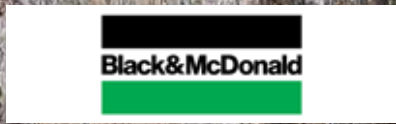




# Catering MENU



# Catering Safety Protocols

We have implemented additional safety protocols to our already high standards in food handling to ensure the safety of our team and customers. These include the following:

All food preparation is prepared in a kitchen that complies with local public health standards.

All staff wear a face mask when at work.

- Each day our staff and anyone visiting our kitchens undergo a temperature check and answer three (3) COVID pre-screening questions about their health and travel activities.
- All employees receive mandatory COVID training.
- All kitchen and service staff have completed the TrainCan Basics food safety training program.
- All Supervisors have completed TrainCan Advanced food safety training.
- Daily health safety meetings and reminders with our team to share new information as it becomes available and ensuring all staff are educated in evolving precautionary measures.
- Enhanced cleaning protocols, with additional focus on high traffic and high contact areas.
- Enhanced equipment cleaning and sanitization protocols.
- Our catering delivery staff sanitize their hands before and after each delivery.
- We now serve individually packaged meals, cutlery and condiments to minimize cross contamination.
- Catering Service is done in a one-way movement through service, and where possible, limit one visit at the catering food station (lunch boxes, and beverage and dessert) to avoid frequency of movement, contact and social distancing.
- For catering events where our staff are required to attend, our staff will be the only ones handling utensils and will serve food to guests, as requested.
- If two catering services are requested, staff will clean and disinfect all service tables and service items between each services.

# A Fresh Start

## FRESH FRUIT & YOGURT PARFAIT BAR \$12.50 PP

A selection of in-season berries, melons and orchard fruit; plain Greek, vanilla or strawberry yogurt served with home-made granola. Assorted loaves & fruit tray, with coffee/tea/juice

## MINI PASTRY ASSORTMENT / \$8.50 PP

Assortment of freshly baked pastries served with butter and preserves; includes mini butter croissant, chocolate croissant, assorted danish, scones, fruit tray with coffee / tea / juice.

## BAKERY BASKET / \$5.50 PP

A fresh baked assortment of muffins, danish and croissant served with butter and preserves with coffee/ tea / juice.

## BAGEL & LOX / \$13.50 PP

Bakery fresh bagels, Atlantic smoked salmon, whipped cream cheese, capers and thinly sliced Bermuda onion and fruit tray with coffee / tea / juice.

## BREAKFAST PITAS / \$11.50 PP

*Choose from:*

- Fresh farm eggs, pea meal bacon, Canadian cheese, topped with fresh lettuce & tomato.
- Fresh farm eggs, bacon\*, Canadian cheese, topped with fresh lettuce & tomato.
- Roasted Portobello Mushroom, red peppers & grilled tofu.

Comes with fruit tray with coffee / tea / juice

*\*Substitute turkey bacon at no additional cost*



## KOREAN BREAKFAST BIBIMBAP BOWL / \$13.50 PP

Brown rice, chopped fresh spinach, julienne carrots, soy & olive oil vinaigrette, topped with fresh cucumber and a farm fresh egg and fruit tray with coffee / tea / juice.

## COMPLETE START / \$14.50 PP

Farm fresh scrambled eggs, crisp bacon, Farmer's sausage, and signature home-fried potatoes. Served with Artisan breads, butter, preserves and fruit tray with chilled assorted juices, bottled water, coffee and tea

# A La Carte

## EGG MUFFINS / \$8.50 PP

- Feta & spinach
- Sundried tomatoes with Kalamata olives & Asiago
- Smoked salmon, dill & goat cheese
- Bell peppers, sweet onion and Black Forest ham

Served with our Signature Breakfast Salad (fresh spinach salad with mandarin oranges & candied pecans topped with a light yogurt vinaigrette).

## BREAKFAST FLAN / \$7.50 PP

- Farm fresh eggs, Feta & spinach
- Farm fresh eggs, potato & Canadian cheddar
- Farmer's sausage, farm fresh eggs & Canadian cheddar

Served with our Signature Breakfast Salad (fresh spinach salad with mandarin oranges & candied pecans topped with a light yogurt vinaigrette).

## QUINOA POWER

## BREAKFAST BOWL / \$6.50 PP

Toasted almonds, Coconut milk, sliced banana, steel cut oats and fresh berries layered on top of quinoa, topped with Almond milk and Canadian maple syrup.

## ADD-ONS

- Signature Breakfast Salad / \$4.95 PP
- Fruit Tray / \$4.40 PP
- Hot & Cold Beverage / Min 10 ppl, \$3 PP
- Assorted Juice / \$2.50
- Infused Water / Min 10 ppl, \$1.43 PP



# Artisan Sandwich & Wrap

Choose 4 varieties, served with choice of salad with dessert, coffee/tea, pop/water.

Minimum order 5 ppl.

## GRILLED CHICKEN CLUB / \$14.50 PP

Grilled chicken breast with sweet chili bacon, Havarti, fresh lettuce & tomatoes, topped with a roasted garlic mayonnaise served on a ciabatta.

## CAPRESE ANTIPASTO WRAP / \$14.50 PP

Prosciutto Cotto (Italian ham), ripe tomatoes, fresh Provolone cheese, butter lettuce, and basil pesto.

## CHARRED MAPLE CHIPOTLE

## TOFU CIABATTA / \$14.50 PP

Marinated Non GMO tofu, maple chipotle glaze, shaved red onions, roasted red peppers, shredded lettuce, on a rosemary ciabatta.

## BALSAMIC ROASTED MARKET

## VEGGIE PRETZEL HOAGIE / \$14.50 PP

Roasted market vegetables, balsamic glaze, lettuce, Swiss cheese and arugula pesto on pretzel hoagie bun.

Grilled chicken club with sweet chili bacon



Balsamic roasted market Veggie pretzel hoagie



## BESPOKE YOUR OWN SANDWICH PLATTER / \$17.50 PP

Served with Crudite. Minimum order 5 ppl.

Choose your protein (a choice of 3): Grilled chicken breast, Black Forest ham, roast sirloin, roast turkey, or hot & sweet capicola

Choose your cheese (a choice of 2): Aged cheddar, Havarti, or Swiss

Served with Lettuce, tomato, cucumber, 2 salads, beverages and dessert  
Spreads: grainy Mustard, light mayo or chipotle mayo

## ROAST SIRLOIN & BRIE / \$14.50 PP

In house roasted sirloin of beef, with horseradish mayo, sautéed mushroom & Brie on a sundried tomato ciabatta.

## GRILLED CHICKEN, HAVARTI & ROAST BELL PEPPERS / \$14.50 PP

Grilled chicken breast, with havarti cheese and roast bell peppers with a chipotle aioli served on a fresh artisan roll.

## TERIYAKI SALMON, ARUGULA & FRESH TOMATOES / \$14.50 PP

Atlantic salmon marinated with soy, honey, chopped ginger and garlic, served with baby arugula, fresh tomatoes and dill mayo in a wrap.

*Roast sirloin and Brie*



## Flatbreads

*Minimum order 5 ppl.*

### PESTO GRILLED CHICKEN FLATBREAD / \$10 PP

Pesto grilled chicken, sundried tomato & Goat cheese.

### MEDITERRANEAN FLATBREAD / \$10 PP

Marinara sauce, Kalamata olives, grilled red onions, feta cheese & baby arugula.

### ITALIANO FLATBREAD / \$10 PP

Prosciutto, grilled eggplant, with diced Roma tomatoes & bocconcini.

### ADD-ON: SIDE SALAD / \$4.40 PP

Choose from Mixed Green or Baby Arugula and Spinach or Caesar Salad

### ADD-ON: DRINKS (HOT/COLD) / \$3 PP

# Entrée Ambient Meals

Choice of 2 sides, drinks and dessert. Minimum order 10 ppl.

## GRILLED TERIYAKI SALMON / \$21.50

Fresh Atlantic salmon fillet marinated with soy, honey, chopped ginger and garlic, grilled and garnished with scallions.

## HERBED GRILLED CHICKEN BREAST / \$20.50

Fresh Canadian chicken grilled & marinated with garlic & fresh herbs.

## MID RARE CHIPOTLE FLANK STEAK / \$21.50

Canadian flank marinated with smokey chipotle then grilled to perfection.

## STUFFED PORTOBELLO MUSHROOMS / \$19.50

Stuffed Portobello mushrooms, with quinoa, sundried tomatoes, bell peppers.

*Grilled Teriyaki Salmon*



*Herbed grilled chicken*



# Entrées

Choice of 2 sides, drinks and dessert.

Minimum order 10 ppl.

## CLASSIC LASAGNA BOLOGNESE / \$20.50 PP

Our housemade bolognaise sauce layered between tender lasagna sheets with ricotta & mozzarella.

## SPINACH LASAGNA / \$20.50 PP

Our housemade marinara sauce layered between tender lasagna sheets with sautéed spinach and mushrooms with ricotta & mozzarella.

## CHICKEN PARMESAN / \$20.50 PP

Fresh Canadian chicken, panko breaded covered in our housemade marinara sauce and provolone cheese.

## EGGPLANT PARMESAN / \$20.50 PP

Our housemade marinara sauce layered between marinated eggplant stuffed between ricotta & mozzarella.

## STIR FRY BAR / \$20.50 PP

A variety of fresh vegetables, rice and/or chow mien noodles, house-made sauces and your choice of protein; beef, chicken or tofu garnished with choice of cilantro, green onions or sesame seeds.

*Classic Lasagna*



*Eggplant Parmesan*



## SIDES

- Roast seasonal vegetables
- Wild & White Rice Pilaf
- Minted New Potatoes
- Marinated Grilled Vegetables
- Steamed Seasoned Vegetables
- Mixed Greens
- Caesar Salad



# Grazing Platters

*Choice of 1 main and 2 salads.*

*Served with Artisan breads, assorted mini treats and chilled beverages.*

## CHARCUTERIE BOARD / \$19.50 PP

A rustic display of sliced meats including: prosciutto ham, soppressata sausage, salami, marinated vegetables, dried fruit, accompanied by crisp crackers, focaccia and whole grain mustard.

*Charcuterie Board*



## LOCAL CHEESE BOARD / \$19.50 PP

An exciting display of local cheese to include:

Oka, Rondoux, Extra Pur Chevre, Chamfleury, 3year Old Cheddar.

*Local Cheese Platter*



## GOURMET CHEESE PLATTER / \$19.50 PP

An exciting display of local and imported cheese to include: Oka, St-Paulin, Chèvre Noir, Gouda Anco Fumé, Aged Cheddar.

## EXOTIC FRUIT PLATTER / \$19.50 PP

A combination of seasonal tropical and exotic fruits. We can use the following fruits: mango, papaya, blood oranges, passion fruit, exotic melons, Kiwi, starfruit, assorted berries and stone fruits.



# Platters

*Comes with your choice chilled beverages.*

## MEDITERRANEAN DIPS / \$7.50 PP

Hummus, tzatziki, baba ghanoush with fresh pita triangles, Kalamata olives, and olive oil toasted baguettes.

## FARM FRESH VEGGIES & DIP / \$7.50 PP

Crisp garden vegetables to include: cauliflower, broccoli, baby carrots, bell peppers, and mushrooms, served with one of our signature dips.

## KEBOB STICKS / \$9.50 PP

A savoury assortment of jerk chicken, Teriyaki beef, and pesto grilled vegetable skewers served with our roasted red pepper & sriracha dip.

## GRILLED VEGETABLE PLATTER / \$7.50 PP

Tender eggplant, zucchini, bell peppers, Bermuda onion, radicchio, with extra virgin olive oil, and balsamic glaze.

## MINI SANDWICH SLIDERS / \$10.50 PP

- Tandoori chicken and yogurt raita
- Turkey, Havarti, bacon, tomato, lettuce
- Grilled apple, aged cheddar, arugula, and sweet onion
- Herb chicken, avocado, bacon, tomato

*Mediterranean Dips*



*Mini Sandwich Sliders*



# Individual Fresh Platters

*All Fresh Platters are individually wrapped and or packaged.*

## ANTIPASTO / \$10 PP

Grilled peppers, selection of olives, prosciutto, salami, ham, selection of cheeses served with flatbreads.

## CHEESE DISPLAY WITH CRACKERS / \$7.50 PP

A generous mix of popular and local cheese like cheddar, brie, blue and Havarti and delicate crackers. Garnished with seasonal fruit.

## FRESH FRUIT & BERRY TRAY / \$4.40 PP

An arrangement of fresh sliced seasonal fruit including cantaloupe, honeydew, pineapple, watermelon, grapes and strawberries.

## FRESH CUT VEGETABLE CRUDITÉS WITH DIPS / \$5 PP

A variety of crisp fresh veggies for dipping including carrot & celery sticks, broccoli & cauliflower flowerets, cucumber, sweet bell peppers and zucchini. Served with our famous dip.

## GRILLED VEGETABLE / \$8 PP

Fennel, peppers, mushrooms, eggplant, zucchini, asparagus, red onions with balsamic glaze and shaved Parmesan.

## MEDITERRANEAN TRIO / \$7 PP

Flatbreads and pita served with roasted red pepper hummus, olive tapenade, with spinach and Artichoke dip.

## THE CLASSIC DISPLAY TABLE / \$16 PP

Our Showcase table with Cheese Display, Vegetables Crudités and our Mediterranean Dip Trio with assorted crostini, crackers and flatbreads.

## THE DELUXE DISPLAY TABLE / \$20 PP

Our Showcase table with Cheese Display, Vegetables Crudités, Antipasto, Grilled Vegetables and our Mediterranean Dip Trio with assorted crostini, crackers and flatbreads.



# Fresh Greens



## MIXED GREENS / \$5 PP

Assorted mixed greens, tomatoes, cucumbers, and red onion with our signature Italian vinaigrette.

## BABY ARUGULA & SPINACH / \$5 PP

Baby spinach & arugula with apples, Gorgonzola with a maple balsamic vinaigrette

## CAESAR / \$5 PP

Chopped romaine lettuce, shredded Parmesan cheese, garlic croûtons tossed with our creamy Caesar dressing.

## ADD-ONS: / \$7.50 PP

- Teriyaki Salmon
- Herbed Grilled Chicken Breast
- Marinated Chipotle Flank Steak

## COMPOSED SALADS / \$5 PP

- Buckwheat Soba noodles with farm fresh vegetables & light Tonkatsu ginger vinaigrette.
- Mediterranean Quinoa with roasted vegetables, Kalamata olives, feta and fresh mint.
- Caprese Pasta Salad with Boconcini, grape tomatoes, and fresh basil tossed in a pesto vinaigrette.
- German potato salad with grainy mustard, chopped pickles, charred corn, tossed in a lemon vinaigrette.



# Dessert & Breaks

*\*Gluten free desserts available upon request*

## SUGAR RUSH

An assortment of house-baked treats. Ask your Chef for variety and price.

## MINI COOKIE JAR / \$2.20 PP

Cookie jar filled w/ an assortment of oven fresh mini cookies.

## CAKES

Whole Cakes available, please speak with your catering personnel.

## SWEET & SALTY

Crunchy Cajun Mix, Sweet Tooth Trio and Twisted Trio presented in jars.

Ask your Chef for variety and price.

Minimum order 10 PPL

## THE SWEET BREAK / \$6.75 PP

Coffee cake and cookie box

## THE REFRESHER / \$7.75 PP

Assorted fruit loaves, fruit cup and yogurt dip

## THE SNACK UPLIFT / \$8.75 PP

House made kettle chips and crudite with dip

ASSORTED TARTS - SUCH AS  
LEMON, BUTTER AND PECAN /  
\$3.50 PP

ASSORTED PETIT FOURS - SERVED  
BY THE DOZEN / \$32.00 EA



*Sugar Rush*



*Mini Cookie Jar*

## COLD BEVERAGE

- Canned soft drinks, assorted / \$2.50 PP
- Juice / \$2.50 PP
- Infused water / \$1.43 PP, MIN 10 PPL
- Milk / \$2.75 PP
- Spring water / \$2.50 PP
- Perrier / \$3.50 PP

## HOT BEVERAGE

- Coffee / \$18.50 , MIN 10 PPL
- Tea / \$18.50 , MIN 10 PPL



# Ordering Information

## **EMAIL TO ORDER:**

Email [Kjones@blackandmcdonald.com](mailto:Kjones@blackandmcdonald.com)

To ensure that we cater to your expectations, please allow 5 business day's notice for regular catered events. Less than 5 day's notice will be accommodated to the best of our ability but menu selection may be limited

## **ORDER CANCELLATION**

Please note that 24 hour notice is requested for cancellation of catering orders. Cancellations must be provided in written format or email, not by voice message.

## **CATERING PRICES**

Please note that all prices are HST extra.  
Additional staffing needs for set-up and service will be charged.

## **DINNERWARE & RENTAL OPTIONS**

Menu includes linen and decor. Chafing dishes and sterno provided with hot food. Please contact your event coordinator.

## **LABOUR CHARGES FOR STAFF**

Please be advised if staff are required an additional charge of \$30 per hour, per staff member will apply.

The event coordinator can create a special menu to meet your needs. They will ensure order accuracy, and only orders accepted by them will be issued a order confirmation. Please remember that when ordering, specify customer numbers, date required, room number, time required, when event will end, name of person and department to receive the invoice. Room set up is the responsibility of the organizer.