



GreenMeal

CORPORATE CATERING MENU



**DELICIOUS HEALTHY MEALS
DELIVERED TO TORONTO & GTA**

BREAKFAST

HOT CLASSIC

\$9.50 Per Serving

Minimum Order of 10

Fluffy Scrambled Eggs,
Roasted Potatoes, Breakfast Sausages, Baked
Beans served with Butter Toasts.

**ADD Fruit Bowl
or Berry Parfait**

**+\$4.95
Per Serving**

BREAKFAST SANDWICHES

\$5.50 Per Serving

Minimum Order of 10

- Bacon, Eggs & Cheddar Cheese
- Smoked Salmon, Cream Cheese & Lettuce
- Black Forest Ham, Swiss Cheddar & Lettuce
- Tuna Salad & Lettuce

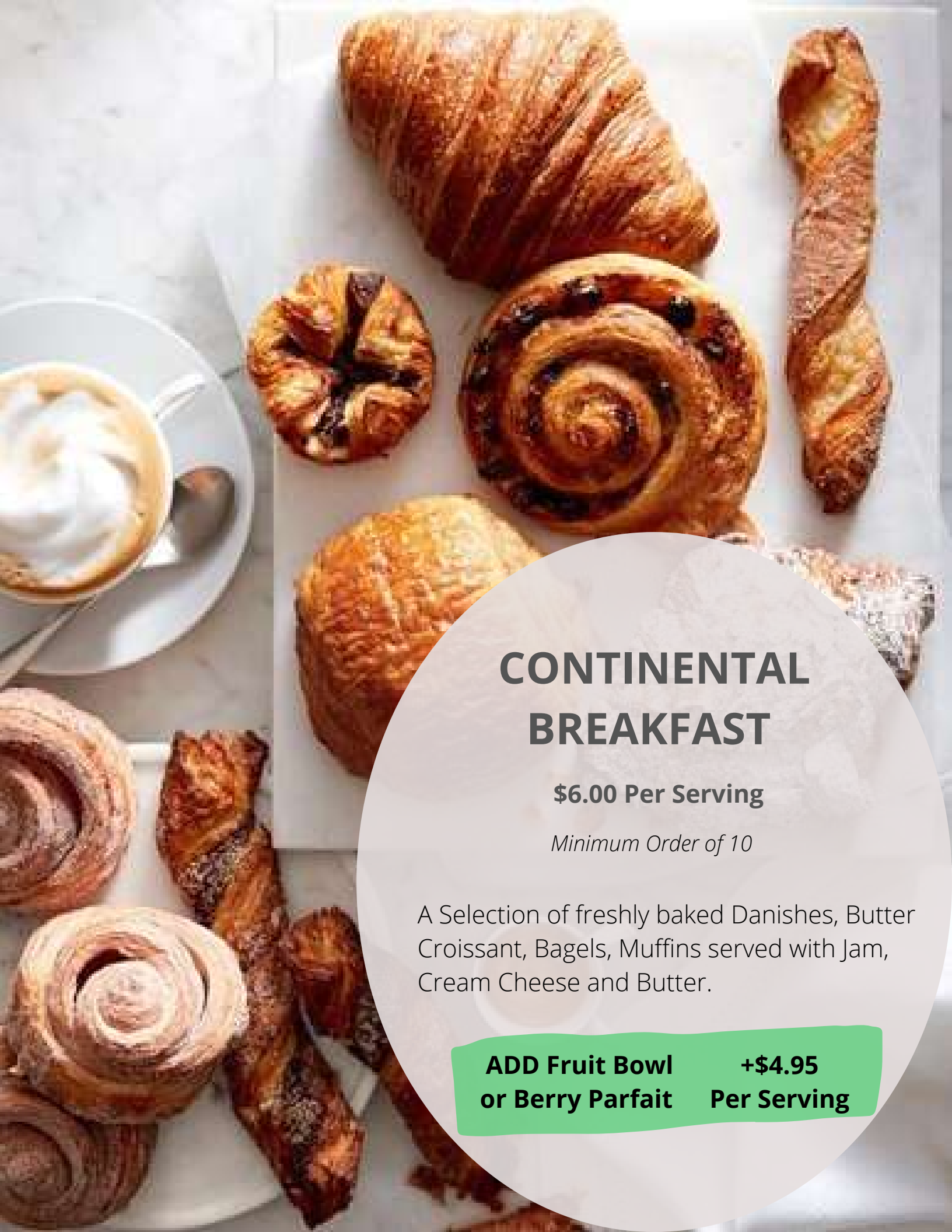
*With your choice of Toast, English Muffins or Bagels.



Vegetarian Sandwiches

- Roasted Tomatoes, Feta & Fresh Basil
- Roasted Eggplant & Hummus
- Scrambled Tofu, Vegan Cheese & Tomato
- Egg Salad & Lettuce





CONTINENTAL BREAKFAST

\$6.00 Per Serving

Minimum Order of 10

A Selection of freshly baked Danishes, Butter Croissant, Bagels, Muffins served with Jam, Cream Cheese and Butter.

**ADD Fruit Bowl
or Berry Parfait**

**+\$4.95
Per Serving**

Breakfast ADD-ONS

Mini Frittatas **\$5.50**

- Mushroom, Spinach and Cheddar Cheese
- Bell Peppers, Broccoli and Mozzarella Cheese

Savory Scones **\$5.50**

- Lime & Rosemary
- Bacon & Cheddar
- Dill & Cream Cheese

Fruit Salad Bowl **\$4.95**

Assortment of Seasonal Fruits

Berry Parfait **\$4.95**

Low-fat yogurt, Crunchy Home-made Granola and Mixed Fresh Berries.

Minimum Order of 10



PLATTERS

Grilled Vegetable Platter

Mixed Grilled Vegetables Served with Hummus & Pita

\$7.00 Per Serving

Minimum Order of 10



Falafel Platter

Falafels Served with Kalamata Olives, Tabouli, Coleslaw, Hummus & Pita

\$11.00 Per Serving

Minimum Order of 10

Cheese Platter

Assorted Cheeses garnished with Fruits and Crackers.

\$7.00 Per Serving

Minimum Order of 10

Deli Meat Platter

Assorted Deli Meats & Cheeses with Bread Slices and Crackers

\$8.50 Per Serving

Minimum Order of 10



SALADS

Minimum Order of 8

Mixed Green

\$5.00

Mixed Greens, Baby Tomatoes, Berries

Classic Greek

\$5.00

Cucumber, Cherry Tomatoes, Kalamata Olives, Feta, and Oregano-infused Olive Oil

Garden

\$5.00

Tomato, Cucumber, Peppers, Carrots and Balsamic vinaigrette

Tabouli Salad

\$5.00

Chopped Parsley, Tomatoes, Red Onions, Bulgur and Olive Oil & Lemon Dressing

Spinach Salad

\$5.50

Baby Spinach, Dried Berries, Pecans, Feta Cheese and Chili-infused Olive Oil



Rainbow Cobb

\$7.00

Romaine Lettuce, Baby
Tomato, Avocado, Sweet Corn
Boiled eggs, Bacon,
Scrumbeled Feta Cheese and
Creamy Lemon Poppy Seed
vinaigrette

Potato Salad

\$7.00

Romaine Lettuce, Baby
Tomato, Avocado, Sweet Corn
Boiled eggs, Bacon,
Scrumbeled Feta Cheese and
Creamy Lemon Poppy Seed
vinaigrette

Quinoa Salad

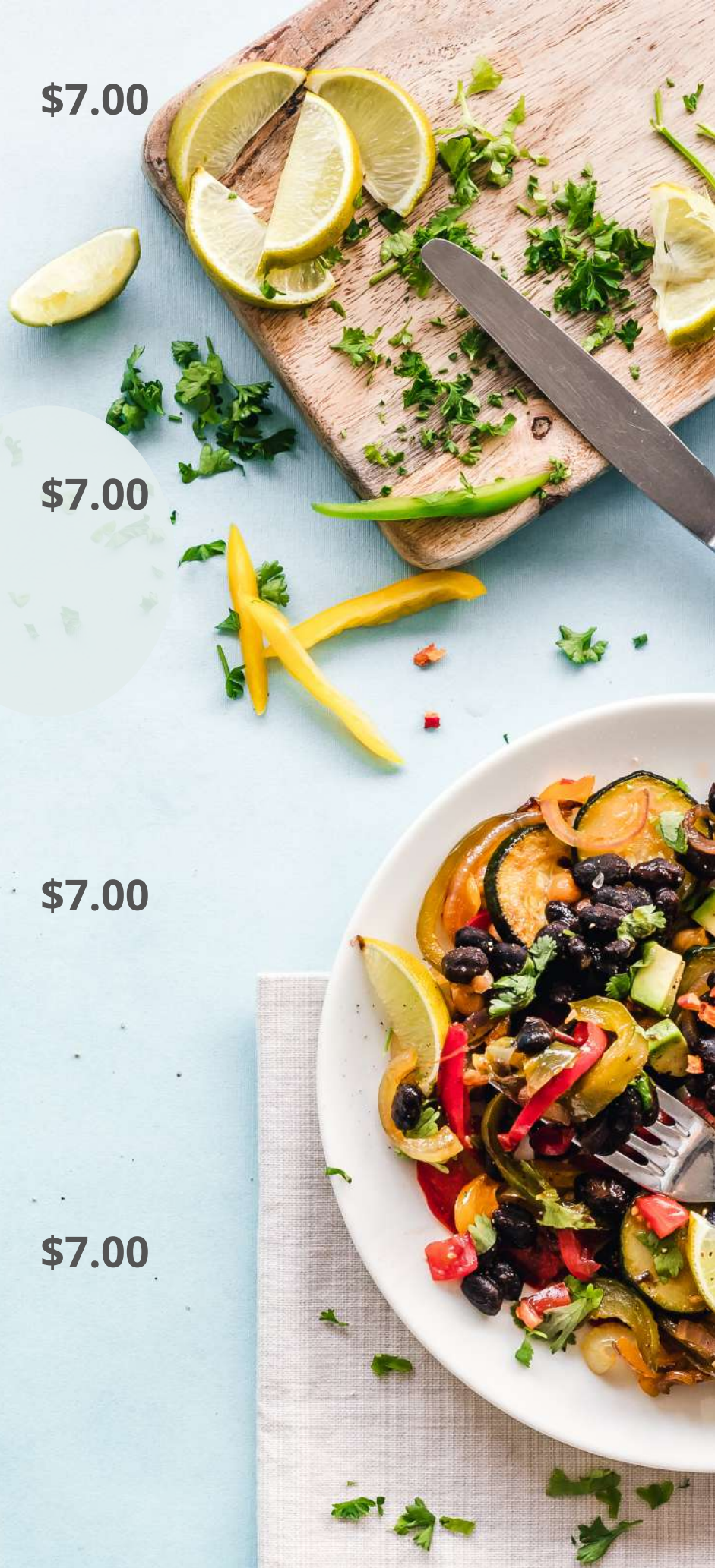
\$7.00

Quinoa, Black Eyed Peas,
Chopped Bell Peppers,
Tomatoes, Grilled Chicken
Pieces, Parsley & Dill and
Lemn & Olive Oil Dressing

Couscous Salad

\$7.00

Couscous, Spiced Chickpeas,
Chopped Bell Peppers,
Parsley, Olives, Onions, with
Olive Oil Dressing



CUSTOMIZED

ENTREES

\$18.00 Per Serving

Minimum Order of 10

Simply choose one protein, one Carb and one Vegetable for a healthy colourful hot meal.

Please note all these meals are served with a side of bread & whipped butter.

**Extra Vegetable, Additional \$2
Extra Protein, Additional \$5**



PROTEIN



CARB



VEGGIE

Lemon Herb Chicken Breast

Boneless breast of chicken grilled to perfection with lemon & Italian Herb sauce

Parmesan Chicken Breast

Breaded chicken cutlet with tomato sauce and melted mozzarella

Chicken Souvlaki

Authentic marinated chicken souvlaki served with homemade tzatziki sauce

Chicken/Beef/ Vegan Stir Fry

with seasonal veggies in Soy Hoisin sauce.

Beef Kebobs or Vegan Tofu Kebobs

Grilled Skewers of Beef tenderloin tips/ or Marinated Tofu Cubes, Bell peppers, Mushrooms,, Onion,

Grilled Salmon

with your choice of Lemon & Herb or Teriyaki Sauce.

Mashed Potatoes

Roasted Potatoes

Basmati Pilaf

Quinoa Pilaf

Roasted Sweet Potatoes

Rainbow Bell Pepper Couscous

White/Brown Rice

Baked Cheese Penne

Cesar Salad

Greek Salad

Garden Salad

Tabouli Salad

Spinach Salad

Coleslaw

Mixed Green Salad

Maple glazed baby carrots

Steamed Mixed Veggies

Grilled Seasonal Veggies

SANDWICHES



Cold & Hot Sandwiches with your choice of Mini Baguettes, Buns, Bagels or Toast bread.

All our Sandwich meals include one choice of salad.

**Sandwich with
2 Choices of Salad +\$2.00
Per Serving**

COLD SANDWICHES



\$13.50 Per Serving

Minimum Order of 10



HAM

Black Forest Ham, Romaine Lettuce, Tomato, Swiss Cheese, Mustard Mayo

ROAST BEEF

Roast Beef, Lettuce, sliced tomato,, Cheddar, Mustard

EGG SALAD

Romaine Lettuce, Celery, grainy mustard mayo

TURKEY DELI

Romaine Lettuce, Swiss Cheese, Pesto Spread

TUNA SALAD

Home Maid Tuna Salad, Romaine Lettuce, Celery, Mayo

CHICKPEA SALAD

Mashed Chickpea, Scrambled Tofu, Vegan Mayo, Pickles

HOT SANDWICHES



GRILLED CHICKEN

Grilled Chicken Breast with Caramelized Onion & Peppers, Cheddar Cheese,

\$15.50 Per Serving

Minimum Order of 10



CHICKEN SCHENITZEL

Battered Chicken Breast with Fried Onion Rings, Cheddar & Creamy Coleslaw

GRILLED STEAK

Grilled Chipotle marinated Beef with Sautéed Mushrooms, Onions, Swiss Cheese & Mayo

FAJITAS

Strips of Fajita Spiced Marinated Chicken, Beef or Vegan Portobello Mushrooms, Sautéed Bell Peppers & Onions, Cheddar Cheese or Vegan Cheese and Black Beans. Wrapped in Tortillas. Served with Cream cheese, Guacamole, and Salasa.

TUNA SALAD

Home Maid Tuna Salad, Romaine Lettuce, Celery, Mayo

GRILLED VEGGIES

Grilled Eggplant, Bell Pepper and Onion, with choice of Hummus or Feta cheese Spread

DESSERTS



CHEESE CAKE

\$5.00/Each Piece

Minimum Order of 10

Assortment of following flavours:

- Lemon
- Chocolate
- Strawberry
- Blueberry

Cookies

\$18.00/dozen

- Chocolate
- Double chocolate chip
- Oatmeal & Raisin
- Peanut Butter
- Butter

Muffins

\$2.00/Each

- Chocolate
- Vanilla
- Carrot
- Blueberry
- Oat & Raisin

Baked Donuts

\$22.00/dozen

- Chocolate Dipped
- Caramel
- Strawberry
- Coffee
- Vanilla Classic

Classic Cupcakes

\$2.00/Each

- Chocolate
- Vanilla
- Red Velvet
- Lemon
- Blueberry

Danish Pastries

\$22.00/dozen

- Mango
- Blueberry
- Cream Cheese

Cupcakes with Frostings

\$4.00/Each

BEVERAGES

\$2.00/Each Piece

Minimum Order of 10

- Bottled Water
- Sparkling Water Cans
- Canned Sodas
- Ginger Ale
- Orange Juice
- Apple Juice
- Cranberry Juice
- Lemonade



GreenMeal

Contact us To Get
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