

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	
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 people)	\$50
frittata muffin (6 pieces)	
asparagus with tomato and goat cheese, mushroom and fontina, broccoli and brie, lorraine	\$27
chocolate croissants (4 pieces)	\$9
butter croissants (4 pieces)	\$9

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- cocktail display	\$150
crostini, bagel chips, deli style cream cheese and capers	
(2.5 lbs - 50-60 slices, serves 7-10 people)	
upstream's house smoked salmon- breakfast display	
freshly baked bagels, deli style cream cheese, cucumbers, tomatoes, capers and quick pickled red onion	
small platter (1 lb - 22-26 slices, serves 4-6 people)	\$60
large platter (2.5 lbs - 50-60 slices, serves 7-10 people)	\$200

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
<i>medium (serves 11-15 people)</i>	\$70
<i>large (serves 16-20 people)</i>	\$90

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
<i>medium (serves 11-15 people)</i>	\$95
<i>large (serves 16-20 people)</i>	\$120

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
<i>medium (serves 11-15 people)</i>	\$110
<i>large (serves 16-20 people)</i>	\$140

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
<i>medium (serves 11-15 people)</i>	\$110
<i>large (serves 16-20)</i>	\$140

caprese salad season's best tomatoes, fior di latte mozzarella, olive oil, basil oil, sea salt and fresh basil

<i>individual</i>	\$14.50
<i>extra small (serves 4-6 people)</i>	\$55
<i>small (serves 7-10 people)</i>	\$75
<i>medium (serves 11-15 people)</i>	\$110
<i>large (serves 16-20)</i>	\$140

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
<i>medium (serves 11-15 people)</i>	\$95
<i>large (serves 16-20 people)</i>	\$120

salads cont'd

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
<i>medium (serves 11-15 people)</i>	\$70
<i>large (serves 16-20 people)</i>	\$90

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
<i>medium (serves 11-15 people)</i>	\$110
<i>large (serves 16-20 people)</i>	\$140

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
<i>medium (serves 11-15 people)</i>	\$70
<i>large (serves 16-20 people)</i>	\$90

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
<i>medium (serves 11-15 people)</i>	\$110
<i>large (serves 16-20 people)</i>	\$140

sandwiches and wraps

assorted sandwiches and wraps, made on freshly baked white and whole wheat panini breads, house-made rosemary focaccia and multi-colour wraps, to include:

herb roasted turkey breast with pommery aioli and greens	\$13
grilled chicken breast with honey mustard and greens	\$11.75
lemon rosemary chicken with goat cheese spread, roasted red peppers and baby spinach	\$11.75
black forest ham with swiss cheese, dijon mustard and boston bibb lettuce	\$11
prosciutto with provolone, oven-dried tomatoes and arugula	\$13.75
medium rare roast beef with caramelized onions, horseradish aioli and mixed greens	\$12
smoked salmon with spinach, caper cream cheese, pickled fennel and red onion	\$12.25
fresh salmon salad with lemon aioli, English cucumber and baby spinach	\$12.25
white albacore tuna salad with lemon, mayo and greens	\$12.75
egg salad with mayo, dijon mustard and mixed greens	\$10.25
grilled vegetable with goat cheese, basil puree and greens	\$12
grilled portobello mushroom with bocconcini cheese and arugula	\$12.25

mini wraps (8 pieces per order) \$14

herb roasted turkey breast with pommery aioli and greens
grilled chicken breast with honey mustard and greens
lemon rosemary chicken with goat cheese spread, roasted red peppers and baby spinach
black forest ham with swiss cheese, dijon mustard and boston bibb lettuce
medium rare roast beef with caramelized onions, horseradish aioli and mixed greens
smoked salmon with spinach, caper cream cheese, pickled fennel and red onion
white albacore tuna salad with lemon, mayo and greens
egg salad with mayo, dijon mustard and mixed greens
grilled vegetable with goat cheese, basil puree and greens
grilled portobello mushroom with bocconcini cheese and arugula
aparagus with pressed tomato, bocconcini, baby arugala and lemon aioli
cucumber mini with double cream brie, dill, baby arugala, green goddess dressing

classic sandwich platter

minimum 2 platters per order (each platter contains an assortment of 10 sandwiches)

\$95

black forest ham, swiss cheese, dijon mustard and boston bibb lettuce

grilled chicken, honeycup mustard and greens

white albacore tuna salad, lemon, mayo and greens

medium-rare roast beef, caramelized onions, horseradish aioli and mixed greens

grilled vegetables, goat cheese, basil purée and greens

premium sandwich platter

minimum 2 platters per order (each platter contains an assortment of 10 sandwiches)

\$115

herb-roasted turkey breast, pommery aioli and greens

medium-rare roast beef, caramelized onions, horseradish aioli and mixed greens

prosciutto, provolone, oven-dried tomatoes and arugula

smoked salmon, caper cream cheese, pickled fennel and spinach

grilled portobello mushroom, bocconcini and arugula

soups

(L mason jar)

buy 3 get 1 free soup promo

\$15

minestrone

roasted butternut squash

broccoli

mixed mushroom

split pea

white bean kale

bowls

individual servings, minimum order of 6 per type

\$17

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

falafel

steak

crispy tofu

\$4.75

\$4

\$5.25

\$4.25

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

platters

dipping display

a trio of house-made dips: roasted red pepper and feta, white bean mint dip and baba ganoush

served with citrus marinated olives, grilled pita and flatbreads

small (serves 7-10 people)

\$30

medium (serves 11-15 people)

\$45

large (serves 16-20 people)

\$55

garden platter

fresh garden vegetable crudites served with two dips: roasted red pepper and feta dip, and white bean mint dip

small (serves 7-10 people)

\$40

medium (serves 11-15 people)

\$55

large (serves 16-20 people)

\$75

deluxe bruschetta display

crostini served with bruschetta toppings to include: marinated wild mushrooms and grana padano, chopped olives and feta, and tomatoes and basil

small (serves 7-10 people)

\$35

medium (serves 11-15 people)

\$50

large (serves 16-20 people)

\$65

dairy display

white albacore tuna salad, chopped egg salad, fresh salmon salad, deli style cream cheese, sliced tomatoes, sliced cucumber and assorted freshly baked bagels

small (serves 7-10 people)

\$100

medium (serves 11-15 people)

\$145

large (serves 16-20 people)

\$190

cheese display

brie slices, orange cheddar cubes and gouda triangles, accompanied by strawberries, dried apricots, raincoast crisps and flatbreads

small (serves 7-10 people)

\$65

medium (serves 11-15 people)

\$90

large (serves 16-20 people)

\$115

platters cont'd

artisanal cheese display

**please provide 48 hours notice for artisanal cheese order*

triple crème brie, thunder oak gouda and chèvre, accompanied by strawberries, dried apricots, raincoast crisps and flatbreads

small (serves 7-10 people)

\$100

medium (serves 11-15 people)

\$145

large (serves 16-20 people)

\$190

smoked salmon platter

house smoked salmon garnished with sliced English cucumbers and tomatoes, quick pickled red onions, capers, lemon wedges, cream cheese and freshly baked assorted bagels

full side (serves 12-15 people)

\$150

beef tenderloin platter

peppercorn-crusted beef tenderloin, sliced

served with mini ace bakery ciabatta buns, caramelized onions, horseradish and pommery mustard

small (serves 7-10 people)

\$180

medium (serves 11-15 people)

\$260

large (serves 16-20 people)

\$340

hand carved flank steak platter

red wine, olive oil, garlic and black peppercorn marinade

sliced and served with white and whole wheat rolls, caramelized onions, horseradish and pommery mustard

small (serves 7-10 people)

\$95

medium (serves 11-15 people)

\$140

large (serves 16-20 people)

\$180

maple salmon side

served with chive sour cream and sliced baguette

(1 side per order)

\$150

antipasto platter

sliced prosciutto, soppressata, genoa salami with chunks of grana padano, sliced provolone, citrus marinated olives and grilled rosemary focaccia

small (serves 7-10 people)

\$100

medium (serves 11-15 people)

\$145

large (serves 16-20 people)

\$190

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grazing boxes

antipasto box

prosciutto, genoa salami, grana padano, fontina, citrus olives,
dried apricots, rosemary focaccia, raincoast crisp crackers, fig compote

\$100

12" pizza box (serves 4-6 people)

artisanal cheese box

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

\$85

12" pizza box (serves 4-6 people)

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

\$75

12" pizza box (serves 4-6 people)

candy box

assortment of gummie candies, sour candies, red licorice, chocolate bars,
m&m's, nerds, etc. (variety based on availability)

\$65

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

\$35

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)

\$65

penne and meatballs - beef and veal, tomato sugo

individual

\$21.50

2-3 portion pan

\$36

half pan (serves 8-12 people)

\$90

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

cavatelli with turkey bolognese

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

individual

\$18

2-3 portion pan

\$30

half pan (serves 8-12 people)

\$65

lasagnas

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

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'd

cauliflower fried rice – carrots, celery, onion, mushrooms

2-3 portion pan

half pan (serves 8-12 people)

\$15

\$65

maple glazed stem on carrots

2-3 portion pan

half pan (serves 8-12 people)

\$12

\$45

french green beans, toasted almonds, evoo

2-3 portion pan

half pan (serves 8-12 people)

\$14.50

\$60

rapini, garlic, evoo, lemon

2-3 portion pan

half pan (serves 8-12 people)

\$13.50

\$50

broccoli, butter, sea salt

2-3 portion pan

half pan (serves 8-12 people)

\$12

\$45

apple cider braised shallots

2-3 portion pan

half pan (serves 8-12 people)

\$12

\$45

broccoli, cauliflower, carrot and snow pea with olive oil and sea salt

2-3 portion pan

half pan (serves 8-12 people)

\$15

\$45

grilled asparagus, evoo, lemon

2-3 portion pan

half pan (serves 8-12 people)

\$15

\$60

grilled vegetables- portobello mushrooms, red and yellow peppers,

sweet potato, zucchini, eggplant

extra small (serves 3-5 people)

small (serves 7-10 people)

medium (serves 11-15 people)

large (serves 15-20 people)

\$36

\$60

\$85

\$110

premium grilled vegetables- asparagus, portobello mushrooms, red and yellow
peppers, sweet potato, zucchini, eggplant

small (serves 7-10 people)

medium (serves 11-15 people)

large (serves 15-20 people)

\$75

\$110

\$140

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mains

maple glazed salmon fillet (6 oz)	\$22
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
1/2 roasted chicken, lemon and rosemary	\$15
grilled chicken breast	\$9.50
roasted chicken breast supreme, lemon, rosemary	\$15.50
house-made panko crusted chicken fingers, plum sauce (4 pieces)	\$13.50
chicken schnitzel (1 breast)	\$14
chicken parmigiana (1 breast)	\$18
chicken scallopini - mushroom thyme or putanesca (3 pieces)	\$21
veal scallopini - mushroom thyme or putanesca (3 pieces)	\$23
veal scallopini- putanesca sauce with olives, capers, onions, anchovy and tomato sauce	\$23
veal parmigiana (2 pieces)	\$22.50
veal osso bucco (4 pieces)	\$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	\$32
meal balls, tomato sugo (1.5", 12 pieces)	\$18.50
miami ribs (3 pieces)	\$17.25
Ontario rack of lamb, dijon, rosemary (rack - 7-8 bones)	\$75
falafels, tahini (6 pieces)	\$4.75

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
curried chickpeas (1 L)	\$20
rustichella d'abruzzo penne (bag)	\$9
rustichella d'abruzzo rigatoni (bag)	\$9
rustichella d'abruzzo spaghetti (bag)	\$9
rustichella d'abruzzo fettucine (bag)	\$9

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	
2-3 portion pan	\$15
1/2 pan	\$35
molten chocolate cake	\$7.50
individual apple crostata – open faced apple pie	\$8.50
chocolate peanut butter tart (4" individual)	\$9
white chocolate raspberry tart (4" individual)	\$9
french lemon tart (4" individual)	\$9
tiramisu – savoradi, mascarpone, espresso, marsala (serves 1-2 people)	\$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 (4)	\$3.75

fruit

fresh fruit salad with mint

small (serves 7-10 people)

\$40

medium (serves 11-15 people)

\$55

large (serves 15-20 people)

\$70

fresh fruit and berry platter

golden pineapple, sliced watermelon, sliced honeydew, sliced cantaloupe, grapes, strawberries, blueberries, blackberries, cape gooseberries

extra small (serves 3-5 people)

\$24

small (serves 7-10 people)

\$45

medium (serves 11-15 people)

\$65

large (serves 15-20 people)

\$90

fresh fruit and berry skewer

cape gooseberries, cube of honeydew, strawberry, blackberry and cube of pineapple (12 pieces per order)

\$36