



**HEARTY**  
CATERING

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**EVENT MENUS**

# EVENTS MENUS

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HEARTY CATERING EMPHASIZES FAIR TRADE,  
ORGANIC AND LOCAL INGREDIENTS.

WE OFFER MANY GLUTEN FREE, NUT FREE,  
PEANUT-FREE, VEGAN AND VEGETARIAN AND  
EXCLUSIVELY LOCAL OPTIONS AS WELL AS  
SUSTAINABLE MEATS AND SEAFOOD.

### INTRODUCTION

Hearty Catering has been “green” from the beginnings; 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 choose local, organic, seasonal produce whenever possible. We adhere to a code of preparing only naturally and sustainably-raised meats and sourced seafoods. We select our ingredients from local farms and suppliers who emphasize organic and sustainable offerings.

Our business practices have been affirmed by our certifications by the Coalition for Canadian Farm Animals, Local Food Plus, Feast ON and Leaders in Environmentally Accountable Food Service (Level II).

Our commitment is to offer nourishing, delicious cuisine that contributes to sustainable food systems and healthy communities.

### OUR APPROACH TO EVENT CATERING

One of the chief joys of our work is facilitating milestone events for our clients. From rustic to elegant, we help you celebrate the landmark occasions in your life with nourishing, soulful, sustainable cuisine.

Hearty Catering’s years in the catering business have given us the expertise to execute your complex event with professionalism, care and our customary culinary flourish.

### WEDDING CATERING

It is a day that you, as a couple, will remember always. Hearty Catering wants to help you create your perfect day, allowing you to focus on your commitment to each other and the happiness and best wishes of your guests.

Our wedding services do not end with the food: Hearty Catering can help you select and design this most important of days, including assistance with venue, wines, rentals, servers, bartending and décor.

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# CLIENTS AND SERVICE

## OUR CLIENTS AND SERVICE

Our clients reflect the diversity of the city that we live in. We facilitate the celebrations or important events for non-profit organizations, socially-conscious businesses, and individuals and families, schools, school boards and universities.

## EVENT PLANNING AND SERVICE

Hearty Catering's service supervisor works with each client regarding all aspects of their event, including location selection, tasting, menu selection, rentals, staffing and decor.

Events are staffed by professional kitchen, chef, bar and wait staff in formal service attire, including Smart Serve Certified staff as needed. We select our team members based on their skill set, positive attitude, willingness and ability to provide outstanding service.

## PRICING AND DELIVERY

Due to fluctuations in produce availability and prices, some ingredients may be subject to substitution and/or cost 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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# STATIONARY AND PASSED HORS D'OEUVRES AND APPETIZERS

SET THE STAGE FOR YOUR EVENT WITH A SELECTION OF APPETIZERS THAT REFLECT THE SEASON'S BOUNTY.

## CORNUCOPIA

- Local snow goat chevre, drunken with organic extra virgin olive oil, studded with olives, fresh herbs & garlic
- Organic hummus with puffed, grilled & crisped pita/gluten-free tortilla
- Smokey baba ganoush
- Banana curry dip
- Mango salsa or tomato salsa
- Tuscan white bean dip
- Pomegranate & roasted red pepper paté with pumpkin seeds

Served with:

- A selection of artisan breads, flatbreads and crackers
- A crudité of local, organic farm and market-fresh vegetables cut, carved and curled to accompany dips

\$10 per person / min 25 people

## HORS D'OEUVRES

Costs for passed Hors d'Oeuvres:

CHOOSE 6 from list:  
6 pieces per person  
\$24 per person

CHOOSE 7 from list:  
7 pieces per person  
\$27.50 per person

COMBINE Cornucopia AND  
4 passed Hors D'Oeuvres  
\$25 per person / min 25 person

COMBINE CORNUCOPIA AND  
6 PASSED HORS D'OEUVRES  
\$32.50 per person / min 25 person

CHOOSE from passed Hors d'Oeuvres:

## VEGAN

- Vegetable rice paper rolls served with tamari-citrus dipping sauce
- Slow-roasted pepper & garlic with wilted spinach on St. John's Organic Bakery baguette, drizzled with basil pesto
- Mini burger (available with one of the following seasonings: Tex-mex, 'asado' with Chimichurri salsa, Greek mint-yogurt topping, traditional pickle, tomato & mustard) available vegan or vegetarian
- Local & organic apple-fennel julienne tossed in lemon & fresh thyme vinaigrette, presented in Belgian endive spears with mapled pumpkin seeds
- Mini quinoa kofta kabob
- Shot of Love (roasted beet & squash soup, smooth texture -- available mild, medium or spicy)
- Red & white quinoa sushi with avocado, heirloom carrot and ginger
- Quinoa sushi with spicy sweet potato and cucumber
- Grilled bite-size hemp and sun-dried tomato lacquered vegetable and lentil purse
- Collard-green roulade & pumpkin-seed paté with pomegranate sauce

## VEGAN/VEGETARIAN

- Vegetable kabob - available with marinated Italian cheese cube or tofu
- Infused chevre OR tofu-wrapped in grilled sweet pepper/zucchini

## VEGETARIAN

- Local and delicious blue cheese blend on apple cushions
- Wild mushroom, fresh herbs & feta in phyllo cup

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## SUSTAINABLE MEAT/SEAFOOD

- Mini free-range chicken kabob
- Mini free-range chicken slider
- Quinoa sushi featuring smoked salmon, avocado and fresh herbs
- Pan-seared herb-encrusted local free-range beef tenderloin sliced onto St. John's Organic Bakery baguette with Kozlik's Balsamic Fig & Balsamic Mustard (counts as one selection + \$2 per person)
- Ocean Wise-certified Manitoulin Island Freshwater, cold-smoked, crispy baked fish cakes with lemon-thyme aioli sauce (counts as one selection + \$2 per person)

Please inquire regarding a more extensive list or one that meet all your dietary needs

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# SWEET AND SIMPLE MEALS (INFORMAL)

MEALS ARE SERVED BUFFET OR FAMILY STYLE.

01. LIGHT BUFFET OF SAVOURIES
02. PAN-ASIAN LUNCH BUFFET
03. WEST INDIAN NIGHTS CELEBRATION
04. FIESTA MEAL
05. HEARTY PASTA MEAL
06. SUBCONTINENT FETE
07. BBQ 1
08. BBQ 2

## 01. LIGHT BUFFET OF SAVOURIES Minimum 20 people

### Appetizers

Choose 2 appetizers

- Feta Cheese Phyllo Cups OR “Herbed Tofu Feta” Cheese Phyllo Cups
- Vegan kabob with herb infused tamari dipping sauce or our house Hearty Café Homemade Smoky/Sweet Barbecue Sauce
- Local & organic apple-fennel julienne tossed in lemon & fresh thyme vinaigrette, presented in Belgian endive spears with mapled pumpkin seeds

### Mini Sandwiches & Wraps

Choose up to 3 varieties

- Avocado, red pepper & cucumber
- Havarti cheese
- Organic tofu
- Free-range chicken
- Free-range beef
- Tuna
- Smoked salmon
- 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

Gluten Free brown rice flour wraps are available upon request

### Salads

Choose 2 varieties

- Carrot & beet slaw
- Kale-red cabbage salad with apple cider vinaigrette
- Quinoa-broccoli-cranberry salad with apple cider vinaigrette
- Chickpea salad with apple cider vinaigrette
- Green salad of the day

All vegan selection: \$24 per person

Selections including free-range and organic meat: \$27.50 per person

## 02. PAN-ASIAN LUNCH BUFFET Minimum 20 people

### Appetizers

Choose 2 appetizers

- Red & white quinoa, avocado and heirloom carrot nori rolls
- Smoked salmon OR fresh salmon nori rolls
- Fresh salad rice paper rolls, served with homemade pickled ginger, wasabi & tamari (gluten-free)
- Mini vegan kabob with herb infused tamari dipping sauce

### Soup

Choose 1 variety of soup

- Harvest-inspired curried squash soup
- Lemongrass and Coconut milk mungbean soup

### Salad

Choose 1 variety of salad

- Asian inflected slaw (available with mild or spicy dressing)
- Sweet potato noodle salad with citrus sesame dressing
- Green salad of the day

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## 02. PAN-ASIAN LUNCH BUFFET CONT'D

### Main

Choose 2 varieties of main course

- Warmly scented Thai vegetable curry with Organic Tofu or Free-range Chicken
- Yellow split peas and lentil curry with Organic Tofu or Free-range Chicken
- Seasonal Vegetable and chicken OR tempeh/tofu stirfry

### Side

- Brown or white basmati rice

### Desserts

Choose 1 dessert

- Mango ice cream
- Mango cupcake

All vegan selection: **\$32 per person**

Selections including free-range and organic meat: **\$ 35 per person**

## 03. WEST INDIAN NIGHTS CELEBRATION

Minimum 20 people

### Artisanal Cracker and Vegetable Dip Platter

Choose 2 varieties

- Banana curry dip
- Mango salsa
- Tomato salsa (available spicy on request)
- Tuscan white bean dip

### Served with:

A selection of artisan breads, flatbreads and crackers and crudité of local, organic farm and market-fresh vegetables cut, carved and curled to accompany dips

### Salad

Choose 1 salad

- Kale & red cabbage salad with apple cider vinaigrette
- Coleslaw available with vinaigrette or aioli dressing
- Blackbean and Pineapple salad

### Main

Choose 1 selection

- Free-range Chicken and Organic Tofu in our Homemade Jerk sauce
- Free-range Chicken and Organic Tofu in our Hearty Café Homemade Smoky/Sweet Barbecue Sauce

### Side

- Turmeric scented brown rice with vegetables

All vegan selection: **\$23 per person**

Selections including free-range and organic meat: **\$27.50 per person**

## 04. FIESTA MEAL

Minimum 20 people

### Salad

Choose 2 varieties of salad

- Kale & red cabbage salad with apple cider vinaigrette
- Quinoa-broccoli-cranberry salad with apple cider vinaigrette
- Carrot & beetroot slaw
- Sweet potato noodle salad with sesame oil & citrus dressing

### Taco Salad or Burritos

Please choose taco salad or burrito station

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

Selected ingredients include:

- Fiesta-seasoned brown basmati rice, baked beans and free-range chicken
- Lettuce, salsa, our Homemade Hearty Café Hot Sauce, chipotle mayo, avocado sauce, shredded cheese, shredded carrots, beets and soft tortilla wraps

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#### 04. FIESTA MEAL CONT'D

##### Sweet Platter

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

- Gluten-free brownies (available with chili spiked ganache), date squares, cupcakes, lemon squares, and/or cookies; Spelt-flour based loaves and/or scones; Butter tart squares

All vegan selection: **\$27.50 per person**

Selections including free-range and organic meat: **\$31.25 per person**

#### 05. HEARTY PASTA MEAL

Minimum 20 people

##### Dips and Artisanal Crackers

Choose 2 dip varieties

- Organic hummus with puffed, grilled & crisped pita/gluten-free tortilla
- Sundried tomato hummus
- Smokey baba ganoush
- Banana curry dip
- Mango salsa or tomato salsa
- Tuscan white bean dip

Served with: A selection of artisan breads, flatbreads and crackers

##### Salad

Choose 2 salad varieties:

- Kale & red cabbage salad with apple cider vinaigrette
- Quinoa-broccoli-cranberry salad with apple cider vinaigrette
- Carrot & beetroot slaw
- Spinach salad with pear/apple & toasted, mapled pumpkin seeds
- Lentil with grilled pepper salad
- Brown rice pasta salad (with/without feta cheese & olives)
- Oven-roasted beetroot with fresh herbs
- Caesar salad with our homemade croûtons & dressing
- Mixed greens salad with sprouts; served with apple cider or balsamic vinaigrette

##### Baked Pasta

Choose 2 varieties:

All pastas are prepared with Gluten-free brown rice pasta

- Baked Vegan Pasta with roasted vegetables in our Homemade Hearty Café Tomato Sauce
- Beef (hormone/antibiotic-free, free-range beef) lasagna prepared with our Homemade Hearty Café Tomato Sauce
- Beef(hormone/antibiotic-free, free-range beef) and roasted Eggplant lasagna prepared with our Homemade Hearty Café Tomato Sauce

Served with: Cheese on the side

All vegan or vegetarian selection:

**\$24 per person**

Selections including free-range and organic meat: **\$28.75 per person**

#### 06. SUBCONTINENT FETE

Minimum 20 people

##### Dips and Artisanal Crackers

Choose 2 dip varieties

- Organic hummus with puffed, grilled & crisped pita/gluten-free tortilla
- Sundried tomato hummus
- Raita
- Banana curry dip
- Mango salsa or tomato salsa

##### Salad

Choose 2 salad varieties

- Kale & red cabbage salad with apple cider vinaigrette
- Quinoa-broccoli-cranberry salad with apple cider vinaigrette
- Carrot & beetroot slaw
- Spinach salad with pear/apple & toasted, mapled pumpkin seeds
- Lentil with grilled pepper salad
- Spiced mango and cucumber salad
- Mixed greens salad with sprouts; served with apple cider or balsamic vinaigrette

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## 06. SUBCONTINENT FETE CONT'D

### Main

Choose 2 options

- Free-range chicken and chickpea Masala featuring onion, garlic, coriander and turmeric
- Organic tofu and chickpea Masala featuring onion, garlic, coriander and turmeric
- Free-range chicken lentil and split yellow pea dahl
- Organic tofu lentil and split yellow pea dahl
- Free-range chicken korma in a delicately spiced coconut milk based curry
- Organic tofu korma in a delicately spiced coconut milk based curry

### Sides

Choose 1 side

- Vegetable biryani
- Saffron rice with golden raisins

Choose 1 side

- Oven roasted cauliflower and potatoes
- Eggplant stewed with onion, tomatoes and peppers

All vegan or vegetarian selection: **\$29.25 per person**

Selections including free-range and organic meat: **\$33.25 per person**

## 07. CLASSIC ALL SEASON BBQ

Minimum 20 people

### Salads:

Choose 2 salad varieties:

- Kale & red cabbage salad with apple cider vinaigrette
- Carrot & beet slaw
- Brown rice pasta salad, with or without feta cheese and kalamata olives
- Potato salad in vinaigrette or classic mayonnaise dressing
- Sweet potato noodle salad with citrus-sesame dressing

- Lentil salad
- Chickpea salad
- Black bean and pineapple salad
- Watermelon salad, with or without feta cheese (seasonal offering)

### Main:

Choose 2 options:

### Vegan Options

- Lentil & quinoa vegan burgers
- Tofu steaks marinated in our Hearty Café Homemade Smoky/Sweet Barbecue Sauce

### Free-Range Meat Options

- Mennonite farm-raised, free-range chicken thighs & legs in our Hearty Café Homemade Smoky/Sweet Barbecue Sauce
- Mennonite-raised, free-range chicken breasts marinated with lemon juice, extra-virgin olive oil and fresh herbs
- Homemade naturally raised beef burger

### Served with:

- Artisanal buns, whole grain buns, sliders, and gluten-free buns
- Sliced fresh vegetables including romaine lettuce, field tomatoes and red onion
- Classic Barbeque condiments including ketchup, dijon mustard and relish
- Hearty Café Homemade sauces including Fig-Date Balsamic Aioli and Homemade Hot Sauce

### Side Dish:

- Grilled vegetable kabobs brushed with extra-virgin olive oil, fresh herbs and tamari

All vegan selection: **\$23 per person**

Selections including free-range and organic meat: **\$27.50 per person**

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08. FREE-RANGE CHICKEN & VEGAN KABOB  
BARBEQUE  
Minimum 20 people

Salads:

Choose 2 salad varieties:

- Kale & red cabbage salad with apple cider vinaigrette
- Carrot & beet slaw
- Brown rice pasta salad, with or without feta cheese and kalamata olives
- Potato salad in vinaigrette or classic aioli dressing
- Sweet potato noodle salad with citrus-sesame dressing
- French lentil salad
- Chickpea salad
- Black bean and pineapple salad
- Watermelon salad, with or without feta cheese (seasonal offering)

Main:

Choose 2 main kabobs:

1 large kabob per person

Vegan selection:

- Tofu & vegetable kabob in our tamari & extra-virgin olive oil marinade
- Tofu & vegetable kabob marinated in our Hearty Café Homemade Smoky/Sweet Barbeque Sauce

Free-range meat selection:

- Mennonite farm-raised, free-range chicken & vegetable kabob in our tamari & extra-virgin olive oil marinade
- Mennonite farm-raised, free-range chicken & vegetable kabob in our Hearty Café Homemade Smoky/Sweet Barbeque Sauce

Sides:

- Artisanal rolls
- Roasted vegetable platter

All vegan selection: **\$25.50 per person**

Selections including free-range and organic meat: **\$28.25 per person**

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# ELEGANT AND REFINED AFFAIRS

MEALS CAN BE SERVED BUFFET, FAMILY STYLE OR PLATED BY WAIT STAFF

01. MILESTONE CELEBRATION BUFFET
02. PAN ASIAN VEGAN AND VEGETARIAN MEAL
03. FARMER'S FIELD VEGAN AND VEGETARIAN MEAL
04. FARMER'S FIELD DINNER WITH SUSTAINABLE MEAT OPTIONS
05. FLAVOURS OF THE SUBCONTINENT
06. MARKET'S FESTIVE BOUNTY VEGAN AND VEGETARIAN MEAL
07. MARKET'S FESTIVE BOUNTY SUSTAINABLE MEAT MEAL

01. MILESTONE CELEBRATION BUFFET  
Minimum of 20 people

## Appetizers

Choose 1 variety

- Kalamata Olive Tapenade
- Feta Cheese & fresh herb crumble

Presented with fresh sliced artisanal breads, baguettes and multigrain crackers

## Dips

Choose 2 dip varieties:

- Hummus
- Sundried tomato hummus
- Tuscan white bean dip,
- Smokey baba ghanoush
- Banana curry dip

Local and organic Vegetable & Dip Platter, market-fresh crudite accompanied by a selection of fresh dips

## Salads

Choose 2 salad varieties:

- Spinach/kale, arugula, basil and mapled pumpkin seed salad
- Kale-red cabbage salad with our apple cider vinaigrette
- Roasted gold & red beet salad dressed with Niagara Pinot Noir vinaigrette
- Mixed green salad topped with sunflower sprouts served with balsamic vinaigrette
- Heirloom carrot & beet slaw

## Mains

- Oceanwise certified Ontario Wild Caught Lake Trout served with either Rosemary-Garlic Sauce OR Lemon Thyme Aioli Sauce
- Oven-roasted, Mennonite-raised free-range chicken breast, sliced, served with either our fresh herb tamari gravy OR a sundried tomato pesto
- Warm & fragrant Thai-inflected curry with organic tofu and Ontario seasonal vegetables

## Sides

- Roasted local and seasonal vegetables
- Steamed brown basmati rice

## Dessert Platter

Choose 3 dessert varieties:

- Ontario Mixed Berry Crisp (gluten-free and vegan available):
- A purple tangle of Saskatoon berries, strawberries and rhubarb
- Dark chocolate brownies (gluten-free): Sumptuous and decadent brownies topped with rich mocha icing
- Ontario carrot cupcake (gluten-free OR spelt based): Warmly spiced tender carrot cake topped with lemon inflected cream cheese icing
- Fresh fruit platter (gluten-free, vegan): Organic fruit, artfully carved and presented

\$55 per person

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## O2. PAN ASIAN VEGAN AND VEGETARIAN DINNER

Minimum 20 people

### Appetizers and Hors D'Oeuvres

Choose 3 varieties of appetizers

- Mini-raw organic sunflower seed “burger” on butter greens with tamari-brushed local mini-shiitake mushroom (vegan)
- Vegetable rice paper rolls served with tamari-citrus dipping sauce
- Vegetable kabob – available with tofu and herbed tamari dipping sauce
- Red & white quinoa sushi with avocado, heirloom carrot and ginger
- Miso lettuce wraps

### Crudite Platter

- Market fresh local vegetables artfully cut and carved

### Soup

Choose 1 selection

- Harvest-inspired curried squash soup
- Lemongrass and coconut milk mungbean soup
- Thai red curry broth soup with seasonal vegetables

### Mains

Choose 2 varieties

- Vegetarian Pad Thai station with gluten free rice noodles, fresh and sautéed vegetables and classic Pad Thai sauce
- Green curry with chickpeas and seasonal vegetables
- Organic tofu and lentil and split yellow pea dahl
- Ginger miso tofu and vegetable stir fry

### Sides

Choose 2 varieties

- Vegetable Biryani
- Steamed brown basmati rice
- Roasted seasonal vegetables

### Salads

Choose 1 selection

- Mango and spinach salad
- Asian inspired slaw (spicy dressing available upon request)
- Kale & red cabbage salad with apple cider vinaigrette
- Carrot & beet slaw
- Mixed green salad with organic micro sprouts and apple cider or balsamic vinaigrette

### Sweet Finish

Fresh fruit platter (gluten-free, vegan): Organic fruit, artfully carved and presented

\$50 per person

## O3. FARMER'S FIELD VEGAN AND VEGETARIAN DINNER

Minimum 20 people

### Appetizers and Hors d'Oeuvres

#### Dips

Choose 2 dips

- Organic hummus with puffed, grilled & crisped pita/gluten-free tortilla
- Smokey baba ganoush
- Banana curry dip
- Mango salsa or tomato salsa
- Tuscan white bean dip
- Sunflower seed, pomegranate & roasted red pepper paté
- Served with market fresh carved and cut heirloom vegetables

#### Platters

Choose 1 platter

- Artisanal cheese platter served with flatbreads, crackers and gluten free crisps. Served with dried fruits or olives
- Vegan platter with dried fruits, fruit compotes and pickled and cured vegetables

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### 03. FARMER'S FIELD VEGAN AND VEGETARIAN DINNER CONT'D

#### Hors d'Oeuvres

Choose 3 hors d'oeuvres

- Grilled bite-size hemp and sun-dried tomato lacquered vegetable and lentil purse
- Collard-green roulade & pumpkin-seed paté with pomegranate sauce
- Local & organic apple-fennel julienne tossed in lemon & fresh thyme vinaigrette, presented in Belgian endive spears with mapled pumpkin seeds
- Slow-roasted pepper & garlic with wilted spinach on St. John's Organic Bakery baguette drizzled with basil pesto
- Wild mushroom, fresh herbs & feta or herbed tofu in phyllo cup

#### Soup

Choose 1 soup

- Roasted garlic and parsnip soup
- Butternut squash and golden beet soup with a beet green pistou
- Cream of broccoli and spinach

#### Salad

Choose 1 salad

#### Mains

Choose 2 mains

- Vegan Wellington with asparagus, spinach, red bell pepper and basil pesto
- Quinoa-lentil-vegetable shepherd's pie Served with our Homemade Hearty Café Delicious & Healthy Vegan Gravy
- Eggplant Roulade stuffed with herbed goat cheese and topped with our Homemade Hearty Cafe Tomato Sauce

#### Sides

- Steamed brown basmati rice

Choose 1 side

- Roasted root vegetables
- Sautéed brussel sprouts or seasonal greens

**\$59 per person**

### 04. FARMER'S FIELD DINNER WITH SUSTAINABLE MEATS

Minimum 20 people

Appetizers and Hors d'Oeuvres

#### Dips

Choose 2 dips

- Organic hummus with puffed, grilled & crisped pita/gluten-free tortilla
- Smokey baba ganoush
- Banana curry dip
- Mango salsa or tomato salsa
- Tuscan white bean dip
- Sunflower seed, pomegranate & roasted red pepper paté
- Served with market fresh carved and cut heirloom vegetables

#### Platters

Choose 1 platter

- Artisanal cheese platter served with flatbreads, crackers and gluten free crisps. Served with dried fruits or olives
- Charcuterie platter with artisanal cured meats, market cheeses and dried fruits

#### Hors D'Oeuvres

Choose 3 hors d'oeuvres

- Grilled bite-size hemp and sun-dried tomato lacquered vegetable and lentil purse
- Collard-green roulade & pumpkin-seed paté with pomegranate sauce
- Local & organic apple-fennel julienne tossed in lemon & fresh thyme vinaigrette, presented in Belgian endive spears with mapled pumpkin seeds
- Slow-roasted pepper & garlic with wilted spinach on St. John's Organic Bakery baguette drizzled with basil pesto
- Pan-seared herb-encrusted local free-range beef tenderloin sliced onto St. John's Organic Bakery baguette with Kozlik's Balsamic Fig & Balsamic Mustard (counts as one selection + \$2 per person)
- Free-range chicken wraps with roasted red pepper and zucchini and Kozlik's Balsamic Fig & Balsamic Mustard aioli

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#### 04. FARMER'S FIELD DINNER WITH SUSTAINABLE MEATS CONT'D

##### Soup

Choose 1 soup

- Slow cooked vegetable and Glencolton Farm smoked meat stew
- Puréed butternut squash and golden beet soup with a beet green pistou
- Cream of broccoli and spinach

##### Mains

Choose 2 mains

- Vegan Wellington with asparagus, spinach, red bell pepper and basil pesto
- Quinoa-lentil-vegetable shepherd's pie served with our Homemade Hearty Café Delicious & Healthy Vegan Gravy
- Free-range beef shepherd's pie served with our Homemade Hearty Café Delicious & Healthy Vegan Gravy
- Eggplant Roulade stuffed with herbed goat cheese and topped with our Homemade Hearty Café Tomato sauce
- Free-range Beef lasagna prepared with our Homemade Hearty Café Tomato Sauce

##### Sides

- Steamed brown basmati rice

Choose 1 side

- Roasted root vegetables
- Sautéed Brussels sprouts or seasonal greens

##### Salad

Choose 1 salad

- Spinach/kale, arugula, basil and maple pumpkin seed salad
- Kale-red cabbage salad with our apple cider vinaigrette
- Roasted gold & red beet salad dressed with Niagara Pinot Noir vinaigrette
- Mixed green salad topped with sunflower sprouts served with balsamic vinaigrette
- Heirloom carrot & beet slaw

\$63 per person

#### 05. FLAVOURS OF THE SUBCONTINENT

Minimum 20 people

##### Appetizers

Dip and Cracker Platter

Choose 2 dips

- Tomato salsa (available spicy upon request)
- Mango salsa
- Raita
- Hummus
- Served with a selection of artisan breads, flatbreads and crackers

##### Hors d'Oeuvres

Choose 3

- Baked mini Yukon Gold samosa
- Grilled and spiced vegetable kabob
- Grilled bite-size hemp and sun-dried tomato lacquered vegetable and lentil purse
- Crisped pan-Asian roll with sweet chili dipping sauce
- Baked vegetable pakora
- Grilled mushroom caps stuffed with goats cheese, ginger and fresh cilantro
- Coconut shrimp

##### Salad

Choose 1 - 2 salad varieties

- Kale & red cabbage salad with apple cider vinaigrette
- Spinach salad with pear/apple & toasted, maple pumpkin seeds
- Raw spiralled multi-coloured zucchini salad with apple cider vinaigrette
- Hearty Waldorf salad with Ontario apples, kale, pumpkin seeds and dried maple sweetened cranberries
- Heirloom carrot & beet slaw
- Kamut salad
- Mango and cucumber salad

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## 05. FLAVOURS OF THE SUBCONTINENT CONT'D

### Mains

Choose 3 options

- Free-range chicken and chickpea Masala featuring onion, garlic, coriander and turmeric topped with organic sprouts and microgreens
- Organic tofu and chickpea Masala featuring onion, garlic, coriander and turmeric topped with organic sprouts and microgreens
- Free-range chicken lentil and split yellow pea dahl topped with organic sprouts and microgreens
- Organic tofu lentil and split yellow pea dahl topped with organic sprouts and microgreens
- Free-range chicken korma in a delicately spiced coconut curry topped with organic sprouts and microgreens
- Organic tofu korma in a delicately spiced coconut curry topped with organic sprouts and microgreens

### Sides

Choose 1 side

- Vegetable biryani
- Saffron rice studded with golden raisins and tamari
- Choose 1 side
- Oven roasted cauliflower and potatoes
- Eggplant stewed with onion, tomatoes and peppers

**\$49.50 per person**

## 06. MARKET'S FESTIVE VEGAN AND VEGETARIAN BOUNTY

Minimum 20 people

### Appetizers and Hors D'Oeuvres

#### Dips

Choose 1 dip

- Organic hummus or sundried tomato hummus with puffed, grilled & crisped pita/gluten-free tortilla
- Smokey baba ganoush
- Olive tapenade
- Heirloom tomato salsa with fresh herbs
- Tuscan white bean dip
- Sunflower seed, pomegranate & roasted red pepper paté
- Served with artfully cut and carved market fresh vegetables

#### Platter

Choose 1 platter

- Artisanal cheese platter served with flatbreads, crackers and gluten free crisps. Served with organic dried fruits or olives
- Vegan platter with organic dried fruits, fruit compotes and pickled and cured vegetables

#### Hors d'Oeuvres

Choose 3

- Stuffed dates
- Local & organic apple-fennel julienne tossed in lemon & fresh thyme vinaigrette, presented in Belgian endive spears with mapled pumpkin seeds
- Slow-roasted pepper & garlic with wilted spinach on St. John's Organic Bakery baguette drizzled with basil pesto
- Infused chèvre OR tofu wrapped in marinated and grilled zucchini

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## 06. MARKET'S FESTIVE VEGAN AND VEGETARIAN BOUNTY CONT'D

### Mains

Choose 2 mains

- Sweet peppers stuffed with chickpeas, vegetables, fresh herbs and dried fruits
- Stuffed winter squash with wild rice, dried cherries and mapled pumpkin seeds
- Lentilles du puy and sun-dried tomato phyllo roulade with sundried tomato pesto drizzle

### Sides

Choose 2 sides

- Quinoa pilaf
- Root vegetable mash
- Root vegetable gratin

### Salads

Choose 1 - 2 salads

- Raw spiralled multi-coloured zucchini salad with apple cider vinaigrette
- Hearty Waldorf salad with Ontario apples, kale, pumpkin seeds and dried maple sweetened cranberries
- Heirloom carrot & beet slaw
- Roasted red beet salad with minted Niagara Pinot Noir vinaigrette
- Kamut salad
- Baby spinach and organic microgreens with balsamic vinaigrette

**\$55 per person**

## 07. MARKET'S FESTIVE BOUNTY WITH SUSTAINABLE MEATS AND SEAFOOD

**Minimum 20 people**

### Appetizers

#### Dips

Choose 1 dip

- Organic hummus or sundried tomato hummus with puffed, grilled & crisped pita/gluten-free tortilla
- Smokey baba ganoush
- Olive tapenade
- Heirloom tomato salsa with fresh herbs
- Tuscan white bean dip
- Sunflower seed, pomegranate & roasted red pepper paté
- Served with artfully cut and carved market fresh vegetables

#### Platter

Choose 1 platter

- Artisanal cheese platter served with flatbreads, crackers and gluten free crisps. Served with dried fruits or olives
- Charcuterie platter with artisanal cured meats from Niagara Food Specialties, dried fruits from TryDry in Niagara and pickled and cured vegetables

#### Hors d'Oeuvres

Choose 3

- Stuffed dates
- Local & organic apple-fennel julienne tossed in lemon & fresh thyme vinaigrette, presented in Belgian endive spears with mapled pumpkin seeds
- Slow-roasted pepper & garlic with wilted spinach on St. John's Organic Bakery baguette drizzled with basil pesto
- Infused chèvre OR tofu wrapped in marinated and grilled zucchini
- Mini-raw organic sunflower seed 'burger' on butter greens with tamari-brushed local mini-shiitake mushroom (vegan)

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## 07. MARKET'S FESTIVE BOUNTY WITH SUSTAINABLE MEATS AND SEAFOOD CONT'D

### Mains

Choose 2 mains

- Free-range chicken topped with caramelized onions and a sundried tomato pesto drizzle
- Oceanwise certified Ontario Wild Caught Lake Trout served with either Rosemary-Garlic Sauce OR Lemon Thyme Aioli Sauce
- Wild salmon dressed with either fresh herbs, lemon juice and extra-virgin olive oil or our Tamari Teriyaki Sauce
- Stuffed winter squash with red and white quinoa, dried cherries and mapled pumpkin seeds
- Lentilles du puy and sun-dried tomato phyllo roulade with sundried tomato pesto drizzle

### Sides

Choose 2 sides

- Quinoa pilaf
- Root vegetable mash
- Root vegetable gratin

### Salads

Choose 1 - 2 salads

- Raw spiralled multi-coloured zucchini salad with apple cider vinaigrette
- Hearty Waldorf salad with Ontario apples, kale, pumpkin seeds and dried maple sweetened cranberries
- Heirloom carrot & beet slaw
- Roasted red beet salad with minted Niagara Pinot Noir vinaigrette
- Kamut salad
- Lentilles du puy salad
- Baby spinach and organic microgreens with balsamic vinaigrette

**\$69 per person**

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# LATE NIGHT STATIONS

- 01. MINI TACO SALADS
- 02. MINI SLIDERS
- 03. GRILLED CHEESE BAR (STAFFED)
- 04. POPCORN

## 01. MINI TACO SALADS

- A bountiful display of Mexican-inspired ingredients ready for snack sized “Build-Your-Own” taco salad or burrito
- Selected ingredients include:
- Fiesta-seasoned brown basmati rice, baked beans and free-range chicken
- Lettuce, salsa, our Homemade Hearty Café Hot Sauce, chipotle mayo, avocado sauce, shredded cheese and shredded carrots and beets

20 people minimum  
\$10 per person, when in addition to dinner service

100+ people  
\$9 per person, when in addition to dinner service

## 02. MINI SLIDERS

Diminutive renderings of the easy, breezy and delicious classics.

- The selection includes free-range beef mini burgers, free-range chicken breast marinated in lemon juice, fresh herbs and extra-virgin olive oil and vegan chia-soy mini burgers
- Toppings include fresh vegetables, house made sauces and classic condiments

20 people minimum  
\$7 per person, when in addition to dinner service

## 03. GRILLED CHEESE BAR

A variety of classic and novel grilled cheese fixings to satisfy the appetites of late night party goers

Selection includes:

- A variety of Artisanal and classic breads
- Sliced cheeses in 3 varieties
- Fresh vegetables
- Organic and house made condiments

20 people minimum

Classic Cheese:  
\$7 per person, when in addition to dinner service

Premium Cheese:  
\$9.50 per person, when in addition to dinner service

## 04. POPCORN

Popped corn straight from Ontario’s farmers fields. Non-GMO and organic popcorn offered with a variety of shake on toppings including

- Coconut oil
- Organic butter
- Fiesta chili seasoning
- Warm curry
- Nutritional yeast
- Cinnamon and raw cane sugar

20 people minimum  
\$4.25 per person, when in addition to dinner service

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# MORNING AND BRUNCH CELEBRATIONS

- 01. MORNING CELEBRATION - INTERVAL BREAK
- 02. MORNING CELEBRATION - LIGHT
- 03. MORNING CELEBRATION - HEARTY
- 04. MORNING CELEBRATION - HEARTY
- 05. MORNING HAS BROKEN
- 06. ELEGANT BRUNCH AFFAIR
- 07. VEGAN ELEGANT BRUNCH AFFAIR
- 08. STAFFED BRUNCH STATIONS

## 01. MORNING CELEBRATION - INTERVAL BREAK Minimum 20 people

### Morning Sweet Tray

A selection of:

- Gluten free and spelt based muffins studded with an assortment of Ontario fruits, seeds and fair-trade chocolate chips
- Buttery freshly baked croissants
- Sweet and savoury spelt based scones

### Beverages

- Organic fair trade coffee and organic teas
- Pitcher of organic orange juice

\$9 per person

## 02. MORNING CELEBRATION - LIGHT Minimum 20 people

### Morning Sweet Tray

A selection of:

- Gluten free and spelt based muffins studded with an assortment of Ontario fruits, seeds and fair-trade chocolate chips
- Buttery freshly baked croissants
- Sweet and savoury spelt based scones
- Fresh Fruit Bowl with Yogurt

### Mini Frittatas

- Local, free-range and organic eggs with seasonal vegetables and fresh herbs

### Beverages

- Organic, fair-trade coffee and tea served with organic milks, dairy alternatives and raw sugar

\$20 per person

## 03. MORNING CELEBRATION - HEARTY Minimum of 20 people

### Morning Sweet Tray

A selection of:

- Gluten free and spelt based muffins studded with an assortment of Ontario fruits, seeds and fair-trade chocolate chips
- Buttery freshly baked croissants
- Sweet and savoury spelt based scones
- Gluten free and spelt based loaf slices including pumpkin loaf and lemon poppy seed loaf
- Fresh fruit bowl with yogurt and granola

### Egg Dish Choose 2

- Mini Frittata - Local, free-range and organic eggs with seasonal vegetables and fresh herbs
- Baked Egg and Vegetables - sautéed vegetable scramble, topped with a fresh cracked baked egg
- Japanese Egg Roll - Delicate, crepe like eggs and wilted spinach, folded and wrapped into a novel brunch treat

### Side Choose 1

- Oven roasted Yukon Gold potatoes
- Oven roasted seasonal vegetables

### Beverages

- Organic, fair-trade coffee and tea served with organic milks, dairy alternatives and raw sugar

\$31.50 per person

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## 04. VEGAN MORNING CELEBRATION – HEARTY

Minimum 20 people

### Morning Sweet Tray

A selection of:

- Gluten free and spelt based vegan muffins studded with an assortment of Ontario fruits, seeds and fair-trade chocolate chips
- A variety of freshly baked Hearty coconut-oatmeal cookies topped with dried fruits, seeds or fair-trade chocolate chips

### Fresh Fruit Bowl and Granola

- Fresh, seasonal fruit bowl served with homemade Hemp Seed Granola

### Vegan Scrambles

- Roasted red pepper, wilted greens, and Himalayan sea salt vegan scramble
- Tofu and roasted vegetable scramble

### Side

Choose 1

- Oven roasted Yukon Gold potatoes
- Oven roasted seasonal vegetables

### Beverages

Organic, fair-trade coffee and tea served with organic dairy alternatives and raw sugar

**\$22.50 per person**

## 05. MORNING HAS BROKEN

Minimum of 20 persons

### Morning Sweet Tray

A selection of:

- Gluten free and spelt based muffins studded with an assortment of Ontario fruits, seeds and fair-trade chocolate chips
- A variety of freshly baked Hearty coconut-oatmeal cookies topped with dried fruits, seeds or fair-trade chocolate chips
- Sweet and savoury spelt based scones
- Gluten free and spelt based loaf slices including pumpkin loaf and lemon poppy seed loaf
- Spears of fresh of seasonal fruit presented with organic minted lemon yogurt sauce on the side

### Smoked Salmon

Choose 1 variety:

- Smoked salmon, pre-sliced and served with cream cheese, capers, sliced cucumbers, tomato, onion and lemon
- Includes fresh, local & organic breads
- Smoked Salmon and cream cheese pinwheel wraps with fresh dill and red onion

### Frittatas

Choose 1 variety:

- Cherry tomato, wilted greens, roasted red pepper and Himalayan sea salt frittata, sliced
- Market variety frittata, sliced

**\$28.75 per person**

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## 06. ELEGANT BRUNCH AFFAIR

Minimum 20 people

### Pin wheel and tea sandwiches

Choose up to 3 varieties:

- Organic egg salad tea sandwiches
- Free-range chicken salad tea sandwiches
- Avocado-cucumber-pepper hummus pinwheel wraps
- Smoked Salmon and cream cheese pinwheel wraps with fresh dill and red onion

### Mini Frittatas

Choose 2 varieties:

- Cherry tomato, wilted greens, roasted red pepper and Himalayan sea salt frittata
- Roasted vegetable and feta frittata
- Market greens variety frittata

### Salad

Choose 1 salad

- Kale & red cabbage salad
- Spinach salad with pear/apple & toasted, mapled pumpkin seeds

#### Cheese Platter

- 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

### Fruit Platter

Artfully cut and presented fresh fruit

### Sweet Tray

A selection of:

- Gluten free and spelt based mini-muffins studded with an assortment of Ontario fruits, seeds and fair-trade chocolate chips
- A variety of freshly baked Hearty coconut-oatmeal mini cookies topped with dried fruits, seeds or fair-trade chocolate chips
- Gluten free brownies with rich mocha icing

**\$32.50 per person**

## 07. VEGAN ELEGANT BRUNCH AFFAIR

Minimum 20 people

- Dip and artisan cracker or vegetable platter
- Choose 2 dips

- Smokey baba ganoush
- Organic hummus
- Mango salsa
- Tomato salsa
- Tuscan white bean dip

Served with:

- A selection of artisan breads, flatbreads and crackers

OR

- Crudité of local, organic farm and market-fresh vegetables cut, carved and curled to accompany dips

### Vegan Scrambles

- Cherry tomato, wilted greens, roasted red pepper and Himalayan sea salt veganscramble
- Tofu and roasted vegetable scramble

### Salad

Choose 1 salad

- Kale & red cabbage salad
- Spinach salad with pear/apple & toasted, mapled pumpkin seeds

### Rolls

- Multi grain and artisanal rolls with extra-virgin olive oil for dipping

### Fruit Platter

- Artfully cut and presented fresh fruit

### Sweet Tray

A selection of:

- Gluten free and vegan mini-cupcakes topped with a swirl of icing
- A variety of freshly baked Hearty coconut-oatmeal mini cookies topped with dried fruits, seeds or fair-trade chocolate chips
- Raw and vegan date and chocolate truffles

**Price per person: \$30**

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## 08. STAFFED BRUNCH STATIONS

Minimum 20 people

### Crêpe Station

- Tender buckwheat crêpes topped with fresh, pickled and lightly sautéed vegetables, Ontario cheeses and house made sauces

### Omelette Station

- Free-range Ontario eggs lightly scrambled available with a variety of fresh and sautéed vegetables, Ontario cheeses and house made sauces

### Green Salad

Choose 1 salad

- Kale & red cabbage salad
- Spinach salad with pear/apple & toasted, mapled pumpkin seeds

### Artisanal Rolls

- Heritage grain buns with freshly whipped butter

### Dessert Station

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;
- Choco-loco squares and/or butter tart squares

Price per person: \$38

Staffing charges not included

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## KIDS' MEALS

### 01. YOUTHFUL FIESTA

### 02. PASTA PARTY

### 03. KIDS BACKYARD BBQ PARTY

Hearty Catering's tasteful and fresh approach to children's cuisine will be sure to please even to pickiest eater. All children's meals are completely nut free.

#### 01. YOUTHFUL FIESTA

Minimum 15 people

##### Dip

Multi-coloured heritage vegetables carved and cut served with hummus or cucumber yogurt

##### Taco Salad or Burritos

Please choose taco salad or burrito station

- A bountiful display of Mexican-inspired ingredients ready for "Build-Your-Own" freshly baked taco salad or burrito

Selected ingredients include:

Fiesta-seasoned brown basmati rice, baked beans and free-range chicken, lettuce, tomato salsa, our Homemade Hearty Café Hot Sauce, chipotle mayo, avocado sauce, shredded cheese, shredded carrots and beets

##### Healthy Treats

- A variety of freshly baked mini coconut-oatmeal cookies topped with dried fruits, seeds or fair-trade chocolate chips
- Popped corn straight from Ontario's farmers fields. Non-GMO and organic popcorn offered with a variety of shake on toppings and butter and coconut oil, served in a cone.

Children aged 13 and under:  
\$20 per person

Children aged 6 and under:  
\$14 per person

#### 02. PASTA PARTY

Minimum 15 people

##### Salad

Choose 1 variety of salad

- Kale & red cabbage salad with apple cider vinaigrette
- Mixed green salad with organic shoots or microgreens with apple cider vinaigrette
- Quinoa-broccoli-cranberry salad with apple cider vinaigrette
- Carrot & beetroot slaw
- Sweet potato noodle salad with sesame oil & citrus dressing

##### Gluten Free Brown Rice Pasta

Choose 2 varieties

- Macaroni and Cheese prepared with Organic Milk, Mozzarella and Old Cheddar
- Spaghetti served with Homemade Hearty Café Tomato Sauce
- Baked Vegan Pasta with Roasted vegetables in our Homemade Hearty Café Tomato Sauce
- Baked Vegetarian Pasta with roasted vegetables in our Homemade Hearty Café Tomato Sauce topped with Mozzarella and Old Cheddar Cheese
- Beef (hormone/antibiotic-free, free-range beef) lasagna prepared with our Homemade Hearty Café Tomato Sauce

##### Side

Raw or roasted multi-coloured heirloom vegetables

##### Optional Treats

- Organic fruit kabobs presented with a lemon yogurt sauce
- Gluten Free Baked Treats
- A variety of gluten free and vegan freshly baked mini coconut-oatmeal cookies topped with dried fruits, seeds or fair-trade chocolate chips
- Gluten free brownies with rich mocha icing

Children aged 13 and under: \$22 per person  
Add the dessert: \$25 per person

Children aged 6 and under: \$18 per person  
Add the dessert: \$21 per person

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### 03. KID'S BACKYARD BBQ PARTY

Minimum of 15 people

#### Salads:

Choose 1 salad variety:

- Kale & red cabbage salad with apple cider vinaigrette
- Carrot & beet slaw
- Brown rice pasta salad, with or without feta cheese and kalamata olives
- Potato salad in vinaigrette or classic aioli dressing
- Sweet potato noodle salad with citrus-sesame dressing
- Chickpea salad
- Watermelon salad (seasonally available)

#### Mains:

Choose 2 options:

#### Vegan Options

- Lentil & quinoa vegan burgers
- Tofu steaks marinated in our Hearty Café Homemade Smoky/Sweet Barbeque Sauce

#### Free-Range Meat Options

- Mennonite-raised, free-range chicken breasts marinated with lemon juice, extra-virgin olive oil and fresh herbs
- Homemade naturally raised beef burger

#### Served with:

- Artisanal buns, whole grain buns, sliders, and gluten-free buns
- Sliced fresh vegetables including romaine lettuce, field tomatoes and red onion
- Kid friendly Barbeque condiments including ketchup, Dijon mustard, relish and avocado sauce

#### Sides

- Oven baked root vegetable wedges

#### Desserts

- Gluten free and vegan cupcakes decorated with frosting swirls

Children 13 and under:

**\$19.50 per person**

Children 6 and under:

**\$16 per person**

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# PLATTERS

## Vegetable & Dip Platter: Minimum of 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**

## Colourful Mini-Kabob Platter: Minimum of 10 people

Free-range chicken strips with vegetables

OR

Seasonal vegetable and tofu strips

- Skewers are grilled to perfection with tamari dipping sauce
- Gluten-free
- Free-range chicken; Vegetarian;

## Free-Range Chicken: \$4.50 per kabob

## Veggie: \$3.50 per kabob

## Smoked Salmon Platter: Minimum of 15 people

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

**\$6.85 per person**

## Cheese Platter: Minimum of 5 people

Featuring a selection of cheeses

- Selection includes 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**

## Gourmet Cheese Platter: Featuring an assortment of premium local & imported cheeses Minimum of 5 people

- Selection includes Brie, chevre (goat cheese), three other market varieties
- 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**

## Tortilla Mini-Wrap Platter: A colourful assortment of tortilla pinwheels

Vegetarian and non-vegetarian selection available  
Choose up to 3 varieties:

- Avocado, cucumber and hummus
- Chevre, 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 & hummus
- Free-range roast beef, roasted vegetables topped with balsamic fig & date mustard aioli

Fish, Chicken, or Beef

Small: \$49.50 / 15 pieces  
Med: \$95 / 30 pieces  
Large: \$155 / 50 pieces

Veggie  
Small: \$44 / 15 pieces  
Med: \$83.75 / 30 pieces  
Large: \$130 / 50 pieces

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### Rice Paper Roll Platter:

Fresh, Asian-inspired rice paper rolls, served with sesame-citrus dipping sauce

Small: \$65 / 30 pieces  
Large: \$105 / 50 pieces

### 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

### Smoked Salmon Sushi Rolls Platter

Sweet brown rice sushi featuring smoked salmon, avocado and fresh herb

\$65 / 25 pieces

### Vegan Sushi Rolls Platter

Sweet brown rice sushi with avocado, heirloom carrot & ginger

\$55 / 25 pieces

### Sweet Platter:

Minimum of 5 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;

Choco-loco squares and/or butter tart squares

\$3.25 per person

### Seasonal Fruit Platter:

Minimum of 10 people

Artfully cut and presented fresh fruit

\$4.95 per person

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## SELECTIONS A LA CARTE

### Minimum of 10 people

- Purple, green & yellow string bean salad with Niagara wine vinaigrette (seasonally available)
- Summer tomato & cucumber salad with fresh herbs (seasonally available)
- 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 mayo base)
- Lentilles du Puy with grilled pepper salad
- Brown rice pasta salad (with/without feta cheese & olives)
- Oven-roasted beetroot with fresh herbs
- Quinoa tabbouleh
- Asian-style slaw (spicy dressing available upon request)
- Sweet potato noodle salad with sesame oil & citrus dressing
- Caesar salad with our homemade croûtons & dressing
- Roasted vegetable salad on bed of greens
- Mixed greens salad with sprouts; served with apple cider or balsamic vinaigrette
- Local asparagus grilled and drizzled with Niagara wine vinegar reduction and softened onions, presented on a bed of greens (seasonally available)

\$4.75 per person

## SOUP SELECTIONS A LA CARTE

### Minimum of 10 people

- Pureed butternut squash soup
- Curried sweet potato soup with fresh ginger and curry leaves
- Lentil vegetable soup
- Lemongrass mung bean soup (chicken OR vegan)
- Moroccan chickpea soup
- Cream of broccoli and spinach soup
- Slow-cooked root vegetable soup
- Slow cooked root vegetable and free range beef soup
- Vietnamese Pho

\$4.95 per person

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## SWEET & SAVORY ENDINGS A LA CARTE

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:  
Minimum of 10 people  
\$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;  
Strawberry; Cranberry; Old cheddar & green onion  
\$3.85 each

Muffins:  
Gluten-free muffins:  
Wild blueberry; Mango-coconut; Chocolate chip; Double chocolate; Cranberry; Old cheddar cheese  
\$2.85 each

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

Gluten-free sugar-free muffins:  
Zucchini date and agave sweetened muffins  
\$2.65 each

Loaves:  
A variety of freshly-baked sweet loaves – sliced:  
Pumpkin; Lemon-poppy seed; Zucchini  
\$2.85 per slice

Cakes and Sqaures:  
Gluten-free brownie with mocha icing:  
Small: \$2.75 each  
Large:\$3.85 each

Squares:  
Choco-loco, gluten-free lemon or orange squares, butter tart squares  
\$2.85 each

Gluten-free or spelt-based carrot cake with cream cheese icing  
Available as a large cupcake or cake slice  
\$4.50 per piece

Chocolate cake with passion fruit ganache – sliced  
\$4.95 per slice

Mini gluten-free cupcakes decorated with a swirl of icing  
(available by 1/2 dozen)  
Small \$2.25 per piece  
Large \$3.85 per piece

Pastries  
Butter croissant  
\$2.50 each

Sweet Platter  
\$3.25 per serving

Breakfast Pastry Platter  
\$3.25 per serving

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# BEVERAGES A LA CARTE

## Cold Beverages: Selection includes:

- Individual-person 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

Coffee thermos (serves up to 10 people)  
\$24

- Organic, fair-trade tea, assorted selection

Tea thermos (serves up to 10 people)  
\$24

- Organic, fair-trade coffee and teas

\$2.40 per person for groups of 50+

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

Hot beverage thermos (serves up to 10 people)

\$27.50

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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 \$27.50/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 white 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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# POLICIES

## 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.

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 days business notice for cancellation. A 50% fee may be applied to late cancellations.

Orders canceled within 24 hours of event may be subject to a 100% charge.

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## 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 preserves 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 clean meats. Whole foods do not include ingredients which have been processed or refined.

#### Free-Range

Animal, 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!*



**HEARTY**  
CATERING

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