

Platters

Antipasto Platter - 49.00

Genoa salami, Black Forest ham, Fresh mozzarella, Swiss, provolone, cherry tomatoes and olives. Snacks 10-12



Crudite Basket - 29.00

Fresh seasonal vegetables with herbed sour cream cooler. Snacks 10-12



Hummus Dip - 25.00

Creamy hummus and tahini dip served with pita chips and crudites. Snacks 10-12



Caprese Platter - 49.00

Fresh mozzarella, roma tomatoes and fresh basil served with balsamic vinaigrette and crostini. Snacks 10-12



Fruit, Cheese and Nuts Platter - 48.00

Assorted cheeses served with fresh seasonal fruit, crackers and nuts. Serves 10-12



Fresh Fruit Platter - 34.00

Platter of melon, pineapple, and other seasonal fruits. Serves 10-12



Sandwiches & Wraps

1. Assorted Sandwich Basket - 5.25 each

Our sandwiches and wraps are served on whole wheat tortillas, freshly baked breads, artisan breads and rolls with a selection of premium prepared ingredients. Min. 5 please *Don't forget to add delicious Toss accompaniments, sold seperately.*

- Salads
- Desserts
- Beverages

2. Sandwich Buffet - 10.95 p.p.

Order for groups of 10 or more. A sandwich buffet includes:

- An assortment of Toss sandwiches
- Choice of Mixed Greens or Ceasar Salad
- Choice of Cookie Platter or Cookie and Brownie Platter

3. Boardroom Buffet - 15.50 p.p.

A Premium choice for groups of 10 or more.

- An assortment of Toss sandwiches
- Crudité Platter
- Choice of one Salad bowl and one chef designed salad bowl.
- Choice of cookie Platter or Cookie and brownie Platter

Selections

Triple 'C'

Roasted chicken, romaine lettuce, bacon, shredded parmesan cheese, lemon and caesar dressing

Tuna Soprano

Flaked white tuna with sundried tomato and basil dressing, tomatoes, onions, sweet peppers, avocado, cheddar cheese and crisp greens



Wasabi Roast Beef

Roast beef, pickled ginger, shredded romaine, wasabi mayonnaise and sesame soy glaze

Smoked Meat

Montreal smoked meat, dijon mayonnaise

Swissie Steak

Angus steak, swiss cheese, red onions, romaine lettuce, Roma tomatoes, roasted peppers and honey dijon dressing



BBQBCB

Chicken breast, maple bacon, cheddar cheese, tomatoes, romaine lettuce and ranch dressing

Tofusion

Marinated tofu, sweet peppers, red onion, carrots, bean sprouts, cilantro and goat cheese tossed with crisp lettuce and Japanese dressing

Grilled Vegetables

Grilled vegetables with goats cheese and basil

Salad Bowls

Serves up to 5 entrees or 10 side orders.

Mixed Greens with tomatoes, cucumbers, red onions, carrots and our house vinaigrette. 25.00

Caesar Salad Romaine, Caesar dressing, sourdough croutons and parmesan cheese. 25.00

Chef Designed Salad Bowls

Served with dressing on the side and a small bread basket. 39.99

Spinach Cycle

Toasted walnuts, goats cheese, sundried cranberries, tomatoes, red onion, mixed peppers, shredded carrots and baby spinach with raspberry vinaigrette.

Tony Tuna

Flaked white tuna, sliced Roma tomatoes, Bermuda onions, red bliss potatoes, boiled eggs, sliced cucumber, mixed greens, black olives and baby greens with sundried tomatoe and basil dressing.



Asian Chicken

Soya and maple glazed chicken breast, sweet peppers, cucumbers, bean sprouts, carrots, mandarins, crispy noodles, crunchy lettuce and cilantro with toasted sesame seed dressing.



Tex-Mex Cluck

Tex-Mex chicken breast, black beans, sweet corn, red onions, avocado, sliced tomatoes, baby greens and crisp tortilla strips with buttermilk ranch dressing.

Shogun Steak

Charred Certified Angus Teriyaki Beef Steak, sweet peppers, bean sprouts, carrots, crispy noodles and baby spinach with poppyseed dressing.

Tofu 4U

Sliced tofu, sweet peppers, cucumbers, bean sprouts, red onion, carrots, mandarins, crispy noodles, crunchy lettuce, cilantro and thai ginger dressing.

Soups

Soups - 2.85 p.p.

A light lunch or a hearty addition to a luncheon buffet served with assorted breads. *Ask your Toss representative for today's soup selections.*



Breakfast - min. 10 please

Morning Continental - 4.95 p.p.

An assortment of bagels, morning pastries & croissants served with cream cheese, butter & preserves, assorted juices, coffee and tea.

Bagels & Morning Pastry - 2.95 p.p.

An assortment of freshly baked bagels & pastries served with cream cheese, butter & preserves.

Morning Pastry - 1.95 p.p.

An assortment of freshly baked croissants, muffins, scones & pastries served with butter & preserves.

Bagel Pack - 2.95 p.p.

Your choice of 12 freshly baked bagels with 2 tubs of cream cheese.

Beverage Tote - 14.99

(serves 10)

Freshly brewed coffee or tea.



Yogurt, Strawberries & Granola

Yogurt and fresh strawberries with a side of granola. Serves 10-12 35.00

Breakfast Assortments

Morning Pastries

Croissants: Butter, Chocolate

Muffins: Mixed Berry, Cranberry orange, Carrot Walnut, Reduced-Fat Mixed Berry.

Scones & Sweet Rolls: Plain Scones, Cinnamon Rolls and assorted fruit danishes.



Bagels

Spreads

Plain & Reduced-Fat Cream Cheese

Reduced-Fat Flavoured Cream Cheese: Herb and Garlic, Strawberry, Roasted Red Pepper, Sun Dried Tomatoe.



Freshly Baked Bagels: Plain, Sesame, Poppy, Everything, Blueberry

Breakfast in a Box

Enjoy a made-from-scratch muffin, a bowl of mixed fruits and orange juice. 5.95 each, minimum 5 please.

Fresh Fruit

Always fresh fruit platters.

Platter of Melon, Pineapple and other seasonal fruits. Serves 10-20 39.00

Cookies & Brownies

Cookies - 12.99

An assortment of freshly baked cookies. Serves 10-12

Brownies - 16.99

An assortment of our freshly baked brownies. Serves 10-12

Cookies & Brownies - 18.99

An assortment of freshly baked cookies and freshly baked brownies. Serves 10-12



Drinks

Toss It Up drink service; Spring Water, Coke, Diet Coke, Sprite, Gingerale and fruit juices. 2.00 p.p.

Use this menu to order for parties or larger groups.

- Pre-determined assortments serve 10-12.
- Individual boxed meals, minimum order of 5.

Order via phone or fax or online

- We request 24 hours for most catering orders.
- We will try to accommodate orders that are not within 24 hours.

Delivery

Delivery is available within our designated area. A fee may apply outside of our delivery area. Call for details.

please everyone, every time!
- with catering from Toss It Up

- We can accommodate special requests. Please enquire.
- Rely on our catering coordinators to make your order perfect. Call our Customer Coordinator to help with the right food selections for any occasion.
- 50% same day cancellation fee will apply

Payment

Visa, Mastercard, American Express, Debit or Cash. Cheques and corporate accounts accepted on approved credit.

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