

PICK UP +
DELIVERY
PREPARED FRESH
48 HOURS NOTICE

EASY ORDER MENU

breakfast

- granola parfaits (12 oz - minimum 6) \$6
yogourt, nut-free house-made granola, honey, berries
- house-made granola with oats, pumpkin seeds (1 l mason jar) \$14
available with nuts or nut-free
- fresh fruit and berry platter with pineapple, watermelon,
honey dew, cantaloupe, berries
extra small (serves 3-5 people) \$24
small (serves 7-10 people) \$45
medium (serves 10-15 people) \$65
- baked blueberry french toast with whipped cream, maple syrup
2-3 portion pan \$18
1/2 pan (serves 6-8 people) \$50
- quiche - cheese, mushroom and fontina, broccoli and brie, lorraine
4" (individual) \$8
10" (serves 8-12) \$50
- frittata muffin (6 pieces) \$27
cheese, mushroom and fontina, broccoli and brie, lorraine
- ## pan pizzas
- 12" x 16", 12 slices \$25
margherita - tomato sauce, mozzarella, basil \$30
- 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
- ## pizza dough
- pizza dough - raw (12" thin crust) \$2.50
pizza dough - par cooked (12" x 16" pan pizza) \$7
cauliflower dough, gluten free - frozen (12" thin crust) \$8

Leat
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salads

caesar - 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>	\$13.50
<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>	\$45
<i>small (serves 7-10 people)</i>	\$75
greek - romaine, cucumber, tomato, onion, kalamata olives, feta, lemon oregano dressing	
<i>individual</i>	\$14.50
<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
green - cucumber, cherry tomatoes, carrot gaufrette, balsamic dressing	
<i>individual</i>	\$11
<i>extra small (serves 4-6 people)</i>	\$35
<i>small (serves 7-10 people)</i>	\$50

salads cont.

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

egg salad

500 ml

\$12

1 L

\$20

white albacore tuna salad

500 ml

\$20

1 L

\$35

chopped chicken salad

500 ml

\$20

1 L

\$35

fresh salmon salad

500 ml

\$20

1 L

\$35

soups

\$15

1 L mason jar

minestrone

roasted butternut squash

broccoli

mixed mushroom

split pea

white bean kale

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bowls

\$17

individual servings

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

\$4.25

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platters

- antipasto platter - prosciutto, soppressata, genoa salami,
grana padano parmigiano, provolone, italian olives, rosemary focaccia
small (serves 7-10 people) \$100
- antipasto box - prosciutto, genoa salami, grana padano, fontina, citrus olives,
dried apricots, rosemary focaccia, raincoast crisp crackers, fig compote
12" pizza box (serves 4-6 people) \$85
- dipping display - red pepper and feta dip, white bean mint dip, baba ganoush,
italian olives, grilled pita and flat breads
small (serves 7-10 people) \$30
- garden platter - fresh garden vegetable crudites, red pepper feta dip,
white bean mint dip
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, chevre en paillot,
strawberries, dried apricots, marcona almonds, rain coast crisps, flat breads
small (serves 7-10 people) \$100
- artisanal cheese display* - triple crème brie, thunder oak gouda, chèvre en paillot,
parmigiano reggiano, raincoast crisps, sliced baguette, strawberries, grapes,
medjool dates, fig compote, honey, roasted almonds
12" pizza box (serves 4-6 people) \$85
- beef tenderloin platter - peppercorn crusted beef tenderloin
served with mini ace bakery ciabatta buns, caramelized onions,
horseradish and pommery mustard
small (serves 7-10 people) \$180
- plant based grazing box - asparagus, green beans, stem on baby carrots, red pepper,
cherry tomatoes, cucumber, celery, cauliflower, white bean mint dip, tomato basil
bruschetta, pickled artichokes, citrus olives, pickled ramps, dried apricots, green
grapes, strawberries, pumpkin seeds, ace bakery crostini, raincoast crisp crackers
12" pizza box (serves 4-6 people) \$75

pastas

cheese filled tortellini - julienne of vegetables, pink sauce	
<i>individual</i>	\$19.50
<i>2-3 portion pan</i>	\$32
<i>half pan (serves 8-12 people)</i>	\$75
sweet potato agnolotti - sun-dried tomatoes, pink sauce	
<i>individual</i>	\$21.50
<i>2-3 portion pan</i>	\$38
<i>half pan (serves 8-12 people)</i>	\$85
penne a la vodka - pink sauce	
<i>individual</i>	\$18.50
<i>2-3 portion pan</i>	\$30
<i>half pan (serves 8-12 people)</i>	\$70
spaghetti meatballs - beef and veal, tomato sugo	
<i>individual</i>	\$21.50
<i>half pan (serves 8-12 people)</i>	\$90
beef lasagna	
<i>2-3 portion pan</i>	\$23
<i>half pan (serves 8-12 people)</i>	\$75
turkey lasagna	
<i>2-3 portion pan</i>	\$23
<i>half pan (serves 8-12 people)</i>	\$75
cheese lasagna	
<i>2-3 portion pan</i>	\$22
<i>half pan (serves 8-12 people)</i>	\$65
ricotta and spinach lasagna	
<i>2-3 portion pan</i>	\$22
<i>half pan (serves 8-12 people)</i>	\$65
grilled vegetable lasagna	
<i>2-3 portion pan</i>	\$23
<i>half pan (serves 8-12 people)</i>	\$75
mushroom lasagna	
<i>2-3 portion pan</i>	\$22
<i>half pan (serves 8-12 people)</i>	\$65

pastas cont.

penne pesto - chicken, potato, sun-dried tomatoes

individual

\$21.50

2-3 portion pan

\$36

half pan (serves 8-12 people)

\$90

turkey bolognese - rigatoni

individual

\$21.50

2-3 portion pan

\$36

half pan (serves 8-12 people)

\$90

chickpea vegan bolognese - penne pasta

individual

\$16

2-3 portion pan

\$32

half pan (serves 8-12 people)

\$85

mac 'n' cheese

2-3 portion pan

\$18

half pan (serves 8-12 people)

\$65

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

\$12

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)

\$60

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

grilled vegetables

portobello mushrooms, red and yellow peppers,

sweet potato, zucchini, eggplant

\$36

extra small (serves 3-5 people)

\$85

small (serves 7-10 people)

mains

maple glazed salmon fillet (6 oz)	\$19
roasted miso glazed black cod (5.5 oz)	\$38
whole branzino - stuffed with lemon wheels and fresh herbs, gremolata sauce	\$30
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 (4 pcs)	\$13.50
buttermilk fried chicken with gravy (4 pieces white and dark meat)	\$18
chicken schnitzel (1 breast)	\$14
chicken parmigiana (1 breast)	\$18
chicken scallopini (mushroom thyme or putanesca)	\$21
veal scallopini (mushroom thyme or putanesca)	\$23
veal parmigiana	\$22.50
veal osso bucco	\$38
grilled veal chop, wild mushroom and truffle veal jus (16oz)	\$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)	\$18.50
miami ribs (3 pieces)	\$17.25
falafels, tahini (6 pieces)	\$4.75
curried chickpeas with vegetables (1 litre)	\$9.50

smoked salmon

upstream's house smoked salmon	
2.5 lbs, 50-60 slices	\$105
1 lb, 22-26 slices	\$45
3/4 lb, 16-20 slices	\$35
1/2 lb, 11-13 slices	\$24
1/4 lb, 5-7 slices	\$13
upstream's house smoked salmon display	
house smoked salmon - full side with cocktail style fixings	
crostini, pumpernickel crostini, deli style cream cheese and capers	\$150
(2.5 lbs - 50-60 slices)	
upstream's house smoked salmon	
freshly baked bagels, deli style cream cheese, cucumbers, tomatoes, capers	\$200
and quick pickled red onion	
(2.5 lbs - 50-60 slices)	

from our pantry

lemon dressing (500 ml)	\$10
balsamic dressing (500 ml)	\$12
Paese caesar dressing (500 ml)	\$14
focaccia croutons (500 ml)	\$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 rosemary focaccia (half sheet)	\$15
house-made rosemary focaccia (quarter sheet)	\$8
mixed olives, rosemary, 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

sweets

mini cookies (12 pieces)	\$10.25
chocolate chunk	
dark chocolate chunk with sour cherry and maldon sea salt	
white chocolate cranberry	
raw cookie dough (24 pieces)	\$20
squares - brownies, lemon	
6 pieces	\$9
12 pieces	\$18
apple crumble (feeds 2-3)	\$15
molten cake	\$7.50
individual apple crostata - open faced apple pie	\$8.50
chocolate peanut butter tarts (4" individual)	\$9
white chocolate raspberry tart (4" individual)	\$9
tiramisu - savoradi, mascarpone, espresso, marsala (250 ml jar)	\$9
assorted sweet tray - mini tarts, squares, cookies	
small (20 pieces)	\$40
large (40 pieces)	\$75
pecan pie - 10"	\$35
apple pie - 10"	\$25

bakery

croissants - chocolate or plain (4 pieces)	\$9
gryfe's bagels (12 pieces)	\$15
ace bakery baguette	\$4
banana bread - whole loaf	\$12
home-made hamburger buns (3.75)	\$3.75