



# SAMPLE MENUS

1415 Bathurst Street  
Toronto, ON M5R 3H8  
416-532-1010

[www.urbanfarecatering.com](http://www.urbanfarecatering.com)

# Urban Fare Catering

## **Hors D'oeuvres**

*(minimum 2 dozen each)*

*\$1.75 to \$2.75 per piece*

*For further suggestions, please contact us*

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"Tornado" Roasted Garlic Shrimp with Tamari Dip  
phyllo strings wrapped around shrimp and baked to golden

Hand folded Phyllo Triangles with Spinach,  
Caramelized Onions and Gorgonzola Cheese

Vegetarian Samosa with Date Tamarind Chutney

Grilled Baby Lamb Chops with Fresh Mint Pesto

### Mini Burgers

Teriyaki Chicken, BBQ Beef, Rosemary Lamb,  
or Ginger Salmon on a Profiterole Bun

Shrimp Spring Rolls with Asian Dipping Sauce

Key Lime Coconut Chicken Crêpes Tied with Chives

Asparagus and Prosciutto Rolls with Herb Goat Cheese

Grilled Chili Lime Jumbo Shrimp Skewers

Seared Salmon on Mini Brioche with Saffron Aioli

Artichoke Spinach Asiago Tartlette

Crudité Shooters – Baby Carrots, Green Beans,  
Red Peppers with Garlic Herb Dip (served in shooter glasses)

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Teriyaki Beef Tenderloin Satay with Snow Peas

Olive, Rosemary & Thyme Chevre Tartlette

Chicken and Fig Crêpes with Sage Cream

Thai Fresh Salad Rolls wrapped in Rice Paper  
served with a Chili Lime Dipping Sauce

Chicken Pecan Tenders with a Hickory Poppy Seed Dip

Pizzettes with Customized Toppings

Traditional Thai Chicken Satays with Peanut Sauce

Soy Rare Beef with Pickled Ginger &  
Cucumber Wrapped in Nori

Urban Fare's Signature Mini Crab Cakes  
with Fire Cracker Aioli

Classic Brie and Cranberry Triangles

Mini Potato Latkes with Smoked Salmon &  
Chive Crème Fraîche

Grilled Scallop and Prosciutto on a Rosemary Spear

Miniature Corn Cakes with Avocado Mash

Swedish Salmon Gravlax in Cucumber Cups with  
Wasabi Mustard and Toasted Sesame Seeds

Wild Rice Cake with Dijon Cream

# Urban Fare Catering

## Platters

*Our Urban Fare Platters make fabulous Hostess Gifts when you're not sure how to say thank you for the invitation.*

### Salmon Antipasto Platter

smoked salmon, green & black olives,  
artichoke hearts, bocconcini, roasted red peppers,  
sliced onions and capers,  
lemon wedges and pumpernickel  
\$8.99 per person

### Mini Tortilla Roll Ups

an assortment of tortillas stuffed with roast beef, herbed  
salmon, grilled chicken and vegetarian fillings garnished  
with tricolour tortilla chips and fresh crudités  
\$6.99 per person

### Baked Brie

French brie wrapped in pastry, baked golden served  
with a sourdough baguette, fresh grapes and biscuits  
10-15 people \$24.99  
20-30 people \$59.99

### Bountiful Crudité Basket

a beautifully cut and artfully displayed  
mélange of raw and steamed vegetables  
with a light roasted pepper dip  
\$2.99 per person

### Grilled Pita Basket

fresh grilled pita triangles with our roasted pepper  
hummus, garlic tzatziki, and baba ghanoush,  
garnished with olives  
\$4.50 per person

### Strawberry, Pineapple and Melon Skewers

served with a choice of grand marnier crème fraîche  
or our Belgium chocolate dip  
2 skewers per person  
\$4.99 per person

## Urban Fare Catering

### **Children's Favourite**

triangle tea sandwiches (no "crusts") with fillings including cheese, turkey, ham, cream cheese and jam plus carrot sticks, cucumbers rounds, pizza twists and fresh grapes (sandwich fillings can be substituted)  
\$6.99 per person

### **Fresh Seasonal Fruit Platter**

a bountiful assortment of seasonal fresh fruit, sliced and garnished with berries  
\$3.99 per person

### **Cheese and Crackers Please!**

a selection of domestic and imported cheese artfully displayed with cheese crisps, crackers and fruit  
\$3.99 per person

### **Urban Fare's Signature Thai Taster Platters**

a selection of thai salad rolls, chicken coconut skewers, szechuan shrimp skewers, vegetable rice rolls asian dip, garnished with plantain chips - perfect for light cocktails  
\$6.99 per person

### **Smoked Salmon Platter**

Atlantic smoked salmon, capers, bermuda onions, lemon, cream cheese, pumpnickel or mini bagels  
\$6.99 per person

### **"The Hearty" Beef Tenderloin Platter**

rosemary & peppered beef tenderloin grilled to medium rare, sliced and served with homemade spicy horseradish, tomato béarnaise dip, dijon aioli, and a basket of mini ciabatta buns  
\$10.99 per person

# Urban Fare Catering

## Vegetables, Pastas and Grains

\$3.50 - \$4.50 per serving

Grilled Parmesan Rosemary Polenta Triangles  
with Tomato Zest, Olives & Chevre

Urban Fare Signature Szechuan Green Beans  
with Red and Yellow Peppers

Roasted Mini Red Potatoes  
with Baked Garlic and Rosemary

Canadian Wild Rice  
with Shitake Mushrooms, Pine Nuts and Parsley

Thai Vegetarian Noodle Salad

Urban Fare Signature Vegetarian Pad Thai

Balsamic Glazed Roasted Sweet Potatoes,  
Roasted Pecan, Walnuts and Thyme

Traditional Creamy Scalloped Potatoes

Grilled Vegetable Platter  
with Nut Free Pesto Drizzle

Bundles of Asparagus, Red and Yellow  
Peppers tied with Chive

Orchiette Pasta with Artichokes, Rapini,  
Yellow Peppers with Roasted Shallot Dressing

Twice Baked Yukon Gold Potato Stuffed  
with Sour Cream, Chives & Cheddar

# Urban Fare Catering

## Salads

\$3.50 - \$4.50 per serving

Urban Fare Signature Salad  
with Field Greens, Toasted Pinenuts,  
Sun-dried Cranberries, Chevre with  
Balsamic Vinaigrette

Urban Fare Signature Caesar Salad  
a traditional Caesar that everyone loves!

Potato Niçoise – Fresh Green Beans, Artichokes,  
Ripe Tomatoes, Steamed New Potatoes, Olives,  
Lemon & Herb Vinaigrette

Fresh Mozzarella, Sweet Basil, Beefsteak Tomatoes,  
Extra Virgin Olive Oil, Cracked Black Pepper

Carrot, Chickpea and Snow pea Salad  
with Honey Citrus Dressing

Sliced Fennel, Orange and Red Peppers  
Tossed in Red Wine and Thyme on fresh Organic Greens

Mango, Tomato and Daikon Salad

Black Bean, Cucumber and Pepper Salad  
with Mint & Cilantro Pesto

West Coast Greens, Pears, Berries & Asparagus  
with Citrus Mint Dressing

Baby Spinach Leaves  
with Strawberries, Candied Walnuts,  
Asiago Cheese and Blueberry Vinaigrette

Quinoa, Corn and Cucumber Salad

# Urban Fare Catering

## **Fish and Seafood**

\$8.99 - \$17.99 per serving

Nori Wrapped Salmon with Wasabi Glaze

Panko Crusted Basa with Cranberry Salsa

Orange Roughy Filets baked in a spicy Coconut Lime Sauce

Grilled Filet of Salmon  
with Artichokes, Yellow Pepper and Fine Herbs

Seared Halibut  
with White Wine, Olives,  
Capers, Tomato and Lime

Tortilla Crusted Tilapia  
with Urban Fare's Roasted Tomato Salsa

## **Poultry**

\$8.99 - \$17.99 per serving

Florentine Breasts of Chicken  
stuffed with Spinach, Mushrooms, Feta  
and a light Sherry Sauce

Pecan Crusted Chicken with Creamy Barbeque Aioli

Stuffed Cornish Hens with Wild Rice, Fruit & Nuts

Grilled Chicken Breast Topped  
with Caramelized Apples, Mango and Bermuda Onions

Santa Fé Chicken Breast topped with Asparagus,  
Grilled Onions and Peppers in a Pesto Balsamic Sauce

Lightly battered Sweet & Sour Chicken Tenders  
with Chunky Tomato, Peppers and Homemade  
Sweet & Sour Sauce

Chicken Souvlaki  
with Lemon, Herbs and Cucumber Tzatziki Sauce

# Urban Fare Catering

## Meats

\$9.99 - \$21.99 per serving

Chipotle and Cumin Rubbed Flank Steak  
grilled and sliced thin,  
served with Horseradish Aioli and Cherry Tomatoes

Slow Cooked Traditional Beef Bourguignon  
with Mushrooms, Pearl Onions and Brandy

Pepper Crusted Beef Tenderloin  
with a Red Wine Reduction or  
Mushroom Demi Sauce

Roast Pork Tenderloin  
with fresh baked Apple Discs,  
Dates and Calvados Glaze

Grilled Lamb Racks  
with Fresh Mint Sauce

Traditional Roast Turkey Breast  
and Cranberry Bread Stuffing

Individual Chicken Teriyaki Meatloaf  
or Traditional Beef with a Barbeque Glaze

At Urban Fare we are happy to do our best to accommodate your Dietary Restrictions: Vegetarian, Vegan, Nut Free, Gluten Free and Kosher Style items available.

# Urban Fare Catering

## **Food Shop**

### **Prepared Foods**

At Urban Fare's Food Shop you will find a selection of dishes made fresh. Ready to Go or to Enjoy in our Café. All items prepared on the premises.

Come enjoy a Cup of Coffee and a Selection of Pastries from Our In-House Bakery!

### **Frozen Food Packages**

Break from tradition and give one of our increasingly popular Frozen Food Packages from our "Below Zero Food Line" which are attractively wrapped and make the perfect gift for: New Home Owners, Arrival of the New Baby, Recently Bereaved, Shiva, Student Care Package, The Elderly, Home from the Hospital. All Homemade in our kitchen, just like mom used to!!

### **Take the Guesswork Out of Giving!**

Urban Fare Gourmet Gift Baskets are the perfect corporate gift for a business associates or a great gift for friends of family.

Our Food Shop Offers a Seasonal Retail line of Gifts and Kitchenware Items.

### **Urban Fare Gift Certificates**

Redeemable in our Food Shop or towards a Private Catering Event.

Available in denominations of \$25, \$50 or \$100.

# Urban Fare Catering

## Venues

Urban Fare Catering is proud of our partnerships with:

Ontario Heritage Trust including:

- The George Brown House
- Enoch Turner Schoolhouse,  
Ontario Heritage Centre
- Elgin and Winter Garden Theatre
- Rotman School of Management Executive  
Programs at the University of Toronto
- Our Neighbourhood Wychwood Art Barns
- All-Star Interactive

## Equipment

Urban Fare can arrange for the rental of all the equipment required for your event.

## Bar Services

Mixers: Tonic Water, Seltzer, Assorted Sodas,  
Club Soda, Fruit Juices, Sparkling & Spring Water  
\$2.99 per person

**Just say "NO" to procrastination**  
Please place your order 24 hours in advance

## Delivery Service

Urban Fare delivers 7-days-a-week in Toronto.  
Deliveries outside Toronto may have additional charges.

**Delivery is available from 6:30 a.m. - 5:30 p.m.**

Unless you want to work in our Catering Department,  
but then you wouldn't need this menu would you...

# Urban Fare Catering

## Helpful Easy Reliable

Delivery fees vary depending on location and time. Sorry, no intergalactic travel. One time, we got left at the alter with 45 Stuffed Acorn Squash Dinners! Ever since, we've required payment prior to delivery unless a special request is confirmed for you.

Canceling your party is not a crime. Not mentioning it to us within 24 hours of said event however, will cost you a 50% cancellation fee. Ouch!

Urban Fare has a wide variety of menus to choose from so please ask us to send you a copy of our specialized menu packages. We also encourage you to use the services of one of our experienced event planners who will customize a menu tailored to your requests. From small private affairs to large corporate events, we take great pride in both the quality of food and presentation. Our staff is dedicated to making your event a memorable one!

## Service Staff

Black Tie or Casual, we can supply you  
Smart Service experienced Staff  
Chefs: Priced according to function  
Waitstaff: \$28.00 per hour  
Bartenders: \$28.00 per hour



1415 Bathurst Street, Toronto  
1½ blocks South of St. Clair Avenue on the East Side

\*Delivery and Parking Available\*

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