





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.

FILM CREW 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 productions's values.

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

We have a track record of providing nourishing, competitively priced meals and snacks to hard working film crews.

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

OUR CLIENTS AND SERVICE

Hearty Catering has been providing socially film crews, support staff and working artisans 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.

CATERING PLANNING AND SERVICE

We will work with you to seamlessly execute your event and assist in all aspects of catering service. From menu planning, to delivery to service, we have you covered

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
Competitive pricing for superlative food and service.

A delivery charge for orders in GTA may be charged, dependent on crew size and delivery location. Delivery includes pick-up of service items.

Outside GTA, please inquire.





Breakfasts or Brunch

Quiche and Salad (GF & DF available, vegetarian/vegan available)

- Ham, Onion and Cheese
- Seasonal Vegetable
- Seasonal Vegetable and Asparagus
- Spinach, Roasted Cherry Tomato and Cheese
- Broccoli and Tomato

Classic Breakfasts

Eggs sunny side up with bacon/sausage, toast, roasted potatoes and side fruit bowl (DF, GF available, vegetarian available)

French toast, maple syrup, bacon/turkey bacon and fruit bowl

Frittata and side salad or fruit bowl (GF & DF available)

Home-made hemp seed granola, yogurt, soy milk/coconut milk, fruit bowl, cheese plate and bread (GF & DF available, vegetarian/vegan available)

Omelette (available with ham and cheese, seasonal vegetables and plain) with bacon/sausage and sliced bread, fruit cup (GF & DF available, vegetarian available)

Scrambled eggs with bacon/sausage and breakfast potatoes, fruit bowl (GF & DF available, vegetarian available)

Hard boiled eggs with bacon/sausage and sliced bread and butter, fruit bowl (GF & DF available, vegetarian available)

Pasta

Beef and Vegetarian Lasagna with home-made Bechamel sauce with side salad (GF & DF available, vegetarian/vegan available)

Beef and Vegetarian Lasagna/penne with home-made Tomato sauce with side salad (GF & DF, vegetarian/vegan available)

Penne Pasta with nut-free pesto and free-range chicken with side salad (GF & DF available, vegetarian/vegan available)

Penne Pasta beef Bolognese or home-made vegan marinara sauce with side salad (GF & DF available, vegetarian/vegan available)

Penne Pasta with rose sauce and free-range chicken with side salad (GF & DF available, vegetarian/vegan available)

Pasta with free-range beef meatballs or mung bean balls with side salad (GF & DF available, vegetarian/vegan available)

Chicken Plates

Greek style chicken leg plate including roasted potatoes and Vegetables, with side salad (GF & DF available)

Honey jerk free-range chicken plate including vegetables & seasoned white or brown rice, with side salad (GF & DF available)



Burgers

Free-range beef burger (meal size) with seasonal vegetables (corn seasonally available) with side salad (GF & DF available)

Free-range chicken breast burger (meal size) with seasonal vegetables (corn seasonally available) with side salad (GF available)

Vegan patties with seasonal vegetables (corn seasonally available) with side salad (GF & DF available)

Shepherd's Pie

Free-range beef shepherd's pie or quinoa-lentil shepherd's pie with herbed tamari gravy, side of vegetables and side salad (GF & DF available, vegetarian/vegan available)

Fish Meals

Salmon filet with Thai Coconut sauce, Teriyaki sauce or Citrus sauce (fresh lemon juice, herbs + olive oil) and roasted vegetables/potatoes/basmati rice with side salad (GF)

Panko crusted oven baked haddock fish (or tofu fingers) and potato wedges, vegetables of the day, home-made tartar sauce, slice of lemon with side salad

White fish or lake trout filet with fresh lemon juice, extra-virgin olive oil and roasted vegetables/potatoes with side salad (DF, GF available)

Pork Meals

Pork Tenderloin with Rosemary-Lemon sauce, BBQ sauce, Teriyaki sauce or Cajun sauce. Side of roasted vegetables, potatoes or rice, and side salad (DF, GF available)

Classic Roasts

Sliced roast beef with seasonal vegetables, mashed potatoes and herbed gravy with side salad (GF available)

Oven roasted free-range turkey with seasonal vegetables, mashed potatoes, herbed gravy with side salad (GF + DF)

Oven roasted free-range chicken with pan seared vegetables, potatoes or basmati rice with side salad (GF available)

Fun and Dynamic

Build your own Burrito or taco salad - A bountiful display of Mexican-inspired ingredients ready for "Build-Your-Own" meal (DF, GF available, vegetarian/vegan available)

OR Pre-packed: Fiesta Chicken or Beef meal plate (DF, GF available, vegetarian/vegan available)

Afritada

Free-range chicken Afritada with basmati/jasmine rice, and vegetables, served with side salad (GF & DF available, vegetarian/vegan available)



Kabob Meals

Free-range chicken, beef, quinoa-lentil or tofu kabobs with pitas or basmati rice, and side salad (GF available, vegetarian/vegan available, no soy available)

Pan Asian Meals

Free-range beef curry, chickpea or tofu with naan bread/basmati rice and side salad (GF & DF, vegetarian/vegan available)

Free -range chicken curry or tofu with naan bread/basmati rice and side salad (GF & DF available, vegetarian/vegan available)

Free-range butter chicken or vegan mung beans with jasmine rice, and side salad (GF & DF available, vegetarian/vegan available)

Free-range Tandoori chicken or tofu with naan or rice, and side salad (GF & DF available, vegetarian/vegan available)

Thai Green curry prepared with free-range chicken or tofu, rice, vegetables and side salad (GF, vegetarian/vegan available)

Free-range chicken or tofu teriyaki with jasmine/basmati rice or broad noodles and side salad (GF & DF available, vegetarian/vegan available)

Free-range chicken or tofu Pad Thai with rice noodle and side salad (GF & DF available, vegetarian/vegan available)

Stews

Free-range beef stew (or Kidney bean braise) with basmati rice/naan and side salad (GF, vegetarian/vegan available)

Vegan Adobo Pinto bean stew with basmati rice/naan and side salad (GF available)

Shawarma Plates

Free-range chicken, beef or vegan shawarma with basmati rice/naan and side salad (GF & DF available, vegetarian/vegan available)

Comforting Plates

Free-range beef, chicken, vegetarian or vegan pot pie with seasonal vegetables and side salad (GF & DF available, vegetarian/vegan available)

Free-range beef meatloaf or veggie loaf with side vegetables and side salad (GF, vegetarian/vegan available)

Stuffed sweet peppers OR squash OR zucchini OR cabbage rolls with side vegetables and side salad (GF & DF available, vegetarian/vegan available)

Cabbage rolls with side salad (GF & DF available, vegetarian/vegan available)

Free-range beef or vegetarian or vegan pierogies with side salad



Soup, Salad and Sandwich Meal (V, GF, DF available)

Soup

- Curried sweet potato soup with fresh ginger and curry leaves (V, GF)
- Gazpacho (V, GF)
- Chicken and vegetable (GF)
- Chicken vegetable noodle (GF available)
- Butternut squash and red lentil (V, GF)
- Lemongrass coconut mung bean (chicken OR vegan) (GF, vegan available)
- Lentil and thyme vegetable (V, GF)
- Moroccan chickpea (V, GF)
- Slow roasted vegetable (V, GF)
- Slow roasted vegetable and smoked beef (GF)
- Slow-cooked root vegetable (V, GF)
- Chili (available with free-range beef or vegan) (GF, vegan available)
- White bean and free-range chicken and vegetable
- White bean and vegetables (V, GF)

+salad of the day

+ sandwiches/wraps/baguettes/croissant/rye

Sandwiches/Wraps/Baguettes/Croissant/Rye (V, GF, DF available)

- Free-range Chicken
- Ham and Cheese
- Havarti cheese and roasted veg
- Pulled pork
- Turkey
- Roast beef/ Pastrami/ Montreal style smoked beef
- Tuna salad
- Simply roasted vegetables with hummus or tuscan bean dip
- Spicy Eggplant
- Grilled tofu
- Avocado-cucumber-pepper
- Organic egg salad

Salad Bowls

- Black bean and avocado salad (V, GF)
- Garden salad with dried fruit/seeds (V, GF)
- Carrot Beet Slaw or Kale Cabbage Slaw (V, GF)
- Chickpea salad or Lentil vegetable salad (V, GF)
- Couscous salad or Fattoush salad (V)
- Greek salad or Caesar salad
- Mixed green salad with sliced apples or tomato (V, GF)
- Mung bean and vegetable salad (V, GF)
- Potato Salad (Vegan available, GF)
- Potato salad with free-range chicken (GF)
- Quinoa broccoli and cranberry salad (V, GF)

- Sweet Potato Noodle Salad (V, GF)
- Traditional or quinoa tabbouleh (V, GF available)
- White bean and vegetable salad (V, GF)
- Cobb salad (available with feta or blue cheese)

Wholesome Sweets & Desserts

- Seasonal fruit bowl of the day (V, GF)
- All-butter flaky croissant, drizzled with chocolate
- Mocha brownie (GF)
- Tender Peach or Apple Cake (DF)
- Mixed berry cupcake (GF)
- Wholesome carrot cupcakes or cake
- Rich chocolate cake
- Tiramisu
- Coconut Oatmeal cookies (V, GF)
- Choco-loco (our nut-free take on a classic Hello Dolly bar)

**We are so grateful for the opportunity to nourish your team.
Please let us know how we can be of service to your crew!**



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

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: [Inquire for rate](#)

***Saturday and 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.





POLICIES

PAYMENTS AND POLICIES

Payment Policy

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.

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

Please inquire about the confirmation lead time for your production.

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.

Please inquire about the cancellation lead time for your production.

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.





*From our heart
to your table!*



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