

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,<br>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)  |      |
| cheese, mushroom and fontina, broccoli and brie, lorraine                                   | \$27 |

## 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 (2.5 lbs - 50-60 slices)   | \$150 |
| full side with cocktail style fixings   |       |
| crostini, pumpnickel crostini, deli style cream cheese and capers   |       |
| upstream's house smoked salmon (1 lb - 22-26 slices)  | \$60  |
| freshly baked bagels, deli style cream cheese, cucumbers, tomatoes, capers<br>and quick pickled red onion |       |

Leat  
CATERING

## 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 |

strawberry - spinach, arugula, candied pecans, goat cheese, lemon rosemary dressing

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

## 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

*Leat*  
CATERING



## *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

*Leat*  
CATERING



## *hors d'oeuvres*

### *shrimp (12 pieces per order)*

|  |      |
|--|------|
| shrimp cocktail, cocktail sauce              | \$36 |
| coconut breaded shrimp, honey jalapeno sauce | \$42 |
| grilled shrimp, chipotle aioli               | \$42 |

### *mini pizza (12 pieces per order)*

|   |      |
|---|------|
| margherita with tomato sauce, bocconcini, fresh basil | \$24 |
| funghi with mixed mushroom, fontina, thyme            | \$24 |
| pera with roasted pear, goat cheese, thyme            | \$24 |

### *malaysian spring rolls (12 pieces per order)*

|                                    |      |
|------------------------------------|------|
| vegetable, plum dipping sauce      | \$24 |
| shrimp, ginger scallion plum sauce | \$36 |

### *mini grilled cheese (12 pieces per order)*

|                                   |      |
|-----------------------------------|------|
| orange cheddar                    | \$36 |
| white cheddar, caramelized onions | \$36 |
| lobster, brie                     | \$48 |

### *bamboo skewers (12 pieces per order)*

|   |      |
|---|------|
| grilled chicken breast, lemon aioli         | \$36 |
| beef ribbon crusted with hoisin, cashews    | \$36 |
| tuna crusted with sesame, wasabi lime aioli | \$48 |
| cherry tomato, cherry bocconcini, basil oil | \$36 |

### *vietnamese salad rolls (12 pieces per order)*

|  |      |
|--|------|
| choice of sweet chili sauce or peanut sauce                  |      |
| vegetarian, rice noodles, vegetables, cilantro, bean sprouts | \$24 |
| chicken, rice noodles, vegetables, cilantro, bean sprouts    | \$30 |
| shrimp, rice noodles, vegetables, cilantro, bean sprouts     | \$36 |

### *tartlet (12 pieces per order)*

|  |      |
|--|------|
| honey roasted pear, goat cheese, thyme | \$36 |
| caramelized onions, aged white cheddar | \$36 |

### *mini burgers (12 pieces per order)*

|  |      |
|--|------|
| beef burger, caramelized onions, aged cheddar, oven roasted tomato aioli | \$48 |
| beef burger, orange cheddar, roma tomato, iceberg lettuce, ketchup       | \$48 |

### *arancini - risotto ball (12 pieces per order)*

|   |      |
|---|------|
| asparagus, fontina cube centre, lemon aioli dip                   | \$36 |
| mushroom, truffle oil, fontina cube centre                        | \$36 |
| classic, mozzarella cube centre, lemon zest, parsley, lemon aioli | \$36 |

## grazing boxes

antipasto box \$100  
prosciutto, genoa salami, grana padano, fontina, citrus olives,  
dried apricots, rosemary focaccia, raincoast crisp crackers, fig compote  
12" pizza box (serves 4-6 people)

artisanal cheese box \$85  
grana padano parmigiano, chèvre, triple crème brie and Balderson's aged cheddar  
accompanied by strawberries, dried apricots, marcona almonds, fig compote, mini  
honey jar, honey swirler, rosemary garnish, raincoast crisps, sliced ace bakery baguette  
12" pizza box (serves 4-6 people)

plant based grazing box \$75  
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)

candy box \$65  
assortment of gummie candies, sour candies, red licorice, chocolate bars,  
m&m's, nerds, etc. (variety based on availability)  
12" pizza box (serves 4-6 people)

## 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

## 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

## *pastas*

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)*

\$75

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)*

\$75

mushroom lasagna

*2-3 portion pan*

\$22

*half pan (serves 8-12 people)*

\$65



## *pastas cont.*

penne pesto - chicken, potato, sun-dried tomatoes

|                                      |         |
|--------------------------------------|---------|
| <i>individual</i>                    | \$21.50 |
| <i>2-3 portion pan</i>               | \$36    |
| <i>half pan (serves 8-12 people)</i> | \$90    |

turkey bolognese - rigatoni

|                                      |         |
|--------------------------------------|---------|
| <i>individual</i>                    | \$21.50 |
| <i>2-3 portion pan</i>               | \$36    |
| <i>half pan (serves 8-12 people)</i> | \$90    |

chickpea vegan bolognese - penne pasta

|                                      |      |
|--------------------------------------|------|
| <i>individual</i>                    | \$16 |
| <i>2-3 portion pan</i>               | \$32 |
| <i>half pan (serves 8-12 people)</i> | \$85 |

mac 'n' cheese

|                                      |      |
|--------------------------------------|------|
| <i>2-3 portion pan</i>               | \$18 |
| <i>half pan (serves 8-12 people)</i> | \$65 |

## *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*

\$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)*

grilled asparagus, evoo, lemon

*2-3 portion pan*

\$15

*half pan (serves 8-12 people)*

\$60

## *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  |
| Ontario rack of lamb, dijon, rosemary ( rack - 7-8 bones)                   | \$75    |



## *from our pantry*

|   |         |
|---|---------|
| lemon dressing (500 ml)                     | \$12    |
| honey rosemary (500ml)                      | \$14    |
| balsamic dressing (500 ml)                  | \$14    |
| Paese caesar dressing (500 ml)              | \$15    |
| 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 focacia (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 (feeds 1-2) | \$11    |
| 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 |