

TASTE

Culinary Inc.



CORPORATE MENU

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INDIVIDUALLY BOXED MEALS

THE BOXED LUNCH HAS EVOLVED FROM THE TYPICAL 'SOUP & SANDWICH" TO SO MUCH MORE. KEEP YOU CLIENTS AND YOUR TEAM SAFE AND ENJOY MOUTH-WATERING LUNCH OPTION DELIVERED FRESH TO YOUR HOME OR OFFICE!

SNACK MENU

\$9.99 PER PERSON

PASTRY BOX

Mini Butter Croissants or Mini Muffins, Whipped Butter, Fruit Preserves

BAGEL BOX

Mini Bagel w/choice of: Cream Cheese, Avocado Butter, Egg Salad, Wow Butter, Fruit Preserves

**Smoked Salmon & Capers Available at Market Value*

PROTEIN BOX

Hard Boiled Egg, Sliced Apple, Cheddar, Whole Wheat Pita, Wow Butter

NOODLE BOX

Szechuan Noodle, Edamame, Baby Corn, Shredded Cabbage, Red Pepper, Chili Ginger Sauce

QUINOA BOX

Crispy Roasted Kale, Grape Tomato, Chickpea, Aged Feta

VEGAN BOX

Hummus w/ Roasted Spiced Chickpeas, Crudité, Apple Slices

CHEESE BOX

Boursin & Cheddar, Water Crackers, Fresh Berries

CHARCUTERIE BOX

Smoked Meat, Baked Sourdough Crostini, Marinated Olives & Pickles, Grainy Mustard, Grapes

"PB & J" BOX

Whole Wheat PB & J, Wow Butter, Strawberry Jam, Banana

FRUIT BOX

Fresh Seasonal Fruit

BREAKFAST MENU

CONTINENTAL BREAKFAST

Choice of One
\$10.99 PER PERSON

MORNING PASTRY

Mini Butter Croissants, Mini Muffins, Whipped Butter, Berry Preserves

MINI BAGEL BAR

Cream Cheese, Aged Cheddar, Whipped Butter, Fruit Preserves

BREAKFAST BREAD

Traditional Banana, Blueberry Lemon, Oatmeal Cranberry, whipped Butter, Peach Preserves

HOT BREAKFAST

1 Main + 2 Meat + 1 Starch
\$18.99 PER PERSON

BUILD YOU OWN

*Farm Fresh Scrambled Eggs / Frittata / Buttermilk Pancakes / Belgian Waffle
Double Smoked Crispy Bacon / Turkey Bacon / Breakfast Sausage
Hash Brown Breakfast Potato / Whole Wheat Toast
Whipped Butter / Maple Syrup / Ketchup*

SNACK & BREAKFAST ADD-ONS

VANILLA YOGURT PARFAIT **\$4.49**

Mixed Berries, House Made Crunchy Granola, Organic Honey

FRESH FRUIT CUP **\$3.99**

FRESH JUICE **\$3.49**

COFFEE (10 CUPS) **\$34.99**

TEA (10 CUPS) **\$34.99**

LUNCH MENU

Sandwich / Protein + 2 Sides
\$24.49 PER PERSON



SANDWICH

ROASTED TURKEY CLUB

Baby Arugula, Swiss Cheese, Tomato, Cranberry Aioli

CHICKEN SALAD

Baby Arugula, Tomato, Avocado Mayo

ROAST BEEF

Sharp Cheddar, Horseradish, Crispy Onion, Grainy Mustard

ROASTED VEGETABLE WRAP

Jalapeno Chickpea Puree, Whole Wheat Wrap

TUNA SALAD

Chopped Pickle, Tomato, Mayo

EGG SALAD

Fresh Chives, Arugula



PROTEIN

SRIRACHA & LIME ROAST CHICKEN

Fresh Lime

JERK CHICKEN

Jerk Seasoning (Spicy)

BALSAMIC BEEF

Balsamic Reduction

SEARED SOY & GINGER FLANK STEAK

Soy Sauce, Fresh Ginger

BAKED LEMON & DILL SALMON

Fresh Lemon & Dill

BALSAMIC PORTOBELLO STEAK

Balsamic Reduction

LUNCH MENU

Sandwich / Protein + 2 Sides
\$24.49 PER PERSON



SOUP

COCONUT TOMATO

Fresh Tomato Puree, Coconut Milk, Fresh Herbs

LEMON LENTIL

Lentils, Coconut Milk, Fresh Herbs

PUMPKIN SPICE SQUASH

Roasted Butternut Squash, Ginger, Coconut Milk, Cilantro



GREENS

GREEN GODDESS

Baby Arugula, Cucumber, Edamame, Sweet Pea, Sunflower Seeds, Herb Vinaigrette

THE MOROCCAN

Hopped Kale, Cumin Roasted Chickpea, Aged Feta, Tahina Vinaigrette

KING CAESAR

Romaine, Crispy Bacon, Herb Sourdough Croutons, Jalapeno & Asiago Vinaigrette

THE GREEK

Iceberg, Cherry Tomato, Cucumber, Aged Feta, Kalamata Olives, Oregano Mint Vinaigrette



GRAINS

POTATO SALAD

Roasted Baby Potato, Grilled Corn, Spicy Mustard & Roasted Red Pepper Vinaigrette

ROASTED CUMIN CHICKPEA QUINOA

Quinoa, Roasted Cumin Chickpea, Tahina Dressing

MUSHROOM ORZO

Sautéed Mushroom, Orange Zest, Fresh Dill, Parsley, Oregano

SZECHUAN NOODLES

Egg Noodle, Edamame, Red Pepper, Napa Cabbage, Carlic Chili Sauce

LUNCH MENU

Sandwich / Protein + 2 Sides
\$24.49 PER PERSON



VEGETABLE

ROASTED CAULIFLOWER

Lemon Tahini Dressing

CHARRED BROCCOLI

Caramelized Onion & Garlic, Citrus Drizzle

GREEN BEAN

Spring Pea, Shallots, Garlic, Lemon Tarragon Butter



DESSERT

MINI LEMON TART \$2.99

MINI CHOCOLATE CHIP COOKIE \$2.99

SALTED CARAMEL BROWNIE \$2.99

FRESH FRUIT \$2.99



BEVERAGES

FLAVOURED SPARKLING WATER \$2.99

Lime, Grapefruit, Strawberry, Orange, Blackberry, Cherry

CANNED POP \$2.99

Coke, Diet Coke, Sprite, Ginger Ale, Iced tea

FRESH JUICE \$3.49

Apple, Orange, Cranberry, Pomegranate, Grapefruit

BOTTLED WATER \$2.99

Flat, Sparkling

DINNER MENU

Greens + Entree + 2 Sides
\$45.99 PER PERSON



GREENS

GREEN GODDESS

Baby Arugula, Cucumber, Edamame, Sweet Pea, Sunflower Seeds, Herb Vinaigrette

THE MOROCCAN

Hopped Kale, Cumin Roasted Chickpea, Aged Feta, Tahina Vinaigrette

KING CAESAR

Romaine, Crispy Bacon, Herb Sourdough Croutons, Jalapeno & Asiago Vinaigrette

THE GREEK

Iceberg, Cherry Tomato, Cucumber, Aged Feta, Kalamata Olives, Oregano Mint Vinaigrette



ENTREE

CHICKEN & FISH

HERB CHICKEN

Wild Mushroom, Caramelized Onion, White Wine Jus

ROASTED CHICKEN SUPREME

Garlic, Lemon, Crispy Basil

FRENCH SALMON

Cherry Tomato Confit, Brown Rice, Lentils

BROWN BUTTER SALMON

Butter, Garlic Lemon

BEEF & OTHER

BRAISED BEEF SHORT RIB A LA BOURGUIGNON

Sirloin, Merlot, Fresh Herbs

SEARED SIRLOIN

Rosemary Garlic Butter

HORSERADISH CRUSTED FLAT IRON BEEF

Rosemary Jus

ROSEMARY LAMB CHOPS

Mint Pesto

DINNER MENU

Greens + Entree + 2 Sides
\$45.99 PER PERSON

PASTA & VEGETARIAN

THREE CHEESE LASAGNA

Beef Bolognese Sauce

GARLIC TOMATO FUSILI

Light Tomato Sauce, Capers, Garlic Confit, Parmesan Cheese

PORCINI PAPPARDELLE

Extra Virgin Olive Oil, Grana Padano, Fresh Herbs, Lemon Zest

GRILLED PORTOBELLO MUSHROOM STEAK

Balsamic Reduction

ROASTED CAULIFLOWER STEAK

Roasted Garlic & Jalapeno Confit



STARCH & VEGETABLE

GARLIC MASHED POTATOES

Milk, Butter, Garlic

OLIVE OIL ROASTED BABY POTATO

Garlic, Fresh Mint, Lemon Zest

COCONUT BASMATI RICE

Coconut Milk, Soya Sauce

ROASTED BRUSSELS SPROUTS

Pancetta, Lemon, Pecorino

ROASTED ASPARAGUS

Lemon, Parmesan



DESSERT

CLASSIC VANILLA CRÈME BRULÉE \$5.49

LEMON TART \$5.49

BLUEBERRY CHEESECAKE JAR \$5.49

FRESH FRUIT \$5.49

ORDERING GUIDELINES

MINIMUM ORDER?

Minimum order is 10 guests - HST and delivery not included in per person price

DELIVERY FEE?

INCLUDED!

ORDER DEADLINE?

Workshop Orders must be placed by Wednesday 12PM the week prior to workshop start date
48 hours notice is required for guaranteed availability

Orders placed with less than 48 hours notice may be accommodated pending availability

PAYMENT?

Payment accepted by Cheque, VISA, Mastercard, and EMT

DISPOSABLES?

Individually boxed meals - included

Menu service items (platters, service utensils) will be provided and picked up within 24 hours of delivery

A replacement fee will be charged on any missing service items

ALLERGIES?

TASTE Culinary Inc is 100% NUT FREE

All allergies & meal restrictions / preferences requests must be submitted in writing and will be accommodated to the best of our ability

TASTE Culinary Inc does not accept any liability on consumed items

SERVICE STAFF?

Available at 4 hours minimum at \$40.00 per hour

Minimum of 48 hours is required for additional culinary and service staff bookings

CULINARY STAFF?

Available at 4 hours minimum at \$48.00 per hour

Minimum of 48 hours is required for additional culinary and service staff bookings

CATERING PROGRAMS?

Customized menus available upon request

Contact frank@tastculinary.ca for a custom proposal today!

