



**fruitful**®

MARKET

CATERING MENU



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## L E G E N D

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V G - V E G E T A R I A N

G F \* - G L U T E N - F R E E I N G R E D I E N T S

D F - D A I R Y F R E E

N \* \* - C O N T A I N S N U T S

\* W E A R E N O T A G L U T E N - F R E E F A C I L I T Y . I T E M S P R E P A R E D  
W I T H G L U T E N - F R E E I N G R E D I E N T S M A Y B E S U C C E P T I B L E T O  
C R O S S - C O N T A M I N A T I O .

\* \* W E A R E N O T A N U T - F R E E F A C I L I T Y A N D T H E R E I S T H E  
P O S S I B I L I T Y O F C R O S S - C O N T A M I N A T I O N .

Start the conversation by emailing us at:

**[realtasty@fruitfulmarket.com](mailto:realtasty@fruitfulmarket.com)**

or calling us at:

**(416) 849-2504**

# A B O U T U S

**Our mission is to nourish the energy and vibrance of people coming together, whether to collaborate or celebrate, to help each event achieve its vision.**

## **Ordering Details**

**All orders are subject to a \$250 minimum. Smaller orders can be ordered from our in-store weekly menu. Item minimums also apply as noted throughout.**

**All orders are subject to an 15% Service Fee and HST**

**Delivery is available subject to a delivery fee depending on date and location.**

**Orders for up to 30 people must be confirmed and paid 48 hours in advance. Rush Orders with less than 48 hours notice can usually be accommodated based on a more limited menu and are done so on a case by case basis. Orders for greater than 30 people are subject to additional lead time, depending on the event details.**



# BREAKFAST

SETTING UP THE DAY FOR SUCCESS

# BREAKFAST

## SANDWICHES & WRAPS

**Minimum Order of 4 for any one type of Wrap or Sandwich**

### **Breakfast Burrito (VG)**

Two Eggs Scrambled, Spiced Black Beans, Avocado Smash, Pico de Gallo, Aged Cheddar and Chipotle Pumpkin Seed Dressing on an Organic Flour Tortilla. Vegan Option: Sub Tempeh and Nutritional Yeast for Eggs and Cheese - 13.5

### **Bacon, Avocado & Cheddar Breakfast Wrap**

Two Eggs Scrambled, Strip Bacon, Avocado Smash, Aged Cheddar, Greens, Pico de Gallo, and Chipotle Pumpkin Seed Dressing on an Organic Flour Tortilla - 15.5

### **Classic Breakfast Sandwich (VG, GF Option)**

Two Eggs Scrambled, Aged Cheddar, Chipotle Pumpkin Seed Dressing, and Greens on a Brioche Bun or GF Toast. - 11 Optional Add-Ons:

Strip Bacon (+2.5)  
Avocado Smash (+2.5)

### **Avocado & Cheddar Breakfast Wrap (VG)**

Two Eggs Scrambled, Avocado Smash, Spinach, Aged Cheddar, Pico de Gallo, Chipotle Pumpkin Seed Dressing on an Organic Flour Tortilla - 13.5



# BREAKFAST BOWLS

Minimum Order of 4 for any one type of Bowl

## **Bacon, Avocado & Cheddar Breakfast Bowl (GF)**

Two Eggs Scrambled, Breakfast Potatoes, Spinach, Avocado Smash, Strip Bacon, Pico de Gallo, Aged Cheddar, Chipotle Pumpkin Seed Dressing - 18

## **Burrito Bowl (VG, GF)**

Two Eggs Scrambled, Breakfast Potatoes, Spinach, Spiced Black Beans, Avocado Smash, Aged Cheddar, Pico de Gallo, and Pumpkin Seed Chipotle Dressing. Vegan Option: Sub Eggs, Cheese with Tempeh, Nutritional Yeast - 16

## **Classic Breakfast Bowl (GF, DF)**

Two Eggs Scrambled, Breakfast Potatoes with Avocado Smash - 11; or Strip Bacon - 12.5; or Avocado Smash and Strip Bacon - 14

Low Carb Option: Sub Mixed Greens with Apple Cider Vinaigrette for Potatoes



# BREAKFAST

## LIGHTER OPTIONS

**Minimum Order of 4 for any one type of individual item.  
No minimum order for platters.**

### **Yogurt Parfait (V/VG, GF, N)**

Coconut or Regular Yogurt with Blueberry Compote, Almond Butter, House Made Granola - 8

### **Chia Parfait (V, GF, N)**

Chia Seed and Vanilla Almond Milk Pudding with Almond Butter, Blueberries. Maple Syrup, House Made Granola - 8

### **Apple Cinnamon Overnight Oats (V, GF, N)**

Gluten-Free Oats Soaked Overnight in Oat Milk, Baked Apples, Almond Butter, Cinnamon, House Made Granola-8

### **Fruit Cup (V, GF)**

A Variety of Seasonal Fruits to Brighten the Morning - 7

### **House Made Healthy Baked Goods Platter**

See next page for our selection. Can be customized for any number of people

### **Bagel Platter**

Everything and Plain Bagels, Cream Cheese, Sliced Tomatoes, Cucumbers and Pickled Onions (Feeds 10-12) - 75

### **Bagel and Smoked Salmon Platter**

Everything and Plain Bagels, Cream Cheese, Smoked Salmon, Cucumbers, Pickled Onions (Feeds 10-12) - 120

### **Fruit Platter (V, GF)**

Seasonal Fruit, Elegantly Arranged (Feeds 12-15) - 75



# HEALTHY BAKED GOODS

**Minimum Order of 4 for any one type of item**

## **Energy Ball (N, V, GF) - 4.25**

Gluten-Free Oats, Almond Butter, Coconut Flakes, Cranberries, Chocolate Chips, Sunflower Seeds, Pumpkin Seeds, Maple Syrup, Salt

## **Protein Ball (N, V, GF) - 3.5**

Almond Flour, Almond Butter, Flax, Vegan Protein Powder, Chia Seeds, Cocoa Powder, Date Paste, Maple Syrup

## **Keto Chocolate Almond Fat Bomb (N, V, GF) - 4**

Almond Flour, Almond Butter, Cocoa Powder, Coconut Oil, Monkfruit Sweetener, Vanilla, Salt

## **Banana Bread (V, GF) - 4.5**

Gluten-Free Oat Flour, Gluten-Free Rolled Oats, Banana, Coconut Sugar, Maple Syrup, Coconut Oil, Oat Milk, Flax, Apple Cider Vinegar, Cinnamon, Vanilla, Baking Powder, Baking Soda, Salt

## **Oatmeal Carrot Muffin (N, V, GF) - 4.5**

Gluten-Free Oat Flour, Gluten-Free Rolled Oats, Shredded Carrots, Apple Sauce, Walnuts, Apple Cider Vinegar, Flax, Maple Syrup, Vanilla, Coconut Oil, Coconut Sugar, Cinnamon, Nutmeg, Ginger, Baking Powder, Baking Soda, Salt

## **Blueberry Lemon Muffin (V, GF) - 4.5**

Gluten-Free Oat Flour, Gluten-Free Rolled Oats, Blueberries, Apple Sauce, Lemon Juice and Zest, Flax, Maple Syrup, Vanilla, Coconut Oil, Coconut Sugar, Baking Powder, Baking Soda, Salt

## **Banana Chocolate Chip Muffin (V, GF) - 4.5**

Gluten-Free Oat Flour, Gluten-Free Rolled Oats, Banana, Chocolate Chips, Coconut Sugar, Maple Syrup, Coconut Oil, Oat Milk, Flax, Apple Cider Vinegar, Cinnamon, Vanilla, Baking Powder, Baking Soda, Salt





# S M O O T H I E S

**Minimum Order of 4 for any one type of Smoothie**

## **Vanilla Almond Protein - 8/11.5**

Unsweetened Vanilla Almond Milk, Banana, Sun Warrior Warrior- Blend Vegan Protein Powder, Almond Butter, Ice

## **Fresh Green - 7/10.5**

Avocado, Spinach, Kale, Pineapple, Banana, Lime, Mint, Filtered Water

## **Mango Strawberry - 7.5/11**

Mango, Strawberry, Banana, Oat Milk, Lime, Hemp Hearts

Add Sunwarrior Vegan Protein Powder to Any Smoothie - 2.5

Note:

Smoothies come in 12/20oz  
12oz smoothies available in pairs  
All smoothies are V,GF

## **Power Green Protein - 9/12.5**

Kale, Spinach, Banana, Unsweetened Vanilla Almond Milk, Sun Warrior Warrior-Blend Vegan Protein Powder, Almond Butter, Cinnamon, Ice

## **Keto Chocolate Almond Protein - 9.5/13**

Unsweetened Vanilla Almond Milk, Avocado, Almond Butter, Sunwarrior Warrior-Blend Vegan Protein Powder, Cocoa Powder, Monkfruit Sweetener, Lime, Cinnamon, Ice





OUR SIGNATURE  
WRAP AND  
SANDWICH PLATTERS  
THE PERFECT SHARING SOLUTION

Select from our Wrap and Sandwich Menu or let us know how many people you are having and any dietary requirements and we'll put together a selection for you that will be a hit!

# WRAPS

**Minimum Order of 4 for any one type of Wrap or Sandwich**

## **Chicken Avocado Club Wrap (DF)**

Freshly Roasted Chicken Breast, Avocado Smash, Lemon Aioli, Spinach, Pickled Onions, Organic Flour Tortilla - 13.5

## **Chipotle Chicken, Avocado, and Bacon Wrap (DF)**

Freshly Roasted Chicken Breast, Bacon, Avocado Smash, Chipotle Pumpkin Seed Dressing, Pico de Gallo, Spinach, Organic Flour Tortilla - 14.5

## **Jerk Chicken Wrap (DF)**

Freshly Roasted Chicken Breast, Jerk Aioli, Fruitful Coleslaw, Pickled Onions, Organic Flour Tortilla - 13.5

## **Middle Eastern Spiced Chicken Wrap (DF)**

Freshly Roasted Chicken breast, Spiced Lemon Tahini, Tomato, Cucumber, Pickled Onions and Spinach, Organic Flour Tortilla - 13.5

## **Sriracha Maple Tofu Wrap (V)**

Organic Tofu, Sriracha Maple Aioli, Avocado Smash, Pickled Carrot and Daikon, Cucumber, Spinach, Organic Flour Tortilla - 12.5

## **Tempeh Avocado Club Wrap (V)**

Marinated Tempeh, Avocado Smash, Vegan Aioli, Spinach, Tomato, Pickled Onions, Organic Flour Tortilla - 12.5

## **Chimichurri Beef Wrap (DF)**

Slow Cooked Brisket, Roasted Tomatoes, Chimichurri Aioli, Pickled Onions, Spinach, Organic Flour Tortilla - 15.5

## **Vietnamese-Inspired Beef Wrap (DF)**

Slow Cooked Brisket, Sriracha Aioli, Cucumber, Pickled Daikon and Carrots, Spinach, Cilantro, Organic Flour Tortilla - 15.5

## **Caramelized Onion, Horseradish and Cheddar Beef Wrap**

Slow Cooked Brisket, Caramelized Onions, Spinach, Pickles, Aged Cheddar, Horseradish Aioli, Organic Flour Tortilla - 15.5



# SANDWICHES

**Minimum Order of 4 for any one type of Wrap or Sandwich**

## **Chicken & Bacon Sandwich**

Freshly Roasted Chicken Breast, Bacon, Pesto Aioli, Aged Cheddar, Tomato, Pickled Onions, Organic Whole Wheat - 14.5

## **Chipotle Chicken & Avocado Sandwich (DF)**

Freshly Roasted Chicken Breast, Avocado Smash, Pumpkin Seed Chipotle Aioli, Tomato, Greens, Pickled Onions - 14.5

## **Chimichurri Beef Sandwich (DF)**

Slow Cooked Brisket, Roasted Tomatoes, Spinach, Chimichurri Aioli, Pickled Onions, Organic Whole Wheat Bread - 15.5

## **Caramelized Onion, Horseradish and Cheddar Beef Sandwich**

Slow Cooked Brisket, Caramelized Onions, Greens, Pickles, Aged Cheddar, Horseradish Aioli Organic Whole Wheat Bread - 15.5

## **Tuna Melt Sandwich**

Tuna Salad, Aged Cheddar, Pickles, Organic Whole Wheat Bread - 12.5

## **Roasted Vegetable, Hummus and Pesto Sandwich (V)**

Roasted Zucchini, Red Pepper, and Spinach, Organic Whole Wheat Bread - 12.5

## **Grilled Cheese (VG)**

Aged Cheddar, Organic Whole Wheat Bread - 10

## **Bacon & Tomato Grilled Cheese**

Aged Cheddar, Bacon, Tomato, Organic Whole Wheat Bread - 12.5



# SALADS

THE PERFECT HIT OF FRESHNESS TO  
ELEVATE YOUR DAY

Fruitful Coleslaw - (V, GF)

Dill Dijon Potato Salad - (V, GF)

Kale Chop Salad with Lemon Tahini  
Dressing - (V, GF)

Zataar Chickpea Salad - (V, GF)

Greek Village Salad - (GF)

Roasted Vegetable Medley - (V,  
GF)

Harvest Quinoa Salad - (V, GF)

Leafy Green Salad with Balsamic  
Dressing - (V, GF)

Roasted Broccoli with Choice of  
Lemon Tahini or Miso Dressing (V,  
GF)

Sesame Cashew Noodle Salad - (V,  
GF)

Pesto Pasta Salad - (V, GF)

## Salad Pricing:

**Small Bowl (serves 5-8) - 35**

**Large Bowl (serves 10-16) - 65**

**Minimum Order of 1 Large or 2  
Small**



# LUNCH BOXES

THE PERFECT SOLUTION FOR  
INDIVIDUALLY PACKED LUNCHES



**Sandwich + 2 Salads - \$18.5-21.5/Person**  
**Minimum Order of 8 Lunch Boxes. All Lunch Boxes made with**  
**the same two chosen salads**



**M A I N S & B O W L S**  
**T O S A V O U R A N D E N E R G I Z E**

# M A I N S & S I D E S

## M A I N S

**Mediterranean Herbed Chicken Breast with Lemon Tahini (GF, DF) - 20**

**Middle Eastern Chicken Kebab with Lemon Tahini (GF, DF) - 20**

**Lemon and Oregano Chicken Souvlaki with Tzatziki (GF) - 20**

**Hawaiian-Inspired Chicken with Roasted Pineapple Salsa (GF, GF) - 20**

**Southwest Chicken with Roasted Corn Salsa (GF, DF) - 20**

**Lemon & Herb Salmon (GF, DF) - 22**

**Sriracha Maple Salmon (GF, DF) - 22**

**Sriracha Maple Tofu Steaks (V, GF) - 17**

**Fruitful Marinated Tempeh (V, GF) - 17**

## S I D E S

**Any of our Salads**

**Mashed Potatoes**

**Herb Roasted Potatoes**

**Roasted Sweet Potato Wedges**

**Roasted Seasonal Veggies**

**Green Beans with Olive Oil and Lemon**

**Roasted Asparagus**

**3-Year Cheddar Mac and Cheese**

**M A I N S A R E S E R V E D W I T H  
B A S M A T I R I C E O R G R E E N  
S A L A D A N D A C H O I C E  
O F 2 S I D E S**

**M A I N S A N D S I D E S C A N  
A L S O B E P R E S E N T E D I N  
A S H A R I N G F O R M A T**

**M I N I M U M O R D E R O F 8  
F O R A N Y I N D I V I D U A L  
M A I N A N D A L L M A I N S  
M A D E W I T H T H E S A M E  
T W O C H O S E N S I D E S**



# POWER BOWLS

Minimum Order of 4 for any one type of Bowl

## **Burrito Bowl**

Southwest Spiced Chicken Breast or Tempeh, Quinoa, Black Beans, Zucchini, Peppers, Corn, Avocado Smash, Pico de Gallo, Chipotle Dressing (GF, DF, Vegan Option)  
- 20/17

## **Sesame Cashew Buddha Bowl**

Chicken or Tofu, Jasmine Rice, Sesame Cashew Sauce, Broccoli, Peppers, Carrots, Avocado Smash, Cucumbers, Kale, Toasted Cashews (N, GF, DF, Vegan Option) -  
20/17

## **Harvest Bowl**

Chicken or Tempeh, Basmati Rice, Sweet Potato, Kale, Feta (Sub Nutritional Yeast for Dairy Free/Vegan), Tomato, Cucumber, Toasted Pumpkin Seeds, Cranberries, Avocado Smash, Lemon Tahini (GF, DF, Vegan Option) -  
20/17



# SPECIAL OCCASION

FINGER FOODS  
TO MINGLE AND CELEBRATE



# MINI WRAPS & SLIDERS

AVAILABLE BY THE DOZEN

**Chicken Avocado Mini Wrap (DF) - 60**      **Chimichurri Beef Slider - 60**

**Chipotle Chicken, Avocado and Bacon Mini Wrap (DF) - 70**      **Caramelized Onion and Horseradish Brisket Slider - 60**

**Chimichurri Beef Mini Wrap (DF) - 70**      **Vietnamese-Inspired Beef Mini Banh Mi - 70**

**Sriraca Maple Tofu Mini Wrap (V) - 55**      **Vietnamese-Inspired Tofu Mini Banh Mi (V) - 60**

**Tempeh Avocado Mini Wrap (V) - 55**      **Pork Carnitas Pulled Pork Slider - 60**

**Chipotle Chicken and Avocado Slider - 60**



# SKEWERS AND BITES

AVAILABLE BY THE DOZEN

**Caprese Salad Skewer (VG) - 42**

**Crustless Mini Quiches - 42**

**Antipasto Skewer - 48**

**Smoked Salmon Crostini - 42**

**Middle Eastern Chicken Skewer  
(DF) - 54**

**Roasted Vegetable, Pesto and  
Goat Cheese Tart (VG) - 42**

**Chimichurri Beef Skewer (DF) - 60**

**Roasted Tomato and Manchego  
Tart (VG) - 42**

**Chipotle Chicken Skewer (DF) - 54**

**Fruit Skewer (V, GF) - 48**

**Sriracha Maple Tofu Skewer (V) -  
48**

**More options available!**





# DESSERTS

SWEET ENDINGS

# DESSERTS

**Minimum Order of 4 for any one type of item**

## **Flourless Chocolate Brownie (GF, DF) - 5.5**

Chocolate Chips, Coconut Oil, Eggs, Cane Sugar, Icing Sugar, Cocoa Powder, Tapioca Starch, Vanilla, Salt

## **Flourless Cheesecake Brownie (GF) - 6.5**

Chocolate Chips, Cream Cheese, Coconut Oil, Eggs, Cane Sugar, Cocoa Powder, Tapioca Starch, Vanilla, Salt

## **Apple Crumble Bar (V, GF)**

Gluten-Free Oat Flour, Apples, Gluten-Free Oats, Cane Sugar, Coconut Oil, Chia Seeds, Maple Syrup, Lemon, Ginger, Cardamom, Cinnamon, Salt - 5.5

## **Blueberry Crumble Bar (V, GF)**

Gluten-Free Oat Flour, Blueberries, Gluten-Free Oats, Cane Sugar, Coconut Oil, Chia Seeds Maple Syrup, Lemon, Salt - 5

## **Paleo Cookie (N, V, GF) - 4.5**

Almond Flour, Coconut Flour, Flax, Coconut Sugar, Maple Syrup, Coconut Oil, Chocolate Chips, Baking Soda, Salt

## **Lemon Square (GF, DF)**

Gluten-Free Oat Flour, Lemon Juice and Zest, Gluten-Free Oats, Eggs, Cane Sugar, Coconut Oil, Maple Syrup, Brown Rice Flour, Tapioca Starch, Psyllium Husk, Salt - 5.5

## **Carrot Cake (GF) - 6.5**

Gluten-Free Oat Flour, Gluten-Free Rolled Oats, Shredded Carrots, Apple Sauce, Walnuts, Apple Cider Vinegar, Flax, Maple Syrup, Vanilla, Coconut Oil, Coconut Sugar, Cinnamon, Nutmeg, Ginger, Baking Powder, Baking Soda, Salt, Icing (Cream Cheese, Butter, Vanilla, Powdered Sugar)

## **Mini Dessert Platter - 2/EA**

### **Minimum Order of 24**

A selection of mini versions of our desserts, beautifully displayed! A perfect way to create a sweet ending with lots of fun and variety!



# THE DONUTERIE

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Add the wow factor to your next event with The Donuterie donuts. These ultimate donuts are always a huge hit! Please contact us for our monthly rotation of donuts. We also offer V/GF Donuts.

**Regular Donuts \$5/person**  
**Mini Donuts \$3.75/person**

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Minimum Order of 6 Regular Donuts or 24 Mini Donuts



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Menu changes monthly. Inquire about current menu.  
Special packaging is available for special events for an additional fee.

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# D R I N K S

## M E N U

### S O F T D R I N K S

SapSucker - 3.49

County Bounty Artisanal Soda  
-3.49

Boylan Sugar Cane Soda - 3.59

Fentimans Botanical Soda - 3.99

San Pellerino Italian Soda - 1.89

### C O F F E E + T E A

Genuine Tea Sparkling Iced Tea -  
3.99

Steaz Peach Green Tea - 2.99

Coffee Traveler with Cups &  
Condiments - 30

Tea Traveler with Cups &  
Condiments - 30

### S E L T Z E R S

La Croix - 1.89

City Seltzer - 2.99

Geez Louise - 3.79

Perrier (330ml) - 2.29

San Pellegrino (750 ml) - 2.79

### K O M B U C H A

Tonica - 5.29

Rise - 5.29

Alchemy - 6.79

## C O N T A C T U S

Start the conversation by emailing us at:

[realtasty@fruitfulmarket.com](mailto:realtasty@fruitfulmarket.com)

or calling us at:

**(416) 849-2504**