# EASY ORDER MENU

breakfast

granola parfaits <i>(12 oz - minimum 6)</i> yogourt, nut-free house-made granola, honey, berries	\$6
house-made granola with oats, pumpkin seeds (1 l mason jar) available with nuts or nut-free	\$14
baked blueberry french toast with whipped cream, maple syrup 2-3 portion pan 1/2 pan (serves 6-8 people)	\$18 \$50
quiche – cheese, mushroom and fontina, broccoli and brie, lorraine 4" (individual) 10" (serves 8–12 people)	\$8 \$50
frittata muffin <i>(6 pieces)</i> asparagus with tomato and goat cheese, mushroom and fontina, broccoli and brie, lorrain	\$27

chocolate croissants (4 pieces)
butter croissants (4 pieces)

Upstream's house smoked salmon

2.5 lbs, 50-60 slices	¢105
1 lb, 22-26 slices	\$105 \$45
3/4 lb, 16-20 slices	\$43
1/2 lb, 11-13 slices	\$24
1/4 lb, 5-7 slices	\$13
upstream's house smoked salmon- cocktail display crostini, bagel chips, deli style cream cheese and capers	\$150

(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) large platter (2.5 lbs - 50-60 slices, serves 7-10 people)* 



\$9 \$9

\$60

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	salads
	caesar - house-made croutons, grana padano individual extra small (serves 4-6 people) small (serves 7-10 people) medium (serves 11-15 people) large (serves 16-20 people)
	kale caesar – shredded kale, house-made croutons, grana padano individual extra small (serves 4-6 people) small (serves 7-10 people) medium (serves 11-15 people) large (serves 16-20 people)
	greek – romaine, cucumber, tomato, onion, kalamata olives, feta, lemon oregano dressing individual extra small (serves 4–6 people) small (serves 7–10 people) medium (serves 11–15 people) large (serves 16–20 people)
	cherry tomato bocconcini – yellow and red cherry tomatoes, baby bocconcini, fresh basil i <i>ndividual</i> extra small (serves 4–6 people) small (serves 7–10 people)

caprese salad season's best tomatoes, fior di latte mozzarella, olive oil, basil oil, sea salt and fresh basil individual extra small (serves 4-6 people) small (serves 7-10 people) medium (serves 11-15 people) large (serves 16-20)

asian slaw - napa cabbage, edamame, pickled ginger, mango, sesame soy dressing individual extra small (serves 4-6 people) small (serves 7-10 people) medium (serves 11-15 people) large (serves 16-20 people)

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salads contid

green – cucumber, cherry tomatoes, carrot gaufrette, balsamic dressing individual extra small (serves 4–6 people) small (serves 7–10 people) medium (serves 11–15 people) large (serves 16–20 people)	\$11 \$35 \$50 \$70 \$90
strawberry – spinach, arugula, candied pecans, goat cheese, lemon rosemary dressing individual extra small (serves 4–6 people) small (serves 7–10 people) medium (serves 11–15 people) large (serves 16–20 people)	\$14.50 \$55 \$75 \$110 \$140
couscous salad – organic dried fruits and berries, cashews, mint individual extra small (serves 4–6 people) small (serves 7–10 people) medium (serves 11–15 people) large (serves 16–20 people)	\$11 \$35 \$50 \$70 \$90
bbr salad – boston bibb, belgian endive, radicchio, shaved fennel, orange, hazelnut, white balsamic dressing <i>individual</i> <i>extra small (serves 4-6 people)</i> <i>small (serves 7-10 people)</i> <i>medium (serves 11-15 people)</i> <i>large (serves 16-20 people)</i>	\$14.50 \$55 \$75 \$110 \$140

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# sandwiches and wraps

assorted sandwiches and wraps, made on freshly baked white and whole wheat panini breads, housemade 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 \$11 black forest ham with swiss cheese, dijon mustard and boston bibb lettuce \$13.75 prosciutto with provolone, oven-dried tomatoes and arugula medium rare roast beef with caramelized onions, horseradish aioli and mixed areens \$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)

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) 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) 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
- minestrone roasted butternut squash broccoli mixed mushroom split pea white bean kale

1-eat

\$15

\$95

bowls

individual servings, minimum order of 6 per type

#### 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



hors d'oeuvres

shrimp (12 pieces per order) shrimp cocktail, cocktail sauce coconut breaded shrimp, honey jalapeno sauce grilled shrimp, chipotle aioli	\$36 \$42 \$42
<i>mini pizza (12 pieces per order)</i> margherita with tomato sauce, bocconcini, fresh basil funghi with mixed mushroom, fontina, thyme pera with roasted pear, goat cheese, thyme	\$24 \$24 \$24
<i>malaysian spring rolls (12 pieces per order)</i> vegetable, plum dipping sauce shrimp, ginger scallion plum sauce	\$24 \$36
<i>mini grilled cheese (12 pieces per order)</i> orange cheddar white cheddar, caramelized onions lobster, brie	\$36 \$36 \$48
<i>bamboo skewers (12 pieces per order)</i> grilled chicken breast, lemon aioli beef ribbon crusted with hoisin, cashews tuna crusted with sesame, wasabi lime aioli cherry tomato, cherry bocconcini, basil oil	\$36 \$36 \$48 \$36
<i>vietnamese salad rolls (12 pieces per order)</i> choice of sweet chili sauce or peanut sauce vegetarian, rice noodles, vegetables, cilantro, bean sprouts chicken, rice noodles, vegetables, cilantro, bean sprouts shrimp, rice noodles, vegetables, cilantro, bean sprouts	\$24 \$30 \$36
<i>tartlet (12 pieces per order)</i> honey roasted pear, goat cheese, thyme caramelized onions, aged white cheddar	\$36 \$36
<i>mini burgers (12 pieces per order)</i> beef burger, caramelized onions, aged cheddar, oven roasted tomato aioli beef burger, orange cheddar, roma tomato, iceberg lettuce, ketchup	\$48 \$48
<i>arancini – risotto ball (12 pieces per order)</i> asparagus, fontina cube centre, lemon aioli dip mushroom, truffle oil, fontina cube centre classic, mozzarella cube centre, lemon zest, parsley, lemon aioli	\$36 \$36 \$36



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) medium (serves 11-15 people) large (serves 16-20 people)

### 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) medium (serves 11-15 people) large (serves 16-20 people)

# 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) medium (serves 11-15 people) large (serves 16-20 people)

# 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) medium (serves 11-15 people) large (serves 16-20 people)

# cheese display

brie slices, orange cheddar cubes and gouda triangles, accompanied by strawberries, dried apricots, raincoast crisps and flatbreads small (serves 7-10 people) medium (serves 11-15 people) large (serves 16-20 people)



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) medium (serves 11-15 people) large (serves 16-20 people)

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)

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) medium (serves 11-15 people) large (serves 16-20 people)

hand carved flank steak platter red wine, olive oil, garlic 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) medium (serves 11-15 people) large (serves 16-20 people)

maple salmon side served with chive sour cream and sliced baguette (1 side per order)

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) medium (serves 11-15 people) large (serves 16-20 people)

L-eat

\$100

\$145

\$190

\$150

\$180

\$95

\$140

\$180

\$150

\$100

\$145

grazing boxes

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)

#### 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 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 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) 12" pizza box (serves 4-6 people)

pan pi

12" x 16", 12 slices

margherita – tomato sauce, mozzarella, basil al ferro –grilled vegetables, tomato sauce, mozzarella, herbs funghi – seared mixed mushrooms, fontina cheese, fresh thyme genova – genoa salami, green olives, pecorini, chili, tomato sauce classic – pepperoni, green peppers, mushrooms, mozzarella

pizza dough

pizza dough - raw (12" thin crust) pizza dough - par cooked (12" x 16" pan pizza) cauliflower dough, gluten free - frozen (12" thin crust)



\$85

\$65

\$25

\$30

\$30

\$30

\$28

\$2.50

\$7

pastas	

abaaaa filla	d tartallini iulianna af yagatabl		
individual 2-3 portion	d tortellini – julienne of vegetable pan erves 8–12 people)	es, pink souce	\$19.50 \$32 \$75
individual 2-3 portion	to agnolotti – sun-dried tomatoe pan erves 8–12 people)	s, pink sauce	\$21.50 \$35 \$85
individual 2-3 portion	vodka – pink sauce pan erves 8–12 people)		\$18.50 \$30 \$65
individual 2-3 portion	meatballs – beef and veal, toma pan erves 8–12 people)	to sugo	\$21.50 \$36 \$90
individual 2-3 portion	o – chicken, potato, sun-dried to pan erves 8–12 people)	matoes	\$21.50 \$36 \$90
individual 2-3 portion	gnese – rigatoni pan erves 8–12 people)		\$21.50 \$36
individual 2-3 portion	th turkey bolognese pan erves 8–12 people)		\$90 \$21.50 \$36
individual 2-3 portion	egan bolognese – penne pasta pan erves 8–12 people)		\$90 \$16 \$32
mac 'n' che individual 2-3 portion half pan (se	pan erves 8–12 people)	0	\$85 \$18 \$30 \$65
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lasagnas

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beef lasagna 2-3 portion pan half pan (serves 8-12 people)	\$23 \$75
turkey lasagna 2-3 portion pan	\$75 \$23
half pan (serves 8-12 people)	\$75
cheese lasagna 2-3 portion pan half pan (serves 8-12 people)	\$22 \$65
ricotta and spinach lasagna 2-3 portion pan	\$22
half pan (serves 8-12 people)	\$65
grilled vegetable lasagna 2-3 portion pan half pan (serves 8-12 people)	\$23
half pan (serves 8-12 people)	\$75
mushroom lasagna 2-3 portion pan	\$22
half pan (serves 8-12 people)	\$22 \$65
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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	
half pan (serves 8-12 people)	\$13
L-eat	\$45
CATERING	

sides cont'd

cauliflower fried "rice", carrots, celery, onion, mushrooms 2-3 portion pan half pan (serves 8-12 people)
maple glazed stem on carrots 2-3 portion pan half pan (serves 8-12 people)
french green beans, toasted almonds, evoo 2-3 portion pan half pan (serves 8-12 people)
rapini, garlic, evoo, lemon 2-3 portion pan half pan (serves 8-12 people)
broccoli, butter, sea salt 2-3 portion pan half pan (serves 8-12 people)
roasted brussels sprouts with apple cider braised shallots 2-3 portion pan half pan (serves 8-12 people)
broccoli, cauliflower, carrot and snow pea with olive oil and sea salt 2-3 portion pan half pan (serves 8-12 people)
grilled asparagus, evoo, lemon 2-3 portion pan half pan (serves 8-12 people)
grilled vegetables- portobello mushrooms, red and yellow peppers, sweet potato, zucchini, eggplant <i>extra small (serves 3-5 people)</i> <i>small (serves 7-10 people)</i> <i>medium (serves 11-15 people)</i> <i>large (serves 15-20 people)</i>
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)

Leat

\$15 \$65

\$12 \$45

\$60

\$50

\$12 \$45

\$12 \$45

\$15 \$45

\$15 \$60

\$36 \$60 \$85 \$110

\$75 \$110

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)	\$18
Ontario rack of lamb, dijon, rosemary ( rack – 7–8 bones)	\$75
falafels, tahini (6 pieces)	\$4.75

Leat

from our partry

lemon dressing (500 ml) honey rosemary (500ml) balsamic dressing (500 ml) Paese caesar dressing (500 ml) focaccia croutons (500 ml) grana padano parmesan (250 ml) Paese tomato basil sugo (11) Paese arrabiatta sugo (1 l) Paese rose sugo (11) Paese turkey bolognese sugo (11) Paese chickpea vegan bolognese sugo (1 l) Paese extra virgin olive oil (250 ml) house-made rosemary focaccia (half sheet) house-made rosemary focacia (quarter sheet) mixed olives, rosemary, citrus (500 ml) hummus (500 ml) baba ganoush (500 ml) white bean, mint hummus (500 ml) edamame hummus (500 ml) roasted red pepper feta (500 ml) curried chickpeas (1 L) rustichella d'abruzzo penne (bag) rustichella d'abruzzo rigatoni (bag) rustichella d'abruzzo spaghetti (bag) rustichella d'abruzzo fettucine (bag)



sweets

mini cookies (12 pieces) chocolate chunk dark chocolate chunk with sour cherry and maldon sea salt	\$10.25
white chocolate cranberry	
raw cookie dough (24 pieces)	\$20
squares - brownies, lemon 6 pieces 12 pieces	\$9 \$18
apple crumble 2-3 portion pan 1/2 pan	\$15 \$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 – savioradi, mascarpone, espresso, marsala (serves 1–2 people)	\$11
assorted sweet tray – mini tarts, squares, cookies small (20 pieces) large (40 pieces)	\$40 \$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

Leat

fruit fresh fruit salad with mint small (serves 7-10 people) medium (serves 11-15 people) large (serves 15-20 people) 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

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cape gooseberries, cube of honeydew, strawberry, blackberry and cube	\$36
cupe goosebernes, cube of noneydew, sindwberry, blackberry and cube	
of pineapple (12 pieces per order)	

L-eat

\$40

\$55