

# SEASONAL CATERING MENUS 2026

## BREAKFAST MENU

(MINIMUM ORDER: 10 OF THE SAME PACKAGE)

### COLD OPTIONS

#### **CLASSIC CONTINENTAL (VG) \$14**

House baked muffins, croissants, danishes,  
freshly sliced fruit and berries

#### **POWER START (VG) \$16**

Greek yogurt parfaits, granola protein bites,  
freshly sliced fruit and berries

#### **HEALTHY HARVEST (VG) \$18**

Overnight oats with chia and berries, spinach and roasted red pepper  
mini frittatas, whole grain bread and fruit preserves, fresh fruit kebabs

#### **NORDIC INSPIRED \$22**

Smoked salmon with accompaniments, egg salad,  
mini brioche, rye bread, Danish pastries and  
freshly sliced fruit and berries

#### **FROMAGE AND CHARCUTERIE \$26**

Local and imported cheeses, cured meats and accompaniments,  
croissants, muffins and fruit preserves

#### **GOURMET GRAZING BRUNCH \$30**

Artisanal cheeses, cured meats and accompaniments,  
smoked salmon on rye, mini quiches and pastry assortment

### HOT OPTIONS

#### **HEARTY CANADIAN \$26**

Scrambled eggs, crispy bacon, pork sausages, breakfast potatoes with  
rosemary, butter croissants and fruit preserves

#### **ARTISAN BRUNCH \$28**

Brioche French toast, maple pork sausages, roasted red pepper and  
spinach frittata, breakfast potatoes with rosemary, butter croissants and  
Danish pastries

*Breakfast Menu*

*À la Carte Breakfast Menu*

**À LA CARTE BREAKFAST**

(MINIMUM ORDER: 10 PORTIONS)

**SEASONAL WHOLE FRUIT (V) \$3**

Hand selected seasonal fruit

**FRESH FRUIT CUPS (V) \$5**

Freshly sliced fruit and berries

**GREEK YOGURT PARFAIT (VG) \$6**

Pecans, granola, berries, maple syrup

**COCONUT CHIA PUDDING (V) \$8**

Fresh mango, granola, berries, toasted coconut

**OVERNIGHT OATS (VG) \$8**

Whole rolled oats, almond milk, Greek yogurt, cinnamon apples,  
pecans, maple syrup

**INDIVIDUAL FRITTATAS \$5 (MINIMUM 10 OF THE SAME FILLING)**

Variety of flavours available: roasted red pepper & spinach (VG),  
caramelized onion, ham & cheddar or potato,  
leek & Gruyère (VG)

**GRANOLA PROTEIN BITES (VG) \$5 | 2 PCS**

Whole rolled oats, chia seeds, sunflower seeds, walnuts,  
nut butter, honey

## **COLD LUNCH PACKAGES**

(MINIMUM ORDER: 10 OF THE SAME PACKAGE)

### **CLASSIC SANDWICH PACKAGE \$24**

Gourmet sandwiches and wraps: Grilled Chicken Pesto,  
Smoked Turkey and Swiss, Grilled Vegetable (V), Tuna Salad  
Seasonal greens with red wine vinaigrette (V, GF)  
Assorted cookies and squares  
Root chips

### **GOURMET SANDWICH PACKAGE \$26**

Artisanal sandwiches: Italian Muffaletta, Roast beef & horseradish,  
Caprese with roasted tomatoes and arugula (VG)  
Roasted root vegetable and quinoa salad (V, GF)  
Assorted cookies and squares

### **BISTRO LUNCH \$28**

Smoked salmon and herbed cream cheese croissants  
with shaved cucumber & dill  
Smoked turkey with cranberry compote and  
brie on multigrain bread  
Roasted chicken salad on brioche  
French potato and leek salad (V, GF)  
Roasted beet & arugula salad with goat cheese,  
walnuts and balsamic vinaigrette (VG, GF)  
Mini pastries and tarts

### **TEA PARTY \$36**

Finger sandwiches: Cucumber cream cheese (VG),  
tuna and egg salad (VG)  
Charcuterie and cheese board with accompaniments (GF)  
Crudités with hummus and sour cream dip (VG)  
Assorted squares and tarts

### **BOARDROOM LUNCH \$40**

Artisan rolls and butter (V, VG)  
Platter of sliced grilled chicken breast with  
roasted peppers and pesto aioli (GF)  
Roast beef platter with sautéed mushrooms, caramelized onions,  
dijon mustard and creamy horseradish (GF)  
Roasted beet & arugula salad with goat cheese, walnuts  
and balsamic vinaigrette (VG, GF)  
Mini pastries, squares and tarts

*Cold Lunch Menu*

Hot Lunch or Dinner Menu

## HOT LUNCH OR DINNER PACKAGES

(MINIMUM ORDER: 10 OF THE SAME PACKAGE)

### RUSTIC ITALIAN \$26

Herb focaccia and artisan rolls (V, VG)  
Chicken parmigiana with homemade tomato sauce  
& fresh mozzarella  
Spinach and ricotta manicotti in rose sauce  
**OR** penne pasta in rose sauce (VG)  
Seasonal greens with balsamic vinaigrette (V, GF)

### MEDITERRANEAN \$26

Grilled chicken skewers with tzatziki (GF)  
Mediterranean rice pilaf (V, GF)  
Herb roasted potatoes (V, GF)  
Greek village salad (VG, GF)  
Grilled pita with hummus (V)

### WINTER COMFORT \$26

Artisan rolls and butter (V, VG)  
Seasonal greens with red wine vinaigrette (V, GF)  
Slow braised beef bourguignon (GF)  
Roasted garlic mashed potatoes (GF)

### EXECUTIVE BUFFET \$35

Artisan rolls and butter (V, VG)  
Lemon-herb pan seared salmon (GF)  
Braised chicken Coq au vin (boneless)  
Roasted garlic mashed potatoes (GF)  
Green beans almandine (VG, GF)  
Herbed rice pilaf (VG, GF)

### WINTER FEAST \$45

Artisan bread and butter (V, VG)  
Seasonal greens with red wine vinaigrette (V, GF)  
Garlic butter shrimp skewers (GF)  
Slow braised beef bourguignon  
Braised chicken Coq au Vin (boneless)  
Roasted garlic mashed potatoes (GF)  
Sautéed seasonal vegetables (V, GF)  
Herbed rice pilaf (VG, GF)  
Mini pastries, squares and tarts

## INDIVIDUAL LUNCHBOXES

(MINIMUM 10 PER TYPE)

### MARKET SANDWICH BOX \$23

Sandwich choice: Grilled chicken pesto, smoked turkey & swiss,  
grilled vegetable & hummus (V), tuna salad  
Seasonal greens with red wine vinaigrette (V, GF)  
Homemade root chips  
Chocolate chip cookie

### SIGNATURE WRAP BOX \$23

Wrap choice: Chipotle chicken & avocado, Roast beef & aged cheddar,  
Mediterranean chickpeas and vegetables (VG), Tuna niçoise  
with boiled egg, vegetables and dijon  
Roasted vegetable and pesto pasta salad (VG)  
Homemade root chips  
Dark chocolate espresso brownie

### POWER PROTEIN BOX (GF) \$24

Lemon-herb grilled chicken breast OR Roasted tofu (V, GF)  
Roasted root vegetable and quinoa salad (V, GF)  
Sweet and savoury trail mix (V, GF)  
Seasonal whole fruit

### ZEN BENTO BOX (GF) \$28

Miso Salmon OR Grilled sesame chicken  
Soba noodle salad with julienned vegetables and edamame (V)  
Pickled cucumber slaw (V, GF)  
Sweet sesame brittle

### VEGAN GOURMET BOX (V) \$24

Roasted vegetable, arugula and hummus panini (V)  
Seasonal greens with red wine vinaigrette (V)  
Fresh fruit salad (V)  
Dark chocolate truffles (V)

Lunchbox Menu

## PLATTERS

(small serves 8-10 ppl / large serves 18-20 ppl)

### SHRIMP COCKTAIL (GF) \$125 / \$240

Rum spiked extra large shrimp cocktail with horseradish tomato sauce, lemon wedges and garnishes

### SMOKED SALMON \$150 / \$290

Sliced Norwegian smoked salmon with herb cream cheese, tomatoes, cucumbers, capers, red onion, honey Dijon spread and rye bread

### ARTISAN CHEESES (VG) \$95 / \$180

Assorted Canadian and international cheeses accompanied by fresh and dried fruit, roasted nuts, compote, assorted crackers and crostini

### CHARCUTERIE \$150 / \$290

Italian cured meats and salami, firm and semi-firm cheeses, fruit compote, pate, assorted crackers and focaccia

### GRILLED VEGETABLES (V) \$65 / \$120

Grilled zucchini, eggplant, peppers, sweet potatoes, mushrooms, asparagus and marinated olives

### VEGAN SELECTION (V) \$75/ \$140

Chickpea falafel balls, pickled vegetables, lettuce, tabouli, hummus and tahini served with pita bites

### CRUDITÉS (VG) \$50 / \$95

Assortment of fresh vegetables creatively arranged and served with ranch dip and hummus

### FRUIT PLATTER (V/GF) LG / \$100

Freshly sliced artistically arranged seasonal fruit and berries

### DESSERT PLATTER (VG) \$65 / \$120

Gourmet cookies, squares and tarts

**V = VEGAN VG = VEGETARIAN GF = GLUTEN FREE**

Platter Menu

## BEVERAGES

### COFFEE (SERVES 10) \$40

2% milk, cream, sugar and sweetner, disposable cups, lids, stir sticks, napkins

### TEA (SERVES 10) \$35

Assortment of teas, 2% milk, cream, sugar, sweetner, disposable cups, lids, stir sticks, napkins

### BOTTLED WATER \$3

Natural spring water 330 ml

### SPARKLING WATER \$3.50

Natural and flavoured selections available

### NATURAL JUICES \$5.50

Not from concentrate, no sugar added

### SOFT DRINKS \$2.50

Coke, Diet Coke, Coke Zero, Gingerale, Sprite, Bubly, Iced Tea

*Beverage Menu*

**ROMY'S**  
EVENTS + CATERING

TO PLACE AN ORDER, PLEASE  
E-MAIL: [EAT@ROMYS.CA](mailto:EAT@ROMYS.CA)  
OR CALL (905) 503-7669

MINIMUM 48 HOURS NOTICE REQUIRED  
SOME MENU ITEMS MAY REQUIRE LONGER LEAD TIME