

pantry



CATERING MENU
SUMMER 2019



PANTRYFOODS.CA
416-785-0996

ORDERS@PANTRYFOODS.CA

SANDWICHES

WHITE CIABATTA OR WHITE WRAP 8 dollars each
MUTIGRIAN CIABATTA OR WHOLE WHEAT WRAP 9 dollars each
SMALL BASKET (10) 80/90 DOLLARS
LARGE BASKET (15) 120/135 dollars

CAPRESE - fresh mozzarella, oven-dried tomatoes, fresh basil pesto
THE VEG- assorted grilled vegetables, tomato and basil jack cheese + pesto
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
MEDITERANIAN – olive tapenade, grilled eggplant, dried tomatoes, spinach, goat cheese
PLAIN OL' TUNA – Caesar dressing, tuna, bell peppers, romaine
SAM'S GRILLED CHEESE - wine preserves on challah bread with green apple and camembert cheese
*SALMON BURGER – salmon patty with lime chili mayo on lettuce and tomato
*PORTOBELLO BURGER – grilled with cheese melted on top with avocado lettuce tomato and Dijon mayo
*MOCK CRAB BURGER – with a spinach mayo, lettuce and tomato
*served on a burger bun

SALAD

SMALL (8-10 PEOPLE) 55 dollars
LARGE (12-15 PEOPLE) 80 DOLLARS

GARDEN – seasonal combination of greens and fresh vegetables
CAESAR – crisp romaine lettuce, fresh house croutons, egg, Parmesan, and homemade Caesar dressing
GREEK – romaine, cucumber, tomato, bell pepper, black olive, feta + Greek vinaigrette
GRILLED PEAR – greens, grilled pears, goat cheese, candied walnuts, and honey mustard vinaigrette
TOFU STEAK 2.0 – romaine, grilled tofu, avocado, cherry tomatoes, crispy onions, potato chips, BBQ vinaigrette
HARVEST TWIST – greens, sweet potato, grilled peppers, feta, pumpkin seeds, and balsamic vinaigrette
PANTRY CHOP CHOP - Choice of crab or tofu with corn, cherry tomatoes, avocado, lettuce, cucumbers, chickpeas, cheddar cheese, crispy tortilla strips with southwest 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, shitake mushrooms and crispy ramen noodles with a ginger lemongrass and lime 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 with almond miso, Ponzu or jalapeno dressing

HORS D'OEUVRES OR SHARING BITES

<u>VEGETABLE</u>	PRICE PER DOZEN
RISOTTO RICE CAKES WITH CARAMELIZED ONION TOPPING 2	7
VEGETABLE EGGROLLS WITH SESAME PLUM DIPPING SAUCE	
27	
SESAME TOFU SKEWERS WITH SOY GINGER DIPPING SAUCE	
27	
FRESH VEGETABLE RICE PAPER WRAPS WITH SESAME PLUM DIPPING SAUCE	27
POTATO PEROGIES	
27	
VEGETABLE DUMPLINGS with soy ginger dipping sauce	
27	
MUSHROOM CREPE with mushroom sauce	30
MINI POTATO LATKES with apple sauce and sour cream	
27	
GRILLED TOFU AND ZUCCHINI SKEWERS	
27	
POTATO AND PEA SAMOSAS	30
<u>DAIRY</u>	
CAPRESE SKEWERS- FRESH MOZZARELLA, TOMATO AND BASIL	
27	
MAC AND CHEESE BALLS	
27	
MINI QUICHE (MUSHROOM + SPINACH, CHEDDAR + LEEK, RED PEPPER + FETA, EGGPLANT + TOMATO).	27
JALAPENO, MUSHROOM AND CHEDDAR CIGARS	
27	
PEAR AND BRIE PHYLLO PACKETS	
27	
SQUASH + GOAT CHEESE TARTS	
27	
CHEESE BLINTZ WITH MIXED BERRY SAUCE	
39	
YOGURT PARFAIT WITH HOMEMADE GRANOLA AND FRESH BERRIES	
45	
CRIMINI SLIDERS GRILLED WITH SWISS CHEESE ON A MINI BUN WITH GREENS AND TOMATO .	39
<u>FISH</u>	
SALMON GYOZA (DUMPLINGS) with soy ginger dipping sauce.	
39	
MINI MOCK CRAB CAKES WITH TARTAR SAUCE	
39	
CEDAR PLANK SALMON SKEWERS (2-3oz)	
39	
SEARED TUNA TACO BITES	
45	
GRAVALOX CROSTINI	
39	
SPICED PHYLLO WRAPPED SALMON CIGARS	
39	
MEXICAN MAHI MAHI SKEWERS with lime wedges	
45	
MOCK CRAB SLIDER with herb mayo on a mini bun with greens and tomato	45
SALMON SLIDER with lime and chili mayo on a mini bun with greens and tomato	45

PLATTERS

PRICE PER 10" 14" 16"

FRESH VEGGIES OR CRUDITE 40	55	70	
WITH HOMEMADE DIP (SPINACH OR HUMMUS)			
DIPS + DIPPERS	30	55	70
FRIED CRISPY CHIPS WITH OUR OWN SPINACH OR ROASTED RED PEPPER DIP			
BAGELS AND ALL THE FIXINGS 90	130	170	
TUNA, EGG, SMOKED SALMON AND CREAM CHEESE WITH FRESH VEGETABLES			
SMOKED SALMON PLATTER 80	120	155	
SMOKED SALMON WITH LEMON WEDGES, CAPERS, RED ONION, BUTTER AND CREAM CHEESE. SERVED WITH BAGELS			
PARTY SANDWICHES 60 120 180			
ROLLED OR FINGER PARTY FAVOURITES WITH ASSORTED FILLINGS			
(TUNA, EGG, SALMON, CREAM CHEESE AND CUCUMBER)			
SEASONAL FRUITS	55	80	115
Seasonal Melons, pineapple, seasonal berries, citrus, and grapes			
BREAKFAST PASTRIES	55	95	155
ASSORTED, CROISSANTS, SCONES, BRIOCHE AND MUFFINS SERVED WITH BUTTER, CREAM CHEESE AND PRESERVES.			
SMALL (20 PIECES) MEDIUM (36 PIECES) LARGE (72 PIECES)			
CHEESE AND CRACKERS	65	100	135
ASSORTED KOSHER SOFT AND HARD CHEESES WITH CRACKERS, GRAPES, AND PRESERVES			
ASSORTED GRILLED SEASONAL VEGETABLES . 50	70	85	
BELL PEPPERS, ZUCCHINI, EGGPLANT, SWEET POTATO, MUSHROOMS AND TOMATOES			
ON A STICK 180 270 400			
CEDAR PLANK SALMON SKEWERS, SESAME TOFU SKEWERS, CAPRESE SKEWERS, GRILLED VEGETABLE SKEWERS			
WITH DIPPING SAUCES			
SMALL (80 PIECES) MEDIUM (120 PIECES) LARGE (180 PIECES)			

SOUPS 14/PER LITRE

CHANGE SEASONALLY PLEASE PHONE OR EMAIL US FOR THE CURRENT SELECTION

MAINS

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

Small (8x4) 28 dollars Large (9x13) 55 dollars Extra-large (11x17) 115 dollars

VEGETABLE PASTA (PENNE OR ROTINI) – choice of Rose, primavera, mushroom Alfredo, or pesto cream sauce

Small (8x4) 22 dollars Large (9x13) 45 dollars Extra Large (11x17) 90 dollars

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

Small (8x4) 28 dollars Large (9x13) 55 dollars Extra Large (11x17) 95 dollars

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

Small (8x4) 35 dollars Large (9x13) 65 dollars Extra Large (11x17) 105 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) 35 dollars Large (9x13) 50 dollars Extra Large (11x17) 95 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") 35 dollars Medium (9") 40 dollars Large (12") 50 dollars

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

Small (8x4) 25 dollars Large (9x13) 55 dollars Extra Large (11x17) 95 dollars

PAD THAI - STIR FRIED VEGETABLES WITH RICE NOODLES IN A SOY AND NUT BUTTER SAUCE

SMALL (5 LB BOWL) 65 DOLLARS LARGE (10 LB BOWL) 95 DOLLARS

FISH

ATLANTIC SALMON your choice of seasoning grilled to perfection
(Miso glazed, honey mustard + herb, spice rubbed or teriyaki)
App. (4 oz) 8 dollars Main (7 oz) 11 dollars

CEDAR PLANK GRILLED SALMON – marinated in soy and maple
With a slight smoked flavor finished with fresh cracked pepper
App (4oz) 8 dollars Main (7oz) 11 dollars

MIXED SEED OR PANKO CRUSTED TILAPIA

DELICATELY FRIED TILAPIA WITH A CRISP FINISH SERVED WITH TARTAR SAUCE
App. (4oz) 8 dollars Main (7oz) 11 dollars

FISH FINGERS

Delicately fried tilapia or sole with a panko crust
App. (3 fingers) a 6 dollars Main (6 fingers) 9 dollars

SEASONAL FISH

Fresh Seasonal Fish changes often.
Market price

SIDES

RICE, QUINOA + LENTIL PILAF - with sweet potatoes, red peppers + herbs
18/PER LITRE 50 /SMALL BOWL 70 /LARGE BOWL

SWEET POTATO + YUKON WEDGES - seasoned potato wedges
25/SMALL (8 X 4) 50 /LARGE (9X13)

LEMON ISRAELI COUSCOUS - with veggies, balanced with a lemon + herb seasoning
18/PER LITRE 50 /SMALL BOWL 70 /LARGE BOWL

ASSORTED GRILLED SEASONAL VEGETABLES
SERVING 5 DOLLARS

BAKED SPICED SQUASH
4.50/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/LITRE 60 /SMALL BOWL 80 /LARGE BOWL

GARLIC BEANS AND PEAS
MIXED GREEN BEANS AND SUGAR OR SNAP PEAS
4/SERVING 20 /SMALL (8x4) 50 /LARGE (9x13)

DAIRY DESSERTS

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

LEMON BRULE TART
2.75/EACH

FLOURLESS CHOCOLATE CAKE
3.50/MINI 50 / 8" ROUND 60 /9" ROUND

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

BISCOTTI – ASSORTED FLAVOURS
18/PER DOZEN

RUSTIC FRUIT PIES
4.50/INDIVIDUAL 20/ 9" ROUND

FRESH BAKED MUFFINS – BLUEBERRY OAT, TRIPLE CHOCOLATE CHIP, CARROT APPLE ETC.
3.75 EACH 1.75 MINI

SCONES – MAPLE HALVA OR LEMON CRANBERRY
3.75 EACH 1.75 MINI