

CORPORATE MENU



ORDERING GUIDELINES

Should you wish to change your order, this must be received via e-mail in a timely matter. Every effort will be made to accommodate last minute changes.

Cancellations must be received by phone or e-mail during business hours, 9:00am – 5:00pm, Monday to Friday. No later than 3:00pm the day prior to your placed order.

A delivery minimum of \$150.00 excluding tax and delivery applies to all orders unless previously arranged by your customer service representative. Delivery cost for RBC is \$30.00 + HST.

Our customer service standards are as follows:

- Food where possible is sent on reusable china or chafing inserts and picked up the following day by one of our friendly drivers
- Menu descriptions are sent with each order, highlighting allergens
- Every attempt is made to deliver your order within the specified time requested, however, should our driver be held up, one of our customer service representatives will let you know.
- Serving utensils are sent with each delivery, please let your customer service representative know if you do not require these.

Disposables, staff and rentals are available upon request ONLY at an additional charge (disposables - \$2.50 per person + HST including plates, cutleries, napkins, cups). Do not hesitate to let us know if you require any of these additional items.

BREAKFAST

STANDARD CONTINENTAL BREAKFAST

Chef's Choice of Freshly Baked Sweet & Savoury Breakfast Pastries, Breakfast Loafs, and Mini Bagels

Served with Butter, Fruit Preserves and Cream Cheese

Assorted Sliced Fresh Fruit Platter

To Include Assorted Melons, Pineapple, and Berries

HOT BREAKFAST

Assortment of Sweet & Savoury Mini Breakfast Pastries

Served with Butter and Fruit Preserves

Fluffy Scrambled Eggs

Smoked Bacon

(Substitution to Turkey Bacon is available)

Breakfast Sausage Links

(Substitution to Turkey Sausage is available)

Fresh Seasonal Sliced Fruit Platter



BREAKFAST

TRADITIONAL HOT BREAKFAST SANDWICHES/WRAPS

Sandwich/Wrap Option

Breakfast Sandwich

Toasted English Muffin Topped With Egg, Bacon & Cheese

Multi Grain Flat Bread

With Mixed Vegetable & Cheese Frittata with Sauteed Spinach

Breakfast Wraps

Sautéed Peppers & Onions, Scrambled Eggs, Monterey Jack & Smoked Cheddar Served With Salsa And Guacamole

Corn, Tomatoes, Quinoa Breakfast Wraps

With Just "Egg" (Vegetarian/Vegan)



OPTIONAL BREAKFAST ADD-ONS

Fresh Fruit Salad Cups

Assorted Seasonal Fresh Fruit,
Garnished With Berries in A Lemon Simple Syrup

Yogurt Parfait

Served with Homemade Crunchy Granola & Berries

Assorted Individual Quiche

Ham And Cheese
Broccoli Cheddar
Spinach Feta
Cauliflower Bacon Cheese
Artichoke, Sundried Tomato, Parmesan

Hard Boiled Eggs

Pineapple Glazed Ham

Peameal Bacon

Breakfast Sausage

Field Roast Grain Meat Sausage

Breakfast Burrito

Sautéed Peppers & Onions, Scrambled Eggs, Monterey Jack & Smoked Cheddar Served With Salsa and Guacamole

Breakfast Sandwich

Toasted English Muffin Topped with Egg, Bacon & Cheese

Low Carb Sweet Potato Hash

Extra Virgin Olive Oil Marinated Sweet Potato With Caramelized Onion & Rosemary

Chimichurri Roasted Potatoes

Diced Roasted Yukon Potatoes Tossed in Chimichurri With Homemade Mild Tomato Salsa & Ancho Chili

Seasoned Home Fries

OPTIONAL BREAKFAST ADD-ONS

Coffee and Tea Service

(Minimum 10)
Regular and Decaffeinated Coffee
Assorted Herbal Teas
Milk, Cream, Sugar and Splenda

Assorted Juices, Soft Drinks & Individual Water Bottles





COLD LUNCH - SANDWICH/ WRAP

Vietnamese Chicken

With Red Thai Curry Aioli, Red And Green Cabbage Slaw, Crispy Taro Root (Mild Spice)

Peppered Smoked Beef

with Pommery Horseradish, Tomato Jam, Pickled Cucumber, Cajun Onion Straw

Honey Sriracha Smoked Salmon + \$4.50 extra per portion with Rhubarb Cranberry Mayonnaise, Sweet Pickled Cucumber and Tomato

Grilled Vegetable and Chevre

With Sweet Potato Hummus And Basil Pesto

Albacore Tuna

Julienne Of Apples, Lettuce, Cucumber And Hellman's Mayonnaise

Chopped Egg Salad

Chopped Egg, Hellman's Mayonnaise And Dijon Mustard

Tuscany Italian

Italian Cold Cuts, With Sundried Tomato Tapenade, Baby Arugula, Pickled Cucumber, Crispy Yukon Frites

Black Forest Ham & Emmental Sandwich

With Grilled Pineapple And Honey Bacon Club Dressing

Southwest Turkey

Thin Sliced Smoked Turkey, Smoked Cheddar, Avocado, Jalapeno Chipotle Mayo, Marinated Tomato, Pea Sprouts, Sweet Potato Frites

Spicy Reuben Sandwich

Sliced Spicy Pastrami, Dill Pickles, Jalapeno Havarti, Caramelized Onion, Crispy Romaine, Grainy Mustard Horseradish

COLD LUNCH-SALAD

SALAD OPTIONS

Sweet Pear

Mixed Green Salad with Caramelized Pear, Red Wine Poached Cantaloupe, Sweet & Spicy Walnut, Served with Roasted Sweet Onion Dressing

Cobb

Mixed Greens, Maple Soy Roasted Sweet Potato Diced Tomato, Grated Cheddar & Mozzarella, Hard Boiled Eggs, Creamy Avocado Ranch

Italian Chopped

Marinated Garbanzo Beans, Kalamata Olives, Cherry Tomato, Pepperoncini & Italian Dressing

Fiesta Mixed Greens Salad

with Roasted Corn, Beans, Pickled Red Onion, Cilantro Lime Vinaigrette

Asian Mixed Greens Salad

with Mandarins, Pickled Carrots, Pea Sprouts, Soy Vinaigrette

Mediterranean Chickpea Greek

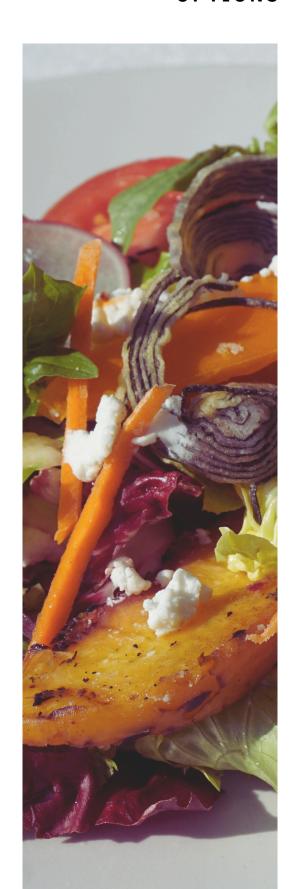
Chickpea, Diced Tomatoes, Cucumber, Scallions, Kalamata Olives, Crumbled Feta, Lemon Za'atar Herbed Vinaigrette

German Potato

Diced Potato, Crispy Bacon, Diced Peppers, Scallions, Tossed in a Pommery Mustard Shallot Vinaigrette

Penne Pasta

with Sautéed Julienne Of Vegetables Tossed with Honey Balsamic Parmesan Nut Free Pesto



COLD LUNCH-SALAD

SALAD OPTIONS

Mixed Green

Served with Julienne Of Sweet Pickled Carrots & Jicama, Red Wine Vinaigrette

Summer Mixed Greens

Aged Balsamic Pomegranate Infused Watermelon, Rosemary Grilled Peach, Pickled Sweet Cabbage, Crispy Smoked Paprika Chickpeas, Hibiscus Honey Lime Vinaigrette

Ma-Ro's Signature Caesar

Crispy Romaine Lettuce, Sautéed Mushrooms, Harissa Butter Croutons, Shaved Asiago, Aged Balsamic Marinated Sun-Dried Tomato, Garlic Grainy Dijon, Anchovy Dressing

Mediterranean Romaine

Chopped Romaine Lettuce With Diced Tomato, Cucumber, Kalamata Olives, Feta And Green Onion Served with Creamy Oregano Dressing

Golden and Ruby

Aged Balsamic Roasted Golden And Ruby Beet With Pumpkin Seeds And Chevre

Spinach

Spinach Salad With Cranberry, Caramelized Onion, Green Pepper, Honey Sherry Vinaigrette

Arugula

Baby Arugula, Grilled Peppers, Caramelized Pumpkin Seeds, Grated Parmesan Crisps, Marinated Tomatoes And Pickled Red Cabbage With Sundried Tomato Balsamic Vinaigrette

California Chiffonade

Arugula and Romaine Salad, Mandarin, Sliced Strawberry, Shaved Pickled Red Onion, Served With Raspberry Oregano Vinaigrette

COLD LUNCH-SALAD

SALAD OPTIONS

Quinoa Tossed Salad Quinoa, Spinach, Arugula, Diced Tomato, Edamame, Shaved Heirloom Carrots, Pea Sprouts, Honey Lime Vinaigrette

Farro & Butternut Squash Cooked Farro With Roasted Butternut Squash, Studded with Cranberries, Garnished With Green Onions Dressed in a Maple Lemon Mustard Vinaigrette

Couscous Salad

With Diced Tomato, Cucumber, Bell Peppers, Parsley and Mint Citrus Vinaigrette

Green Bean & Roasted Bermuda Onion

served With Red Wine Vinaigrette & Toasted Sesame Seeds

Thai Mango

Julienne of Semi Ripe Mango, Cucumber, Peppers, Scallions, Onion, Cilantro, Mirin Yellow Curry Vinaigrette

Grilled Seasonal Vegetables

Drizzled With Balsamic Glaze



COLD LUNCH - PROTEIN

PROTEIN OPTION CHICKEN

Ancho Chipotle Chicken Breast

With Pico De Gallo

Blackened Chicken Breast

With Mango Pineapple Chutney

Moroccan Seasoned Chicken Breast

Marinated In Our Famous Seasoning Mix Of Paprika, Cumin, Ground Coriander, Ground Ginger, Ground Turmeric, Ground Cinnamon, And Cayenne Pepper Baked To Perfection Served with Moroccan Jus

Nut Free Pesto Grilled Chicken Breast

Garnished With Sundried Tomatoes

Kalbi Glazed Chicken Breast

General Tao Chicken

PROTEIN OPTION FISH

Thai Haddock

With Sweet Chili Thai Glaze

Multigrain Tilapia

Yellow Tomato Ginger Coulis

Orange Rosemary Glaze Salmon Fillet

With Citrus Sauce

Applewood Smoked Seared Salmon Fillet

With Lemon and Dill Aioli

Honey Sriracha Salmon Fillet

With Spicy Tomato Sauce

Piri-Piri Baked Salmon

COLD LUNCH - PROTEIN

PROTEIN OPTION
BEEF

Herbed Montreal Striploin Steak

with Herbs, Montreal Spices

Chimichurri Seared Striploin Steak

with Caramelized Onions

Teriyaki Striploin Steak

PROTEIN OPTION VEGETARIAN/VEGAN

Grilled Tofu Duxelles

Grilled Tofu Steaks Topped with Mushroom Duxelles With Pimento Sauce

Baked Zucchini Boat

Wild & Red Rice, Pimento, Corn Tofu, Edamame, Roasted Red Pepper Sauce

Wild Mushroom, Pepperoncini, Chickpea,

Tomato Stuffed Aubergines
With Homemade Tomato Coulis

Stuffed Portobello Mushroom

With Ratatouille & Hemps

Marinated Vegetables & Tofu Skewers

Served With Red Pepper Sauce

Mediterranean Spiced Eggplant and Tofu

Kalbi Glazed Tofu and Vegetable Skewers







HOT LUNCH - PROTEIN

PROTEIN OPTION CHICKEN

Lemon Herbed Grilled Chicken Souvlaki SkewerWith Lemon Sauce, Pomegranate Gremolata Served With Tzatziki



Blackened Chicken Breast

With Mango Pineapple Chutney

Moroccan Seasoned Chicken Breast Marinated In Our Famous Seasoning Mix Of Paprika, Cumin, Ground Coriander, Ground Ginger, Ground Turmeric, Ground Cinnamon, And Cayenne Pepper Baked To Perfection Served with Moroccan Jus

Nut Free Pesto Grilled Chicken Breast

Garnished With Sundried Tomatoes

Ancho Chipotle Chicken Breast

With Pico De Gallo

Blackened Chicken Breast

With Mango Pineapple Chutney

Moroccan Seasoned Chicken Breast

Marinated In Our Famous Seasoning Mix Of Paprika, Cumin, Ground Coriander, Ground Ginger, Ground Turmeric, Ground Cinnamon, And Cayenne Pepper Baked To Perfection Served with Moroccan Jus

Nut Free Pesto Grilled Chicken Breast

Garnished With Sundried Tomatoes

Chicken Stir Fry

With Julienne Of Peppers, Broccoli, Mushrooms, Snow Peas, Carrots, Bean Sprouts, Onion & Bok Choy, Tossed With A Soy Sesame Sauce

HOT LUNCH - PROTEIN

PROTEIN OPTION CHICKEN

Chicken Parmesan

Panko Breaded Crispy Chicken Breast Topped with Tomato Sauce, Parmesan & Mozzarella

Chicken Caprese

Pan Seared Chicken Breast Stuffed With Tomato, Bocconcini, Basil and Aged Balsamic Jus

Chicken Mexicana

Stuffed Chicken with Asparagus, Cotija Cheese, Salsa And Tex Mex Cream Sauce

Grilled Chicken Breast

With Scallion Lemon Butter Sauce

PROTEIN OPTION FISH

Thai Salmon

With Sweet Chili Thai Glaze

Multigrain Tilapia

Yellow Tomato Ginger Coulis

Orange Rosemary Glaze Salmon Fillet

With Citrus Sauce

Applewood Smoked Seared Salmon Fillet

With Lemon and Dill Aioli

Parmesan Crusted Cod

With Lemon Asparagus Cream Sauce

Blackened Atlantic Salmon Fillet

With Creole Butter Sauce

Pan Seared Salmon Fillet

With Sundried Tomato Tapenade

Pan Seared Tilapia

With Scallion Lemon Butter Sauce

HOT LUNCH - PROTEIN

PROTEIN OPTION
BEEF

Herbed Montreal Striploin Steak

with Herbs, Montreal Spices

Chimichurri Seared Striploin Steak

with Caramelized Onions

Smoked Paprika Za'atar Spice Beef Souvlaki

Teriyaki Striploin Steak

PROTEIN OPTION VEGETARIAN/VEGAN

Grilled Tofu Duxelles

Grilled Tofu Steaks Topped with Mushroom Duxelles With Pimento Sauce

Baked Zucchini Boat

Wild & Red Rice, Pimento, Corn Tofu, Edamame, Roasted Red Pepper Sauce

Wild Mushroom, Pepperoncini, Chickpea,

Tomato Stuffed Aubergines
With Homemade Tomato Coulis

Stuffed Portobello Mushroom

With Ratatouille & Hemps

Marinated Vegetables & Tofu Skewers

Served With Red Pepper Sauce

Mille Feuille Eggplant Tower

Panko Breaded Crispy Eggplant Coins Layered with Tomato Sauce,
Monterey Jack Cheese, Parmesan



HOT LUNCH - SIDES

STARCH OPTIONS

Crisp New Potato Drizzled

with Herb Oil

Basmati Rice Pilaf

Smoked Paprika Roasted Potatoes

Smashed Potato Malt Vinegar Dill Salt

Rustic Mashed Potatoes

with Leek & Sundried Tomato

Brown Sugar Maple Glazed Sweet Potatoes

Garlic Mashed Potatoes

Quinoa Studded with Sweet Potatoes

VEGETABLE OPTIONS

Steamed Cauliflower and Broccoli

Garlic Butter Honey Sriracha Glazed
Tricolour Carrots

Rosemary, Olive Oil,
Garlic Grilled Peach & Zucchini Filets

Balsamic Roasted Peppers

Maple Dijon Roasted Butternut Squash

Roasted Brussel Sprouts Crispy Bacon & Caramelized Onions

Herbed Sautéed Mixed VegetablesOlive Oil & Garlic

Avocado Harissa Heirloom Carrots

Teriyaki Stir Fry Vegetables

SWEET SNACKS

Assorted Sweet Mini Pastries

Assorted Mini Muffins/ Danishes/ Croissants

Assortment of Scones

Cheddar Cheese, Blueberry Lemon, Rosemary Lemon Zest Served with Butter and Fruit Preserves

Assorted Fresh Fruit Platter

Yogurt Parfaits

Greek Vanilla Yogurt with Berry Compote & Crunchy Granola

Chocolate Dip Strawberries

Strawberries Pops

Homemade Granola Bars

Fresh Fruit Skewers

with Wild Berry Yogurt

Individual Candy Bags

Filled with all your childhood favourites

Jumbo Decorated Chocolate Chip Cookies



SWEET SNACKS



Homemade Chips

Yukon Gold Potato, Sweet Potato, Taro Root, Beet Chips With Sundried Tomato Chevre Tapenade, Avocado Harissa Hummus, Kalamata Olive Basil Tapenade

Individual Homemade Chips

Greek Pita Chips

With Baba Ghanoush, Hummus & Matbucha

Individual Popcorn Grab Bag

Select up to 2 flavours for groups more than 10, Up to 3 Flavours for groups more than 20, Regular, Ketchup, Cheddar, Chicago Style, Salt & Vinegar, Caramel

Chocolate Dipped Salted Bar Pretzels

Tortilla Rollup Pinwheels

Filled with Egg Salad, Tuna Salad,
Cream Cheese & Cucumbers,
Smoked Salmon & Cream Cheese,
Roast Beef with Horseradish Aioli,
Smoked Turkey Breast, Grilled Vegetables
With Roasted Red Pepper Hummus

HORS D'OEUVRES

COLD



Guava Chipotle Cured Salmon

With Dill Caper Pancake And Beet Cream Cheese

Heirloom Cherry Tomatoes in Parmesan Tuile Basket*

Topped With Chiffonade Of Basil & Aged Balsamic

Crispy Polenta

With Tomato Balsamic Jam, Goat Cheese & Thyme

Open Faced Cold Roll

Pickled Vegetables, Thai Basil Marinated Rice Noodle, Wrapped In Rice Paper, Served With Thai Sweet Chili Sauce

Caramelized Fig Onion Gorgonzola Tart

With Strawberry Salsa

Antipasto Skewer

Prosciutto, Salami, Cantaloupe, Cherry Tomato, Bocconcini, Basil

Tex Mex Shrimp on Herbed Crostini

with Pico De Gallo & Guacamole

Blackened Chicken Breast Medallion

Topped With Jalapeno Pineapple Chutney

Ahi Tuna Taco*

Seared Ahi Loin In A Crispy Homemade Taco Shell, Guacamole & Pico De Gallo

Seared Scallop

with Papaya Mint Salsa

Cucumber Wrapped Balsamic Aged Watermelon

Topped With Brunoise of Greek Salad

Hoisin Glazed Beef Striploin Roulade

with Mirin Pickled Matchstick Vegetables

Rare Roast Beef Tenderloin

On Truffle Purple Potato, Whipped Pommery Horseradish, French Beans Enoki Mushroom & Cajun Onion Straw

HORS D'OEUVRES

HOT

Cajun Spiced Bacon Wrapped Chicken Skewers Harissa Apple Chutney

Miniature Shrimp Flatbread Pizza

With Romesco Gorgonzola Velouté & Sundried Tomato

Honey Chipotle Shrimp Skewer

With Mild Chorizo

Mac & Cheese Croquette*

Topped With Texas Style Pulled Pork

Duck Confit Beignet

With Apricot Chutney

Mini Beef Slider on Brioche*

With Herb Caramelized Onion & Sweet Pickled Cucumber

Grilled Petit Filet Mignon

Topped With Balsamic Fig Jam, Foie Gras Mousseline

Lobster Bisque, Crab Mac 'n Cheese Croquette

With Mascarpone

Micro Chicken & Waffle*

Panko Breaded Crispy Chicken Filet On Miniature Waffle, Drizzled With Maple Dijon

Korean Beef Spring Roll **

With Pickled Carrots & Cucumber

Spinach, Artichoke & Chevre Quiche

Philly Cheese Steak Crescent

Mediterranean Lamb Kofta With Cumin Red Pepper Jam

Grilled Cremini With Ratatouille



*Require Assembly On Site; **Require Chef or Heating On Site

SLIDERS

Served on a Brioche Bun (One Piece Per Person)

Beef Slider

With Herb Caramelized Onion & Sweet Pickled Cucumber

California Chicken Sandwich Slider

Panko Breaded Chicken Scallopini, Topped With Caramelized Onion, Mushroom, Homemade Tomato Sauce, Mozzarella and Parmesan

> Vegan Beyond Meat Slider (Vegetarian/Vegan Only)

Accompanied by:

Tomato, Lettuce, Shaved Bermuda Onions, Mirin Pickled
Coleslaw, Sliced Jalapeno Havarti
Ketchup, Garlic Aioli, Mustard
*Require Assembly On Site;
Chef on Site - Preferred
OR
To Be Sent Hot, Assembly On Site By Client/Staff



SHARED PLATTERS

CRUDITE PLATTER

Batons of Carrot, Celery, Peppers, Cauliflower, Broccoli, Cucumber with Caramelized Onion Dip & Spinach Feta Dip

VEGETABLE ANTIPASTO PLATTER

Grilled Marinated Eggplant, Zucchini, Peppers, Sweet Potato, Mushroom, Artichoke with Cherry Tomatoes & Bocconcini



CHEESE PLATTER



DOMESTIC CHEESE PLATTER Sharp Cheddar, Marble Cheddar, Gorgonzola, Emmental, Brie, Provolone

DOMESTIC & IMPORTED Garnished with Grapes and Berries CHEESE PLATTER Sliced Baguette

Assorted Crackers Chef's Choice: Sharp Cheddar, Marble Cheddar, Gorgonzola, Emmental, Brie, Provolone, Manchego, Stilton Blue, Gouda, Camembert, Gruyere

Garnished with Grapes and Berries Sliced Baguette, Assorted Crackers Black Truffle

ARTISANAL CHEESE **PLATTER**

Cheese, Espresso Cheese, Balsamic Cheese, Merlot Cheese

Garnished with Grapes and Berries Sliced Baguette & Artisanal Breads Assorted Artisanal Crackers



CHARCUTERIE PLATTER

Display Of

Prosciutto
Soppressata,
Spicy Salami,
Hungarian Salami,
Coppa,
Spicy Chorizo – Campesino Style

Served with

Kalamata Olives, Garlic Olives, Spicy Olives, Cornichons, Dijon Mustard, Garlic Aioli, Assorted Artisan Breads & Grissini

CHEESE & CHARCUTERIE BOARD

ASSORTED CHEESE

Asiago Gruyere Old Cheddar Double Cream Brie Gorgonzola

ASSORTED CURED MEATS

Spicy Soppressata
Salami
Prosciutto
Spicy Chorizo – Campesino Style

ACCOMPANIEMENTS

Assorted Crackers, Crostini and Baguette

Garnished with Strawberries & Grapes





Assortment of Homemade
Cookies
(2 Pieces Per Person)
Flavours:

Oatmeal Raisins, Chocolate Chip, Double Chocolate Chip

Biscotti (2 Pieces Per Person)

Fresh Fruit Platter

Chocolate Dipped Strawberries (2 Pieces Per Person)

Mini Cupcakes (1 Piece Per Person)

Assortment of Sweet Mini Dessert Pastries (2 Pieces Per Person) Flavours:

(Please Select 4 types)
Homemade Brownies
Tiramisu
Red Velvet Cheesecake
Mango Mousse
Raspberry Mousse
Traditional Cheesecakes
Carrot Cake
Chocolate Royale Cake
Fresh Fruit Tartlets
Apple Crumble Tartlets
Cannoli

Assortment of Macarons (1 Piece Per Person)