

PICK UP +  
DELIVERY  
PREPARED FRESH  
48 HOURS NOTICE

# EASY ORDER MENU

## breakfast

granola parfaits (12 oz, min. 6)	\$6
yogourt, nut-free house-made granola, honey, berries	
house-made granola (1 l mason jar)	\$14
oats, pumpkin seeds	
fresh fruit and berry platter	\$24, 3-5 ppl.
pineapple, watermelon, honey dew, cantaloupe, berries	

## soups

1 l	\$14
minestrone, roasted butternut squash, broccoli, mixed mushroom, split pea	

## pan pizzas

12" x 16", 12 slices	
margherita	\$25
tomato sauce, mozzarella, basil	
al ferro	\$30
grilled vegetables, tomato sauce, mozzarella, herbs	
funghi	\$30
seared mixed mushrooms, fontina cheese, fresh thyme	
genova	\$30
genoa salami, green olives, pecorini, chili, tomato sauce	
classic	\$28
pepperoni, green peppers, mushrooms, mozzarella	

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## salads

caesar salad - house-made croutons, grana padano

<i>individual</i>	\$13.50
<i>extra small (serves 4-6 people)</i>	\$35
<i>small (serves 7-10 people)</i>	\$50

kale caesar - shredded kale, house-made croutons, grana padano

<i>individual</i>	\$11
<i>extra small (serves 4-6 people)</i>	\$45
<i>small (serves 7-10 people)</i>	\$65

calvo nero

shredded kale, farro, raisins, pine nuts, pecorino, red wine vinaigrette

<i>individual</i>	\$13.50
<i>extra small (serves 4-6 people)</i>	\$55
<i>small (serves 7-10 people)</i>	\$75

greek - romaine, cucumber, tomato, onion, kalamata olives,  
feta, lemon oregano dressing

<i>individual</i>	\$13.50
<i>extra small (serves 4-6 people)</i>	\$55
<i>small (serves 7-10 people)</i>	\$75

cherry tomato bocconcini

yellow and red cherry tomatoes, baby bocconcini, fresh basil

<i>individual</i>	\$14.50
<i>extra small (serves 4-6 people)</i>	\$55
<i>small (serves 7-10 people)</i>	\$75

asian slaw

napa cabbage, edamame, pickled ginger, mango, sesame soy dressing

<i>individual</i>	\$13.50
<i>extra small (serves 4-6 people)</i>	\$45
<i>small (serves 7-10 people)</i>	\$65

couscous salad - organic dried fruits and berries, cashews, mint

<i>individual</i>	\$11
<i>extra small (serves 4-6 people)</i>	\$35
<i>small (serves 7-10 people)</i>	\$50

bbr salad - boston bibb, belgian endive, radicchio, shaved fennel,  
orange, hazelnut, white balsamic dressing

<i>individual</i>	\$14.50
<i>extra small (serves 4-6 people)</i>	\$55
<i>small (serves 7-10 people)</i>	\$75

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# *bowls*

individual servings

\$14

## *bollywood*

basmati rice, romaine, chana masala chickpeas, sweet potato, roasted cauliflower, carrot, toasted pepitas, cilantro lime dressing

## *reggae*

brown rice, romaine, black beans, cumin roasted yam, red cabbage, grilled corn, mango, plantain crisps, mango lime dressing

## *k-pop*

brown rice, romaine, carrot, zucchini, broccoli, sauteed mushrooms, red cabbage, scallions, kimchi, sesame seeds, crispy taro, bulgogi dressing

## *sombrero*

brown rice, romaine, black beans, grilled corn, guacamole, sour cream, orange cheddar, red onion, cilantro, cherry tomatoes, jalapeno peppers, crispy tortilla, agave lime dressing

## *falafel*

quinoa, romaine, falafels, chickpea and artichoke hummus, cherry tomatoes, pickled red onion, cucumber, carrot, pickled red beets, fried eggplant, crispy pita, tahini dressing

## *anime*

brown rice, napa cabbage, edamame, red pepper, carrot, pickled ginger, mango, sesame soy dressing

## *godfather*

farro, romaine, pesto cannellini beans, grilled vegetables, cucumber, cherry tomatoes, baby bocconcini, sun-dried tomatoes, hazelnuts, crispy angel hair pasta, pesto dressing

## *add ons*

grilled chicken

\$4.75

falafels

\$4

steak

\$5.25

crispy tofu

\$4



# platters

## antipasto platter

prosciutto, soppressata, genoa salami, grana padano parmigiano, sliced provolone, italian olives, grilled rosemary focaccia

*small (serves 7-10 people)* \$100

## dipping display

roasted red pepper and feta white bean and mint baba ganoush served with italian olives, grilled pita and flat breads

*small (serves 7-10 people)* \$30

## garden platter

fresh garden vegetable crudites served with a duo of dips roasted red pepper and feta white bean and mint

*small (serves 7-10 people)* \$40

## deluxe bruschetta platter

crostini served with tomato and basil bruschetta marinated wild mushrooms and grana padano chopped olives and feta

*small (serves 7-10 people)* \$35

## cheese display

brie slices, orange cheddar cubes, gouda triangles strawberries, dried apricots, rain coast crisps, flat breads

*small (serves 7-10 people)* \$65

## artisanal cheese display

triple creme brie, thunder oak gouda and chevre en paillot strawberries, dried apricots, marcona almonds, rain coast crisps, flat breads

*small (serves 7-10 people)* \$100

## beef tenderloin platter

peppercorn crusted beef tenderloin carving served with mini ace bakery ciabatta buns, caramelized onions, horseradish and pommery mustard

*small (serves 7-10 people)* \$180

## upstream's house smoked salmon display

house smoked salmon - full side with cocktail style fixings crostini, pumpernickel crostini, deli style cream cheese and capers

*(2.5 lbs - 50-60 slices)* \$150

## upstream's house smoked salmon

freshly baked bagels, deli style cream cheese, cucumbers, tomatoes, capers and quick pickled red onion

*(2.5 lbs - 50-60 slices)* \$200

## *pastas*

turkey bolognese – rigatoni

*individual*

\$21.50

*half pan (serves 8-12 people)*

\$90

cheese filled tortellini – julienne of vegetables, pink sauce

*individual*

\$19.50

*half pan (serves 8-12 people)*

\$75

sweet potato agnolotti – sun-dried tomatoes, pink sauce

*individual*

\$21.50

\$85

*half pan (serves 8-12 people)*

penne a la vodka – pink sauce

*individual*

\$18.50

\$70

*half pan (serves 8-12 people)*

spaghetti meatballs – beef and veal, tomato sugo

*individual*

\$21.50

*half pan (serves 8-12 people)*

\$90

## *lasagnas & baked pastas*

beef lasagna

*2-3 portion pan*

\$23

*half pan (serves 8-12 people)*

\$65

turkey lasagna

*2-3 portion pan*

\$23

*half pan (serves 8-12 people)*

\$75

cheese lasagna

*2-3 portion pan*

\$22

*half pan (serves 8-12 people)*

\$65

ricotta and spinach lasagna

*2-3 portion pan*

\$22

*half pan (serves 8-12 people)*

\$65

grilled vegetable lasagna

*2-3 portion pan*

\$23

*half pan (serves 8-12 people)*

\$65

mushroom lasagna

*2-3 portion pan*

\$22

*half pan (serves 8-12 people)*

\$65

mac 'n' cheese – bread crumbs

*2-3 portion pan*

\$18

*half pan (serves 8-12 people)*

\$65

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## *main*

maple glazed salmon fillet (6 oz)	\$19
roasted miso glazed black cod (5.5 oz)	\$29
whole roasted chicken, lemon and rosemary	\$28
grilled chicken breast	\$9.50
roasted chicken breast supreme, lemon, rosemary	\$15.50
house-made panko crusted chicken fingers, plum sauce (5 pcs)	\$13.50
chicken parmigiana	\$18
chicken scallopini	\$19.50
veal scallopini	\$22.50
al limone	
roasted mushroom and thyme jus	
putanesca with olives, capers, onions, anchovy, tomato sugo	
grilled veal chop, wild mushroom and truffle veal jus	\$38
aaa grilled beef tenderloin, red wine jus (6 oz)	\$38
beef short ribs, rosemary jus	\$30
meal balls, tomato sugo (1.5", 12 pcs)	\$18

## *sides*

yukon gold and sweet potato wedges, sea salt and rosemary	
2-3 portion pan	\$12
half pan (serves 8-12 people)	\$40
caramelized garlic mashed potatoes	
2-3 portion pan	\$10.50
half pan (serves 8-12 people)	\$35
roasted baby potatoes, rosemary, sea salt	
2-3 portion pan	\$9.50
half pan (serves 8-12 people)	\$35
roasted root vegetables	
2-3 portion pan	\$13
half pan (serves 8-12 people)	\$45
sweet potato mash	
2-3 portion pan	\$11.50
half pan (serves 8-12 people)	\$45
wild and brown rice pilaf, vegetable confetti	
2-3 portion pan	\$13
half pan (serves 8-12 people)	\$45

## *sides cont.*

cauliflower fried rice - carrots, celery, onion, mushrooms

*2-3 portion pan* \$15

*half pan (serves 8-12 people)* \$65

maple glazed stem on carrots

*2-3 portion pan* \$10

*half pan (serves 8-12 people)* \$45

french green beans, toasted almonds, evoo

*2-3 portion pan* \$14.50

*half pan (serves 8-12 people)* \$70

rapini, garlic, evoo, lemon

*2-3 portion pan* \$13.50

*half pan (serves 8-12 people)* \$50

broccoli, butter, sea salt

*2-3 portion pan* \$12

*half pan (serves 8-12 people)* \$45

brussels sprouts, sea salt, evoo

*2-3 portion pan* \$12

*half pan (serves 8-12 people)* \$45

roasted asparagus with olive oil, lemon zest and parmesan

*2-3 portion pan* \$15

*half pan (serves 8-12 people)* \$65

grilled vegetables

portobello mushrooms, red and yellow peppers, sweet potato, zucchini,

eggplant

*extra small (serves 3-5 people)* \$30, 3-5 ppl.

*small (serves 7-10 people)* \$75

## *from our pantry*

lemon dressing (500 ml)	\$10
balsamic dressing (500 ml)	\$12
Paese caesar dressing (500 ml)	\$14
focaccia croutons	\$5
grana padano parmesan (250 ml)	\$10
Paese tomato basil sugo (1 l)	\$14.50
Paese arrabiatta sugo (1 l)	\$15.50
Paese rose sugo (1 l)	\$18.50
Paese turkey bolognese sugo (1 l)	\$22
Paese chickpea vegan bolognese sugo (1 l)	\$20
Paese extra virgin olive oil (250 ml)	\$13.50
house-made rosmary focaccia (half sheet)	\$15
mixed olives, rosmary, citrus (500 ml)	\$10
hummus (500 ml)	\$12
baba ganoush (500 ml)	\$12
white bean, mint hummus (500 ml)	\$12
edamame hummus (500 ml)	\$15
roasted red pepper feta (500 ml)	\$15
L-eat's own smoked salmon (1/2 lb, 11-13 slices)	\$24
L-eat's own smoked salmon (1/4 lb, 5-7 slices)	\$13

## *sweets*

cookies (dozen)	\$10.25
chocolate chunk	
dark chocolate chunk with sour cherry and maldon sea salt	
white chocolate cranberry	
squares (dozen)	\$18
brownies	
lemon	
apple crumble (feeds 2-3)	\$15
molten cake	\$7.50
tiramisu in mason jars (250 ml)	\$9
savioradi, mascarpone, espresso, marsala	
assorted sweet tray	
mini tarts, squares, cookies	
small (20 pieces)	\$40
large (40 pieces)	\$75