



Corporate Express Menu

URBAN FARE CATERING AND FOOD SHOP

**Delivery Available
7 Days a Week!**

We are proud to support
Local Farmers and Ontario
Produce Growers

Catering Office Hours

Monday to Friday

9:00 am – 5:00 pm

416-532-1010

We Make It Easy To Eat Well

www.urbanfarecatering.com



Executive Continental Breakfast

Freshly Baked Morning Pastries

A selection of homemade muffins, fruit Danish, plain, chocolate, cheese and almond croissants, bagels, morning breads and scones all attractively arranged in wicker baskets and served with fresh creamery butter, preserves and cream cheese

Fresh Seasonal Fruit Platter

Apple, Orange, Grapefruit Juice and Bottled Water

\$6.99 per person

Urban Breakfast Add-ons

Smoked Salmon and Cream Cheese Mini Bagel

\$2.50

Individual Fruit Flavoured Yogurt

\$1.75

Yogurt, Berry and Granola Parfaits

\$2.99

Coffee and Tea Service

\$1.95

Sandwich Lunches

Let us make recommendations, or feel free to choose from our wide array of sandwich fillings and salad selections.

Urban Sandwich Selections

Roast Beef with Creamed Horseradish
Smoked Salmon and Cream Cheese
Smoked Turkey with Roasted peppers
Black Forest Ham and Swiss
Light Chicken Salad with Cranberries
Montreal Style Corn Beef
Salmon Salad
Prosciutto with brie and olive tapenade
Egg Salad with Gherkin
Tuna Salad with Capers
Grilled Chicken Breast with basil mayo
Grilled Vegetables with goat cheese
Herb Shrimp Salad with cucumber
Tandoori Chicken Breast Wrap
Steak Teriyaki Wrap
Curried Chickpea and Potato Wrap
Grilled Portobello and brie wrap
Grilled Salmon Wrap

Urban Salad Selection

Original Greek
Grilled Vegetable Salad
Mango Daikon Tomato Salad
Green Bean and Carrot Salad
Greek Pasta Salad
Singapore Shrimp Noodle
Sicilian Penne Salad
Orzo Calabrese Salad
Roasted Corn & Cilantro Tabouleh
Traditional Caesar Salad
Caprese Salad
Creole Red Skin Potato Salad
Italian Roast Potato Salad
Swedish Potato Salad with Dill Yogurt
Quinoa Salad
Edamame Salad
Baby Spinach Salad
Roast Beet & Citus Salad

Urban Salad Selection

Tex Mex or Asian Coleslaw
Carrot, Pepper, Artichoke Salad
Pasta Primavera
Tortellini Pesto
Bow Tie Pasta Salad
Thai Noodle Salad
Wild Rice and Corn
Couscous with Sun dried Apricots
Mixed Greens with Sprouts, Carrots,
Tofu, Toasted Seeds, Beets and
chardonnay vinaigrette
Chef Salad with grape tomatoes,
carrots, cucumbers
and raspberry dressing
Signature Salad with pine nuts,
chevre, sun dried cranberries
and balsamic vinaigrette
Spinach Salad with mandarins,
Bermuda onion and mushrooms with
creamy ranch dressing



An Easy Fare Meeting

\$9.99 per person

One and a half sandwiches per person plus a sweet basket.

Urban Fare Executive Sandwich Lunches

\$13.99 per person

Executive Lunch 1

One Urban Fare sandwich or wrap per person with a choice of one salad, cheese tray with fruit garnish and cookies.

Executive Lunch 2

One and a half Urban Fare sandwiches or wraps per person with choice of two salads and a sweet basket.



Flat Bread Luncheon

\$12.99 per person

Flatbreads are a thin soft Artisan herbed flat bread which make a great substitute to breads and rolls

The Salad

Baby Greens with cucumber, julienne carrots and grape tomatoes with lemon herb vinaigrette

The Flat Bread Sandwich Selection

Smoked Turkey with tahini, Shave Rare Roast Beef with Pommery Mustard, Chicken Caesar, Smoked Salmon, Caper and Dill Cream Cheese
Albacore Tuna & Chopped Egg Salad

The Dessert

Double Chocolate & Almond Biscotti, Macadamia & White Chocolate and Raisin Oatmeal Cookies, Butter and Lemon Mini Tarts with Fruit Garnish

Healthy Easy Fare Lunch

Teriyaki Beef, Salmon & Chicken Wraps

An assortment of our most popular teriyaki wraps

Vegetarian Thai Noodle Salad

Julienne vegetables in a sweet asian dressing

Mixed Green Salad

With cucumber, mango and citrus vinaigrette

Assorted Cookies

Fresh Fruit Tray

\$13.99 per person

Lunch On The Go!

Boxed or Bagged Lunch

\$15.99 per person

Includes one beverage, a whole piece of fruit, cookie or square, napkin and cutlery

A café sandwich served with a choice of one of the following salads: pasta primavera, orzo pasta, tuscan bean or signature salad

Café Sandwich Choices

Grilled Portobello Wrap

marinated and grilled portobello mushrooms served with sweet roasted bell pepper, caramelized red onion, lettuce and brie cheese

Grilled Chicken

boneless, skinless chicken breast marinated in olive oil, garlic and herbs served on an artisan bread with lettuce, tomato and pesto aioli

Express Menus

When a sandwich lunch just won't do.
Enjoy one of our many Corporate Express Menus.

Express Lunch 1

Urban Fare's Signature Salad

Field Greens, toasted pine nuts,
sun dried cranberries, chevre and
balsamic vinaigrette

Red Skin Potato Salad

Miniature Red Skin Potatoes dressed
in a mustard and dill vinaigrette with
slivers of red onion and bell peppers

Roasted Roulade of Chicken

Filled with a julienne of seasonal
vegetables with mushrooms, chevre and
Ontario peach and red pepper chutney

Assorted Breads and Rolls

Urban Fare Assorted Pastries

\$17.99 per person

Express Lunch 2

Thai Noodle Salad

Stir fry egg vermicelli noodles with
julienne of vegetables dressed in
cilantro and light soy dressing

Szechuan Green Beans

Dressed in a hot and sour vinaigrette

Poa Po Chicken

Tender pieces of chicken marinated in
Asian spices, sweet soy teriyaki glaze

and/or

Lemon Grass Salmon

Fillets of Salmon marinated in Asian
spices and lemon grass seared
with a ginger glaze

Rustic Bread Display

Fresh Fruit Tray

Assorted Squares and Bars

\$19.50 per person

Express Lunch 3

Urban Fare's Signature Salad

Field Greens, toasted pine nuts,
sun dried cranberries, chevre and
balsamic vinaigrette

Green Bean and Carrot Salad

Tender green beans with fresh herbs
and carrots dressed in a
honey Dijon vinaigrette

Lake Tahoe Chicken

Tender pieces of chicken marinated
in white wine, fresh herbs, caramelized
onions, oranges and olives

Assorted Breads and Rolls

A daily selection of multigrain and
rustic breads and rolls

Fresh Fruit Tray

Seasonal selection of sliced fruit
garnished with berries

\$15.99 per person

Express Lunch 4

**Original Greek Crumbled Feta and
Tomato Salad**

Chicken Souvlaki

Skewered tender pieces of chicken
marinated in lemon, garlic and
oregano accompanied by
cucumber yogurt sauce
and/or

Vegetable Souvlaki

Skewered chunks of vegetables with a
pesto vinaigrette

Grilled Vegetable Tabouleh

Fresh Pita Bread

Fresh Fruit Tray

Urban Fare Assorted Pastries

\$15.99 per person



Express Lunch 5

Tuscan Bean Salad

Marinated chickpeas, kidney,
black and white beans, cucumber,
peppers, green beans, red onions,
tri color peppers and carrots
dressed in a cumin vinaigrette

Italian Spring Salad

Romaine, Boston and Radicchio
leaves with citrus sections dressed in a
raspberry vinaigrette

Grilled Rosemary Chicken

Tender pieces of chicken encrusted
with a rosemary spice rub served
with lemon sauce

Assorted Breads and Rolls

Urban Fare Assorted Pastries

\$15.99 per person

Express Lunch 6

Urban Fare's Caesar Salad

Hearts of Romaine, herbed croutons, parmesan cheese, bacon bits and creamy Caesar dressing

Pasta Primavera Salad

Tri color fusilli noodles and garden vegetables dressed in a light herb vinaigrette and parmesan cheese

Mamma-Mia Chicken

Tender chicken breast marinated in herbs, grilled and sliced, topped with pitted olives, caramelized onions and roasted sweet peppers

Assorted Breads and Rolls

Fresh Fruit Tray

Urban Fare Assorted Pastries

\$15.99 per person

Express Lunch 7

Marinated Creole Salad

Apples with julienne celery, orange segments and red onions dressed in vinaigrette set on a bed of seasonal greens

"Spring Has Sprung" Spinach Salad

Baby spinach greens garnished with radish and citrus with an apple cider dressing

Filet of Atlantic Salmon

Poached Salmon Filet with artichokes, fennel and yellow peppers

Assorted Breads and Rolls

A daily selection of multigrain and rustic breads and rolls

Fresh Fruit Tray

Seasonal selection of sliced fruit garnished with berries

\$14.99 per person

Express Lunch 8

Urban Fare's Caesar Salad

Hearts of Romaine, herbed croutons, parmesan cheese, bacon bits and creamy Caesar dressing

Caprese Salad

Tomatoes, cucumber, bocconcini and red onions with basil drizzle

Baked Lasagna

Meat or Vegetarian

Rosemary Focaccia

Fresh Fruit Tray

Seasonal selection of sliced fruit garnished with berries

Urban Fare Assorted Pastries

Featuring a selection of miniature pastries, squares, cookies and tarts

\$15.99 per person

Express Lunch 9

Chicken Parmesan

Tender Chicken Breast baked in fresh tomato marinara & basil sauce

Tender Herbed Buttered Pasta

Fussilli Pasta tossed in fresh herbs & butter or Urban Fare's homemade pesto (NO NUTS)

Italian Salad

Romaine, Boston and Radicchio leaves with balsamic vinaigrette

Assorted Breads and Rolls

Urban Fare Assorted Pastries

\$14.99 per person

Express Lunch 10

Moroccan Lamb Stew

Slow braised curry lamb in red wine, with black olives, tomatoes, vegetables and spices

Saffron Rice or Herbed Cous Cous

Steamed to perfection, flavourful and light making the perfect side

Garden Greens

Mixed baby lettuces with a fresh cider vinaigrette

Fresh Pita and Dinner Rolls

Fresh Baked Cookies

\$16.99 per person

Express Lunch 11

Seared Miso Chicken Breast

Tender Chicken Breast marinated with miso, seared and sliced

Quinoa Salad (Healthy Grains)

pronounced 'keen wah' it's known as the "Super food" It is gluten free and its a great source of protein!

Winter Greens

Fresh mix of romaine and baby spinach, red peppers and radish with mustard vinaigrette

Assorted Breads and Rolls

Fresh Baked Cookies

\$15.99 per person

Express Lunch 12

Maple Glazed Steak

BBQ Tender Flank Steak, thinly sliced, and served with a spicy tomato salsa

Roasted Garlic Potato Salad

Urban Fare's Signature Potato Salad with Roasted Garlic and balsamic glaze

Edamame and Kale Salad

Healthy Edamame tossed with cucumber, Radish, crisp kale greens and sherry vinaigrette

Assorted Rolls and Fresh Pita

Lemon Squares

\$15.99 per person



Express Lunch 13

Surf & Turf

Asian Inspired Grilled Tiger Shrimp and Mongolian Beef on glass noodles with red peppers, scallions, coriander, napa cabbage and spicy asian vinaigrette

Slow Roasted Beet and Asparagus Salad

Tender and sweet roasted beets with fresh orange segments over asparagus spears

Spinach Salad

Baby Spinach leaves with julienne of white radish and red wine vinaigrette

Rolls and Butter

Tropical Fruit Skewers

Cookies

\$17.99 per person

Express Lunch 14

Baby Spinach Salad

With fresh mushrooms, sweet red peppers and ranch dressing

Herb Crusted Breast of Chicken

Sliced and served with orange soy glaze and citrus salsa

Grilled Vegetable Display

Of eggplant, zucchini, roasted peppers, mushrooms and Bermuda onion with a pesto drizzle

Dinner Rolls and Focaccia

Lemon Squares

Garnished with fresh strawberries

\$14.99 per person

Express Lunch 15

Chicken Santé Fe

Grilled Chicken Breast with asparagus, peppers, onions and pesto vinaigrette

Mixed Greens and Cherry Tomato Salad with Vinaigrette

Wild Rice and Corn Salad

Assorted Breads and Rolls

Assorted Squares

Fresh Fruit Tray

\$15.99 per person

Express Lunch 16

Urban Fare's Signature Salad

Field greens with toasted pine nuts, sun dried cranberries, chevre and balsamic vinaigrette

Roasted Root Vegetable Salad

Carrots, Yams, Butternut Squash and Parsnips roasted and dressed with pommery mustard

Medium Rare Sliced Beef Tenderloin Platter

With roasted red peppers and horseradish cream

Assorted Breads and Rolls

Fresh Fruit Platter

Mini French Pastries

\$21.99 per person



Most Popular

Urban Express Snacks

Thai Taster Platter

A selection of thai salad rolls, lemongrass chicken satay with peanut sauce, szechuan shrimp skewers and california rolls with asian dip

\$6.99 per person

Euro Dipping Platter

Spicy feta spread, artichoke and asiago dip and babaganoush served with crispy flatbread and pita garnished with olives

\$5.99 per person

Cheese & Crackers Please!

A selection of domestic and imported cheeses artfully displayed with cheese crisps, crackers and fruit

\$3.99 per person

Bountiful Crudite Basket

A beautifully cut and artfully displayed mélange of raw and steamed vegetables with a light roasted pepper dip

\$2.99 per person

Express Cocktail Fare

Spicy Thai Shrimp Skewers
Crab Cakes with Zesty Tartar Sauce
Caramelized Fig and Leek Tart with Chèvre
Chicken Sate with Peanut Sauce
Fresh Salad Rolls with Tamarind Dip

\$9.00 per person

**5 pieces per person
(minimum 10 people)**

Fresh Seasonal Fruit Platter

Fresh seasonal fruit, sliced and carved to include melons, citrus, grapes, pineapples, mango and strawberries garnished with berries

\$3.99 per person

Urban Fare Sweet Basket

A daily selection of a wide variety of homemade decadent squares, bars, tarts and cookies including brownies, cheesecake, squares and mini pastries

\$3.75 per person

Mexican Fun

Mini fajita rolls filled with grilled chicken, peppered beef, grilled vegetables garnished with marinated olives, tortilla chips and salsa.

\$10.99 per person

8 pieces per person

**Most menus are served cold
unless otherwise requested**

**Prices do not include rentals,
staff charges, beverages,
disposables, delivery or taxes**

Urban Fare has a wide variety of menus to choose from. For something different, please ask us to send you a copy of our á la carte sample menus. We also encourage you to use the services of our experienced event planners who will customize a menu tailored to your specific 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.

Delivery Service

Urban Fare delivers 7 days-a-week in Toronto. A delivery charge applies for the Toronto area. Please inquire for deliveries outside Toronto.

Service Staff

Black Tie or Casual, we can supply you with experienced staff.

Minimum 4 hours

Wait Staff, Bartenders and Chefs

Equipment

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

VISIT OUR FOOD SHOP

Prepared Food, Frozen Entrées,
Delicious Desserts and
Gourmet Gifts!

Gourmet Gift Basket & Food
Hampers Available





Delivery Available

7 Days a Week!

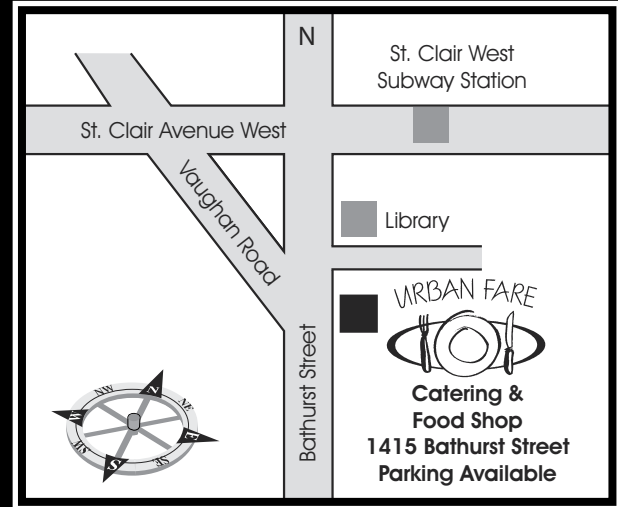
416.532.1010

www.urbanfarecatering.com

1415 Bathurst St., Toronto

1½ blocks South of St. Clair Ave. on East Side

“Food Shop and Kitchen”



We Make It Easy To Eat Well!