

PICK UP +  
DELIVERY  
PREPARED FRESH  
48 HOURS NOTICE

# EASY ORDER MENU

## *breakfast*

granola parfaits (12 oz, min. 6) yogourt, nut-free house-made granola, honey, berries	\$6
house-made granola (1 l mason jar) oats, pumpkin seeds	\$14
fresh fruit and berry platter (extra small serves 3-5 people) pineapple, watermelon, honey dew, cantaloupe, berries	\$24
baked blueberry french toast (2-3 portion pan) whipped cream, maple syrup	\$18

## *soups*

1 l minestrone, roasted butternut squash, broccoli, mixed mushroom, split pea	\$14
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## *pan pizzas*

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

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# salads

caesar salad - house-made croutons, grana padano

*individual*

\$13.50

*extra small (serves 4-6 people)*

\$35

*small (serves 7-10 people)*

\$50

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

*individual*

\$13.50

*extra small (serves 4-6 people)*

\$45

*small (serves 7-10 people)*

\$65

calvo nero -shredded kale, farro, raisins, pine nuts, pecorino, red wine vinaigrette

*individual*

\$13.50

*extra small (serves 4-6 people)*

\$55

*small (serves 7-10 people)*

\$75

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

*individual*

\$13.50

*extra small (serves 4-6 people)*

\$55

*small (serves 7-10 people)*

\$75

cherry tomato bocconcini - yellow and red cherry tomatoes, baby bocconcini, fresh basil

*individual*

\$14.50

*extra small (serves 4-6 people)*

\$55

*small (serves 7-10 people)*

\$75

asian slaw - napa cabbage, edamame, pickled ginger, mango, sesame soy dressing

*individual*

\$13.50

*extra small (serves 4-6 people)*

\$45

*small (serves 7-10 people)*

\$65

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

*individual*

\$11

*extra small (serves 4-6 people)*

\$35

*small (serves 7-10 people)*

\$50

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

*individual*

\$14.50

*extra small (serves 4-6 people)*

\$55

*small (serves 7-10 people)*

\$75

pear salad - romaine, red leaf, baby spinach and baby arugula, goat cheese, candied  
pecans and honey rosemary dressing

*individual*

\$14.50

*extra small (serves 4-6 people)*

\$55

*small (serves 7-10 people)*

\$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, pumpnickel 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

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# *pastas*

turkey bolognese - rigatoni

*individual*

\$21.50

*2-3 portion pan*

\$36

*half pan (serves 8-12 people)*

\$90

cheese filled tortellini - julienne of vegetables, pink sauce

*individual*

\$19.50

*2-3 portion pan*

\$32

*half pan (serves 8-12 people)*

\$75

sweet potato agnolotti - sun-dried tomatoes, pink sauce

*individual*

\$21.50

*2-3 portion pan*

\$38

*half pan (serves 8-12 people)*

\$85

penne a la vodka - pink sauce

*individual*

\$18.50

*2-3 portion pan*

\$30

*half pan (serves 8-12 people)*

\$70

spaghetti meatballs - beef and veal, tomato sugo

*individual*

\$21.50

*half pan (serves 8-12 people)*

\$90

*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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## *mains*

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
roasted mushroom and thyme jus	
putanesca with olives, capers, onions, anchovy, tomato sugo	
grilled veal chop, wild mushroom and truffle veal jus	
aaa grilled beef tenderloin, red wine jus (6 oz)	\$38
beef short ribs, rosemary jus	\$38
meal balls, tomato sugo (1.5", 12 pcs)	\$30
	\$18

## *sides*

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

*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 rosmearly focaccia (half sheet)	\$15
mixed olives, rosmearly, 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
individual apple crostata - open faced apple pie	\$8.50
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