fresh mozzarella, oven-dried tomatoes, basil pesto
THE VEG – pesto, grilled vegetables, tomato + basil jack cheese
FRENCH – black olive tapenade, apple, avocado, Gouda Cheese
THE TOFU – mustard, BBQ tofu, greens, tomato, crispy onions
EGG AND GREENS – pesto, egg salad, greens, tomato
WASABI TUNA – wasabi mayo, tuna, tomato, greens
MEDITERRANEAN – olive tapenade, goat cheese, grilled eggplant, dried tomatoes, spinach
PLAIN OL' TUNA – Caesar dressing, tuna, bell peppers, romaine
SMOKED SALMON + CREAM CHEESE – Lettuce, tomato and capers
BREAKFAST – scrambled eggs, tomato, greens, Dijon mayo
SAM'S GRILLED CHEESE - homemade preserves, green apple, Camembert, on challah
*SALMON BURGER – lime chili mayo, lettuce, tomato
*PORTOBELLO BURGER – Dijon mayo, Swiss cheese, avocado, lettuce, tomato
*MOCK CRAB BURGER – spinach mayo, lettuce, tomato
*served on a burger bun

SALAD

50/SMALL (8-10 PEOPLE)
70/LARGE (12-15 PEOPLE)

GARDEN – seasonal greens and fresh vegetables
CAESAR – crisp romaine lettuce, house croutons, egg, Parmesan, homemade Caesar dressing
GREEK – romaine, cucumber, tomato, bell pepper, black olive, feta, Greek vinaigrette
GRILLED PEAR – greens, grilled pears, goat cheese, candied walnuts, honey mustard vinaigrette
TOFU STEAK 2.0 – romaine, grilled tofu, avocado, cherry tomatoes, crispy onions, BBQ vinaigrette
HARVEST TWIST – greens, sweet potato, grilled peppers, feta, pumpkin seeds, balsamic vinaigrette
PANTRY CHOP CHOP - Choice of crab or tofu, corn, cherry tomatoes, avocado, lettuce, cucumbers, chickpeas, cheddar cheese, crispy tortilla strips, chili ranch dressing or low-fat sugar free herb vinaigrette
THAI VEGGIE CRUNCH - Greens, snow peas, carrot, bean sprouts, daikon radish, bell peppers, edamame, rice noodles, mushrooms, crispy ramen noodles, Almond Miso dressing
SALMON NICOISE – greens, green beans, black olives, egg, cherry tomato, cucumber, salmon, red wine vinaigrette
SUNSHINE - greens, watermelon, cucumber, pickled onions, feta cheese, sunflower seeds, balsamic vinaigrette
GREEN THUMB – greens, kale, shredded carrot, quinoa, broccoli, peas, dried cranberries, hemp hearts, Chia seeds, almond miso, Ponzu or jalapeno dressing

SOUPS 12/per litre

Change seasonally please phone or email us for the current selection

MAINS

LASAGNA – layers of noodles, house-made sauce + cheese

Small (8x4) 20 dollars Large (9x13) 45 dollars Extra large (11x17) 100 dollars

VEGETABLE PASTA (penne or rotini) – choice of Rose, primavera, mushroom Alfredo, or pesto cream sauce

Small (8x4) 18 dollars Large (9x13) 40 dollars Extra Large (11x17) 85 dollars

CREAMY MAC + CHEESE – baked with a cheddar + cream sauce

Small (8x4) 20 dollars Large (9x13) 50 dollars Extra Large (11x17) 90 dollars

CRAB MAC + CHEESE– mock crab, east coast seasoning, cheddar + cream sauce

Small (8x4) 20 dollars Large (9x13) 50 dollars Extra Large (11x17) 90 dollars

EGGPLANT PARMESAN – layers of breaded eggplant homemade tomato sauce and cheese

Small (8x4) 25 dollars Large (9x13) 55 dollars Extra Large (11x17) 100 dollars

SPINACH AND RICOTTA STUFFED CANNELONI or SHELLS- Pasta rolls or shells stuffed with spinach and ricotta filling baked in homemade tomato sauce and mozzarella

Small (8x4) 20 dollars Large (9x13) 45 dollars Extra Large (11x17) 90 dollars

QUICHE - open-faced pastry crust with a filling of savory custard with seasonal fillings and cheeses (Mushroom and Spinach, Red Pepper and Feta, Squash and Goat Cheese, Leek and Cheddar)

Small (8") 30 dollars Medium (9") 36 dollars Large (12") 45 dollars

BAKED FRENCH TOAST - Morning casserole made with challah and various fillings in an egg custard

Small (8x4) 20 dollars Large (9x13) 50 dollars Extra Large (11x17) 90 dollars

PAD THAI - stir fried vegetables with rice noodles in a soy and nut butter sauce

Small (5 lb bowl) 60 dollars Large (10 lb bowl) 90 dollars

Fish

ATLANTIC SALMON your choice of seasoning grilled to perfection
(Miso glazed, honey mustard + herb, spice rubbed or teriyaki)

App. (4 oz) 6 dollars Main (7 oz) 9 dollars

CEDAR PLANK GRILLED SALMON – marinated in soy and maple
With a slight smoked flavor finished with fresh cracked pepper

App (4oz) 6 dollars Main (7oz) 9 dollars

PECAN OR PANKO CRUSTED TILAPIA

delicately fried tilapia with a crisp finish served with tartar sauce

App. (4oz) 6 dollars Main (7oz) 9 dollars

FISH FINGERS

Delicately fried tilapia or sole with a panko crust

App. (3 fingers) 4 dollars Main (6 fingers) 8 dollars

SEASONAL FISH

Fresh Seasonal Fish changes often.

Market price

SIDES

RICE, QUINOA + LENTIL PILAF - with sweet potatoes, red peppers + herbs
15/per litre 45/small bowl 65/large bowl

GREEK RICE SALAD – mixed rice, cherry tomatoes, cucumbers, black olives, chickpeas, lemon oregano dressing (feta optional)
18/Liter 55/small bowl 75/large bowl

SWEET POTATO + YUKON WEDGES - seasoned potato wedges
20/SMALL (8 X 4) 45/LARGE (9X13)

LEMON ISRAELI COUSCOUS - with veggies, balanced with a lemon + herb seasoning
15/liter 45/small bowl 65/large bowl

CURRIED WHEATBERRY – with dried fruit and herbs
15/liter 45/small bowl 65/large bowl

ASSORTED GRILLED or STIR FRIED SEASONAL VEGETABLES
4.50/serving

BAKED SPICED SQUASH
3.50/serving

MASHED SWEET POTATOES
garlic flavoured smooth and creamy sweet potato mash
15/SMALL (8 X 4) 45/LARGE (9X13)

MOROCCAN SPICED QUINOA WITH CHICKPEAS AND POMEGRANATE
seasoned with harissa dressing and mint
18/liter 55/small bowl 75/large bowl

GARLIC BEANS and PEAS
mixed green beans and sugar or snap peas
4/serving 18/small (8x4) 45/large (9x13)

DAIRY DESSERTS

CHEESECAKE – VANILLA, CHOCOLATE, CARAMEL
3.50/MINI 45/ 8" ROUND 55/ 9" ROUND

LEMON BRULE TART
3/each 35/8" ROUND 45/ 9" ROUND

FLOURLESS CHOCOLATE CAKE
3/MINI 45/ 8" ROUND 55/9" ROUND

COOKIES- CHCOCOLATE CHIP, OATMEAL RAISIN, DOUBLE CHOCOLATE, BUTTER
12/PER DOZEN

BISCOTTI – ASSORTED FLAVOURS
18/PER DOZEN

RUSTIC PECAN OR FRUIT PIES
4.50/INDIVIDUAL 20/ 9" ROUND

FRESH BAKED MUFFINS – BLUEBERRY OAT, TRIPLE CHOCOLATE CHIP, CARROT APPLE + PECAN ETC.
3.50 EACH 1.50 MINI

SCONES – MAPLE PECAN OR LEMON CRANBERRY
3.50 EACH 1.50 MINI