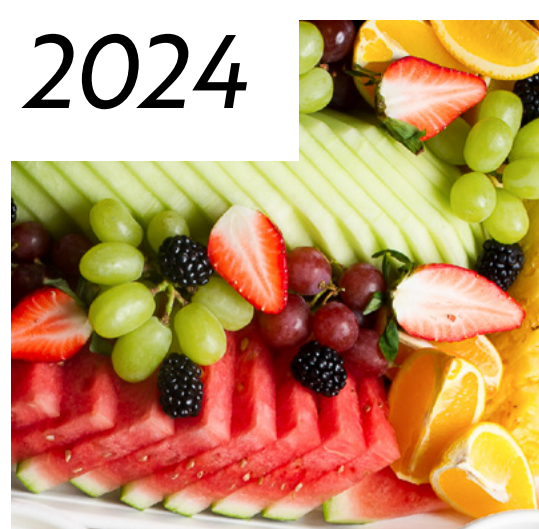


**MY**  
CATERING  
GROUP



# MEETING & CORPORATE DAYTIME *Catering Packages 2024*



[MYCATERINGGROUP.COM](http://MYCATERINGGROUP.COM)

Prices are food cost only. Labour and equipment will be determined based on individual event needs. Minimum order of 12 guests.



# BREAKFAST

## Platters & À-la-Carte

### Assorted Sweet Pastries | \$2.5

Croissants, muffins, viennoiseries

### Yogurt & Berry Parfait | \$5

Vanilla yogurt, compote, house made granola

### Fruit Platter | \$5

Fresh seasonal fruit

### Whole Fruit | \$2

Assorted whole fruit

### Smoked Salmon Platter | \$10

Smoked salmon, tomato, cucumber, red onion, dill capers, cream cheese. *Served with mini bagels*



*Tight timeline? Ask a member of our team about our grab and go individual boxed meals*

## Individual Boxed Meals





### Breakfast Box | \$16

Muffin, yogurt parfait, orange juice, and Flow water

### Sandwich Box | \$25

*Minimum order of 6 per combo*



Choice of sandwich, cookie, and Flow water. Served with potato salad or orzo pasta salad

- **Gribiche Egg Salad**    
Dijon, capers, parsley, multigrain bread
- **Oven Roasted Turkey**  
Smoked cheddar, fig mostarda, sliced apple, mix greens, multigrain bread
- **Italian Roasted Vegetable Wrap**    
Eggplant, zucchini, bell pepper, red onion, antipasto, arugula

### Energy Bowl | \$25

Brown rice, broccoli, edamame, shredded carrots and cabbage with sesame dressing. Served with a cookie and Flow water.

*Minimum order of 6 per protein*

- Gochujang Tofu 
- Teriyaki Salmon  
- Ginger Orange Chicken  

## Breakfast Buffet

### Hot Breakfast Buffet 1 | \$20




Scrambled eggs, bacon, sausage, homefries fresh bread, whipped butter & preserves

### Hot Breakfast Buffet 2 | \$22

Red pepper & spinach frittata, bacon, sausage, home fries, fresh bread, whipped butter and preserves

### Hot Breakfast Buffet 3 | \$24

Assorted mini quiches



- Bacon & cheddar
- Spinach & tomato  
- Bell pepper & feta 

Bacon, sausage, homefries, fresh bread, whipped butter & preserves

## Hot À-la-Carte

### Breakfast Wraps | \$8

*Choose 1 option*

- Bacon, egg, cheese
- Turkey sausage, egg, cheese
- Vegan quesadilla, corn tortilla, peppers, onions, tofu  

### Hashbrowns | \$3





# LUNCH BUFFETS

## Assorted Sandwich & Salad Buffet | \$22

- Full sandwiches, served cut in half, Chef's Choice Selection
- Garden salad
- Assorted desserts table



## Sandwich & Salad Buffet | \$30

Choose up to 2 options

- **Gribiche Egg Salad**    
Dijon, capers, parsley, multigrain bread
- **Oven Roasted Turkey**  
Smoked cheddar, fig mostarda, sliced apple, mix greens, multigrain bread
- **Italian Roasted Vegetable Wrap**    
Eggplant, zucchini, bell pepper, red onion, antipasto, arugula
- Choice of 2 salads
- Assorted desserts table

## Sandwich, Soup & Salad Buffet | \$36

Choose up to 2 options

- **Gribiche Egg Salad**    
Dijon, capers, parsley, multigrain bread
- **Oven Roasted Turkey**  
Smoked cheddar, fig mostarda, sliced apple, mix greens, multigrain bread
- **Italian Roasted Vegetable Wrap**    
Eggplant, zucchini, bell pepper, red onion, antipasto, arugula
- Choice of 2 salads
- Choice of soup
- Assorted desserts table




## Lunch Taco Buffet | \$38

Based on 2 tacos per guest

Additional tacos \$6/ea per guest

Choose 2 options  \*

- Ancho Pulled Chicken
- Achiote Pork
- Beef Barbacoa
- Chili & Garlic Shrimp
- Jackfruit Barbacoa 

Served with






- 1 salad
- Rice & beans
- Assorted desserts table



## Lunch Pasta Buffet | \$45

Served with rosemary focaccia & whipped herb butter with Maldon salt

Choose 2 options

- **Braised Lamb Gemeli** \* \*  
Pecorino romano, parsley and lemon gremolata
- **Wild Mushroom Gnocchi**   
Charred rapini, sauteed wild & cultivated mushrooms, pine nut gremolata
- **Orecchiette Puttanesca**  \*  
Tomato sauce, capers, olives, chillies, fresh herbs
- **Spicy Rigatoni**  
Rosé sauce, fennel sausage, soffritto, Fior di latte, basil
- **Mac & Cheese**

Served with

- 1 salad
- Assorted desserts table

### Buffet Package | \$53

Served with rosemary focaccia & whipped herb butter with Maldon salt

- 1 salad
- 2 proteins + vegetarian option
- 1 starch
- 2 sides
- Assorted desserts table

### Premium Package | \$66.5

Served with rosemary focaccia & whipped herb butter with Maldon salt

- 1 salad
- 2 premium proteins + vegetarian option
- 1 starch
- 2 sides
- Assorted desserts table

## Salad & Soup Options

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#### Pear Salad 🌱🥬🍷🥛\*

Red wine poached pears, candied pecans, maple vinaigrette, goat cheese, greens

#### Beet Salad 🌱🥬🍷

Roasted beets, candied hazelnuts, oranges, fennel, mint salsa verde, manchego, honey vinaigrette, greens

#### Kale Caesar Salad

Kale and romaine caesar salad, pancetta, parmesan, croutons

#### Garden Salad 🌱🥬

Balsamic vinaigrette, shaved carrot, cucumber, radish, fresh herbs

#### Mediterranean Chopped Salad 🌱🥬

Cucumber, tomato, red onion, pomegranate, mint, parsley, crispy chickpeas, preserved red pepper lemon dressing

#### Parsnip Soup 🌱🥬🍷

Roasted parsnips with apples & hazelnut

#### Red Curry Tomato Soup 🌱🥬

Puffed wild rice, cilantro

#### Squash Soup 🌱🍷🥛

Smoked almonds, pumpkin seeds, pistou

## Proteins

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#### Piri Piri Chicken 🌱🥛\*

Chimichurri

#### Roasted Chicken 🌱

Red wine jus, crispy king mushrooms

#### Braised Beef Short Rib 🌱

Red wine jus, rosemary & porcini hickory stick garnish

#### Beef Striploin + \$4/pp 🌱

Pickled corn salsa

#### Maple Salmon\* + \$4/pp 🌱

Mustard maple soy glaze

#### Tofu Curry 🌱🥬

#### Stewed Harissa Eggplant 🌱🥬

## Premium Proteins

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#### Beef Tenderloin 🌱

Brandy & green peppercorn sauce

#### Citrus Glazed Black Cod 🌱

Gremolata, cilantro



## Starches

**Wild Mushroom Gnocchi + \$3/pp** 🌱  
Charred rapini, sauteed wild & cultivated mushrooms, pine nut gremolata

**Roasted Garlic Smashed Potatoes**  
**Herb Roasted Fingerling Potatoes**  
**Mac & Cheese**

## Dessert Table

May include an assortment of

- Date Squares
- Brownies
- Seasonal Crumble Bars
- Chocolate Chip Cookies

# SNACKS & SWEETS À-LA-CARTE

**Fruit Platter | \$5** ✓  
Fresh seasonal fruit

**Whole Fruit | \$2** ✓  
Whole assorted fruit

**Sweet Pastries | \$5** 🌾\*  
*Minimum per dozen*  
Assorted pastries, muffins, croissants, cookies, etc

**Savory Pastries | \$5**  
*Minimum per dozen*  
Cheese croissants, corn bread, scones, etc

**Cookie Platter | \$3.5**  
Assorted fresh baked cookies

**Mezze Platter | \$4**  
Pita chips, hummus, olives, assorted pickled vegetables

**Crudités | \$5** 🌱  
*Minimum per dozen*  
Selection of fresh vegetables, seasonal dip

## Sides

**Broccolini**  
Sofrito and red finger chillies

**Maple Roasted Root Vegetables**

**Roasted Brussels Sprouts**  
Rosemary, roasted garlic

**Green Beans Almondine**  
Brown butter, toasted almonds, white wine



**Artisanal Cheese Board | \$9.5** 🌱🌾\*  
Local & imported cheese, preserves, fresh fruit, crostini

**Charcuterie Board | \$9.5** 🌾\*  
Local & imported cured meats, grainy dijon, pickles, crostini

**Chips & dip | \$5**  
House made dips - Seasonal offerings  
*Minimum per dozen*  
*Dairy free available on request (for full portion)*

**Energy Bites | \$4** 🌾  
*2 per person*  
Assorted homemade energy bites

**Popcorn Bags | \$3**  
Assorted flavours: Butter Salt, Sweet & Salty Kettle Corn, White Cheddar, Dill Pickle



## Cold Canape Platters

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### Smoked Duck Breast | \$4 🌾\*

Peach mostarda, fior di latte, crostini

### Tomato Crostini | \$3 🌿🌱🌾\*

Fresh basil pesto, confit tomatoes, chive oil, shaved parmigiano reggiano, crostini

### Red Lentil Kofta | \$3 🌱🌾

Mint, little gem lettuce, pickled onions, pomegranate

### Red Curry Shrimp | \$4 🌾

Red curry sauce, green chili crisp, fried shallots  
*Contains sesame*

### Tuna Tartare | \$4 🌱🌾\*

Black garlic, tamari, cucumber, chili, truffle, citrus, wonton chip



## Coffee & Tea

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### Coffee & Tea Station | \$3

*Available with china or disposable cups*

Stationary coffee, decaf and hot water served with milk, cream, sugar, sweetener and assorted teas.

## Beverages

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Orange Juice | \$2

Apple Juice | \$2

Soft Drinks | \$2.5

Flow Water | \$4

Sparkling Water | \$4

# PACKAGE COMPARISONS

## How do I know which catering package is right for my event?

Please refer to the chart and FAQ's below. If you still have questions, please don't hesitate to get in touch with a member of our team.

	My Bistro Drop-Off	Catering Full Service	Corporate Full Service
All disposables included	✓		
Budget friendly options	✓		
Self service	✓		
Allergies can be accommodated	✓	✓	✓
Vegan & vegetarian options	✓	✓	✓
Full service with setup & tear down required		✓	✓
Onsite event manager, chefs, and service team		✓	✓
Rentals & equipment required		✓	✓
Custom menus available		✓	✓
Bar service/bartenders available		✓	✓
Platters	✓	✓	✓
Snack breaks	✓	✓	✓
Canapés		✓	✓
Buffet		✓	✓
Food stations		✓	✓
Plated meals		✓	✓
Ideal for daytime events & meetings	✓		✓

## Are linens for guest tables included?

No, none of the packages include linens for guest tables, however, they are required. This will vary per event. A member of our sales team can add the required number of linens to your order at an additional cost to the food and beverage.

## What is the booking process for catering services?

Our booking process involves several key steps, including consultation, menu selection, and finalizing details. Our team is dedicated to guiding you through each stage to ensure a smooth and stress-free event planning experience.

## How far in advance should I book catering for my event?

To secure availability and streamline planning, we recommend booking our services as soon as possible.



\*Available to change upon request, charges will vary