TORONTO FRESH
CATERS

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TORONTO FRESH
CATERS

LUNCH MENU

COLD LUNCHES

TFC CL MENU 1 COMBO $13.50

Assorted Sandwiches with premium fillings
Assorted wraps
(Sante Fe Chicken, Grilled Vegetables, Teriyaki Beef etc.)
Choice of Salad, Fruit Tray or Veggie Tray
Assorted Tarts & Squares or Fresh Fruit Tray

TFC CL MENU 2 $17.99

Fresh Mixed Greens
English Cucumbers
Shredded Carrots
Mixed Sweet Peppers
Alfalfa Sprouts
Lightly Grilled Vegetables
Sliced Grilled Chicken
Sliced Grilled Beef Tenderloin
Fresh Fruit Tray or Cookies

TFC CL MENU 3 $17.99

Trio Platter
(Sockeye Salmon, Albacore Tuna, Fresh Egg Salad)
Sliced Deli Meats
(Roast Beef, Corned Beef, Pastrami, German Salami)
Grilled Vegetables Tray
Pickle & Olive Tray
Assorted Mustard & Mayo
Rolls & Butter
Brownies

TCF CL MENU 4 $18.99

Assorted California Rolls
Mini Hickory Smoked Meatballs
Smoked Salmon Canapes
Mini Tiropita
(Philo pastry filled with a blend of cheese and spinach)
Imported and domestic Cheese Tray
Premium Veggie Tray served with Creamy Ranch Dip

Pitas & Wraps Sandwiches $12.95

Our sandwiches are served with Greek Salad or your choice of one side.

Pork Souvlaki Pita: Fire-grilled pork souvlaki wrapped in a whole wheat pita with tzatziki, red onion and tomato.

Chicken Souvlaki Pita: Fire-grilled chicken souvlaki wrapped in a whole wheat pita with tzatziki, red onion and tomato.

Traditional Gyro Pita: Thinly sliced rotisserie roasted ground meat beef and lamb gyro wrapped in a whole wheat pita with tzatziki, red onion and tomato.

Chicken Gyro Pita: Thinly sliced rotisserie roasted chicken meat gyro wrapped in a whole wheat pita with tzatziki, red onion and tomato

Chicken Filet Pita: Marinated grilled chicken wrapped in a whole wheat pita with tzatziki, red onion and tomato

Chicken Greek Wrap: Marinated grilled chicken and Greek Salad wrapped in a grilled tortilla.

Spanakopita: A delicious, freshly baked spinach pie with herbs and feta cooked in a delicate pasty.

Falafel Pita: 2 Falafel balls, Hummus, red onion, tomato, green pepper & feta wrapped in whole wheat pita.

Veggie Pita: Wrapped in whole wheat pita with cucumber, lettuce, tomato, feta, green pepper, red onion & tzatziki

Mediterranean Wrap: Wrapped in spinach tortilla with cucumber, lettuce, tomato, feta, green pepper, red onion & tzatziki.

Soups $3.25

(All are made fresh to order)

- Chicken Noodle (Hot & Sour/ Manchow)
- Beef Barley
- Garden Vegetable / Minestrone / Pumpkin / Potato & Leek
- Cream of Broccoli / Mushroom / Celery / Chicken
- Corn Chowder
- Tom Yum Soup (Thai) / Lentil / Avgolemono (Chicken & Rice)

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CHICKEN

(Served with 1 choice of salad and 2 choice of sides)

Grilled Chicken $17.95
Chicken breast with chef's herbs marinade

Chicken Tuscany $18.95
Chicken breast sautéed with olives, bell pepper, mushrooms, scallions & Basil Leaves

Chicken Duxelle $18.95
Chicken breast stuffed with mushroom filling served with vermouth creamy sauce

Chicken Kiev $18.95
Chicken breast stuffed with garlic & parsley butter, crumbed and deep fried. Served with balsamic glaze

Chicken Chasseur $16.95
Slow braised whole chicken with mushroom, tomatoes, garlic onions & white wine. Served with Pilaf Rice

Roast Chicken $16.95
Roast leg of chicken served with lemon herb or Piri Piri Sauce

Chicken/ Veal Schnitzel $16.95 **(Pick anyone)**
Crumbled and deep fried juicy fillet served with our homemade gravy

Chicken/Veal Parmigiana $17.95 **(Pick anyone)**
Breaded Veal/Chicken topped in our Napolitano sauce and melted mozzarella cheese

Stuffed Chicken 17.95
Chicken breast stuffed with brown rice, peppers and scallions

Chicken & Shrimps $18.95
Grilled chicken Breast with garlic shrimps (3per portion)

Poached Chicken $18.95
Breast stuffed with chicken mousse poached in brown broth

Lemon Rosemary Chicken $17.95
Pesto Chicken $17.95
Cajun Chicken $17.95
Jerk Chicken $17.95

BEEF

(Served with 1 choice of salad and 2 choice of sides)

Beef & Reef $29.95

80z sirloin steak, Tiger Shrimps (3per portion)

Veal Scallapini $25.95

Filets of Beef Tenderloin cooked in mushroom sauce

Roast Beef $22.95

Medium cooked juicy road beef with brown pot gravy

Guinness Beef Pie $17.95

Beef chunks marinated and cooked in Guinness Brown beer filled with flaky puff pastry

Beef Steak Sandwich $14.95

Chargrilled to medium, served on Vienna bread with caramelized onions & sautéed mushrooms

PORK

(Served with 1 choice of salad and 2 choice of sides)

BBQ Pork Ribs $19.95

Char grilled baby back pork ribs in our homemade hickory sauce

Pork Tenderloin $18.95

Filled of Pork Tenderloin grilled and served with Dijon mustard cream sauce

Pork Chop $21.95 (Pick from one)

Oven fried herbs crumbed/ Grilled Pork Chops/ Caramelized Apple chops

TFC Style Pulled Pork $17.95

Slow roasted, cooked in homemade hickory sauce with sweet peppers and herbs

LAMB

(Served with 1 choice of salad and 2 choice of sides)

New Zealand Lamb Chops $20.95

Medium Grilled Rosemary lamb chops served with Red Wine Sauce / Mint Yogurt

Braised Lamb Shanks $25.95

Slowly cooked lamb shanks with red wine and mixed herbs flavors

Mint & Cumin Spiced Lamb Chops $20.95

Marinated in fresh mint and roasted cumin seeds

Sautéed Sicilian Lamb $18.95

Sliced of lab coated with mushroom, pepper olives, capers & wine. Served with Pilaf Rice

Leg of Lamb: Ask for Price

Oven Roast Leg of Lamb with pot gravy

FISH

(Served with 1 choice of salad and 2 choice of sides)

Batter Fish $17.95

Deep Fried Batter Haddock with tartar sauce

Herb Crust $18.95

Herb Crusted white fish pan fried with mint aioli

Tilapia $18.95

Oven baked tilapia with capers, onions, peppers & garlic

Lemon Herb Salmon $19.95

Grilled 8oz Atlantic salmon with lemon herb sauce

Chili Herb Seabass Ask for Details (Seasonal Price)

Seabass marinade in chili and herbs dressing. Served with mint yogurt

Greek Specialties

(Served with 1 choice of salad and 2 choice of sides)

Chicken Souvlaki $17.95
White meat chicken souvlaki stick, grilled to perfection

Pork Souvlaki $17.95
Tender pork souvlaki stick, marinated and cooked to perfection

Lamb Souvlaki $19.95
Tender Lamb souvlaki stick, marinated and grilled to your liking

Beef Tenderloin Souvlaki $19.95
Hand-cut Beef tenderloin, grilled to your liking

Vegetarian Souvlaki $15.95
Fresh grilled eggplant, zucchini, mushrooms, pepper and red onion on a skewer

Traditional Gyro $16.95
Marinated ground meat Beef and Lamb, slow roasted on rotisserie

Chicken Gyro $16.95
Marinated chicken, slow roasted on a rotisserie.

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PASTAS

(Served with 1 choice of salad and Garlic Bread)

Homemade Lasagna $15.95
(Meat or Veggie)

Bacon Mac & cheese $15.95

Spinach & Ricotta Cannelloni $15.95

Mushroom & Goat cheese Ravioli $15.95
Broccoli in Creamy Peso Sauce/ Pomodoro $15.95

Penne Arabiatta $14.95
Crushed red chili flakes in homemade tomato sauce

Penne Pesto Veg $14.95
Mushroom, Peppers, Zucchini, Broccoli & olives in creamy pesto sauce

Polo Furje Fettuccini $14.95
Chicken & Mushroom in alfredo sauce

Spaghetti Marinara $14.95
Mixed Seafood in Marinara Sauce

Linguini Florentine $14.95
Chicken in spinach creamy sauce

Fettuccini Carbonnera $14.95
Crispy Bacon in creamy sauce

Shrimp Linguini $14.95
Shrimps, capers, peppers in tomato sauce

Chef's Special $14.95
Veggie/Chicken in creamy tomato sauce

Bosciolla Fettuccini $14.95
Mushroom & Bacon in Cheese cream sauce

Chicken Penne
Juicy marinated grilled chicken, roasted red pepper, fresh basil and penne. Choose your favorite sauce; a light garlic cream, rosé or our fresh homemade tomato.

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ASIAN SPECIALITY

Chili/ Schezwan/ Lemon/ Chili & Garlic/ Teriyaki Chicken $16.95 **(select anyone)**
With Jasmine Rice/ Stir Fried Noodles & Kimchi Salad

Thai Red/Green Curry with Veg/Chicken/Pork $17.95 **(Select anyone)**
With jasmine rice and mango salad

Chicken Tikka Butter Masala $17.95
With Basmati Rice, cucumber mint yogurt and mixed green salad

Lamb Roganjosh $18.95
With Basmati Rice, cucumber mint yogurt and mixed green salad

Chicken Chettinad $18.95
With steamed rice and green salad

Lamb Chettinad $18.95
With steamed rice and green salad

Beef Vindaloo $18.95

Masala Chickpeas $12.95
With Cumin rice and mustard, tomato gravy potatoes

Chicken Biryani $12.95
With cucumber yogurt and mint sauce

SIDES

Rice

Jasmine Rice
Basmati Rice
Greek Rice
Steamed Rice
Fried Rice

Potato

Lemon Potatoes
Roasted Potatoes
Mashed Potatoes
Potato Wedges
Parsley Potatoes
Baked Potatoes
French Fries
Mashed Sweet Potatoes

Vegetables

Steam Vegetables
Grilled Vegetables
Roast Vegetables
Steamed Kale
Sautéed Beans
Jerk Style Oka

SALADS

Garden Salad

Greek Salad

Caesar Salad

Pasta Salad

Coleslaw

Kale Salad

Waldrop Salad

Thousand Island Salad

Potato Salad

Mixed Green

Three Beans Salad

Baby Spinach Salad

Village Salad

Avocado Salad

GOURMET PACKAGE

- Imported & Domestic Cheese & Grape Platter
- Antipasto Platter (Marinated & Grilled Vegetables, Roasted Heads of Garlic, Black Olives, Eggplant & Zucchini Tempura, Prosciutto, Sweet & Spicy Capicola)
- Assorted Flatbreads and Homemade Spreads with Garnishes
- Canadian Seafood Cocktail (Jumbo Tiger Shrimp, Scallops, & Lobster Tail in a Crab Claws)
- Napa Salad (A Delicate Cucumber Bowl filled with California Mixed Greens, topped with crumbled Danish Blue Cheese, Pine Nuts & Pomegranates)
- Fillet Mignon (Fillet Mignon served over Roasted Garlic Cambazola Mashed Potatoes, Topped in a Delicate Bourlaisse Sauce and accompanied by Fresh Asparagus and Pearl Onions)
- Fresh Baked Desserts
- Pastries - Chefs Specialty

WE DO CUSTOM MEXICAN MENU'S LIKE

BURRITOS

QUESADILLAS

TACOS

For all your Indoor or Outdoor Barbeque

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