



CATERING MENU

PANTRYFOODS.CA

416-785-0996

ORDERS@PANTRYFOODS.CA

Orders are accepted by email only

Breakfast Pastries

Assorted croissants, scones, brioche and muffins served with butter, cream cheese and preserves.

SM \$55 (20) MED \$95 (36) LG \$170 (72)

Deluxe Breakfast

Baked french toast muffins, buttermilk waffles and pancakes with whipped cream, berries and syrup

SM \$55 (20) MED \$95 (36) LG \$155 (72)

Baked French Toast

Morning casserole made with challah in a cinnamon custard, served with syrup

SM \$28 LG \$60 XTRA \$100

Bagels and More

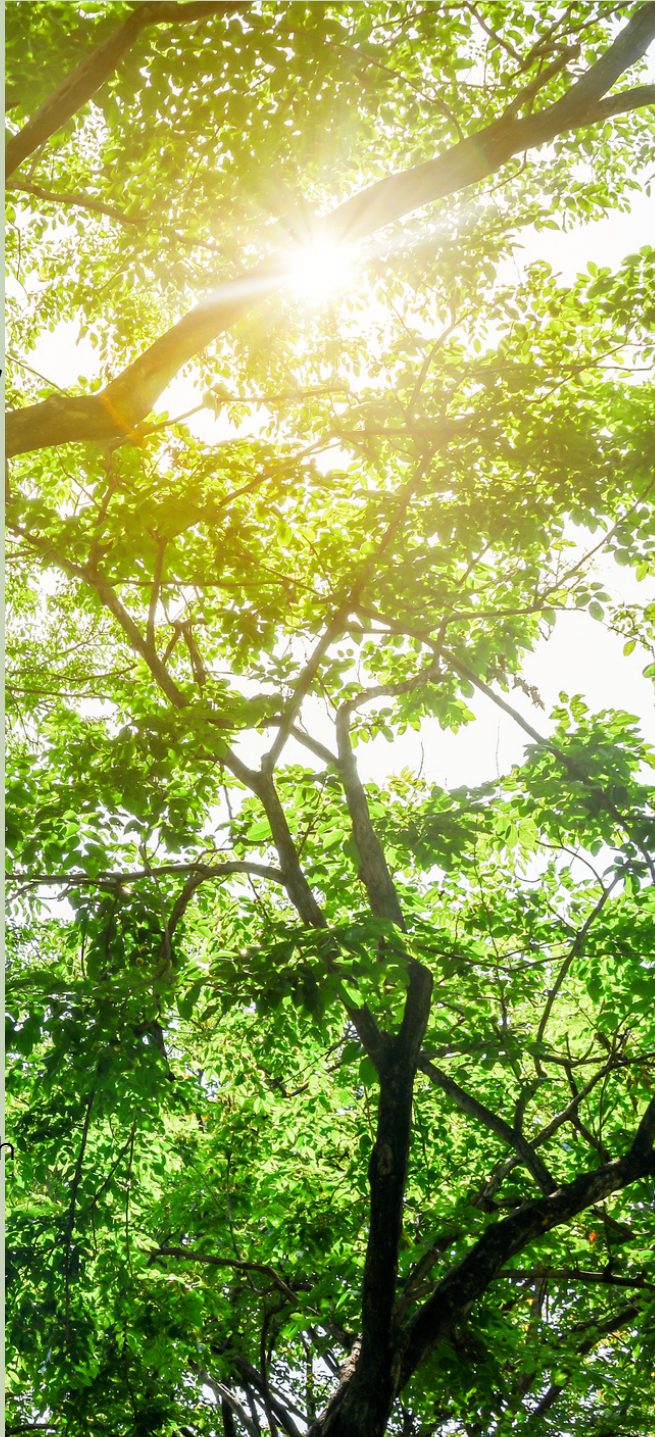
Traditional bagel breakfast platter and all the toppings - egg salad, tuna salad, cream cheese, smoked salmon with sliced tomatoes and cucumbers

SM \$105 (12 bagels) MED \$160 (24 bagels)
LG \$210 (36 bagels)

Lox etc.

Fresh baked bagels with smoked salmon and cream cheese. Platter is garnished with red onion, capers, and lemons

SM \$110 (12 bagels) MED \$175 (24 bagels)
LG \$225 (36 bagels)



Breakfast Cups

Assorted yogurt parfaits, chia oat puddings, fruit cups

Sm \$55 (9 pieces) Lg \$85 (15 pieces)
XLG \$135 (24 pieces)

Shakshuka

Eggs poached in a spiced tomato sauce with peppers and garlic, served with toast

SM \$30 LG \$65. XTRA \$120

Quiche

Open-faced pastry crust filled with savoury custard and choice of: spinach mushroom & mozzarella / cheddar & leek / seasonal vegetable

SM \$40 (8") MED \$50 (9") LG \$60 (12")

Scones and spreads

Assorted sweet and savoury scones (lemon cranberry, maple halva, jalapeño cheddar, cheddar sage, espresso etc.) with spreading creams and jams

SM \$50 (12) MED \$70 (18) LG \$95 (24)

Avo Toasts

Toasts topped with black olive tapenade, avocado, grilled peppers and feta cheese

SM \$45 (12) MED \$65 (18) LG \$90 (24)

Fresh Seasonal Fruit

Assortment of fresh seasonal fruits and berries

SM \$60 MED \$90 LG \$125



Chia and Oat Cups

Chia and oat pudding topped with fruit puree and toasted coconut
\$6.75 EA

Yogurt parfaits

House-made yogurt topped with granola and berries
\$5.50 SM (GF 6.75)
7.50 L (GF 8.25)

Bathurst Fruit Salad

Seasonal fruit with oat and tahini dressing with fennel seed brittle
\$7.00 EA

Breakfast Burrito

Morning wrap filled with scrambled eggs, avocado, lettuce and tomato
\$9.50 EA

Cheese Blintz

Sweet crepes filled with a velvety cheese filling, lightly fried and served with a berry sauce
\$4 EA (min order 1 dozen)

Muesli Cups

Chia and oat pudding OR Yogurt topped with a chai spiced gluten free granola with fresh fruit and honey
\$7.50 EA GF

PANTRY SALADS

XSM \$42 (feeds 4) SM \$75 (feeds 10) LG \$125 (feeds 20)

Harvest Twist

Mixed greens, sweet potato, grilled peppers, feta cheese, toasted pumpkin seeds, and Pantry balsamic vinaigrette

Grilled Pear

Mixed greens, grilled pears, goat cheese cubes, mixed seed brittle and Pantry honey mustard vinaigrette

Garden fresh

Seasonal combination of mixed greens and fresh garden vegetables with Pantry house vinaigrette

Caesar

Crisp romaine lettuce, house-made croutons, hard boiled egg, Parmesan cheese, and Pantry Caesar dressing

Greek

Romaine lettuce, cucumbers, tomatoes, bell peppers, red onions, black olives, feta cheese and Pantry house vinaigrette

Sunshine (Seasonal)

Mixed greens, watermelon, cucumber, pickled onions, feta cheese, sunflower seeds, and Pantry balsamic vinaigrette

Tofu Steak

Romaine lettuce, grilled marinated tofu, avocado, cherry tomatoes, crispy onions, and Pantry BBQ vinaigrette

Pantry Chop Chop

Choice of: mock crab or seasoned tofu, with corn, cherry tomatoes, avocado, lettuce, cucumbers, chickpeas, cheddar cheese, crispy tortilla strips with Pantry southwest chilli ranch dressing or low-fat sugar free herb vinaigrette

Green Thumb

Mixed greens, kale (if available), shredded carrot, quinoa, broccoli, peas, dried cranberries, hemp hearts, Chia seeds with almond miso, Pantry ponzu or Jalapeño dressing

Salmon Niçoise

Mixed greens, blanched green beans, black olives, hard boiled egg, cherry tomatoes, cucumbers, grilled fresh salmon and Pantry red wine vinaigrette

XSM+\$10 SM+\$15 LG+\$20

Thai Veggie Crunch

Greens, snow peas, carrot, bean sprouts,, daikon radish, bell peppers, Edamame, rice noodles, mushrooms and crispy ramen noodles with Pantry miso vinaigrette

Spring Roots

Mixed greens, roasted carrots and parsnips, Silan pearl onions, goat cheese, seed Dukkah, with Pantry white wine vinaigrette

Warm Winter (Seasonal)

Mixed greens, roasted squash, braised fennel, pomegranate arils, fresh apple chips, with Pantry clementine vinaigrette



PANTRY SANDWICHES/WRAPS

SM \$110 (10) LG \$150 (15)

Make them mini wraps SM \$120 (64) Med \$185 (96) LG \$225 (120)

[choice of: white or multigrain ciabatta, whole wheat or white wrap, GF wrap (+\$1.50/GF Wrap)]

AVO – black olive tapenade, avocado, tomato, greens, feta cheese

CAPRESE - fresh mozzarella, oven-dried tomatoes, fresh basil pesto

THE VEG- assorted grilled vegetables, tomato and basil jack cheese + pesto

FRENCH – black olive tapenade, apple, avocado + Gouda Cheese

THE TOFU – mustard, BBQ tofu, greens, tomato, crispy onions

EGG AND GREENS – pesto, egg salad, greens, tomato

WASABI TUNA – wasabi mayo, tuna, tomato, greens

MEDITERRANEAN – olive tapenade, grilled eggplant, dried tomatoes, spinach, goat cheese

PLAIN OL' TUNA – Caesar dressing, tuna, bell peppers, romaine

SAM'S GRILLED CHEESE - wine preserves on challah bread with green apple and camembert cheese

***SALMON BURGER** – salmon patty with lime chili mayo on lettuce and tomato

***PORTOBELLO BURGER** – grilled with cheese melted on top with avocado lettuce tomato and Dijon mayo

***MOCK CRAB BURGER** – with a spinach mayo, lettuce and tomato

*can be served on a burger bun

SMALL BITES

\$2.50 EA (1 Doz minimum)

VEGETARIAN

Risotto Rice Cakes with Caramelized Onions

crispy mushroom risotto rice cakes with a caramelized onion topping

Vegetable Eggrolls

filled with bean sprouts and carrots, fried, and served with a sesame plum dipping sauce

Vegetable Dumplings

Filled with vegetables, seared and steamed, served with a sesame plum dipping sauce

Sesame Tofu Skewers

Marinated and seared tofu on skewers finished with sesame seeds and served with sesame plum dipping sauce

Grilled Zucchini and Tofu Skewers

Tofu cubes and zucchini strips seasoned with a little heat and sweetness, grilled and skewered.

Potato and Pea Samosas

Fried pastry triangle filled with spiced potato and peas served with a spiced mayo dipping sauce

Potato Latkes

Mini crispy potato pancake served with sour cream

Potato Perogies

Eastern European dumplings filled with mashed potatoes and fried onions, served with sour cream

Cauliflower drumsticks

Coated fried cauliflower with a mayo or blue cheese dipping sauce

Mushroom crostini

Mini toast topped with white bean hummus and mixed mushrooms





DAIRY

SMALL BITES

\$3 EA (1 Doz minimum)

Caprese Skewers

Fresh mozzarella, basil and cherry tomatoes with a balsamic dressing

Arancini

Fried saffron rice balls filled with tomato-basil jack cheese and served with a marinara sauce.

Mac and Cheese Balls

Our classic mac and cheese rolled and coated in breadcrumbs then fried to perfection, served with ketchup

Pear and Brie Packets

Sautéed pears and onions with brie and preserves wrapped in a phyllo triangle

Spinach and Feta Triangles

Classic Spanakopita, phyllo triangles filled with spinach and feta cheese finished with sesame seeds

Sunshine Skewers (Seasonal)

Cubes of watermelon, feta cheese, on a skewer with black olive and mint

Fresh Vegetable Spring Rolls (Rice Paper Wraps)

Julienned vegetable, cilantro and rice noodles wrapped in rice paper and served with sesame plum dipping sauce

Mini Quiches

Open-faced tarts with a filling of savoury custard with seasonal vegetables and cheeses [Mushroom spinach, Red pepper and feta, Cheddar leek]

Mushroom Jalapeño Cheddar Cigars

Crispy cigars filled with a mushroom and jalapeño filling with cheddar cheese

Barley Stuffed Mushrooms with Cheddar

Barley and tomato risotto stuffed cremini mushrooms finished with cheddar cheese

Ricotta Tomato Tarts

Savoury rye flour tarts filled with house-made ricotta and pesto filling and topped with fresh tomatoes **\$6.50 individual size**

FISH

SMALL BITES

\$3.75 EA (1 Doz minimum)

Salmon Gyoza (Dumplings)

Salmon potstickers seared and steamed, served with sesame pium dipping sauce

Cedar Plank Grilled Salmon Skewers

Salmon marinated in Tamari and maple, grilled on cedar and finished with fresh cracked pepper. Served on a skewer (GF)

Gravlax Crostini

Beet-cured salmon on a thin crostini with spicy mayo

Mock Crab Cakes

New England seasoned mock crab cakes coated in panko and lightly fried

Cod and Potato Crouquettes

Little bites of fish and potato coated in crumbs and deep fried until crispy

\$4.25 EA (1 Doz minimum)

Seared Tuna Taco Bites

Mini flour tortilla cups filled with pico de gallo, seared tuna, guacamole, and cilantro

Mahi Mahi Skewers*

Southwest seasoned mahi mahi strips grilled on skewers with lime (GF)

Fish Tacos

Mini flour tacos filled with grilled or fried fish, topped with fresh salsa, fesh vegetable slaw, and spicy mayo

*subject to availability





BITES

BBQ Jackfruit Sliders \$4.50 EA (1 Doz minimum)

Pulled jackfruit smothered in bbq sauce, served with pineapple salsa and spicy mayo on a mini bun

Mock Crab Sliders \$3.75 EA (1 Doz minimum)

Our house-made crab cake on a mini bun with spicy mayo, spinach, and tomato

Cremini sliders \$3.50 EA (1 Doz minimum)

Cremini mushrooms topped with Swiss cheese, broiled, and served on a mini bun with guacamole, tomato, and spinach

Bao buns \$4.50 EA (1 Doz minimum) Vegan

Steamed buns filled with hoisin mushrooms, or jackfruit with pickled vegetables and chilli

Mini Crab Po Boy \$4.50 EA (1 Doz minimum)

Mini hot dog buns filled with a southern mock crab salad

Noodle boxes \$5.50 EA (1 Doz minimum)

Wheat or buckwheat noodles flavoured with eastern aromatics and mixed with stir fried vegetables

Mushroom Crepes \$3.75 EA (1 Doz minimum)

Savoury crepes filled with a mixed mushroom filling, served with a mushroom sauce

Mini Gravlox and Cream Cheese Bagel

\$4.50 EA (1 Doz minimum)

Small bagels filled with cream cheese, house-made gravlox, red onions, spinach, and capers.

PLATTERS

Dips and Dippers SM \$35 MED\$60 LG \$75

Crispy fried wonton crisps, with house-made spinach or red pepper dip

Veggies and Dip SM \$50 MED\$65 LG \$80

Assorted fresh vegetables ready to dip. Choice of homemade hummus or green onion and spinach dip

Cheese Charcuterie SM \$80 MED\$120 LG \$175

Assorted soft and hard cheeses with crackers, grapes, and preserves

On a Stick SM \$120 (40) MED\$240 (80) LG \$360 (120)

Mix of our most popular skewers. cedar plank grilled salmon, sesame tofu, grilled vegetables and Caprese

Tart Tray SM \$32 (9) MED \$55 (15) LG \$85 (24)

Mini quiches, ricotta tomato tarts, and squash goat cheese tarts

Two Tone Gravlax SM \$90 MED\$150 LG \$230

House-made gravlax naturally dyed with purple and golden beets, served with spicy mayo on crostini

Grilled Vegetable Antipasto SM \$70 MED\$90 LG \$105

Seasonal flame-grilled vegetables

Party Sandwiches

SM \$60 (5 doz) MED \$120 (10 doz) LG \$180 (15 doz)

Pinwheels and rectangular party favourites with assorted fillings (tuna, egg, salmon, cream cheese and cucumber)

Fresh Seasonal Fruit SM \$65 MED \$90 LG \$125

Assortment of fresh seasonal fruits and berries

Mini Pastry SM \$55 (20) MED \$100 (36) LG \$150 (54)

Assorted small pastries (may contain: cinnamon roll, rugelach, croissants, scones, mini muffins, or cookies)



SOUP

\$14/litre \$7/serving

**Roasted Butternut Squash
Zucchini and Greens
White Bean and Vegetable
Mushroom Barley
Split Pea
Lentil**

MAINS

Cedar Plank Grilled Salmon

Tamari and maple marinated, grilled over cedar planks for a smoky finish (GF)

APP \$8.50 LUNCH \$10 MAIN \$13 SIDE \$110

Grilled Salmon

Seasoned and flame grilled salmon (available finishes: Teriyaki, honey mustard & herb, BBQ spice)

APP \$8.50 LUNCH \$10 MAIN \$13

Grilled Seasonal Fish

Whatever we can get: Spanish mackerel, sea bream, European sea bass (branzino), etc.

MARKET PRICE

Fish Fingers

Sole or tilapia, breaded and fried until crispy, served with tartar sauce

APP \$7.50 (3) MAIN \$14 (6)

Seed Crusted Tilapia

Sunflower, pumpkin, flax, chia and hemp crust, pan fried

APP \$10 MAIN \$14

Ricotta tomato tart

Savoury rye flour tarts filled with a house-made ricotta and pesto filling and topped with seasonal fresh tomatoes

IND \$6.50 LG \$75 (8")

Pad Thai

Stir fried vegetables with rice noodles in a soy butter sauce (GF)

XS (6-8) \$45 LG (40) \$110

Quiche

Open-faced pastry crust filled with savoury custard and choice of:

Spinach mushroom & mozzarella/ cheddar & leek/
seasonal vegetable

8" \$38 9" \$44 12" \$65

ITALIAN MAINS

Cheese Lasagna

Layers of noodles, house-made sauce + cheese
SM \$30 LG \$60 XTRA \$125

Green Lasagna

Layers of noodles, zucchini-herb sauce, fresh ricotta, mozzarella and parmesan cheese
SM \$35 LG \$65 XTRA \$135

Penne Primavera

Penne pasta mixed with house-made tomato sauce with sautéed vegetables
SM \$30 LG \$55 XTRA \$110

Penne Pesto

Penne pasta mixed with house-made pesto-cream sauce with sautéed vegetables
SM \$30 LG \$55 XTRA \$110

Penne Rosè

Penne pasta mixed with house-made tomato-cream sauce with sautéed vegetables
SM \$30 LG \$55 XTRA \$110

Spinach + Ricotta Stuffed

Cannelloni or Shells

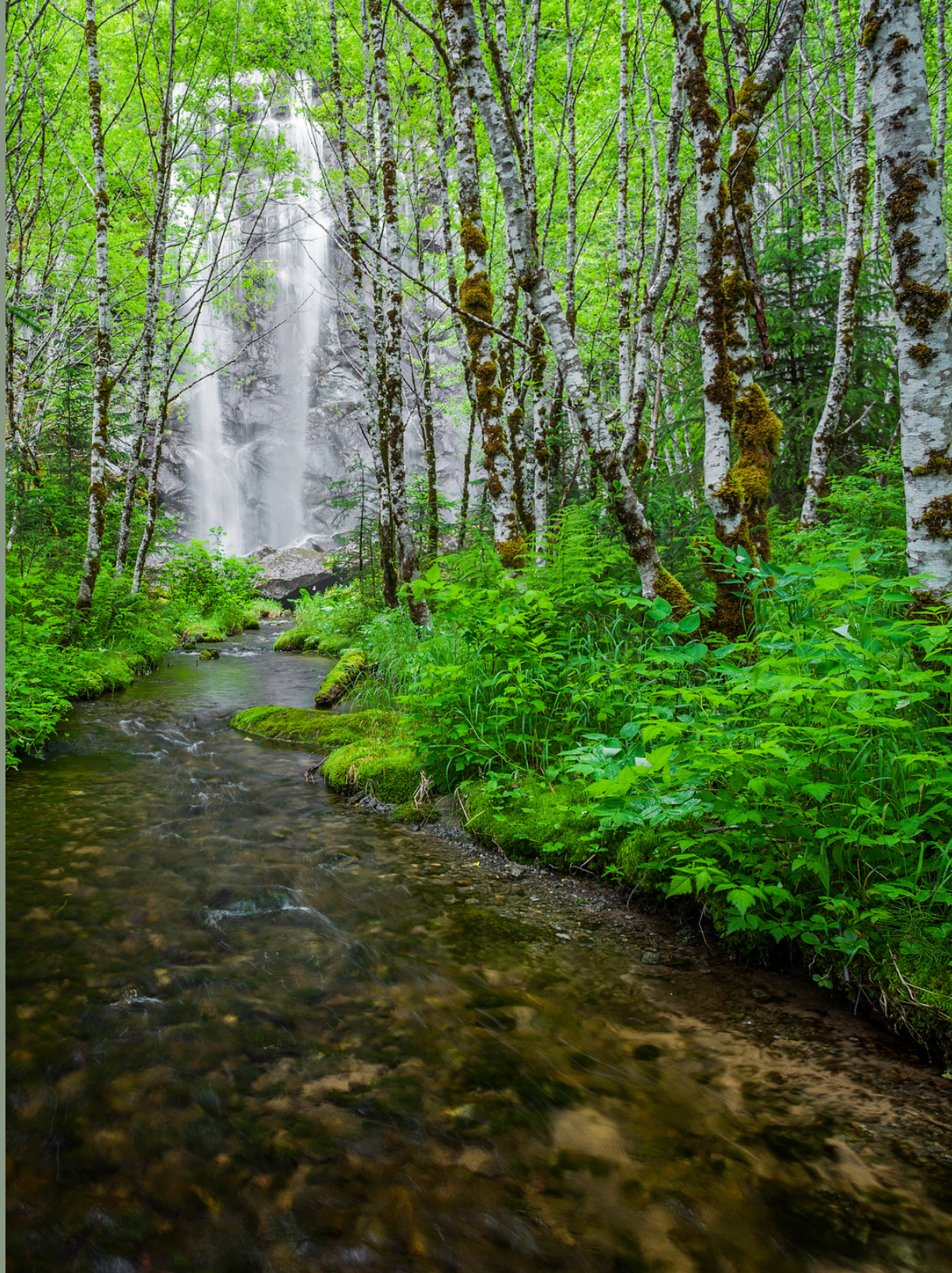
Pasta rolls or shells stuffed with spinach and ricotta filling baked in homemade tomato sauce and mozzarella
SM \$38 LG \$60 XTRA \$100

Creamy Mac and Cheese

Creamy and comforting with a cheddar cream sauce
SM \$30 LG \$55 XTRA \$115

Eggplant Parmesan

Layers of breaded eggplant, homemade tomato sauce, and cheese
SM \$36 LG \$65 XTRA \$135



SIDES

Rice, Lentil and Quinoa Pilaf

Rice, lentils and quinoa mixed with sweet potatoes, bell peppers, and herbs

SERV \$6 SM \$32 MED \$55 LG \$85

Mixed Mushroom and Barley

Creamy barley and mushroom mix with spinach and parsley

SERV \$6 SM \$28 (8x4) MED \$50 (9x13)

Grilled Vegetable Antipasto

SM \$70 MED \$90 LG \$105

SERV OR KEBAB \$6.50

Seasonal flame-grilled vegetables

Herb Roasted Baby Potatoes

Potatoes roasted in an herb seasoning (GF)

SERV \$6 SM \$24 (8x4) LG \$50 (9x13)

Roasted Wedges

Yukon and sweet potato mix seasoned and roasted (GF)

SERV \$6 SM \$24 (8x4) LG \$50 (9x13)

Garlic Beans and Peas

Sautéed green beans, snow or snap peas seasoned with garlic and lemon (GF)

SERV \$6.50 SM \$28 (8x4) LG \$75 (9x13)

Roasted Tomato Israeli Couscous

Pearl pasta with roasted tomatoes, bell peppers, and spinach with lemon

SERV \$6 SM \$30 (8x4) MED \$52 (9x13)

Power Quinoa

Quinoa with carrots, greens, peas, chickpeas, dried cranberries, chia seeds, hemp hearts and a miso dressing (GF)

SERV \$7 SM \$38 MED \$55 LG \$90

Moroccan Quinoa

Mixed quinoa, chickpeas, sweet potatoes, pomegranate, herbs and a harissa dressing (GF)

SERV \$7 SM \$38 MED \$50 LG \$90

SWEETS

Tiramisu Cups

House-made mascarpone and cream filled with espresso kissed ladyfingers topped with cocoa

\$6.50 EA

Chia Oat Cups

Chia and oat pudding topped with fruit puree and toasted coconut (GF)

\$6.75 EA

Brownie Bites

Rich and chocolatey

\$2.50 EA

Flourless Chocolate Cake

Decadent and delicious (GF)

MINI \$3 SM \$36 (6") LG \$60 (9")

Ice Cream Sandwiches

\$8 each

Cookies

House-made cookies (oatmeal raisin, choc chip, double choc chip)

\$18/dozen

Biscotti

Twice baked cookie sticks (assorted flavours)

\$18/dozen

New York Style Cheesecake

Indulgent and rich, vanilla base with a graham cracker crust finished with a choice of vanilla brulé, chocolate or dulce de leche

MINI \$3.50 SM \$40 (6") LG \$65 (9")

Ricotta Cheesecake (Italian Style)

Light and creamy cake made with house-made ricotta finished with a choice of fresh fruit or fruit curd

SM \$38 (6") LG \$60 (9")

Lemon Brulé Tart

Sweet crust filled with house made lemon curd with a burnt sugar crust

MINI \$3 IND \$6.50 LG \$60 (9")