



SAMPLE

MENU



We Make It Easy To Eat Well

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



COVID - 19 UPDATE

We understand the growing concern surrounding corona-virus (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 communities.

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.

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
 Website: 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 4 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 & Brunch
Gluten Free & Vegan options available upon request. All items priced per portion.
**Pricing available upon request.*

À LA CARTE BREAKFAST SELECTION

BAGELS, MUFFINS, DANISHES, SCONES, CROISSANTS, & LOAVES

with butter, jam, and cream cheese
 Please ask about flavors or Dietary Restrictions

QUICHE

Vegetarian or meat

FRITTATA

Vegetarian or meat

PANCAKES / WAFFLES

With maple syrup; berry compote or whip cream available at additional cost*

HAM & EGG TURNOVER

Served in a puff pastry

SPINACH & EGG TURNOVER

Served in a puff pastry

FRUIT TRAY

Orange, grapefruit, pineapple, melon and berries

YOGURT PARFAIT

With granola and berries

Looking for something more? Allergies or dietary restrictions a concern?
 Connect with our catering department for custom orders.
 We are happy to help!



Sandwiches & Salads

Gluten Free & **Vegan** options available upon request. All items priced per portion.
*Pricing available upon request.

URBAN SANDWICH SELECTION

Roast Beef
with Creamed Horseradish

Smoked Salmon
and Cream Cheese

Smoked Turkey
with Roasted Peppers

Black Forest Ham & Swiss

Light Chicken Salad
with Cranberries

Montreal Style Corned Beef

Salmon, Egg or Tuna Salad

Prosciutto with Brie
and Olive Tapenade

Grilled Chicken Breast
with Basil Mayo

Grilled Vegetables
with Goat Cheese

Breaded Eggplant

Italian or Veggie Club

Tandoori Chicken Wrap

Steak Teriyaki Wrap

Curried Chickpea & Potato Wrap

Grilled Portobello & Brie Wrap

Grilled Chicken Goat Cheese Wrap

Grilled Salmon Wrap

Grilled Chicken Caesar Wrap

Turkey Club Wrap

URBAN SIGNATURE SALADS

Chickpea & Kale Salad

Israeli Couscous

Quinoa, Sweet Potato & Kale

Roasted Cauliflower

Healthy Bean Salad

Edamame & Kale Salad

Original Greek or Greek Pasta

Grilled Vegetable Salad

Green Bean & Carrot Salad

Quinoa Salad

Edamame Salad

Singapore Shrimp Noodle

Orzo Calabrese Salad

Caprese Salad

Creole Red Skin Potato Salad

Italian Roast Potato Salad

Pasta Primavera

Tortellini Pesto

Thai Noodle Salad

Quinoa Caprese Salad

Chef Salad

With grape tomatoes, carrots, cucumbers
& raspberry dressing

Signature Salad

With pine nuts, chèvre, sun dried
cranberries & balsamic vinaigrette

Spinach Salad

With mandarins, bermuda onion,
mushrooms & creamy ranch

Traditional Caesar Salad

With bacon, parmesan cheese, croutons
& caesar dressing



Hors D'Oeuvres

*Gluten Free & Vegan options available upon request. All items priced per portion.
Pricing available upon request.

MINI TORTILLA ROLL UPS

An assortment of tortillas stuffed with roast beef, herbed salmon, grilled chicken and vegetarian fillings garnished with tricolor tortilla chips and fresh crudités

BAKED BRIE

French brie wrapped in pastry, baked golden served with a sourdough baguette, fresh grapes and biscuits

CRUDITE BASKET

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

EURO DIPPING PLATTER

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

FRUIT SKEWERS

Strawberry, pineapple and melon skewers served with a choice of grand marnier crème fraîche or our belgium chocolate dip / 2 skewers per person

ITALIAN ANTIPASTO

Marinated vegetables & artichokes, assorted cheeses, salami, olives & roasted peppers served with house focaccia and baguette

FRUIT TRAY

A bountiful assortment of seasonal fresh fruit, sliced and garnished with berries

CHEESE TRAY

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

THAI TASTER PLATTER

A selection of thai salad rolls, chicken coconut skewers, szechuan shrimp skewers, vegetable rice rolls and asian dip, garnished with plantain chips - perfect for light cocktails

SMOKED SALMON

atlantic smoked salmon, capers, bermuda onions, lemon, cream cheese, pumpernickel and mini bagels

BEEF TENDERLOIN

Peppered beef tenderloin with rosemary, grilled to medium rare, sliced and served with homemade spicy horseradish, roasted red peppers, caramelized onions, dijon aioli & a basket of fresh mini buns

TEA SANDWICHES

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



Hors D'Oeuvres

Gluten Free & **Vegan** options available upon request. All items priced per portion.
*Pricing available upon request.

SERVED ROOM TEMPERATURE

Mini Potato Latkes

with smoked salmon & chive crème fraiche (vegetarian option available with apple cranberry chutney)

Ginger Tuna

with wasabi aioli on cucumber rounds

Grilled Shrimp

with pesto and wrapped in prosciutto

Teriyaki Beef Satay

with roasted red peppers

Baby Caprese Skewers

with sweet grape tomatoes, baby bocconcini sprinkled with fresh basil & zesty balsamic reduction

Moo Shu Wrap

with five spice duck rolled with fresh ginger, green onion and hoisin sauce

Mini Lobster Rolls

Tornado Shrimp

with sweet chili dip

Assorted California Sushi Rolls

Vegetarian or Shrimp Spring Rolls

with Asian dipping sauce

Key Lime Coconut Chicken Crepes

tied with chives

Mini Sweet Potato & Chickpea Cakes

with mango chutney

Asparagus & Prosciutto Rolls

with herbed goat cheese

Mango Shrimp Salad Rolls

wrapped in rice paper with chili lime dip

Thai Salad Rolls

wrapped in rice paper with chili lime dipping sauce

Soy Rare Beef

with pickled ginger & cucumber wrapped in nori

Grilled Scallop & Prosciutto

on a rosemary spear

Miniature Corn Cakes

with avocado mash

Ginger Chicken, Shrimp or Mushroom Wonton Bundles

SERVED WARM

Urban Fare's Signature Crab Cakes

with chipotle aioli

Frenched Baby Lamb Chops

with mint aioli

Cherry Tomato & Brie Pizzettes

Honey Pecan Crusted Chicken Bites

with maple chipotle sauce

Jalapeno & Aged Cheddar Risotto Balls

with smokey aioli

Coconut Shrimp Skewers

with roasted garlic aioli

Hand Folded Phyllo Triangles

with spinach, caramelized onions & gorgonzola cheese

Vegetarian Samosa

with date tamarind chutney

Mushroom Caps

filled with goat cheese & herbs

Curried Coconut Chicken Satay

with peanut sauce

Cheese Quesadillas

Assorted Goat Cheese Tartlettes

(Flavours: apricot, fig, or olive tapenade)



Vegetarian
Gluten Free & Vegan options available upon request.
All items priced per portion.
**Pricing available upon request.*

ENTREES

Our Signature Vegetarian Pad Thai

Vegetable Lasagna

Spinach & Ricotta Cannelloni

Cheese Tortellini
with pesto or tomato sauce

Fusilli with a Trio of Wild Mushrooms

Bean Pasta Primavera

Pasta & Chickpeas
with roasted vegetables

Vegetarian Chili

Vegetable Paella
(minimum 10 portions)

Stuffed Mushroom, Pepper or Squash
Quinoa, Beans, Vegetables and Herbs

Orchiette Pasta
with artichokes, rapini & yellow peppers with roasted shallot dressing

SIDES

Grilled Parmesan Rosemary Polenta Triangles
with tomato zest, olives & chevre

Our Signature Szechuan Green Beans
with red and yellow peppers

Roasted Mini Red Potatoes
with garlic and rosemary

Canadian Wild Rice
with shitake mushrooms, pine nuts and parsley

Balsamic Glazed Roasted Sweet Potatoes
with roasted pecan, walnuts and thyme

Traditional Creamy Scalloped Potatoes

Grilled Vegetable Platter
with nut free pesto drizzle

Bundles of Asparagus
red and yellow peppers tied with chive

Sweet Potato Discs

Roasted Julienne Root Vegetables

Sautéed Green Beans
with shallots



Meat & Fowl

*Gluten Free & Vegan options available upon request.
All items priced per portion.
Pricing available upon request.

Moroccan Spiced Lamb

Grilled Beef Tenderloin
with chimichurri sauce

Slow Cooked Beef Brisket

Grilled Maple Glazed Flank Steak
sliced with fresh tomato salsa

Beef Sliced in Rosemary Au Jus

Classic Beef Wellington

Slow Roasted Beef Bourguignon

Beef Tenderloin Medallions
with three peppercorn sauce and maple-glazed onions
OR
Mushroom Madiera Demi
OR
Bordeaux Glaze

Italian or Honey Garlic Meatballs

Grilled Rack of Lamb
with red wine reduction and fresh mint pesto

Roast Pork Tenderloin
with fresh baked apple discs, dates and calvados glaze

Grilled Lamb Racks
with fresh mint sauce

Individual Beef Meatloaf
with BBQ glaze

Grilled Chicken Breast
in herbs du provence with a tomato salsa fresca

Breast of Lemon Chicken Piccata

Marinated Chicken Breast
roasted in rosemary garlic sauce

Stuffed Boneless Breast of Chicken
with goat cheese and roast peppers with basil pesto

Breast of Chicken with Lemon-Ginger Glaze

Florentine Breasts of Chicken
stuffed with spinach, mushrooms, feta & sherry sauce

Grilled Chicken Breast
with caramelized apples, mango & bermuda onions

Santa Fé Chicken Breast
topped with asparagus, grilled onions and peppers in a pesto balsamic sauce

Sweet & Sour Crispy Chicken
lightly battered with chunky tomato, peppers and homemade sweet & sour sauce

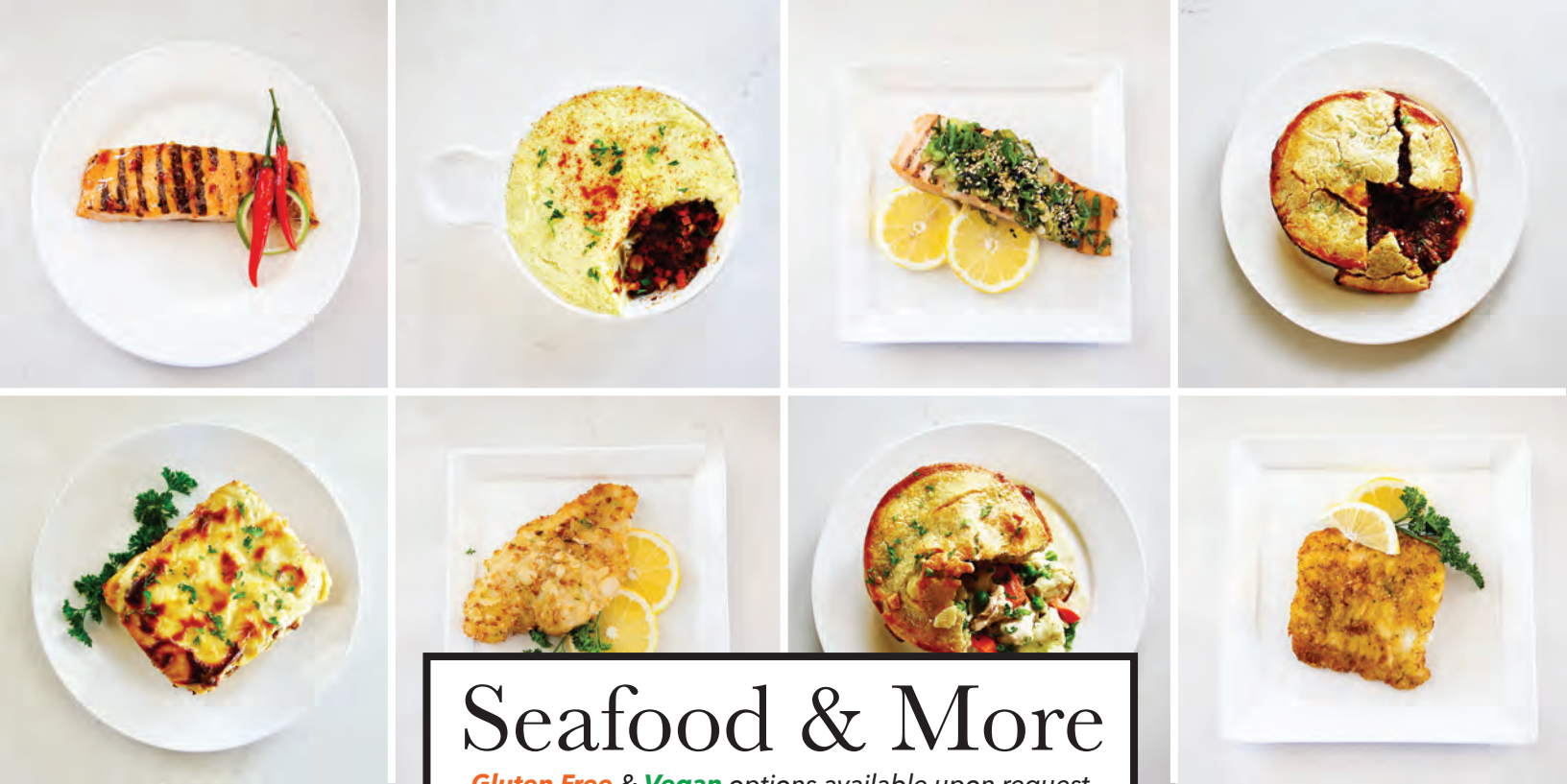
Chicken Souvlaki
with lemon, herbs and cucumber tzatziki sauce

Roasted Turkey
with cranberry onion confit

Thai Green Chicken Curry

Chicken Pad Thai

Herb Crusted Chicken



Seafood & More

Gluten Free & **Vegan** options available upon request.
 All items priced per portion.
 *Pricing available upon request.

FISH & SEAFOOD *ENTREES*

Nori Wrapped Salmon
 with wasabi glaze

Panko Crusted Basa
 with cranberry salsa

Baked Halibut Filets
 in a spicy coconut lime sauce

Grilled Filet of Salmon
 with artichokes, yellow pepper and fine herbs

Seared Halibut
 with white wine, olives, capers tomato & lime

Tortilla Crusted Tilapia
 with Urban Fare's roasted tomato salsa

Jerk Shrimp
 6 pieces served with tropical dip

Grilled Shrimp, Scallops & Squid
 with a lemon herb dressing

Potato Cheese Crusted Cod
 with fresh citrus salsa

Lemongrass Salmon
 with ginger glaze

Thai-Spiced Salmon
 baked in a banana leaf, served with coconut-lime cream

Grilled Atlantic Salmon
 with a lime zinfandel glaze

Cold Poached Atlantic Salmon
 with dill mayonnaise

CASSEROLES & PIES

- Chicken Pot Pie
- Vegetarian Lentil Moussaka
- Steak and Mushroom Pie
- Assorted Savoury Quiches
- Lamb Moussaka
- Shepherds Pie
- Baked Pasta and Vegetables Alforno
- Tofu & Vegetable Sheppards Pie

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