

EASY ORDER MENU

PICK UP +
DELIVERY
PREPARED FRESH
NOTICE REQUIRED

Leat
CATERING

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breakfast

granola parfaits (12 oz - minimum 6) yogourt, nut-free house-made granola, honey, berries	\$6
house-made granola with oats, pumpkin seeds (1 l mason jar) <i>available with nuts or nut-free</i>	\$14
baked blueberry french toast with whipped cream, maple syrup 2-3 portion pan 1/2 pan (serves 6-8 people)	\$20 \$50
quiche - cheese, mushroom and fontina, broccoli and brie, lorraine 4" (individual) 10" (serves 8-12 people)	\$8 \$50
frittata muffin (6 pieces) mushroom & fontina, broccoli & brie, lorraine	\$30
chocolate croissants (minimum order of 12) butter croissants (minimum order of 12)	\$28 \$28

upstream's house smoked salmon

2.5 lbs, 50-60 slices (1 side)	\$125
1 lb, 22-26 slices	\$55
1/2 lb, 11-13 slices	\$24
upstream's house smoked salmon- cocktail display crostini, bagel chips, deli style cream cheese and capers (2.5 lbs - 50-60 slices, serves 12-15 people)	\$175
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 12-15 people)	\$95 \$200

salads

caesar - house-made croutons, grana padano

<i>individual</i>	\$14
<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>	\$14
<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>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>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>	\$16
<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>	\$14
<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 julienne, balsamic dressing

<i>individual</i>	\$14
<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>small (serves 7-10 people)</i>	\$75
<i>medium (serves 11-15 people)</i>	\$110
<i>large (serves 16-20 people)</i>	\$140

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

<i>individual</i>	\$14.50
<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>	\$14
<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>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

minimum order of 6 per variety

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	\$15
grilled chicken breast with honey mustard and greens	\$14
lemon rosemary chicken with goat cheese spread, roasted red peppers and baby spinach	\$15
black forest ham with swiss cheese, dijon mustard and boston bibb lettuce	\$14
prosciutto with provolone, oven-dried tomatoes and arugula	\$16
medium rare roast beef with caramelized onions, horseradish aioli and mixed greens	\$15
smoked salmon with spinach, caper cream cheese, pickled fennel and red onion	\$15
fresh salmon salad with lemon aioli, English cucumber and baby spinach	\$14
white albacore tuna salad with lemon, mayo and greens	\$14.50
egg salad with mayo, dijon mustard and mixed greens	\$13
grilled vegetable with goat cheese, basil puree and greens	\$14
grilled portobello mushroom with bocconcini cheese and arugula	\$15
<i>mini wraps (8 pieces per order)</i>	\$18
<i>minimum order of 6 per variety</i>	

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

each platter contains 10 sandwiches (choose 3 varieties)

\$120

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

each platter contains 10 sandwiches (choose 3 varieties)

\$145

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)

\$15

buy 3 get 1 free soup promo

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

\$5

falafel

\$5

crispy tofu

\$5

hors d'oeuvres

shrimp (12 pieces per order)

shrimp cocktail, cocktail sauce	\$40
coconut breaded shrimp, honey jalapeno sauce	\$48
grilled shrimp, chipotle aioli	\$48

mini pizza (12 pieces per order)

margherita with tomato sauce, bocconcini, fresh basil	\$30
funghi with mixed mushroom, fontina, thyme	\$30
pera with roasted pear, goat cheese, thyme	\$30

malaysian spring rolls (12 pieces per order)

vegetable, plum dipping sauce	\$30
shrimp, ginger scallion plum sauce	\$42

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	\$55
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	\$28
chicken, rice noodles, vegetables, cilantro, bean sprouts	\$36
shrimp, rice noodles, vegetables, cilantro, bean sprouts	\$42

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)

\$50

medium (serves 11-15 people)

\$75

large (serves 16-20 people)

\$100

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)

\$75

medium (serves 11-15 people)

\$100

large (serves 16-20 people)

\$125

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)

\$50

medium (serves 11-15 people)

\$75

large (serves 16-20 people)

\$100

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)

\$150

medium (serves 11-15 people)

\$225

large (serves 16-20 people)

\$300

cheese display

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

small (serves 7-10 people)

\$80

medium (serves 11-15 people)

\$120

large (serves 16-20 people)

\$160

platters cont'd

artisanal cheese display	
triple crème brie, thunder oak gouda and chèvre, accompanied by strawberries, dried apricots, raincoast crisps and flatbreads	
<i>small (serves 7-10 people)</i>	\$125
<i>medium (serves 11-15 people)</i>	\$175
<i>large (serves 16-20 people)</i>	\$220
beef tenderloin platter	
peppercorn-crusted beef tenderloin, sliced	
served with mini ace bakery ciabatta buns, caramelized onions, horseradish and pommery mustard	
<i>small (serves 7-10 people)</i>	\$250
<i>medium (serves 11-15 people)</i>	\$350
<i>large (serves 16-20 people)</i>	\$450
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	
<i>small (serves 7-10 people)</i>	\$120
<i>medium (serves 11-15 people)</i>	\$160
<i>large (serves 16-20 people)</i>	\$195
maple salmon side	
served with chive sour cream and sliced baguette	\$175
<i>(1 side per order)</i>	
<i>* additional options for smoked salmon on page 1</i>	
antipasto platter	
sliced prosciutto, soppressata, genoa salami with chunks of grana padano, sliced provolone, citrus marinated olives and grilled rosemary focaccia	
<i>small (serves 7-10 people)</i>	\$120
<i>medium (serves 11-15 people)</i>	\$165
<i>large (serves 16-20 people)</i>	\$210

grazing boxes

antipasto box \$120
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 \$100
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 \$100
blanched asparagus, green beans, stem on baby carrots, red pepper, cherry tomatoes,
cucumber, celery, cauliflower, broccoli, white bean and mint dip, tomato basil
bruschetta, pickled artichokes, citrus marinated 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 \$75
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) \$3

pizza dough - par cooked (12" x 16" pan pizza) \$7

cauliflower dough, gluten free - frozen (12" thin crust) \$10

pastas

cheese filled tortellini - julienne of vegetables, pink sauce	
2-3 portion pan	\$35
half pan (serves 8-12 people)	\$75
sweet potato agnolotti - sun-dried tomatoes, pink sauce	
2-3 portion pan	\$38
half pan (serves 8-12 people)	\$85
penne a la vodka - pink sauce	
2-3 portion pan	\$32
half pan (serves 8-12 people)	\$65
penne and meatballs - beef and veal, tomato sugo	
2-3 portion pan	\$38
half pan (serves 8-12 people)	\$90
penne pesto - chicken, potato, sun-dried tomatoes	
2-3 portion pan	\$38
half pan (serves 8-12 people)	\$90
turkey bolognese - rigatoni	
2-3 portion pan	\$38
half pan (serves 8-12 people)	\$90
cavatelli with turkey bolognese	
2-3 portion pan	\$38
half pan (serves 8-12 people)	\$90
chickpea vegan bolognese - penne pasta	
2-3 portion pan	\$35
half pan (serves 8-12 people)	\$85
mac 'n' cheese	
2-3 portion pan	\$30
half pan (serves 8-12 people)	\$65

lasagnas

beef lasagna	
2-3 portion pan	\$32
half pan (serves 8-12 people)	\$75
turkey lasagna	
2-3 portion pan	\$32
half pan (serves 8-12 people)	\$75
cheese lasagna	
2-3 portion pan	\$30
half pan (serves 8-12 people)	\$65
ricotta and spinach lasagna	
2-3 portion pan	\$30
half pan (serves 8-12 people)	\$65
grilled vegetable lasagna	
2-3 portion pan	\$35
half pan (serves 8-12 people)	\$75
mushroom lasagna	
2-3 portion pan	\$35
half pan (serves 8-12 people)	\$75

sides

yukon gold and sweet potato wedges, sea salt and rosemary	
2-3 portion pan	\$16
half pan (serves 8-12 people)	\$40
mashed potatoes with roasted garlic	
2-3 portion pan	\$16
half pan (serves 8-12 people)	\$40
roasted baby potatoes, rosemary, sea salt	
2-3 portion pan	\$16
half pan (serves 8-12 people)	\$40
roasted root vegetables	
2-3 portion pan	\$16
half pan (serves 8-12 people)	\$45
salt roasted sweet potato mash	
2-3 portion pan	\$24
half pan (serves 8-12 people)	\$75
wild and brown rice pilaf, vegetable confetti	
2-3 portion pan	\$16
half pan (serves 8-12 people)	\$45

sides cont'd

cauliflower fried "rice", carrots, celery, onion, mushrooms 2-3 portion pan	\$22
half pan (serves 8-12 people)	\$60
maple glazed stem on carrots 2-3 portion pan	\$16
half pan (serves 8-12 people)	\$45
french green beans, toasted almonds, evoo 2-3 portion pan	\$22
half pan (serves 8-12 people)	\$65
rapini, garlic, evoo, lemon 2-3 portion pan	\$20
half pan (serves 8-12 people)	\$55
broccoli, butter, sea salt 2-3 portion pan	\$16
half pan (serves 8-12 people)	\$45
roasted brussels sprouts with apple cider braised shallots 2-3 portion pan	\$16
half pan (serves 8-12 people)	\$45
broccoli, cauliflower, carrot and snow pea with olive oil and sea salt 2-3 portion pan	\$16
half pan (serves 8-12 people)	\$45
grilled asparagus, evoo, lemon 2-3 portion pan	\$22
half pan (serves 8-12 people)	\$60
grilled vegetables- portobello mushrooms, red and yellow peppers, sweet potato, zucchini, eggplant small (serves 7-10 people)	\$65
medium (serves 11-15 people)	\$90
large (serves 15-20 people)	\$110
premium grilled vegetables- asparagus, portobello mushrooms, red and yellow peppers, sweet potato, zucchini, eggplant small (serves 7-10 people)	\$80
medium (serves 11-15 people)	\$115
large (serves 15-20 people)	\$140

mains

minimum order of 2 of each item

maple glazed salmon fillet (6 oz)	\$23
roasted miso glazed black cod (5.5 oz)	\$42
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	\$16
grilled chicken breast	\$12.50
roasted chicken breast supreme, lemon, rosemary	\$16.50
house-made panko crusted chicken fingers, plum sauce (4 pieces)	\$13.50
chicken schnitzel (1 breast)	\$14
chicken parmigiana (1 breast)	\$20
chicken scallopini - mushroom thyme or putanesca (3 pieces)	\$24
veal scallopini - mushroom thyme or putanesca (3 pieces)	\$25
veal parmigiana (2 pieces)	\$25
veal osso bucco (4 pieces, serves 3-4 people)	\$80
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
meat balls, tomato sugo (1.5", 12 pieces)	\$18.50
miami ribs (3 pieces)	\$20
Ontario rack of lamb, dijon, rosemary (rack - 7-8 bones)	\$110
falafels, tahini (6 pieces)	\$9
sheppard's pie - classic	\$22
sheppard's pie - turkey & sweet potato	\$22
sheppard's pie - vegan	\$20
eggplant parmigiana (3 rounds)	\$22

from our pantry

lemon dressing (500 ml)	\$15
honey rosemary (500ml)	\$16
balsamic dressing (500 ml)	\$16
Paese caesar dressing (500 ml)	\$18
focaccia croutons (500 ml)	\$5
grana padano parmesan (250 ml)	\$12
Paese tomato basil sugo (1 l)	\$15
Paese arrabiatta sugo (1 l)	\$16
Paese turkey bolognese sugo (1 l)	\$22
Paese chickpea vegan bolognese sugo (1 l)	\$20
Paese extra virgin olive oil (250 ml)	\$16
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)	\$14
white bean, mint hummus (500 ml)	\$14
edamame hummus (500 ml)	\$16
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

bakery

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

sweets

mini cookies (12 pieces) chocolate chunk dark chocolate chunk with sour cherry and maldon sea salt white chocolate cranberry	\$10.25
raw cookie dough (24 pieces)	\$20
squares - brownies, lemon 6 pieces 12 pieces	\$12 \$20
apple crumble 2-3 portion pan 1/2 pan	\$15 \$35
molten chocolate cake	\$9
individual apple crostata - open faced apple pie	\$9
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 individual (serves 1-2 people) half pan	\$15 \$65
assorted sweet tray - mini tarts, squares, cookies small (20 pieces) large (40 pieces)	\$60 \$90
pecan pie - 10"	\$38
apple pie - 10"	\$28

fruits

fresh fruit salad with mint small (serves 7-10 people) medium (serves 11-15 people) large (serves 15-20 people)	\$55 \$70 \$90
fresh fruit and berry platter golden pineapple, sliced watermelon, sliced honeydew, sliced cantaloupe, grapes, strawberries, blueberries, blackberries, cape gooseberries small (serves 7-10 people) medium (serves 11-15 people) large (serves 15-20 people)	\$55 \$80 \$125
fresh fruit and berry skewer cape gooseberries, cube of honeydew, strawberry, blackberry and cube of pineapple (12 pieces per order)	\$40