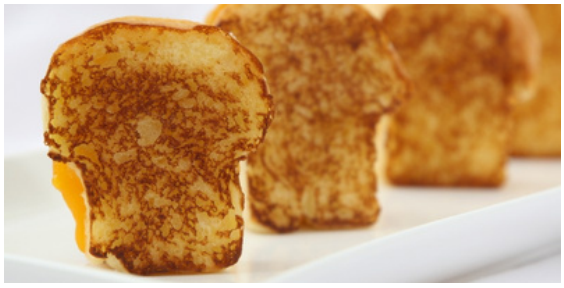
EASY ORDER MENU

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, house fruit preserves, berries	$7
house-made granola with oats, pumpkin seeds (1 L mason jar) *available with nuts or nut-free*	$16
baked blueberry french toast with whipped cream, maple syrup *2-3 portion pan* *1/2 pan (serves 6-8 people)*	 $20 $50
quiche - cheese OR mushroom and fontina OR lorraine *4" (individual)* *10" (serves 8-12 people)*	 $9 $75
frittata egg bites *(6 pieces)* zucchini basil and scamorza OR mushroom and fontina OR lorraine	$30
lemon blueberry scones (12 per order)	$36
chocolate croissants (12 per order)	$39
butter croissants (12 per order)	$36

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)	$105
large platter (2.5 lbs - 50-60 slices, serves 12-15 people)	$225

salads

caesar – house-made croutons, grana padano

small (serves 7-10 people)	$50
medium (serves 11-15 people)	$70
large (serves 16-20 people)	$90

***baby* kale caesar** – baby kale, house-made croutons, grana padano

small (serves 7-10 people)	$65
medium (serves 11-15 people)	$95
large (serves 16-20 people)	$120

grilled romaine – baby gem, lemon caper dressing, pecorino romano, crispy shallots

small (serves 7-10 people)	$75
medium (serves 11-15 people)	$110
large (serves 16-20 people)	$140

greek – romaine, cucumber, tomato, onion, kalamata olives, feta, lemon oregano dressing

small (serves 7-10 people)	$75
medium (serves 11-15 people)	$110
large (serves 16-20 people)	$140

cherry tomato bocconcini – yellow and red cherry tomatoes, bocconcini, fresh basil

small (serves 7-10 people)	$75
medium (serves 11-15 people)	$110
large (serves 16-20 people)	$140

field green – *spring mix*, cucumber, cherry tomatoes, carrot julienne, balsamic dressing

small (serves 7-10 people)	$50
medium (serves 11-15 people)	$70
large (serves 16-20 people)	$90

asian slaw – *cabbage*, bell pepper, edamame, pickled ginger, mango, sesame soy dressing

small (serves 7-10 people)	$65
medium (serves 11-15 people)	$95
large (serves 16-20 people)	$120

ontario strawberry – *baby spinach*, arugula, strawberry, goat cheese, candied pumpkin seeds, strawberry dressing

small (serves 7-10 people)	$75
medium (serves 11-15 people)	$110
large (serves 16-20 people)	$140

salads cont'd

green goddess – baby kale, broccoli, sugar snap peas, cucumber, mint, tarragon, parsley, radish, green goddess dressing

small (serves 7-10 people)	$75
medium (serves 11-15 people)	$110
large (serves 16-20 people)	$140

roasted pear – ontario spring mix, thyme roasted pear, goat cheese, candied pecans, honey rosemary dressing

small (serves 7-10 people)	$75
medium (serves 11-15 people)	$110
large (serves 16-20 people)	$140

bbr salad – boston bibb, belgian endive, radicchio, shaved fennel, orange, hazelnut, white balsamic dressing

small (serves 7-10 people)	$75
medium (serves 11-15 people)	$110
large (serves 16-20 people)	$140

lemon orzo – cucumber, tomato, fine herbs, feta, preserved lemon vinaigrette

small (serves 7-10 people)	$50
medium (serves 11-15 people)	$70
large (serves 16-20 people)	$90

farro – slow cooked farro, roasted cauliflower, rapini, rosemary, champagne vinaigrette

small (serves 7-10 people)	$65
medium (serves 11-15 people)	$95
large (serves 16-20 people)	$120

quinoa tabbouleh – quinoa, cherry tomatoes, pickled cucumber, mint, parsley, pickled turnip, tahini, crispy chickpeas, sumac dressing

small (serves 7-10 people)	$75
medium (serves 11-15 people)	$110
large (serves 16-20 people)	$140

sandwiches and wraps

minimum order of 6 per variety

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

egg salad – mayo, celery, chives, dijon, greens	$13
chicken salad – chopped chicken, dried cranberries, granny smith apple, red onion, lemon, greek yogurt, mayo, bibb lettuce	$14
all beef salami – swiss cheese, baby gem, pickles, dijon mayo	$14
jambon beurre – shaved smoked ham, swiss cheese, baby gem, pickles, dijon mayo	$14
roasted red pepper – marinated eggplant, lemon ricotta, pumpkin seed pesto (vegetarian)	$14
tuna salad – salsa verde tuna, lemon, arugula, mayo (dairy free)	$15
grilled chicken – peperonata, roasted garlic and rosemary aioli, baby kale	$15
shaved roast beef – horseradish and dijon mayo, sauerkraut, hearty greens (dairy free)	$15
grilled calabrese – spicy soppressata, coppa, pecorino romano, pickled red pepper, roasted eggplant	$15
vegan antipasto – grilled vegetables, olive tapenade, almonds, eggplant romesco (vegan)	$15
smoked turkey – black truffle mayo, cucumber, watercress, Ontario cheddar	$16
roast beef & gouda – smoked gouda, caramelized onion and thyme aioli, spring mix	$16
lox & cream cheese – smoked salmon, cream cheese, capers, cucumber, red onion	$16
caprese – oven dried roma tomato, buffalo mozzarella, basil, arugula, basil mayo (veg)	$16

mini wraps

minimum order of 6 per variety – 8 pieces per order — $18

chicken salad – dried cranberries, granny smith apples, red onion, lemon, greek yogurt, mayo, greens
roast beef – medium rare roast beef, caramelized onion, horseradish dijon mayo, greens
tuna salad – salsa verde tuna, mayo, lemon, arugula
lox and cream cheese – smoked salmon, caper herb cream cheese, cucumber, pickled red onion
egg salad – mayo, celery, chives, dijon mustard, greens
roasted red pepper – marinated eggplant, lemon ricotta, pumpkin seed pesto
vegan antipasto – grilled vegetables, olive tapenade, almonds, eggplant romesco

classic sandwich platter

each platter contains 12 sandwiches, sliced in 1/2's — $145

chicken salad – chopped chicken, dried cranberries, granny smith apple, red onion, lemon, greek yogurt, mayo, bibb lettuce

jambon beurre – shaved smoked ham, swiss cheese, baby gem, pickles, dijon mayo

tuna salad – salsa verde tuna, lemon, arugula, mayo (dairy free)

roasted red pepper – marinated eggplant, lemon ricotta, pumpkin seed pesto (vegetarian)

premium sandwich platter

each platter contains 12 sandwiches sliced in 1/2's — $160

smoked turkey – black truffle mayo, cucumber, watercress, Ontario cheddar

grilled calabrese – spicy soppressata, coppa, pecorino romano, pickled red pepper, roasted eggplant

shaved roast beef – horseradish and dijon mayo, sauerkraut, hearty greens (dairy free)

caprese – oven dried roma tomato, buffalo mozzarella, basil, arugula, basil mayo (vegetarian)

soups

(1 L mason jar)

minestrone – tomato broth, onion, carrot, celery, green bean, zucchini, kidney beans — $15

butternut squash – roasted squash, roasted garlic, onion, sage — $15

lemon & lentil – red lentils, garlic, turmeric, lemon, parsley — $15

tuscan white bean kale – cannellini beans, onion, tuscan kale, rosemary, lemon — $16

mixed mushroom – wild and tame mushrooms, roasted garlic, shallot, thyme, cream — $18

bowls

individual servings, minimum order of 6 per type — $17/bowl

bathurst street shawarma bowl
golden rice, chickpeas, romaine, cucumber, cherry tomatoes, pickled turnip, eggplant, tahini, crispy chickpea, sumac vinaigrette (GF/DF)

little tokyo togarashi bowl
brown rice, napa cabbage, edamame, red pepper, carrot, pickled ginger, wakame, scallion, sesame seeds, wonton crisps, togarashi dressing (DF)

kensington burrito bowl
brown rice, romaine, black bean, corn, cherry tomatoes, pickled jalapeno, red onion, guacamole, cheddar, cilantro, tortilla crisps, cilantro lime vinaigrette (GF)

danforth greek bowl
brown rice, romaine, cucumber, tomato, red onion, kalamata olives, feta, oregano vinaigrette (GF)

little ethiopia berbere bowl
coconut rice, spinach, black beans, berbere spiced cauliflower, squash, pickled red onion, toasted coconut, cilantro (DF/GF)

india bazaar chaat bowl
basmati rice, romaine, chana masala chickpeas, roasted cauliflower, cachumber salad, yogurt sauce, green chutney, tamarind chutney, pomegranate, cilantro, boondi crisps (GF)

little jamaica jerk bowl
rice and peas, romaine, jerk roasted yam, plantain, pickled cabbage, tropical salsa, cilantro, mango vinaigrette (GF/DF)

add-ons 4oz / portion

flat iron steak	$9
grilled shrimp	$8
roasted salmon	$7
grilled chicken	$6
falafel	$5
crispy tofu	$5

hors d'oeuvres

shrimp *(12 pieces per order)*

shrimp cocktail - traditional cocktail sauce (GF/DF)	$60
coconut breaded shrimp - honey jalapeno sauce (DF)	$60
grilled shrimp - chipotle aioli (GF/DF)	$60
spanish shrimp - smoked paprika aioli, lettuce cup (GF/DF)	$60

vietnamese salad rolls *(12 pieces per order)*

mango - rice noodles, vegetable, cilantro, bean sprouts, miso sesame sauce (GF/VEGAN)	$48
chicken - rice noodles, vegetable, cilantro, bean sprouts, sweet chili sauce (GF/DF)	$48
shrimp - rice noodles, vegetable, cilantro, bean sprouts, peanut sauce (GF/DF)	$54
duck - rice noodles, vegetable, cilantro, bean sprouts, orange hoisin sauce (DF)	$54

bamboo skewers *(12 pieces per order)*

chicken - lemon, rosemary, lemon aioli (GF/DF)	$54
beef ribbon - grilled flank steak, hoisin glaze, cashews (DF)	$60
pintxo chorizo - iberico chorizo, manchego, shishito pepper	$54
tuna - sesame crust, wasabi lime aioli (GF/DF)	$60
caprese - cherry tomato, cherry bocconcini, basil (GF/VEG)	$48

pinxto bites *(12 pieces per order)*

caponata siciliana - sweet and sour stewed eggplant, polenta, oregano (GF/VEGAN)	$54
mushroom pinxto - wild & tame mushroom, arugula pistou, sunflower seeds, polenta (GF/VEGAN)	$54
pear tartlette - honey roasted pear, goat cheese, thyme, black tart shell (VEG)	$54
fig and brie tartlette - whipped triple cream brie, fig conserva, basil, tart shell (VEG)	$54

malaysian spring rolls *(12 pieces per order)*

vegetarian - plum dipping sauce (DF)	$48
shrimp - ginger scallion plum sauce (DF)	$54

mini grilled cheese *(12 pieces per order)*

classic - orange cheddar, mini brioche loaf (VEG)	$48
caramelized onion - aged white cheddar, caramelized onions, mini brioche loaf (VEG)	$54
strawberry - triple cream brie, strawberry preserve, mini brioche loaf (VEG)	$54

signature handhelds *(12 pieces per order)* ***requires some assembly***

classic mini burger - chuck, aged cheddar, cornichon, marie rose sauce, bibb, brioche bun	$54
top shelf mini burger - chuck, gruyere, sauteed mushrooms + onions, truffle aioli, bibb, brioche bun	$60
mini lobster roll - brioche bun, shredded lettuce, old bay dressing	$84

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

braised beef arancini - red wine braised beef, pomodoro aioli	$60
mushroom arancini - truffle, fontina, lemon aioli (VEG)	$54
cacio e pepe arancini - pecorino, black pepper, parsley crema (VEG)	$54

platters

dipping display (veg)
a trio of house-made dips: roasted red pepper and feta, white bean mint dip and sweet potato hummus
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 (vegan)
fresh garden vegetable crudites served with two dips: hummus, babaganoush

small (serves 7-10 people)	
medium (serves 11-15 people)	$75
large (serves 16-20 people)	$100
	$125

mediterranean mezze platter (veg)
marinated olives, falafel, dolmades, grilled and marinated vegetables, sheeps milk feta, guindilla peppers, hummus, babaganoush, cucumber, radish, grapes, za'atar flatbreads, fresh pita

small (serves 7-10 people)	$125
medium (serves 11-15 people)	$200
large (serves 16-20 people)	$275

aperitivo platter
chef's selection of sliced salumi and Italian cheeses, pickled and marinated vegetables, citrus marinated olives, guindilla peppers, house made fruit preserves, grilled rosemary focaccia, crostini, flatbreads

small (serves 7-10 people)	$150
medium (serves 11-15 people)	$225
large (serves 16-20 people)	$300

artisanal cheese platter (veg)
selection of artisanal local and imported cheeses, citrus marinated olives, house made fruit preserves, fresh and dried fruit, crisps and flatbreads

small (serves 7-10 people)	$160
medium (serves 11-15 people)	$220
large (serves 16-20 people)	$280

platters cont'd

beef tenderloin platter

peppercorn-crusted beef tenderloin, sliced
mini ciabatta buns, caramelized onions, horseradish, dijon mustard

small (serves 7-10 people)	$250
medium (serves 11-15 people)	$370
large (serves 16-20 people)	$490

hand carved flank steak platter

red wine grilled, sliced
mini ciabatta buns, caramelized onions, horseradish, dijon mustard

small (serves 7-10 people)	$160
medium (serves 11-15 people)	$240
large (serves 16-20 people)	$320

bagels & schmears

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

small (serves 7-10 people)	$150
medium (serves 11-15 people)	$225
large (serves 16-20 people)	$300

** additional options for smoked salmon on page 1*

pan pizzas

12" x 16", 12 slices

margherita – tomato sauce, mozzarella, basil	$25
al ferro – grilled vegetables, tomato sauce, mozzarella, herbs	$30
funghi – roasted wild and tame mushrooms, fontina cheese, fresh thyme	$30
genova – genoa salami, green olives, pecorino, chili, tomato sauce	$30
classic – pepperoni, green peppers, mushrooms, mozzarella	$28

pizza dough

Paese pizza dough – raw (12" thin crust)	$4
Paese pizza dough – par cooked (12" x 16" pan pizza)	$8
Paese cauliflower pizza dough – par cooked, gluten free, frozen (12" thin crust)	$12

pastas

ricotta agnolotti – tomato sauce
2-3 portion pan $27
half pan (serves 8-12 people) $81

ricotta agnolotti – rosé cream sauce
2-3 portion pan $27
half pan (serves 8-12 people) $81

penne and rosé sauce – rosé cream sauce
2-3 portion pan $24
half pan (serves 8-12 people) $72

penne and meatballs – beef and veal meatballs, tomato sugo
2-3 portion pan $27
half pan (serves 8-12 people) $81

cavatelli and turkey bolognese – turkey sugo
2-3 portion pan $24
half pan (serves 8-12 people) $72

cavatelli and vegan bolognese – chickpea vegan bolognese
2 portion pan $24
half pan (serves 8-12 people) $72

cavatappi mac 'n' cheese – herb bread crumb topping
2 portion pan $24
half pan (serves 8-12 people) $72

lasagnas

ricotta and spinach lasagna – tomato sauce, ricotta, spinach, lemon zest, mozzarella, parmesan

2 portion pan	$27
half pan (serves 8-12 people)	$81

beef lasagna – beef ragu, sofrito, tomato sauce, mozzarella, parmesan

2 portion pan	$27
half pan (serves 8-12 people)	$81

turkey lasagna – turkey ragu, sofrito, tomato sauce, mozzarella, parmesan

2 portion pan	$27
half pan (serves 8-12 people)	$81

grilled vegetable lasagna – peppers, eggplant, zucchini, tomato sauce, mozzarella, parmesan

2 portion pan	$27
half pan (serves 8-12 people)	$81

sides

mashed potatoes – roasted garlic, chives

2-3 portion pan	$16
half pan (serves 8-12 people)	$40

salt roasted sweet potato mash

2-3 portion pan	$22
half pan (serves 8-12 people)	$60

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	$22
half pan (serves 8-12 people)	$60

ancient grain rice pilaf – vegetable confetti

2-3 portion pan	$20
half pan (serves 8-12 people)	$50

moroccan spiced carrots – cumin, aleppo, citrus, mint, parsley

2-3 portion pan	$22
half pan (serves 8-12 people)	$55

sides cont'd

french green beans - toasted almonds, evoo

2-3 portion pan	$24
half pan (serves 8-12 people)	$65

rapini - garlic, evoo, lemon

2-3 portion pan	$22
half pan (serves 8-12 people)	$60

roasted brussels sprouts - apricot and cardamom, pickled chilies

2-3 portion pan	$18
half pan (serves 8-12 people)	$45

mixed steamed vegetables - broccoli, cauliflower, carrot, snow pea, evoo, sea salt

2-3 portion pan	$18
half pan (serves 8-12 people)	$45

grilled asparagus - evoo, lemon (only available in season May - Aug.)

2-3 portion pan	$24
half pan (serves 8-12 people)	$65

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

top shelf grilled vegetables - portobello mushrooms, red and yellow peppers, sweet potato, zucchini, eggplant, broccolini, fennel

small (serves 7-10 people)	$85
medium (serves 11-15 people)	$120
large (serves 15-20 people)	$140

mains

maple glazed salmon
small (2 portions) $46
large (6 portions) $138

roasted miso glazed black cod
small (2 portions) $84
large (6 portions) $252

whole branzino - stuffed with lemon and thyme, gremolata sauce
small (2 portions) $64
large (6 portions) $192

tuscan roasted chicken - lemon and rosemary, natural jus
whole chicken (2-4 portions) $32

spatchcock chicken - paprika and garlic rub, natural jus, lemon, pickled onions
whole chicken (2-4 portions) $49

roasted chicken supreme - lemon and rosemary, natural jus
small (2 portions) $40
large (6 portions) $120

chicken fingers - panko crust, plum sauce
small (8 pieces) $27
large (20 pieces) $67

chicken schnitzel
small (2 portions) $30
large (6 portions) $90

chicken parmigiana
small (2 portions) $30
large (6 portions) $90

chicken scallopini - mushroom thyme or puttanesca
small (2 portions) $50
large (6 portions) $150

veal scallopini - mushroom thyme or puttanesca
small (2 portions) $54
large (6 portions) $162

mains cont'd

veal parmigiana
small (2 portions) $54
large (6 portions) $162

grilled veal chop - wild mushroom and truffle veal jus
small (2 portions) $84
large (6 portions) $252

aaa grilled beef tenderloin - red wine jus
small (2 portions) $84
large (6 portions) $252

beef short rib - rosemary jus
small (2 portions) $68
large (6 portions) $204

beef and veal meatballs - tomato sugo (1.5")
small (12 pieces) $23
large (36 pieces) $69

ontario rack of lamb - dijon, rosemary
rack (7-8 bones) $125

falafel - tahini, pickled turnips
small (12 pieces) $19
large (24 pieces) $38

cottage pie - mashed potato
small (2 portions) $22
large (6 portions) $66

turkey shepherd's pie - sweet potato
small (2 portions) $22
large (6 portions) $66

vegan shepherd's pie - mashed potato
small (2 portions) $20
large (6 portions) $60

eggplant parmigiana
small (2 portions) $24
large (6 portions) $72

from our pantry

preserved lemon dressing (500 ml)	$15
honey rosemary dressing (500 ml)	$16
Paese caesar dressing (500 ml)	$18
mixed olives, rosemary, citrus (500 ml)	$14
focaccia croutons (500 ml)	$5
house-made rosemary focaccia (quarter sheet) - 24 hours notice required	$8
house-made rosemary focaccia (half sheet) - 24 hours notice required	$15

paese sugos and sauces

Paese tomato basil sauce (1 L)	$15
Paese beef bolognese sugo (1 L)	$24
Paese turkey bolognese sugo (1 L)	$22
Paese vegan chickpea bolognese sugo (1 L)	$20

snacks on the go

caramel popcorn (1 L mason jar)	$12
trail mix (500 ml mason jar)	$12
chocolate granola clusters (500 ml mason jar)	$12

sweets *may contain nuts*

mini cookies (2" - 12 pieces)	
chocolate chunk	$12
dark chocolate chunk, sour cherry, maldon sea salt	$12
chocolate crinkle	$12
amaretti (GF/DF)	$12
snickerdoodle (GF/vegan)	$12
raw mini cookie dough - ready to bake (2" - 24 pieces)	
chocolate chunk	$20
dark chocolate chunk, sour cherry, maldon sea salt	$20
chocolate crinkle	$20
snickerdoodle (GF/vegan)	$20
squares - brownies or lemon	
6 pieces	$12
12 pieces	$23
assorted sweet tray - mini tarts, squares, cookies	
small (20 pieces)	$60
large (40 pieces)	$90
apple crumble	
2-3 portion pan	$15
half pan (serves 8-12 people)	$35
tiramisu - savoiardi, mascarpone, espresso, marsala	
individual	$9
small (serves 2-3 people)	$20
individual tarts (3")	
peanut butter ganache, chocolate cream, peanuts	$8
lemon curd, meringue	$8
sour cherry, frangipane, almond	$8
pecan pie - 10" (48 hours notice required)	$38
apple crumble pie - 10" (48 hours notice required)	$28
coffee cake loaves	
banana streusel	$12
lemon poppy	$12
mixed berry	$14

fruits

fresh fruit salad – mint

small (serves 7-10 people)	$55
medium (serves 11-15 people)	$80
large (serves 16-20 people)	$100

fresh fruit and berry platter – seasonal assortment of fresh fruit and berries (selections may include but are not limited to: pineapple, watermelon, honeydew, cantaloupe, grapes, strawberries, blueberries, blackberries, raspberries, cape gooseberries, dragonfruit)

small (serves 7-10 people)	$60
medium (serves 11-15 people)	$90
large (serves 16-20 people)	$125

fresh fruit and berry skewers – cape gooseberries, honeydew, strawberry, blackberry, pineapple

12 pieces per order	$54