



CATERING MENU

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PLATTERS

SM APPROX 6-8 MED APPROX 10-15 LG APPROX 20-25

Fruit + Veg

Veggies + Dips

sour cream & onion, roasted red pepper, garlic & cream cheese, sun-dried tomato & cilantro, or cucumber & dill

\$29.75 \$59.50 \$119

Marinated Roasted Veggies

peppers, mushrooms, grape tomatoes, zucchini, celery & cauliflower

\$29.75 \$59.50 \$119

Sliced Fresh Fruits

honey dew melon, cantaloupe, kiwi, strawberries, grapes, apples, oranges

\$29.75 \$59.50 \$119

Meats + Cheeses

Antipasto

Italian salami, olives, tomatoes, assorted cheeses & fruits

\$39.50 \$79.50 \$159

Charcuterie Platter

assorted salamis, Italian hams & cheeses, mixed olives, pesto, black olive tapenade, sliced baguette

\$49.75 \$99.50 \$199

International Cheeses

a selection of gourmet cheeses, fruits, crackers

\$34.75 \$69.50 \$139

Deli Meats

freshly roasted miles prime beef, turkey, Virginia baked ham, salami & sliced cheeses. Add rolls & condiments for \$2.00pp

\$34.75 \$69.50 \$139

Finger Sandwiches

Miles roast turkey & beef, ham & Swiss, tuna, smoked salmon & cucumber, crusts left on or cut off if you prefer!

\$29.75 \$59.50 \$119

Seafood + Sushi

Smoked Salmon

red onion, capers, lemons, sliced baguette, cream cheese

\$49.75 \$89.50 \$179

Shrimp Cocktail

fresh lemon wedges & cocktail sauce
[sm: 25 pcs, med: 50 pcs, lg: 100pcs]

\$39.75 \$79.50 \$159

Sushi Roll Patter

assorted makimono & chef's special maki
[sm: 48 pcs, med: 64 pcs, lg: 80pcs]

\$62.50 \$87.50 \$112.50

Shogun Sushi Platter

assorted maki, nigiri & sashimi [One Size - Lg: 80pcs]

\$135

CANAPE PLATTERS

Cold Canapes

\$30 / dz | *Presented on disposable platters.*

Duck Pate

croustade, fresh orange

Smoked Mussels

horseradish, ciabatta round

Smoked Chicken Mousse

tart shell, creme fraiche

Double Cream Cambozola

cranberry croustade

Asparagus Spears

wrapped in prosciutto

Scottish Salmon

lemon, capers, cream cheese, toasted wheat round

Cucumber Cups

baby shrimp, marie rose sauce

Caprese Skewers

grape tomatoes, bocconcini + fresh basil pesto

Hot Canapes

\$30 / dz | *Presented in disposable foil pans hot & ready to serve, or chilled for you to reheat in your oven later.*

Mini Codfish Cakes

Bermuda style, pan fried

Madras Chicken Skewers

with pineapple

Sea Scallops

wrapped in smokey bacon

Beef Tenderloin Skewers

teriyaki marinade

Stuffed Mushrooms

stuffed with crab meat, breaded, crispy fried

Vegetable Tartlets

with balsamic glaze

Hot Bites

\$15 / dz | *Presented in disposable foil pans hot & ready to serve, or chilled for you to reheat in your oven later.*

Vegetable Spring Rolls

sweet chili sauce

Spanakopita

spinach & feta cheese in filo pastry

Chicken Wings

mild or spicy

Assorted Mini Quiche Canapés

spinach & Swiss, three cheese, mushroom & pepper

Beef Meat Balls

hickory smoked BBQ sauce

Petit Sausage Rolls

English Cumberland Sausage, puff pastry

SALADS

\$5.00 per serving

Classic Caesar Salad

croutons, parmesan, traditional creamy dressing

Seven Leaf Salad

pine nuts, almonds, orange segments, yogurt, orange & ginger dressing

Beet Salad

sliced onions, fresh parsley, balsamic vinaigrette

Potato Salad

chopped egg, dill, mayo & sour cream dressing

Broccoli Coleslaw

shredded broccoli, florets, bacon bits, carrots, creamy dressing

Classic Coleslaw

shredded cabbage, carrots, creamy dressing

Tossed Fresh Green Salad

your choice of dressing: herb vinaigrette, yogurt & pink peppercorn, creamy tomato basil

Tuscan Pasta

tri colored cheese tortellini with spinach, bell peppers black olives shredded carrots in a parmesan dressing

Honey Ranch Pasta Salad

cherry tomatoes, bell peppers, broccoli florets in a honey ranch dressing

\$6.00 per serving

Caprese

baby bocconcini, sliced fresh tomatoes + a pesto dressing

Greek

tomatoes, black olives, cucumber, fresh herbs, crumbled feta, red wine vinaigrette

Fruit Salad

honey dew, cantaloupe, apples, oranges, grapes

Thai Chicken

julienne chicken breast, bell peppers, egg noodles & spicy peanut dressing

Grilled Asparagus Salad

with almonds + raspberry vinaigrette

Cous Cous

turmeric, dates, apricots, cranberries, pine nuts, cilantro, extra virgin olive oil

\$7.00 per serving

Nutrifit Layered Moroccan Salad

quinoa, pomegranate, orange, chickpeas, cucumber, mint, cilantro, pistachios, spiced yoghurt dressing

Nutrifit Spicy Wild Rice + Chickpea Salad

lentils, spicy chipotle pepper dressing

Nutrifit Crunchy Quinoa Salad

cashews, cranberries, kale, champagne vinaigrette

Nutrifit Hong Kong Confetti Salad

carrots, red cabbage, bell peppers, sweet onion, cilantro, ginger, toasted sesame, tamari, honey, fresh lime

Nutrifit Kickin Kale Salad

lemon, evoo, honey, tahini, toasted sesame seeds, pine nuts

ENTREES

Presented in disposable foil pans hot & ready to serve, or chilled for you to reheat in your oven later. Priced per portion. 8oz portions unless otherwise noted.

Pork

Grilled Pork Medallions caramelized onions, red wine sauce	\$9.75
Roasted Pork Loin rosemary, cider gravy	\$9.75

Lamb

Curried Lamb slow cooked lamb leg, masala curry sauce	\$9.75
Roasted Rack of Lamb garlic, thyme, jus	\$22.50

Fish / Seafood

Salmon en Croute leeks, brie, herb cream sauce, pastry crust	\$21.95
Pan Seared Shrimp garlic, grape tomatoes, extra virgin olive oil, fresh parsley	\$18.50
Grilled Bermuda Fish fresh fruit salsa - inquire about today's selection and prices	\$market
Fish Cakes Bermuda style codfish + potato (approx. 5oz) or \$50 for a dozen	\$4.75 ea \$50 / dz

Vegetarian

Black Bean Patties leeks, brie, herb cream sauce, pastry crust	\$9.75
Vegetable Yellow Curry lemongrass, cumin, turmeric, ginger, coconut milk	\$9.75
Portobello Mushroom Caps roasted vegetables, balsamic glaze	\$9.75

Chicken

Grilled Chicken Breast with fresh herbs	\$9.75
Chicken Parmigiana breaded chicken breast, tomato sauce, mozzarella, parmesan	\$9.75
Chicken Carmel diced chicken breast, sun-dried tomato cream sauce	\$9.75
Curried Chicken Breast mango chutney	\$9.75
Fried Chicken Tenders bbq dipping sauce (8oz - Approx 4pcs)	\$6.00
Chicken Stir fry with veggies & noodles in a mushroom sauce	\$9.75

Beef

Beef Madras slow cooked tender beef, curry sauce made with garam masala, turmeric and coriander, sliced onions, ginger, ground almonds	\$9.75
Beef Wellington beef tenderloin topped with sautéed spinach, mushrooms, onions and paté wrapped in puff pastry ready to be baked served with a madeira sauce	\$26.50
Grilled Flank Steak with fried onions & bell peppers	\$16.50
Beef Tenderloin peppercorn crust, madeira sauce	\$26.50

SIDES

Presented in disposable foil pans hot & ready to serve, or chilled for you to reheat in your oven later.

	SM 4OZ	LG 8OZ		SM 4OZ	LG 8OZ
Garlic Mashed Potatoes	\$3.50	\$6.50	Ratatouille	\$4.50	\$7.50
Saffron Rice	\$3.50	\$6.50	Blanched Vegetables broccoli, cauliflower, carrots	\$4.50	\$7.50
Roasted New Potatoes	\$3.50	\$6.50	Sautéed Spinach	\$5.50	\$8.50
Scalloped Potatoes	\$3.50	\$6.50	Grilled Vegetables zucchini, yellow squash, portobello mushrooms, asparagus, bell peppers	\$5.50	\$8.50
Mac + Cheese	\$3.50	\$6.50			
Sautéed Mushrooms	\$4.50	\$7.50			

DESSERTS

Assorted Macaroons 10 pcs	\$15.00	Cookies	\$15 / dz
Mini Brownies bite sized chocolate brownies	\$19 / dz	choc chip, oatmeal raisin, sugar cookie	
Mini Vegan Chocolate Brownies	\$23 / dz	Chocolate Profiterole Cups	\$5.50 ea
Nutrifit Banana Bread low-sugar with extra protein & fibre to steady energy release, and chocolate chips to make it a treat! (served per slice)	\$4.50 ea	pastry balls in a cup with custard & chocolate	
		Cupcakes	\$4.00 ea
		red velvet, chocolate, vanilla	\$44 / dz
		Mini Assorted Cupcakes	\$27 / dz

Cakes

Chocolate Mousse 10" chocolate sponge base topped with a dark chocolate mousse and dusted with cocoa powder (pre-sliced into 16 slices)	\$65	Red Velvet 10" smooth as velvet, this mild chocolate flavored cake is a rich red and topped with cream cheese frosting (sliced into 16 slices)	\$65
Chocolate Fudge Pecan 10" moist chocolate cake topped with chocolate mousse and loaded with caramel, pecans and toffee candy pieces "Molly Cake" (12 - 16 ptns)	\$65	Fruits of the Forest 10" shortcrust pastry base filled with pastry cream, topped with a layer of sponge cake and lavishly garnished with an assortment of blackberries, raspberries, red currants and strawberries (12-16 ptns)	\$65
Chocolate Outrage 10" three layers of moist chocolate cake filled with creamy chocolate fudge and finished with old-fashioned chocolate icing, surrounded with sweet chocolate chips! (12 - 16 ptns)	\$65	Carrot 10" with chopped nuts, cinnamon & cream cheese icing (12 - 16 ptns)	\$65