



St. George Catering **MENU**



Individually Packaged **BREAKFAST**

SWEET BEGINNINGS BREAKFAST BOX

\$8/person

- **Your choice of the following fresh-baked muffins**
 - Morning Glory (pineapple, apple, orange, raisins, sunflower seeds, and coconut)
 - Banana, cardamom, and chocolate chip
 - Cranberry-orange
 - Wildberry
- **Individual fruit yogurt**
- **Bottled orange juice**

ON THE LIGHTER SIDE

\$9/person

A breakfast box that includes

- **Chia pudding with berries** **VEGAN**
- **Hard-boiled egg**
- **Cut seasonal fruit**
- **Bottled orange juice**

SAVOURY BREAKFAST BOX

\$10.50/person

- **Includes one mini frittata of your choice**
 - Red pepper, spring onion **VEGETARIAN**
 - Sausage and egg
 - Sundried tomato, spinach, and chickpea **VEGAN** **GLUTEN FREE**
 - Caramelized onion, spring onion, and chickpea **VEGAN** **GLUTEN FREE**
- **Mini croissant or mini vegan croissant**
- **Individual fruit yogurt**
- **Bottled orange juice**

DECONSTRUCTED SMOOTHIE BOWL

\$12/person

A breakfast box that includes

- **Happy Planet Smoothie**
 - Mango and passionfruit–passionfruit blended with mango and a dash of lime
 - Extreme Green–apple, banana, plum, passion fruit, lemon, extreme green blend, chicory root fiber, rescued spinach powder, moringa, and vitamin C
 - Extreme C–guava, orange, camu camu, acrola, baobab, and sweet potato powder
- **Date and maple energy bar**
- **Cup of seasonal berries**

Individually Packaged **LUNCH**



URBAN DELI SANDWICH LUNCH BAG

\$16/person

- **Your choice of the following**
 - Tossed green salad served with balsamic vinaigrette **VEGAN** **GLUTEN FREE**
 - House-made pasta salad **VEGETARIAN**
 - Individually packaged potato chips
- **Your choice of sandwiches on our freshly baked artisan breads**
 - Smoked Ontario turkey with cranberry mayo and baby arugula
 - Smoked ham and Swiss cheese topped with honey-Dijon mustard
 - Albacore white tuna salad served with sweet dills
 - Ontario farm egg salad with fresh watercress
 - Oven-roasted Italian vegetables with baby arugula **VEGAN**
- **Two freshly baked cookies**

GOURMET SANDWICH LUNCH

\$17.50/person

- **Your choice of the following**
 - Tossed green salad with balsamic vinaigrette **VEGAN** **GLUTEN FREE**
 - House-made pasta salad **VEGETARIAN**
 - European cold potato salad **VEGETARIAN**
 - Seven-grain salad **VEGAN**
- **Your choice of sandwiches on our fresh baked artisan breads**
 - **Ginger tofu and marinated vegetable wrap** **VEGAN**
Ginger marinated fried tofu served with rice wine, marinated carrots, daikon, green onion, Napa cabbage, and coriander, topped with a hoisin glaze
 - **Curry chickpea, roasted pepper, and onion salad sandwich** **VEGAN**
Curry-roasted chickpeas with roasted peppers and onions tossed in coriander vegan mayonnaise and mango chutney.
 - **Falafel and hummus wrap** **VEGAN**
House-made falafel, hummus, and tabbouleh
 - **Roasted cauliflower salad sandwich** **VEGAN**
Cauliflower tossed in vegan mayonnaise, spices, and flat leaf parsley
 - **Tuscan grilled chicken and jalapeño Havarti** **HALAL**
Herb marinated grilled chicken, jalapeno Havarti, and ancho chipotle sauce
 - **Steak, caramelized onion, and chèvre**
Slow roasted, thinly sliced beef, caramelized local onions, goat cheese and Dijon horseradish
 - **Turkey and maple-smoked bacon club**
Roasted turkey breast, maple smoked bacon, lettuce, tomato and Dijon mayonnaise
- **Served with your choice of side:**
 - Locally sourced apple
 - Two freshly baked cookies

Individually Packaged **LUNCH**



COMPOSED SALAD LUNCH BAG

\$18.50/person

- **Please select one**

- Whole fruit
- Two freshly baked cookies
- Individually packaged potato chips

- **Your choice of the following gourmet salads**

- **The ultimate Greek salad**

Grilled chicken, feta cheese, red onions, peppers, and pita chips with romaine lettuce

- **Powerhouse salad** **VEGAN**

Broccoli, edamame, carrots, sunflower seeds, walnuts, and raisins with baby kale, arugula, and radicchio

- **Not-so-classic Cobb salad**

Grilled chicken, hard-boiled eggs, walnuts, beets, and goat cheese with romaine lettuce and radicchio

- **Niçoise salad**

Albacore tuna, new potatoes, hard-boiled egg, Kalamata olives, cherry tomatoes, and green beans with romaine lettuce

- **Roast vegan powerhouse salad** **VEGAN**

Roasted heirloom carrots, roasted red beets, roasted sweet potatoes, poached thyme mushrooms on a bed of arugula and radicchio

- **Oaxaca salad**

Poached farro, baby kale, black beans, shredded red cabbage, shredded beets, guacamole, corn, cherry tomatoes, and grilled chicken

CREATE YOUR OWN PROTEIN BOWLS

\$19.50/person

- **Protein Bowl Salad Base**

- **Super food salad**

Spiced roasted cauliflower and broccoli, braised farro, baby spinach. Served with a lemon dressing and topped with dukkah

- **Your selection of protein:**

- Grilled Chicken **HALAL**
- Grilled Salmon
- Grilled Tofu **VEGAN**
- Falafel **VEGAN**

- **Served with your choice of side:**

- Locally sourced apple
- Two freshly baked cookies

Grazing **BOXES & BREAKS**



GRAZING BOX

Small:\$17/person | Large:\$22/person

Includes

- **A selection of three meats (selections are subject to change)**
Salami, mortadella, capicola, prosciutto, shaved turkey, or roast chicken
- **A selection of three cheeses (selections are subject to change)**
White cheddar, Babybel, Laughing Cow, gouda, or Swiss
- **Fresh fruit**
- **Sweet and salty trail mix**
- **Fresh seasonal veggies with hummus**
- **Pickles and olives**
- **Hard-boiled egg**
- **Assorted crackers**

PLANT-BASED GRAZING BOX

Small:\$17/person | Large:\$22/person

Includes

- **Fresh fruit**
- **Sweet and salty trail mix**
- **Fresh seasonal veggies**
- **Hummus, white bean pâté, carrot-miso butter**
- **Pickles and olives**
- **Assortment of crackers**
- **Package of Terra vegetable chips**

BISTRO BOXES

Individually Packaged Break Items

- **The Mediterranean** | \$8.50 each
Hummus, tabbouleh, crudité, and mini pita
- **The East Coast** | \$9.50 each
Hard-boiled egg, smoked salmon, cucumber slices, and mini pita
- **West Coast** | \$9 each
Cheddar cheese, grapes, roasted mixed nuts, and mini pita



ORDERING FOR YOUR TEAM?

Ask us about collaborative ordering.

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EXTENDED MENU

Our extended menu, inclusive of buffet and reception services, is available on our website at stgeorgecatering.utoronto.ca



UNIVERSITY OF
TORONTO

ST. GEORGE CATERING