



## BUSINESS MENUS

# BUSINESS MENUS

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# HEARTY CATERING EMPHASIZES ORGANIC, FAIR TRADE, AND LOCAL INGREDIENTS

WE OFFER MANY GLUTEN/WHEAT-FREE, NUT-FREE, PEANUT-FREE, VEGAN, AND EXCLUSIVELY LOCAL OPTIONS AS WELL AS SUSTAINABLE MEATS AND SEAFOODS.

## BUSINESS CATERING

Share your commitment to wellness, environmental stewardship and delicious cuisine with your colleagues through Hearty Catering's catering service.

We offer a wide variety of healthful, tasty meals that will reflect your company's values.

We can accommodate special dietary needs of all kinds at no extra cost without sacrificing flavour.

From brisk lunch meetings to AGMs, Hearty Catering has your business catering needs covered.

## OUR APPROACH

Hearty Catering has been "green" from the beginning; our use of locally grown and organic food is a major component in creating our delicious cuisine.

We are proud to feature the wholesome bounty of local farmers and producers in all our menus. By doing so, we have proven that delicious flavours and good nutrition result from a commitment to supporting local producers and a sustainable food chain.

We have always used non-toxic cleaning, recycling and energy conservation measures in our kitchen.

These, along with other practices, are an integral part of Hearty Catering's philosophy of environmental stewardship.

We recommend and provide rental of china, cutlery and glassware upon request.

We offer biodegradable and compostable plates, cups and utensils at a nominal fee for informal gatherings.

Thank you for the opportunity to provide you with our sample menus.

Sincerely,

Evelyne Gharibian, Chef & Catering Director

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## OUR CLIENTS AND SERVICE

Hearty Catering has been providing socially conscious businesses, film crews, non-profit organizations and schools with organic, seasonal and local meals since 2005. We offer an extensive array of vegan, vegetarian and raw selections, gluten-free options, along with sustainable fish and seafood, organic and/or free-range meat and poultry.

### EVENT PLANNING AND SERVICE

We will work with you to seamlessly execute your event and assist in all aspects of event planning.

### PRICING AND DELIVERY

Due to fluctuations in produce availability and prices, some ingredients may be subject to substitution and/or price increase

All prices are subject to applicable taxes

Delivery charge of \$30 applies to all orders in GTA and includes pick-up of service items

Outside GTA, please inquire

Prices are in effect until service date September, 2019

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# BREAKFAST MENUS

- 01. BREAKFAST MEETING LIGHT
- 02. BREAKFAST MEETING HEARTY
- 03. CONTINENTAL BREAKFAST
- 04. HOT & HEARTY BREAKFAST FRITTATA/ OMELET

## 01. BREAKFAST MEETING LIGHT

Minimum 12 people

- **Buttery croissants & gluten-free muffins served with organic fruit preserves**
- **Organic fair trade coffee and organic teas**
- **Juices - orange or organic sweet apple cider**
- **Carafe of spring or filtered water**

\$9 per person

**ADD seasonal fresh fruit platter**

\$4.95 per person

## 02. BREAKFAST MEETING HEARTY

Minimum 12 people

- **Freshly baked bagels or baguette, sliced and served with a selection of cream cheese, feta cheese, and organic fruit preserves**
  - **Organic fair trade coffee and organic teas**
  - **Seasonal fresh fruit platter included**
- \$10 per person

**ADD smoked salmon sliced and garnished with lemon & sprouts**

\$16.95 per person

## 03. CONTINENTAL BREAKFAST

Minimum 12 people

- **Homemade granola & organic yogurt**
- **Fresh fruit bowl/plate**
- **Selection of muffins or sweet loaf slices -gluten-free available**
- **(including pumpkin spelt, zucchini-date spelt, chocolate chip, lemon-poppy seed, wild blueberry, and/or local or organic strawberry)**
- **Organic fair trade coffee and organic tea**
- **Carafe of spring or filtered water**

\$14 per person

## 04. HOT & HEARTY BREAKFAST

FRITTATA/OMELET

Minimum 12 people

- **Frittata OR omelet OR scrambled eggs**
- **Oven-baked hash brown potatoes**
- **Whole grain toast OR baguette OR bagels served with a selection of cream cheese, feta cheese, butter and organic fruit preserves**
- **Organic fair trade coffee and organic teas**

\$15.75 per person

**ADD the following to any of our Breakfasts:**

**Organic yogurt and crunchy homemade granola**

\$4.75 per person

**Organic fair trade coffee and tea**

\$2.65 per person

**Orange juice**

\$2.65 per person

**Local Bacon**

\$2.50 per person

**Breakfast Pasty Platter**

\$3.25 per person

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# BREAK MENUS

- 01. HEARTY PREMIUM BREAK
- 02. HEARTY SIMPLICITY BREAK

## 01. HEARTY PREMIUM BREAK

Minimum 12 people

- Variety of cookies or muffins – gluten-free available (including cranberry, chocolate chip, sunflower seed, pumpkin and/or wild blueberry)
- Organic fair trade coffee and organic teas
- Pitcher of orange juice and/or local & organic sweet apple cider

OR

- Selection of natural sodas and organic spritzers
- Carafe of spring or filtered water

\$7.50 per person

## 02. HEARTY SIMPLICITY BREAK

Minimum 12 people

- Variety of cookies or muffins gluten-free available: (including cranberry; chocolate chip; sunflower seed; pumpkin and/or Wild blueberry)
- Organic fair trade coffee and organic teas

\$5.25 per person

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# LUNCH OR DINNER MEAL MENUS

- 01. HEARTY VEGETARIAN PASTA
- 02. HEARTY BEEF PASTA
- 03. WHOLESOME QUICHE & SALAD MEAL
- 04. GLUTEN-FREE SHEPHERD'S PIE
- 05. GLUTEN-FREE VEGAN CURRY
- 06. GLUTEN-FREE FREE-RANGE CHICKEN CURRY
- 07. HEARTY SANDWICHES/WRAPS
  - A) HEARTY SANDWICH TRAY
  - B) PREMIUM HEARTY SANDWICH TRAY
- 08. HEARTY ROASTED CHICKEN MEALS
- 09. BURRITO OR TACO SALAD
- 10. SALAD AND SOUP SELECTIONS

## 01. HEARTY VEGETARIAN PASTA Minimum 12 people

Gluten-free brown rice pasta available served with 1 of the following sauces:

- Bechemel sauce (vegetarian, milk based)
- Roasted vegetables in our Homemade Hearty Catering Tomato Sauce (Vegan)
- Baked vegan or vegetarian lasagna
  
- Cheese on the side
- 2 Salads of your choice

\$18.15 per person

## 02. HEARTY BEEF PASTA Minimum 12 people

Gluten-free brown rice pasta available

served with your CHOICE OF:

- Bolognese sauce (hormone/antibiotic-free, free-range beef)

OR

- Beef lasagna prepared with our Homemade Hearty Catering Tomato Sauce Mozzarella and Old Cheddar
- Cheese on the side
- 2 Salads of your choice

\$21.45 per person

## 03. WHOLESOME QUICHE & SALAD MEAL

Minimum 12 people

- Cherry tomato, asparagus/broccoli, roasted red pepper and Himalayan sea salt quiche with either spelt or gluten-free tart

OR

- One of our seasonal quiches with either spelt or gluten-free tart

OR

- Vegan Market Quiche with either spelt or gluten-free tart shell
- 2 salads of your choice

\$17.50 per person

OR

ADD smoked salmon in quiche

\$21.45 per person

## 04. GLUTEN-FREE SHEPHERD'S PIE

Minimum 9 servings

- Free-range beef shepherd's pie

OR

- Quinoa-lentil-vegetable shepherd's pie (vegan) served with our Homemade Hearty Catering Herbed Tamari Vegan Gravy

- 2 salads of your choice

\$17.50 per person (vegan)

\$20.50 per person (beef)

## 05. GLUTEN-FREE VEGAN CURRY

Minimum 12 people

- Cauliflower, cumin, cardamom & coconut milk curry and Moroccan chickpea stew

OR

- Yellow split pea and lentil and tofu dahl  
OR vegetable Thai curry

Selection comes with:

- Brown or white basmati rice
- Salad of your choice

\$17.50 per person

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## 06. GLUTEN-FREE CHICKEN CURRY

Minimum 12 people

- Free-range chicken & seasonal vegetable curry dahl **OR** Thai Free-range chicken curry

Selection comes with:

- Brown or white basmati rice
- Salad of your choice

\$18.50 per person

## 07. SANDWICHES AND WRAPS

### A. Hearty Sandwiches and Wraps

Minimum 10 people

Variety of sandwiches or wraps (also available on gluten-free tortilla)

CHOOSE 3:

- Free-range chicken
- Tuna salad
- Organic egg salad
- Havarti cheese
- Grilled tofu
- Avocado-cucumber-pepper
- Simply roasted vegetables

All sandwiches/wraps feature grilled & raw vegetables & hummus; Tuscan white bean dip; olive tapenade; sundried tomato tapenade; or balsamic fig & date mustard aioli

Sandwich/wrap tray:  
\$10 per person

Sandwich/wrap tray + 1 salad OR soup:  
\$14.25 per person

Sandwich/wrap tray + 1 salad + 1 soup:  
\$16.75 per person

Sandwich/wrap tray + 2 salads:  
\$16.50 per person

### B. Premium Hearty Sandwiches and Wraps

Minimum 10 people

Variety of sandwiches or wraps (also available on gluten-free tortilla)

CHOOSE 3:

- Smoked salmon & brie
- Rain Coast brand Tuna salad
- Free-range roast beef
- Free-range chicken
- Avocado-cucumber-pepper
- Goat cheese, roasted red pepper & spinach
- Organic egg salad

All sandwiches/wraps feature grilled & raw vegetables & hummus; Tuscan white bean dip; olive tapenade; sundried tomato tapenade; or balsamic fig & date mustard aioli

Premium Sandwich/wrap tray:  
\$11.50 per person

Sandwich/wrap tray + 1 salad OR soup:  
\$15.50 per person

Sandwich/wrap tray + 1 salad + 1 soup:  
\$18.25 per person

Sandwich/wrap tray + 2 salads:  
\$18 per person

For soup & salad selections:  
please click here.

All sandwich trays are garnished with sprouts & shoots, or carefully cut heirloom carrots & cherry tomatoes

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## 08. HEARTY ROASTED CHICKEN MEAL

Minimum 12 people

Oven-roasted free-range chicken topped with sweet peppers, red onion & sundried tomato pesto

OR

Oven-roasted free-range chicken basted in our homemade Hearty Catering Tamari Sauce

With seasonal vegetables OR basmati rice

Salad of your choice

\$21.25 per person

## 09. BUILD-YOUR-OWN TACO SALAD & BURRITO

Minimum 15 people

\*Available vegan or vegetarian

- A bountiful display of Mexican-inspired ingredients ready for “Build-Your-Own” taco salad or burrito

Selected ingredients include:

- Fiesta-seasoned brown basmati rice, black beans and free-range chicken lettuce, salsa, our homemade Hearty Catering hot sauce, chipotle mayo, avocado sauce, shredded cheese, soft tortilla wraps

\$17.15 per person

## 10. SALAD AND SOUP SELECTIONS

Salad Selections

- Kale & red cabbage salad
- Quinoa-broccoli-cranberry salad
- Carrot & beetroot slaw
- Spinach salad with pear/apple & toasted, mapled pumpkin seeds
- Potato salad (extra virgin olive oil or aioli base)
- French lentil salad
- Brown rice pasta salad (with/without feta

cheese & Kalamata olives)

- Oven-roasted beetroot with fresh herbs
- Quinoa tabbouleh
- Asian-style slaw (spicy available)
- Sweet potato noodle salad
- Caesar salad with our homemade croutons & dressing (vegan available)
- Mixed greens salad of the day; served with apple cider or balsamic vinaigrette
- Purple, green & yellow string bean salad with Niagara wine vinaigrette (seasonally available)
- Summer tomato & cucumber salad with fresh herbs (seasonally available)

All salads are garnished with local & organic sprouts & shoots, or carefully cut heirloom carrots and cherry tomatoes

Soup Selections

- Curried sweet potato with fresh ginger and curry leaves
- Lentil vegetable
- Mung bean (chicken OR vegan) with coconut milk and lemongrass
- Moroccan chickpea
- Cream of broccoli and spinach (vegan available)
- Slow-cooked root vegetable
- Butternut squash
- Butternut squash and red lentil

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# LARGE GROUP SPECIALS

01. SHEPHERD'S PIE FOR 150+ GUESTS  
02. HEARTY PASTA FOR 150+ GUESTS  
03. SOUP AND SALAD FOR 150+ GUESTS

## 01. SHEPHERD'S PIE FOR 150+ GUESTS

### Shepherd's Pie

- 50% beef / 50% vegan / All gluten-free
- Served with our Hearty Catering Homemade Herbed Tamari Gravy (gluten-free)

### Salad

- Green salad of the day
- Carrot & beet slaw

### Dessert

Please choose 2 of the following:

- Fruit kabob
- Apple crisp
- Freshly-baked Hearty coconut-oatmeal cookies

\$17.50 per person

## 02. HEARTY PASTA FOR 150+ GUESTS

### Pasta

Gluten-free brown rice pasta with 3 sauces:

- a) Tomato, olives & roasted seasonal vegetable sauce (vegan)
- b) Bechemel sauce (vegetarian, milk base)
- c) Bolognaise sauce (free-range beef)

### Salad

- Green salad of the day

### Dessert

Please choose 2 of the following:

- Fruit kabob
- Apple crisp
- Freshly-baked Hearty coconut-oatmeal cookies

\$17 per person

## 03. SOUP & SALAD FOR 150+ GUESTS SOUP

### Soup

Please choose 3 soups from the following:

- Lentil vegetable
- Moroccan chickpea
- Mung bean (chicken OR vegan) with coconut milk and lemongrass
- Curried sweet potato with fresh ginger and curry leaves
- Slow-cooked roasted vegetable and meat (Glencolton Farm naturally-smoked organic meat)

### Salad

Please choose 3 salads from the following:

- Kale & red cabbage salad
- Carrot & beetroot slaw
- Quinoa-broccoli-cranberry salad
- Spinach salad with pear/apple & toasted, mapled pumpkin seeds
- French lentil salad
- Chickpea vegetable salad
- Gluten-free brown rice pasta salad (with/without feta cheese and Kalamata olives)
- Sweet potato noodle salad
- Mixed green salad with sprouts

### Dessert

Please choose 2 of the following:

- Fruit kabob
- Apple crisp
- Freshly-baked Hearty coconut-oatmeal cookies

\$17.50 per person

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# BOXED LUNCHES

- 01. GREEN LUNCH BREAK
- 02. POWER LUNCH BOX
- 03. HEARTY SALAD COMBINATION

## 01. GREEN LUNCH BREAK

Minimum of 5 servings per variety

- Mixed tender green salad dressed with apple cider vinaigrette topped with your choice of protein and sauce

### Protein

- Seasoned and seared organic tofu
- Sliced free-range chicken breast
- Wild salmon
- Oceanwise Ontario white fish/lake trout

### Sauces

- House made smokey/sweet barbecue sauce
- Fresh lemon juice, extra virgin olive oil and fresh herbs
- Thai coconut curry

Tofu: \$11 per person

Free-range chicken: \$13.25 per person

Wild Salmon: \$16.50 per person

Lake Trout: \$16.50 per person

## 02. POWER KALE LUNCH BOX

Minimum of 5 servings per variety

Robust kale, carrot and red cabbage salad dressed with apple cider vinaigrette topped with your choice of protein and sauce

### Protein

- Seasoned and seared organic tofu
- Sliced free-range chicken breast
- Wild salmon
- Oceanwise Ontario white fish/lake trout

### Sauces

- House made smokey/sweet barbecue sauce
- Fresh lemon juice, extra virgin olive oil and fresh herbs
- Thai coconut curry

Tofu: \$11 per person

Free-range chicken: \$13.25 per person

Wild Salmon: \$16.50 per person

Lake Trout or White Fish: \$16.50 per person

## 03. HEARTY SALAD COMBINATION

Minimum 10 people

Minimum 5 servings of add ons

Choose 3 varieties of salad to brighten the lunch hour. Add protein for extra punch

- Kale & red cabbage salad
- Carrot & beetroot slaw
- Quinoa-broccoli-cranberry salad
- Spinach salad with pear/apple & toasted, mapled pumpkin seeds
- French lentil salad
- Brown rice pasta salad (with/without feta cheese & Kalamata olives)
- Quinoa tabbouleh
- Sweet potato noodle salad with sesame oil & citrus dressing
- Caesar salad with our homemade croutons & dressing (vegan)
- Mixed greens salad of the day; served with apple cider or balsamic vinaigrette
- Purple, green & yellow string bean salad with Niagara wine vinaigrette (seasonally available)

\$12 per person

Braised Tofu: +\$2.50

Free-range chicken: +\$3.75

Wild Salmon: +\$4.50

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## SWEET & SAVORY ENDINGS

Our desserts are prepared using organic eggs and whole grain flour

We have many vegan and wheat/gluten-free baked goods available

**Seasonal fruit platter:**  
\$4.95 per person

**Cookies:**  
A variety of freshly baked Hearty coconut-oatmeal cookies:  
\$2.50 each

**A variety of gluten-free biscotti:**  
Lavender; Lemon-poppy; Chocolate  
\$2.85 each

**Scones:**  
Wild blueberry; Chocolate chip; Organic strawberry; Cranberry; Old cheddar & green onion  
\$3.85 each

**Loaves:**  
A variety of freshly-baked sweet loaves - sliced:

Lemon-poppy seed (GF);  
Double chocolate (GF);  
Pumpkin (spelt)  
\$2.85 per slice

**Muffins:**  
Gluten-free vegan muffins:  
Wild blueberry; Mango-coconut; Chocolate chip; Double chocolate; Cranberry; Organic strawberry; carrot-spice  
\$2.85 each

**Spelt flour base muffins:**  
Carrot; Carrot-chocolate chip; Pumpkin  
\$2.85 each

**Gluten-free sugar-free muffins:**  
Zucchini date agave sweetened muffins \$2.85 each

**Cakes and Squares:**  
Gluten-free brownie:  
\$3.85 each

**Gluten-free vegan mini-cupcakes with an icing swirl** (avail. by 1/2 dozen)  
\$2.25 each

**Gluten-free or spelt based carrot cake with cream cheese icing (vegan available):**  
\$4.50 per slice

**Chocolate cake with passion fruit ganache - sliced:**  
\$4.95 per slice

**Pastries:**  
Flaky butter croissant:  
\$2.50 each

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# BEVERAGES

## COLD BEVERAGES:

- **Pitchers of 100% juice (local, organic sweet apple cider)**
- **Individual bottled juices or organic spritzers**
- **Iced black tea, Iced citrus rose tea, Iced minted green tea**
- **Coconut water, natural sodas**
- **Pitchers of spring or filtered water**

\$2.65 per person  
\$2.40 per person for groups of 50+

## HOT BEVERAGES:

- **Organic, fair trade coffee and organic teas**

\$2.65 per person  
\$2.40 per person for groups of 50+

- **Organic, fair trade hot chocolate**
- **Organic, local hot apple cider**

\$3 per person  
\$2.75 per person for groups of 50+

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# HEARTY PLATTERS

- 01. VEGETABLE & DIP PLATTER
- 02. COLOURFUL MINI-KABOB PLATTER
- 03. SMOKED SALMON PLATTER
- 04. CHEESE PLATTER
- 05. GOURMET CHEESE PLATTER
- 06. TORTILLA MINI-WRAP PLATTER
- 07. RICE PAPER ROLL PLATTER
- 08. APPLE-FENNEL SALAD IN ENDIVE SPEARS
- 09. SMOKED SALMON SUSHI ROLLS
- 10. VEGAN SUSHI ROLLS
- 11. SWEET PLATTER
- 12. SEASONAL FRUIT PLATTER

## 1. VEGETABLE & DIP PLATTER Minimum 10 people

- **Market-fresh seasonal vegetable crudité, served with one delicious dip:**
- **CHOOSE** from Hummus; Sundried tomato hummus; Tuscan white bean dip; Tzatziki; OR Banana curry dip

\$3.85 per person

## 2. COLOURFUL MINI-KABOB PLATTER Minimum 10 people

- **Free-range chicken strips with vegetables**
- OR
- **Seasonal vegetable and tofu strips**
- **Skewers are grilled to perfection with tamari dipping sauce**

**Free-Range Chicken**  
\$4.50 per skewer

**Vegan**  
\$3.85 per skewer

## 3. SMOKED SALMON PLATTER Minimum 15 people

- **Smoked salmon, sliced and served with cream cheese, capers, sliced cucumbers, tomato, onion and lemon**
- **Includes fresh, local & organic breads**

\$6.85 per person

## 4. CHEESE PLATTER Minimum 5 people

- **Featuring a selection of cheeses, including old cheddar, Havarti and a third market variety**
- **Garnished with fresh seasonal fruit or olives**
- **Served with gluten-free and whole grain crackers**

\$5.75 per person

## 5. GOURMET CHEESE PLATTER Minimum 5 people

- **Featuring an assortment of premium local & imported cheeses**
- **Selection includes brie, chevre (goat cheese), Asiago, Havarti, blue cheese**
- **Accompanied by dried fruit**
- **Garnished with fresh seasonal fruit or olives**
- **Served with whole grain flat bread, gluten-free, and whole grain crackers**

\$6.85 per person

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## 6. TORTILLA MINI-WRAP PLATTER

Minimum 15 people

- A colourful assortment of tortilla pinwheels
- Vegetarian and non-vegetarian selection available

### Choose 3 varieties

- Avocado, cucumber and hummus
- Chèvre, roasted red pepper & baby spinach
- Grilled tofu, zucchini & Tuscan white bean dip
- Simply seasonal roasted vegetables with olive tapenade or sundried tomato hummus
- Smoked salmon, capers, green onions, with cream cheese OR balsamic fig and date mustard
- Free-range chicken & red pepper
  
- Free-range roast beef, roasted vegetable with balsamic fig & date mustard aioli

### Fish, Chicken or Beef Selections

Small: \$49.50 / 15 pieces

Med: \$95 / 30 pieces

Large: \$155 / 50 pieces

### Vegetarian Selections

Small: \$44 / 15 pieces

Med: \$83.75 / 30 pieces

Large: \$130 / 50 pieces

## 7. RICE PAPER ROLL PLATTER

**Fresh, Asian-inspired rice paper rolls, served with tamari dipping sauce**

Small: \$65 / 30 pieces

Large: \$105 / 50 pieces

## 8. APPLE-FENNEL SALAD IN ENDIVE SPEARS

**Apple-fennel salad in endive spears topped with mapled pumpkin seeds in a lemon juice & extra virgin olive oil vinaigrette**

\$100 / 40 pieces

\$135 / 60 pieces

## 9. SMOKED SALMON SUSHI ROLLS

**Quinoa sushi featuring smoked salmon, avocado and fresh herb**

\$65 / 25 pieces

## 10. VEGAN SUSHI ROLLS

**Quinoa sushi with avocado, heirloom carrot & ginger**

\$55 / 25 pieces

## 11. SWEET PLATTER

Minimum 10 people

**A selection of sumptuous, wholesome baked goods, such as our:**

- Gluten-free brownies, date squares, cupcakes, lemon squares, and/or cookies;
- Spelt flour based loaves and/or scones; Butter tart squares
- Chocolate butter croissant

\$3.25 per person

## 12. SEASONAL FRUIT PLATTER

Minimum 10 people

**Artfully cut and presented fresh fruit**

\$4.95 per person

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# CERTIFICATIONS & AFFILIATIONS

## Our Meat and Poultry

Hearty Catering is proud to offer Mennonite farm-raised, free-range beef and chicken, which is also hormone and antibiotic-free.

Certified organic meat is available upon request and at additional cost.

Our eggs are free-ranged and organic.

## Certifications and Affiliations

Hearty Catering takes our commitment to sustainable food and green business practices seriously.

We hold the following certifications:

- Leaders in Environmentally Accountable Food Service - LEAF Certification (Level II)
- Feast ON - Certified Taste of Ontario
- Local Food Plus - LFP Certification
- Canadian Coalition for Farm Animals - Cage Free Certification

Hearty Catering is pleased to be affiliated with:

Slow Food Toronto  
Live Green Toronto  
Toronto Vegetarian Association  
Organic Council of Ontario

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## STAFFING

Hearty Catering's professional and attentive staff will facilitate your event, leaving you free to meet your guests and enjoy your event.

**Wait staff: \$27.50/hr/staff (Smart Serve \$29.50/hr), minimum of 3 hours**

**Service supervisor/bartender: \$38/hr, minimum of 3 hours**

**Chef: \$38/hr, minimum of 3 hours**

**\*\*\* Friday, Saturday, Sunday premium of +\$2/hr \*\*\***

**\*\*\* Holiday premium of +\$10/hr \*\*\***

## RENTALS AND DISHES

### RENTALS:

China, glassware and cutlery available for rent

- Dinner plate, side/dessert plate, soup bowl (**\$0.45 each**)
- Fork, knife, spoon (**\$0.45 each**)
- Coffee cup and saucer (**\$0.90 each set**) - rental by the dozen
- Water/beer glass (**\$0.45 each**) - rental by the dozen
- Wine glass (**\$0.50 each**) - rental by the dozen
- White cloth napkin (**\$0.65 each**)
- Standard rectangular tablecloth (**\$12 each**)

Other items also available. Rentals delivery charge applies, please inquire

### COMPOSTABLES:

Biodegradable plates, bowls, cutlery and cups are available for a nominal cost. Biodegradable napkins are included free-of-charge.

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## PAYMENTS AND POLICIES

### Payment Policy

For orders under \$1000, payment is due upon completion of catering service.

Payment may be made by American Express, MasterCard, Visa credit cards, personal or business cheques, E-transfer or cash. Please indicate preferred method of payment upon confirmation of booking.

If you are submitting your invoice to a corporate finance or accounts payable division, please do so upon completion of your catering service.

### Deposit Policy

For orders over \$1000.00, a 50% deposit is due upon finalizing booking for catering.

For orders over \$1000.00, payment may be made by personal or business cheque or E-transfer. Please indicate preferred method of payment upon confirmation and booking.

Balance is due upon completion of catering service.

### Confirmation Policy

In order to ensure the correct execution of your catering order, we request a minimum notice for changes to the number of participants or menu for catering orders of the following size

\$500 or less we require notice of changes to the number of participants or menu a minimum of 3 business days from the event date.

\$500 - \$1500 we require notice of changes to the number of participants or menu a minimum of 4 business days from the event date.

\$1500 - \$4000 we require notice of changes to the number of participants or menu a minimum of 5 business days from the event date.

\$4000 and up we require notice of changes to the number of participants or menu a minimum of 10 business days from the event date.

### Cancellation Policy

We recognize plans can change in an instant and try to be flexible in our cancellation policy. However, once we accept a catering booking we do not accept other orders so that we may meet our obligations to you. Our policy therefore strives to recognize your needs while protecting costs we may have already incurred.

For orders of \$1000 or less, we require 36 hours notice for cancellation. A 50% charge may be applied to late cancellations.

For orders between \$1000 - \$4000, we request 10 business days notice for cancellation. A 50% charge may be applied to late cancellations.

For orders valued over \$4000, we require 10 business days notice for cancellation. A 50% fee may be applied to late cancellations.

If any order is cancelled within 24 hours of the event scheduled, a 100% fee may be applied.

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# GLOSSARY

## CLASSIFICATIONS & TERMS USED

### DIETARY TERMS

#### Vegan

A plant-based diet comprised of vegetables, grains, legumes and fruit. Vegan foods do not include any animal-derived products.

#### Vegetarian

A plant-based diet comprised of vegetables, grains, legumes that may include eggs, milk and cheese. Vegetarian foods exclude the use of any animal protein.

#### Gluten-Free

Gluten-free foods include many diverse whole grains that exclude the protein gluten, found in grains such as wheat, barley and rye. Gluten-free grains include brown rice flour, chickpea flour, gluten-free oats, amaranth, buckwheat, teff and millet produced in certified gluten-free facilities.

#### Dairy-Free

Our dairy-free products do not contain any milk proteins including milk, cream, butter, yogurt, sour cream and/or cheese.

### PRODUCTION TERMS

#### Organic

Organic food is produced using agricultural methods that respect the natural environment. Organic food production enhances the health and vitality of the soil, preserves biodiversity, promotes animal welfare and maintains the ecological integrity of our environment. No synthetic fertilizers, pesticides or genetically modified organisms are permitted. Organic ingredients are certified by internationally recognized bodies.

#### Sustainable

Sustainable food is healthful and nourishing for consumers and does not negatively affect the environment. Sustainable food respects consumers' health, workers' rights, animal welfare and farmers' livelihoods.

Sustainable food keeps the environment healthy and food production viable over the long term.

#### Local

Local food refers to produce, meat and other foods that have been grown within 100 miles of the consumer. Local food doesn't just refer to distance, it also encompasses responsible, sustainable farming practices.

#### Fair Trade

Fair trade foods are produced in equitable, respectful partnerships with growers and suppliers. Fair trade partnerships contribute to sustainable development and protect the rights and livelihoods of producers and workers.

#### Whole Foods

Whole foods are foods that include unpolished grains, beans, fruits, vegetables, whole-fat dairy and sustainably raised meats. Whole foods do not include ingredients which have been processed or refined.

#### Free-Range

Animals, including chickens, that have access to open floor space, perches and outdoor space. Eggs used at Hearty Catering in the Canadian spring, summer and fall are free-range.

#### Free-Run

Chickens can roam freely in open concept barns. Eggs used at Hearty Catering in the Canadian winter are free-run.

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*From our heart  
to your table!*



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