



Summer Menu

Next Day Pickup /
Delivery

1415 Bathurst Street, Toronto, ON
(416) 532 1010
www.urbanfarecatering.com

Signature Salads

2 Cup \$7.95

4 Cup \$14.95



Greek Pasta

Pasta, Tomato, Red/Green/Yellow Peppers, Cucumber, Oregano, Red Onion, Celery, Parsley, Olive Oil, Salt and Pepper, Garlic, Red Wine Vinegar, Lemon Juice



Vegetarian Thai Noodle

Vegetarian Oyster Sauce, Teriyaki, Carrots, Red/Green/Yellow Peppers, Egg Noodles, Black Pepper, Garlic Oil



Classic Potato

Potato, Boiled Eggs, Mayo, Celery, Celery Salt, Garlic Salt, White Onion, Red/Green Pepper, Paprika, Yellow Mustard



Classic Macaroni

Pasta, Mayo, Sour Cream, Salt and Pepper, Garlic Salt, Celery, Cheddar, Red Onion, Parsley



Quinoa Sweet Potato & Kale

Quinoa, Sweet Potato, Red Pepper, Kale, Cayenne, Lemon Juice, Olive Oil



The Detox

Brussel Sprouts, Kale, Grapes, Cranberries (Dried), Sunflower Seeds, Poppy Seeds, Pumpkin Seeds, Honey, Cider Vinegar



Healthy Heart

Red/White Cabbage, Cider Vinegar, Honey, Carrots, Broccoli, Sunflower Seeds, Olive Oil



Lentil & Feta

Lentils, Red/Green/Yellow Peppers, Green Onion, Red Onion, Feta, Cider Vinegar, Lemon, Celery, Salt and Pepper



Chickpea & Sundried Tomato

Red/Green/Yellow Pepper, Sundried Tomato, Olives, Parsley, Chickpeas, Lemon Juice, Feta, Cherry Tomato



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Vegetarian Pad Thai

Small \$5.95

Large \$9.95



Signature Sides

2 Cup \$7.95

4 Cup \$14.95

Slow Roasted Sweet Potatoes

Garlic Roasted Potatoes

Vegetable Fried Rice

Szechuan Green Beans

Popular Proteins

Grilled Salmon with Green Onion

& Ginger.....\$7.45ea

Pecan Chicken.....\$7.45ea

Chicken Parmesan.....\$7.45ea

Chicken Tenders.....\$3.49ea

*Other daily made options available in Food Shop

BBQ Feature \$12.99 ea.

Cedar Plank Atlantic Salmon

- Individually Wrapped
- Pre-soaked Cedar Board
- BBQ & Oven ready

