



# CORPORATE

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## EXPRESS



## MENU

We Make It Easy To Eat Well

1415 Bathurst Street, Toronto, ON | 416-532-1010 | [www.urbanfarecatering.com](http://www.urbanfarecatering.com) | [@urbanfarefoodshop](https://www.instagram.com/urbanfarefoodshop)



# COVID - 19 UPDATE

We understand the growing concern surrounding coronavirus (COVID-19) across our communities, and our hearts go out to all those who've been impacted.

We wanted to let you know and provide an update on the actions that Urban Fare is taking to help prevent the spread of the virus and support the health and well-being of our customers, our employees and our community.

Every day, as part of our regular operations, our kitchen, office and Food Shop are cleaned and sanitized. Recently, we've increased the frequency of cleanings, and are providing supplemental supplies to employees. We provide hand sanitizer in our store for customers and associates, and we work closely with our team to ensure that anyone who is not feeling well understands that we support them staying home.

We will continue to refer to the Government of Canada Public Health Board, Public Health Ontario, Toronto Public Health, the World Health Organization and other public health agencies to determine the safest course of action for everyone who enters our stores.

This situation continues to evolve quickly, and we will be monitoring it closely. Based on current guidance and our own standards and practices, we remain open for business and are committed to providing an outstanding experience for you.

While we all know that it is impossible to fully insulate from the virus, we are doing what we think best to help contain it. If you would like to find out more about our activities to protect the safety of our clients, your workplaces and your family,

Please call us at any time at **416-532-1010**, or Email: **[orders@urbanfarecatering.com](mailto:orders@urbanfarecatering.com)**

Wishing you continued safety and good health,

The Urban Fare Catering & Food Shop Team



*Delicious Gourmet Eats*

*Hors d'oeuvres & Entrées*

**GET IN TOUCH WITH US**  
 Call: 416-532-1010  
 Email: [orders@urbanfarecatering.com](mailto:orders@urbanfarecatering.com)  
 Website: [www.urbanfarecatering.com](http://www.urbanfarecatering.com)

**ORDER INFORMATION**

**PICK-UP / DELIVERY SERVICES**

We deliver 7 days a week. A delivery charge applies for the GTA. Please inquire for deliveries outside of the GTA.

**DATE & TIME**

Please let us know the date for your order as well as a Pick-up or Delivery window of 15-30mins.

**NUMBER OF PEOPLE**

Let us know how many people will be included in your order.

**ALLERGIES & RESTRICTIONS**

Please inform us of any allergies or dietary restrictions that we should be aware of.

**EVENTS**

**SERVICE STAFF**

Black Tie or Casual, we can supply you with experienced staff. Minimum 5 hours for all Wait Staff, Bartenders and Chefs.

**EQUIPMENT**

Urban Fare will arrange for the rental of all the equipment required for your event.

\*48 hours notice is requested for orders and 24 hours cancellation is required or subject to a surcharge. Delivery charges are additional. Prices and availability subject to change. Heating and assembly instructions will be included with your order if applicable.

# Breakfast

**Gluten Free & Vegan** options available on indicated Breakfast Boxes.

\*Minimum 6 orders per option.



## THE EXECUTIVE CONTINENTAL BREAKFAST .....\$10.25

### Freshly Baked Morning Pastries

A selection of homemade muffins, fruit danish, plain, chocolate and cheese croissants, bagels, morning breads and scones served with fresh creamery butter, preserves and cream cheese. (Selection may vary)

### Fresh Seasonal Fruit Platter

Apple, Orange, Cranberry Juice & Bottled Water



## BREAKFAST ADD-ONS

Bottled Juice or Water  
\$2.25

Smoked Salmon & Cream Cheese  
Mini Bagel  
\$4.75

Individual Fruit Flavoured Yogurt  
\$4.00

Yogurt, Berry & Granola Parfaits  
\$6.50

Cucumber & Cheese Mini Bagels  
\$4.25

## VEGAN BREAKFAST 1 **V**.....\$12.50

Vegan Breakfast Pastry  
Fruit Cup

## VEGAN BREAKFAST 2 **GF V**.....\$15.00

Vegan Breakfast Wrap with bean spread, avocado spread, sprouts and roasted red peppers  
Fruit Cup

## BREAKFAST BOX 1 .....\$11.50

Muffins, Danish, Bagel or Breakfast Loaf with Cream Cheese, Jam and/or Butter  
Fruit Cup

## BREAKFAST BOX 2 **GF** .....\$12.50

Hard Boiled Egg with Spinach  
Cheese Tray  
Individual Yogurt

## BREAKFAST BOX 3 .....\$12.50

Smoked Salmon & Cream Cheese Bagel  
OR Tomato & Cheddar Cheese Bagel  
Fruit Cup

## BREAKFAST BOX 4 .....\$15.00

Tuna or Egg Salad with Pita and Fresh Vegetables  
Fruit Cup

## BREAKFAST BOX 5 .....\$12.50

BLT with Cheddar on Whole Grain Bagel  
OR Bread  
Fruit Cup

# Lunch Boxes

**Gluten Free & Vegan** options available on indicated Lunches.

**Lunch Bowls** also include individual desserts.

\*Minimum 6 orders per option.



## EXECUTIVE LUNCH 1 **GF**.....\$19.75

### Urban Fare Sandwich or Wrap

With a choice of one salad, cheese tray and cookies.

## EXECUTIVE LUNCH 2 **GF**.....\$19.75

### Urban Fare Sandwich or Wrap

With choice of two salads and a sweet basket.

## HEALTHY FARE LUNCH **GF**.....\$19.75

### Teriyaki Beef, Chicken, Salmon, or Tofu Wrap

### Vegetarian Thai Noodle Salad

Julienne vegetables in a sweet asian dressing

### Mixed Green Salad

With cucumber, mango and citrus vinaigrette

### Assorted Cookies OR Fresh Fruit Tray

## THE BAGGED LUNCH **GF**.....\$21.00

Includes one beverage, a whole piece of fruit, cookie, and cutlery pack

A Café sandwich served with a choice of **one** of the following salads: pasta primavera, orzo pasta, tuscan bean or signature salad

### SANDWICHES & WRAP OPTIONS

Grilled Chicken and basil mayo

Smoked Turkey with roasted peppers

Tuna Salad

Grilled Vegetable and goat cheese

Roast Beef with creamed horseradish

Ham & Swiss

## LUNCH BOX 1 **GF V**.....\$23.50

Hoisin Grilled Steak with Rice & Broccoli

## LUNCH BOX 2 .....\$21.00

Grilled Pesto Chicken on Penne with Rapini

## LUNCH BOX 3 **GF V**.....\$21.00

Sweet Chili Chicken on Rice with Broccoli

## LUNCH BOX 4 **GF V**.....\$21.00

Beef & Vegetable Stir Fry on Jasmine Rice



## SALAD BOWLS

Choices of Proteins for Salad Bowls include:  
*Salmon, Chicken, Beef or Tofu*

## THE TERIYAKI BOWL **GF V**.....\$20.00

Shredded Red Cabbage, Carrots, Edamame, Pineapple, Cilantro & Brown Rice

## THE CHIPOTLE BOWL **GF V**....\$20.00

Black Beans, Mango, Red Pepper, Red Onions, Corn & Mix Greens

## THE CAJUN BOWL **GF V**.....\$20.00

Roasted Sweet Potato, Red / White Cabbage, Cherry Tomatoes, Broccoli Parsley Pesto, Cajun Chickpeas & Quinoa

## THE BALSAMIC BOWL **GF V**....\$20.00

Arugula, Kale, Sundried Tomato, Green Pepper, Cucumber, Chickpeas & Olives

# Express Lunches

**Gluten Free, Vegan & Dairy Free** options available on indicated Express Lunches.

**Express Lunches** come with **Fresh Fruit** or **Assorted Pastries**.

All Corporate Express Items Available as Individually Packaged Meals

for an **Additional \$1.95 per meal.**

*\*Minimum 6 orders per option.*



## **EXPRESS LUNCH 1 DF**.....\$22.25

### **Lemon Grass Salmon**

Filletts of salmon marinated in Asian spices and lemon grass seared with a ginger glaze

### **Thai Noodle Salad**

Stir fry egg vermicelli noodles with julienne of vegetables dressed with cilantro and a light soy dressing

### **Szechuan Green Beans**

Dressed in a hot and sour vinaigrette



## **EXPRESS LUNCH 2** .....\$22.25

### **Chicken Souvlaki**

Skewered tender pieces of chicken marinated in lemon, garlic and oregano, accompanied by a cucumber yogurt sauce

**AND/OR**

### **Vegetable Souvlaki**

Skewered chunks of vegetables with a nut-free pesto vinaigrette

### **Original Greek Crumbled Feta & Tomato**

**Salad** with red onion, olives, and lemon oregano dressing

### **Grilled Vegetable Tabbouleh**

Eggplant, zucchini, roasted peppers, mushrooms & Bermuda onion tossed with tabbouleh

## **EXPRESS LUNCH 3 GF DF**.....\$22.25

### **BBQ Style Portuguese Chicken**

Tender chicken breast marinated in Piri Piri sauce

### **Saffron Rice**

Steamed rice with saffron spices

### **Mix Green Salad**

With lemon vinaigrette

## **EXPRESS LUNCH 4** .....\$22.25

### **Mamma-Mia Chicken**

Tender chicken breast marinated in herbs, grilled & sliced, topped with pitted olives, caramelized onions & roasted sweet peppers

### **Urban Fare's Caesar Salad**

Hearts of romaine, herbed croutons, parmesan cheese, bacon bits & creamy caesar dressing

### **Pasta Primavera Salad**

Fusilli noodles with garden vegetables dressed in a light herb vinaigrette & parmesan cheese

## **EXPRESS LUNCH 5** .....\$22.25

### **Herb Crusted Breast of Chicken**

Sliced and served with orange soy glaze & citrus salsa

### **Baby Spinach Salad**

With fresh mushrooms, sweet red peppers and ranch dressing

### **Grilled Vegetable Display**

Eggplant, zucchini, roasted peppers, mushrooms and Bermuda onion with a pesto drizzle

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## **EXPRESS LUNCH 6 GF DF.....\$22.25**

### **Filet of Atlantic Salmon**

Poached salmon filet with artichokes, fennel and yellow peppers

### **Marinated Creole Salad**

Apples with julienne celery, orange segments and red onions dressed in vinaigrette

### **"Spring Has Sprung" Spinach Salad**

Baby spinach greens garnished with radish and citrus with an apple cider dressing



## **EXPRESS LUNCH 7 GF DF.....\$23.50**

### **Orange Chicken Kebobs**

Tender chicken in an orange infused teriyaki glaze

### **Urban Fare Signature Pad Thai**

An Urban Fare specialty of rice noodles tossed with authentically seasoned crisp vegetables

### **Seasonal Green Salad**

Mixed with cucumbers, celery, tomatoes & radish

## **EXPRESS LUNCH 8 GF DF.....\$24.50**

### **Maple Glazed Steak**

BBQ tender flank steak, thinly sliced, and served with a spicy tomato salsa

### **Roasted Garlic Potato Salad**

Urban Fare's signature potato salad with roasted garlic and balsamic glaze

### **Mix Green Salad with Arugula**

With parmesan and lemon olive oil vinaigrette



## **EXPRESS LUNCH 9 GF DF.....\$22.50**

### **Creole Blackened Salmon**

OR

### **Creole Chicken Breast**

With Pineapple Salsa

### **Quinoa Salad (Healthy Grains)**

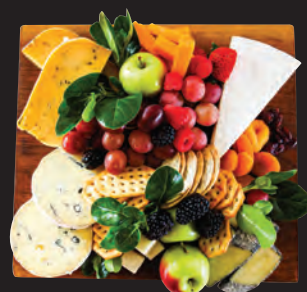
Steamed quinoa with cucumber, cilantro, corn and green onions

### **Winter Greens**

Fresh mix of romaine and baby spinach, red peppers and radish with mustard vinaigrette

# Platters & Snacks

Platters are priced per person if not otherwise specified.  
Platters require a **minimum order of 6 portions**.



## **CRUDITES & DIP** .....\$5.50

A beautifully cut and artfully displayed melange of raw and steamed vegetables with a light roasted pepper dip.

## **HORS D'OEUVRES** .....\$12.00

Key Lime Coconut Chicken Crepe Tied with Chive, Miniature Corn Cakes with Avocado Mash, Butternut Squash & Sage Wontons, Mini Goat Cheese Tart with Apricot Preserves.

## **SWEET TRAY** .....\$6.25

A daily selection of a variety of decadent squares, bars, tarts and cookies, including brownies, cheesecake squares, and mini pastries. 2 Per Person.

## **TEA SANDWICHES** ...\$13.75 per dozen.

An assortment of tea sandwiches cut into triangles and "fingers". Fillings to include various meats, dairy, and vegetarian options.

## **ANTIPASTO PLATTER** .....\$10.25

Marinated vegetables and artichokes, assorted cheeses, salami, olives and roasted peppers served with focaccia and sliced baguette.

## **CHEESE TRAY** .....\$6.50

A selection of domestic and imported cheese artfully displayed with cheese crisps, crackers and fruit.

## **THAI TASTER** .....\$11.50

A selection of Thai salad rolls, chicken coconut skewers, Szechuan shrimp skewers, vegetable rice rolls and asian dip, garnished with plantain chips.

## **ASIAN SKEWERS** .....\$12.25

Teriyaki Beef Satay with Red Pepper, Lemongrass Chicken Satay, Hoisin Vegetarian Skewer, Szechuan Shrimp Skewer, Served with Sweet Chilli Dip & Peanut Sauce.

## **EURO DIPPING PLATTER** .....\$9.00

Spicy feta spread, babaghanoush and roasted red pepper dip served with raw and grilled vegetables, spicy feta, crispy flatbread, and pita. Garnished with olives.

### **PACKAGED SNACKS & BREAK TIME**

#### **Pita & Dip** .....\$6.50

Red pepper dip, baba ghanoush, hummus or spinach and artichoke dip

#### **Cookie or Square** .....\$6.50

2 per person

#### **Fruit Cup** .....\$6.50

#### **Cheese Plate** .....\$7.75

#### **Crudite & Dip** .....\$6.50

