



SAMPLE MENUS

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

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

"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

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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 crudité's
\$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, pumpernickel 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
\$14.99 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

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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

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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.

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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...

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Urban Fare Catering

Helpful Easy Reliable

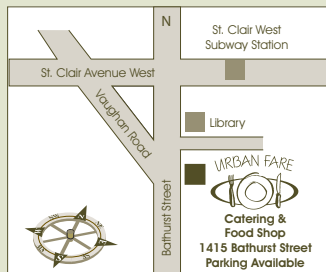
Delivery fees vary depending on location and time. Sorry, no intergalactic travel. One time, we got left at the alter with 45 Stuffed Acorn Squash Dinners! Ever since, we've required payment prior to delivery unless a special request is confirmed for you.

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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