

Morning fuel enjoy a fresh breakfast to get your day going *10 person minimum

***Continental**- croissants+ muffins+ bagels w cream cheese+ Danishes+ fruit **\$8.50 per person**

***Executive breakfast**- pastries+ muffins+ frittata sandwiches+ berry yogurt parfait **\$9.99 per person**

***Frittata Sandwich platter**- lettuce+ egg, spinach, tomato frittata+ cheese + mayo **\$5.00 per person**

Mini Quiche- fresh eggs+ flaky pastry tart+ 3 ingredients **\$4.00 per person**

Bread basket- breads+ muffins+ croissants+ preserves+ spreads serves 12-15 people **\$ 40.00**

Bottled juice + water + milk \$ 2.00 each

Greens+ Protein+ Dressing ** These salads contain nuts or seeds

Salad \$10 per person Salad bowl \$40 (8-10 side salad /4-5 entree)

Lifestyle salad -spinach+ micro greens + grilled sesame tofu+ beets+ carrot+ cuke+ tomato+ sprouts

California Dreamin'** -baby greens+ roasted tomato+ grilled zucchini+ avocado+ **sunflower seeds**+ alfalfa sprouts

Bay St. Salad ** -baby spinach+ fresh berries+ goats chee+ **toasted walnuts**+ dried cranberries

KT's Quinoa -quinoa+ carrot+ red pepper+ cucumber+ green onion+ cannellini beans

Mango Salad** -nappa cabbage+ mango+ green onion+ carrot+ mixed peppers+ crushed **cashews**

Southwestern-mixed lettuce+ roasted tomato+ corn+ black beans+ avocado+ red onion+ Jack chee

Classic Greek-romaine, tomato, Kalamata olives, cucumber, green peppers+ Feta+ fresh oregano

Caribbean Flavour- romaine+ jerk chicken + black eyed peas+ onion+ tomato+ grilled pineapple+ avocado

Add a protein- +grilled chicken add **\$5pp** +grilled Salmon/Shrimps **\$6pp** +grilled tofu **\$4 pp**

Choose Dressing: oil + vinegar, poppy seed, roasted tomato, creamy herb, Caesar, sesame ginger, balsamic

Fruit n' Chez 10 person minimum

Deluxe Fruit Platter \$5.95 per person

Seasonal + locally sourced fruits+ exotic fruits

Fruit and Cheese Platter \$7.95 per person

Seasonal + locally sourced fruits + mixed cheese + crackers

Around the World Artisanal Fruit and Cheese Board \$12.95 per person

Seasonal and locally sourced fruits + imported fruits and cheeses + artisanal crisps+ preserves

Veggies 10 person minimum

Fresh veggie platter- crisp veggies + dip **\$5.00 per person**

Deluxe veggie platter- crisp veggies + grilled veggies + dip **\$7.50 per person**

Antipasto- marinated olives+ artichokes+ mushrooms+ prosciutto-wrapped grissini+ bocconcini or parmigiano+ fresh melon+ crisps **\$12.95 per person**

Liquid Health 8 person minimum **\$6- bowl** **\$8- Meal size**

Soups served with a fresh bakery roll

Hot n' Sour- spicy Asian chicken broth + rice noodles+ bok choy+ carrots+ celery+ green onions

Roasted butternut Squash- vegetable broth + thyme and nutmeg cream

Curried Caribbean chicken-spicy broth + pumpkin+ split peas+ onions+ carrot+ spinach+ peppers

Shrimp Coconut laksa- lemongrass chicken broth + rice noodles+ coconut milk+ mint/coriander+ ginger

Country chicken – chicken broth+ noodles+ carrots+ celery+ onions+ spinach

Sandwich Platters \$8.50 per sandwich minimum order of 10 **choose 3-4 sandwiches**

Artisanal breads+ crisp veggies+ homemade spreads+ fresh shaved meats

Grilled veggie on ciabatta- eggplant+ herbed mushroom+ peppers+ spinach+ tomato + hummous

Crisp veggie on multigrain-lettuce+ tomato+ red onion+ avocado+ alfalfa sprouts+ havarti

Jerk chicken on coco bread- grilled jerk chicken breast+ lettuce+ tomato+ red onion+ avocado +mayo

Roast beef on multigrain- shaved roast beef, lettuce, thin red onion+ horseradish mayo+ cheddar

Smoked meat on rye- shaved smoked meat+ deli mustard+ a dill pickle

Smoked bacon and avocado on egg bread- crisp bacon+ avocado+ lettuce+ tomato+ garlic mayo

Italian Calabrese- mixed meats+ roasted peppers+ red onion+cheese + arugula+ black olive tapenade

Grilled chicken Caesar wrap- grilled breast+ crisp romaine+ garlic dressing + tomato

Tasty sides for 8-10 ppl

Root vegetable chips- beets + taro root + sweet potato + carrot +plantain \$25.00 platter

Stone ground mixed tortilla chips + tomato salsa **OR** guacamole **OR** salsa verde \$25.00 platter

Mixed pickles – sweet pickles+ dill pickles+ pickled onions \$5.00 bowl

Flatbread Pizzas Enough for 6-8 people or cut appetizer size

Vegetarian **\$16.00** (5 toppings) Meat **\$18.00** (2 meat/3 veg toppings) extra topping **\$2**

Choose a base Sauce + vegetable toppings + meat toppings + cheese + fresh herbs

Sauces: basil-tomato, spicy olive oil, Basil-walnut pesto, béchamel (seasoned white sauce)

Vegetables: Portobello, button mushroom, spinach, arugula, grilled eggplant, grilled zucchini, red onion, sliced tomato, sundried tomato, green peppers, roasted red peppers, hot peppers, roasted tomatoes, fresh chopped garlic, artichoke, roasted butternut squash, black/ green olives, broccoli, arugula, pineapple, chopped avocado

Meat: Calabrese, Genoa salami, pancetta, hot sopressata, pepperoni, prosciutto, Italian sausage, ham

Cheese: Parmigiano, mozzarella di bufala, asiago, feta, ricotta, mozzarella, gorgonzola, bocconcini

Hot Treats \$priced based on selections

Mini wonton tartlets- thyme spiced beef + caramelized red onion +blue chez crumble

Crispy Montreal-style egg rolls- gingered pork + carrot+ green onion+ chili-lemongrass dip

Steamed dumplings- sweet soy dip + chili dip (choose meat or veggie)

Braised pork sliders -pickled cabbage+ shredded carrot+ smoky BBQ sauce + mini buns

Grilled mixed mushroom sliders -greens + havarti + herb mayo

Baked chicken wings- spicy Buffalo/ ginger-honey garlic/ mild BBQ/ jerk+ veggies+ cool dip

Spiced chicken/beef/fish/Veg empanadas-baked pastry + fresh salsa and cilantro yogurt dip

Mini shredded chicken/ fish tacos-guacamole + cilantro + cheese

Cheese quesadilla -mixed shredded chez+ green onion+ tomato + salsa **add** guacamole \$ 4

Chicken roti –fragrant curried potatoes +stewed chicken

Vegetable roti-curried potatoes+ spinach+ roasted pumpkin+ chick peas

Fresh shredded coconut shrimp on a skewer + mango chili sauce

Crisp veggie samosas -spiced potatoes + corn + carrot+ peas +fruit chutney

Cool Eats \$priced based on selections

Caribbean sushi roll- sticky rice n' peas+ raw jerk salmon+ avocado+ cuke+ sofrito dip

-sticky rice n' peas+ jerk chicken+ fried plantain+ carrot+ fruit chutney

Caribbean veg roll- sticky rice+ cuke+ sweet potato+ spinach+ avocado+ chili mango sauce

Spanish sushi roll- sticky yellow rice+ shrimp ceviche+ cilantro+ red peppers+ avocado+ salsa verde

Salad rolls- shredded carrot+ cabbage+ daikon+ mint+ cilantro+ cuke+ peanut sauce/ginger-chili sauce(s)

Classic cocktail shrimp- chilled jumbo shrimp+ fresh cocktail sauce+ lemon wedges

Jerk cocktail shrimp- chilled marinated jumbo shrimp+ grilled pineapple salsa+ lime wedges

Smoked salmon bites-crisp cucumber sticks+ shaved salmon+ dilled yogurt

Smoked salmon platter- tomato+ shaved red onion+ cream cheese+ capers+ baguette

Garlic n' herb crostini- prosciutto+ fig+ lemon mascarpone

Tomato avocado crostini- **tomato-avocado** + garlic+ cracked pepper+ cilantro+ baguette

Caprese skewer- fresh bocconcini+ tomato+ basil leaves+ olive oil drizzle

Greek salad skewer- feta+ black olive+ tomato+ cuke+ green pepper

Lunches to Office minimum order **10 ppl** served in pans ready for scooping or to take home!

Avoid the hassle of food court line-ups and jammed elevators, delivered fresh right to your office

***Order by phone or confirmed online minimum 1 day before**

Choose 1 main+ choose 1 side+ choose 1 salad (utensils available upon request) **\$12 per person**

MAINS choose one...

Roasted Chicken-jerk, tandoori, BBQ, rosemary+ garlic+ thyme, 5-spice+ ginger

Stewed chicken- Caribbean curried, butter chicken, red coconut curry

***Roasted salmon**- jerk, garlic-dill, herb+ pepper, teriyaki+ sesame * **\$13.50 per person**

Beef burritos- beans+ Monterey Jack + green onions+ tomato+ peppers+ spiced beef+ tortilla

Bean burritos-mixed beans+ jalapeno havarti+ green onion+ peppers+ zucchini+ tomato+ tortilla

Lasagna- hearty beef tomato sauce +layered pasta + mozzarella+ fresh basil+ parmigiano

Roasted veggie lasagna- tangy tomato sauce+ eggplant+ zucchini+ peppers+ mushrooms+ mozzarella

Baked tortellini- **choose:** meat filled, spinach filled **OR** cheese filled +

choose: tomato sauce, pesto sauce **OR** cream sauce

SIDES choose one...

Roasted potatoes, rice and peas, stir-fried veggies, vegetable fried rice, curried potatoes

SALADS choose one...

Mixed greens, creamy pasta salad, bean salad, creamy potato salad, vinegar coleslaw, Caesar, Greek

Delicious and convenient

Sugar Rush

Dessert loaf platter- assorted dessert loaf platter **\$35.00 12 ppl**

Sweets galore- assorted biscotti+ fresh cookies+ lemon bars+ decadent brownies, berries

6-10 \$ **39.00** 10-15 **\$49.00** 15-20 **\$69.00**

Gourmet cookie platter- assorted fresh baked cookies 4 dozen **\$39.99**

Prices are subject to change and are based on a minimum count of 10. Menu items may change seasonally as we aim to serve the freshest ingredients and support local farmers

\$10 delivery to downtown Toronto + Every 3rd delivery FREE!

Email: contactcomida@yahoo.ca

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Comida World Foods and Catering on Pinterest

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