



Marigolds & Onions
CATERING & EVENT PRODUCTION

Daily Menu Package 2020

Table of Contents

Order Guidelines	1
Environmental Policy	2
Breakfast Menus	2-4
Sandwich Lunch Menus	5-8
Lunch and Dinner Menus	9-13
Salads	14-16
Proteins	17-20
Sides	21-22
Pastas	23
À la Carte Menus	24
Cold Breakfast Ideas	24
Hot Breakfast Ideas	25
Trays and Snack Ideas	26-29
Sweet Endings	29

ORDER GUIDELINES

1. Weekday Orders

All orders should be received by web order or email no later than **4:00 PM** of the business day prior. Certain speciality items and requests may require additional notice, speak with your customer service representative for all items not covered in this menu package. Orders placed after the order deadline may not be fulfilled.

2. Weekend Orders and Weekend Order Modification

All orders for Saturday and Sunday must be received by web order or e-mail no later than **4:00 PM** on the Thursday prior. Orders placed after the order deadline may not be fulfilled. Cancellation or modifications to weekend orders must be done by no later than the order deadline.

3. Weekday Order Modification

As per our service standards, we will do our utmost to accommodate any changes. However, any changes received by Marigolds and Onions after **3:00 pm** on the day prior to your weekday delivery will have to be approved by your customer service representative or account manager.

4. Order Cancellations

Cancellations must be received by phone or email during business hours, 9:00 am to 5:00 pm Monday to Friday, no later than **4:30 PM** on the day prior. Any items that require advanced notice, such as cakes or cool & warm bites, cannot be removed or canceled without approval by your customer service representative or account manager.

5. Delivery Minimum

A \$50.00 minimum per order, not including delivery charge, applies.

6. Delivery Charge

Delivery charge will vary depending on your location. Speak to our customer service representatives to confirm the charge. Additional surcharges may apply for orders placed after order deadlines.

7. Reusable White Serving Equipment

In an ongoing pursuit to better serve both our customers and the environment, we use sturdy lightweight environmentally friendly serving trays and bowls. In order to maintain our inventory level we would appreciate you separating Marigolds and Onions trays and bowls from any other caterer's equipment. Our driver will return to pick-up Marigolds and Onions equipment within 24 hours of delivery. A replacement fee will apply to trays or bowls that cannot be accounted for.

8. Disposables

If you require any disposable items: cutlery, napkins, plates, serving utensils, etc. speak to our customer service representatives to confirm pricing.

9. Allergies

We take every precaution necessary to prevent cross contamination. Nonetheless, Marigolds and Onions does not accept liability or responsibility for any reaction caused by any items consumed. Allergen information for all items in this menu package are available online at www.marigoldsandonions.com.

10. Pricing

Prices shown in this package do not include disposables, staff charges, delivery or applicable taxes.

11. Standards for Delivery

We will always do our utmost to perform deliveries at the time requested, but we may be earlier than requested. Our delivery staff will not be responsible to open or set up any of the food being delivered. However, if you require assistance to set-up, please speak with customer service who can assist you in arranging staffing.

ENVIRONMENTAL POLICY

Being Green, Living Green

Marigolds and Onions Catering & Event Production continually demonstrates our commitment to the environment through our day to day actions. Our goal is to minimize waste & pollution while engaging in the use of local, fresh, seasonal and passionately cultivated products whenever possible. We believe our continued efforts and behaviour will contribute to the sustenance of our environment.

Just a few of our daily steps

- We firmly believe in making choices to use the most environmentally friendly products available for all of our packaging and disposable items. We try to choose compostable items or items made from the highest level of post-consumer recycled content available. We are always looking for the newest innovations in packaging to ensure we provide the most ecologically friendly alternative in the market.
 - Our individual cutlery and plates are made from compostable plant starches.
 - Individual meal trays are made with a compostable plant starch base with a lid made from recycled plastic.
 - Other plastic items are chosen in order to maximize the post-consumer content of recycled plastic. We believe that by choosing to maximize both the content and quantity of recycled products we use, we hope to encourage the growth of recycling.
- We serve only salmon from certified environmentally conscious suppliers. Our suppliers are held to high standards of environmental responsibility, animal health & welfare, food safety and social responsibility.
- We have participated in the Save on Energy^{OM} program to upgrade building infrastructure to more energy efficient options.
 - Upgraded lighting throughout our building to LED bulbs. This will save an estimated 37% of our electricity use on lighting.
 - Upgraded refrigeration equipment to be more energy efficient and added strip curtains to reduce air loss in walk-in coolers.
 - Installed equipment to better control our kitchen air extraction system, significantly increasing its efficiency. This will lead to significant reduction in electrical and gas use.
- Installed smart thermostats to better control our heating and cooling throughout our building. This is estimated to save from 4-7% of our combined electrical and gas use.
- Use of email versus printer materials.
- Donate leftover food to local charities.
- Advocate for the "Blue Box" program and recycle all of our paper, cardboard, tin, glass and plastic waste.
- Our paper source is certified by the Forest Stewardship Council (FSC) which guarantees that it is made from wood products that come from responsibly managed forest and verified recycled sources.
- Marigolds and Onions makes every effort to sell or recycle used equipment at the end of the product's life cycle.
- All staff at Marigolds and Onions use ceramic mugs and reusable plastic cups for hot and cold beverages consumed during work hours to cut down on waste.
- Deliveries are scheduled by area & time to maximize driving efficiency and minimize emissions. There is a no idling policy with our vehicles.

CONTINENTAL BREAKFAST

\$7.95 per guest with no beverages

\$9.65 per guest with beverages

An additional charge applies when substituting a gluten-free option. Optional beverages may include apple, orange, grapefruit, cranberry juices & bottled water. Price does not include disposables, staff charges, delivery or applicable taxes.

Bakers Basket

Pain au chocolate croissants, butter croissants, citrus glazed madeleines, caramel beignets, sweet & savoury scones, rugalach crescents, raisin swirls, muffins, bagels and assorted morning loaves.

Gluten-free pastries available for an additional \$1.45 per guest.

Accompanied by butter, preserves and cream cheese.

Fresh Sliced Seasonal Fruit

Garnished with fresh berries.

HEALTHY BREAKFAST MENU

\$9.00 per guest with no beverages

\$10.75 per guest with beverages

An additional charge applies when substituting a gluten-free option. Optional beverages may include apple, orange, grapefruit, cranberry juices & bottled water. Price does not include disposables, staff charges, delivery or applicable taxes.

Freshly Baked Muffins

Home baked assortment to include apricot 5-grain with cornmeal crunch, apple bran with cinnamon crumble and wholegrain banana with cracked quinoa crumble.

Gluten-free pastries available for an additional \$1.15 per guest

Tropical Chia Parfait

Coconut non-dairy yogurt, layered with chia seeds and quinoa blended with banana and mango puree and topped with a passion fruit coulis and crunchy pepitos.

Fresh Sliced Seasonal Fruit

Garnished with fresh berries.

BREAKFAST ON THE GO

Price per tray does not include disposables, staff charges, delivery or applicable taxes.

A convenient health conscious breakfast box for mornings on the go.

Morning Energy Boost

\$14.25 per box

Individual Activia yogurt and granola, havarti cheese, strawberry and grapes, morning rounds of multigrain bread. Served with butter and French preserves.

Strong Box

\$15.25 per box

Gluten-free bagel thin with Wowbutter and French preserves, mini granola bar, hard-boiled egg, mixed dried fruit and fresh strawberry and mandarin.

Tel: 416-256-4882 | Order online at www.marigoldsandonions.com

Email: customerservice@marigoldsandonions.com | 2700 Dufferin St., Unit 18, Toronto, ON, M6B4J3

EUROPEAN STYLE BREAKFAST BOARD

\$56.65 small tray serves four

\$113.30 medium tray serves eight

\$169.75 large tray serves twelve

Price per tray does not include disposables, staff charges, delivery or applicable taxes.

A healthy breakfast alternative that includes almond butter seed bars, boiled eggs, fresh berries, fresh breads, dried fruits and local cheeses.

HOT BREAKFAST MENU

\$15.95 per guest

An additional charge applies when substituting a gluten-free option. Price does not include disposables, staff charges, delivery or applicable taxes.

Bakers Basket

Pain au chocolate croissants, butter croissants, citrus glazed madeleines, caramel beignets, sweet & savoury scones, rugalach crescents, raisin swirls, muffins, bagels and assorted morning loaves.

Gluten-free pastries available for an additional \$0.75 per guest.

Accompanied by butter, preserves and cream cheese.

Farm Fresh Scrambled Eggs

Accented with fresh herbs.

Accompanied by...

Maple cured bacon slices.

Or**

Breakfast sausages.

Crisp Cut Home Fries

Fresh Sliced Seasonal Fruit

Garnished with fresh berries.

****To include both bacon and sausage add \$1.40 per guest**

HEALTHY HOT BREAKFAST MENU

\$17.75 per guest

Price does not include disposables, staff charges, delivery or applicable taxes.

Baked Egg Frittata

With chopped kale, roasted pepper, crumbled feta, cherry tomatoes, harissa served in individual cups.

Fresh Fruit Skewers with Low-Fat Berry Yogurt Dip

Gluten-Free Maple Turkey Breakfast Sausage

Mini Bagel

Accompanied by butter, preserves and cream cheese.

or

Gluten-free Nature Bar

Handmade with almond butter, dried fruit and toasted seeds.

Tel: 416-256-4882 | Order online at www.marigoldsandonions.com

Email: customerservice@marigoldsandonions.com | 2700 Dufferin St., Unit 18, Toronto, ON, M6B4J3

THE TOURIST CLASS SANDWICH LUNCH

\$12.95 per person

An additional charge of \$2.00 applies when substituting a gluten-free sandwich and dessert option. An additional charge of \$0.85 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately. Price does not include disposables, staff charges, delivery or applicable taxes.

Marigolds and Onions' Signature Salad

California organic greens and seedlings with slivers of roasted pear and crumbled Castello blue cheese. Dressed in balsamic raspberry vinaigrette.

Assorted Sandwiches and Tortilla Wraps

Prepared on a daily selection of rustic, wholegrain breads and rolls filled with an assortment of the following fillings...

Solid White Albacore Tuna

With diced green olives in a citrus mayonnaise.

Chunky White Chicken Salad

With Asiago aioli and roasted artichokes.

Roast Beef Brisket

Accented with roasted marinated tomatoes, arugula and creamy horseradish.

Chopped Egg Salad

With citrus mayonnaise, fresh sliced cucumber.

Grilled Herb and Citrus Chicken Breast

With lemon aioli and spring mix greens.

Black Forest Ham and Asiago

Shaved and presented with radicchio, crisp cucumber ribbons, Asiago and sweet mustard.

Smoked Turkey Breast and Cheese

Shaved and accented with roasted pepper spread and creamy Havarti.

Montreal Smoked Meat and Slaw

With Poblano BBQ sauce and creamy coleslaw.

Italian Cold Cuts

Sliced mortadella, Genoa salami and sweet capicola with rocket lettuce and creamed artichoke Asiago.

Roasted Vegetable and Feta

Roasted sweet peppers, marinated oven dried tomatoes, baby spinach, crumbled feta and sundried tomato pesto.

Asparagus Goat Cheese Wrap

Roasted asparagus, crumbled goat cheese with peppery arugula and tomato petals.

Cucumber & Willow Lake™ Cream Cheese

Cucumber, spinach, oven roasted tomatoes, red pepper hummus and plant based cream cheese.

A selection of Marigolds and Onions Fresh Baked Squares and Home-Style Cookies.

Tel: 416-256-4882 | Order online at www.marigoldsandonions.com

Email: customerservice@marigoldsandonions.com | 2700 Dufferin St., Unit 18, Toronto, ON, M6B4J3

THE BUSINESS CLASS SANDWICH LUNCH

\$18.75 per guest

An additional charge of \$2.30 applies when substituting a gluten-free sandwich and dessert option. An additional charge of \$0.85 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately. Price does not include disposables, staff charges, delivery or applicable taxes.

Pasta Salad of the Day

Wild Greens

House greens with a julienne of heirloom carrots, cucumbers, and watermelon radish. Roasted pear, honey and balsamic vinaigrette.

Assorted Sandwiches and Tortilla Wraps

Prepared on a daily selection of rustic, wholegrain breads and rolls filled with an assortment of the following fillings...

Solid White Albacore Tuna

With diced green olives in a citrus mayonnaise.

Chunky White Chicken Salad

With Asiago aioli and roasted artichokes.

Roast Beef Brisket

Accented with roasted marinated tomatoes, arugula and creamy horseradish.

Chopped Egg Salad

With citrus mayonnaise, fresh sliced cucumber.

Grilled Herb and Citrus Chicken Breast

With lemon aioli and spring mix greens.

Black Forest Ham and Asiago

Shaved and presented with radicchio, crisp cucumber ribbons, Asiago and sweet mustard.

Smoked Turkey Breast and Cheese

Shaved and accented with roasted pepper spread and creamy Havarti.

Montreal Smoked Meat and Slaw

With Poblano BBQ sauce and creamy coleslaw.

Italian Cold Cuts

Sliced mortadella, Genoa salami and sweet capicola with rocket lettuce and creamed artichoke Asiago.

Roasted Vegetable and Feta

Roasted sweet peppers, marinated oven dried tomatoes, baby spinach, crumbled feta and sundried tomato pesto.

Asparagus Goat Cheese Wrap

Roasted asparagus, crumbled goat cheese with peppery arugula and tomato petals.

Cucumber & Willow Lake™ Cream Cheese

Cucumber, spinach, oven roasted tomatoes, red pepper hummus and plant-based cream cheese.

Marigolds Assorted Mini Pastries

Featuring a selection of French pastries, assorted tarts, home baked cookies and squares.

Fresh Sliced Seasonal Fruit

Garnished with fresh berries.

Tel: 416-256-4882 | Order online at www.marigoldsandonions.com

Email: customerservice@marigoldsandonions.com | 2700 Dufferin St., Unit 18, Toronto, ON, M6B4J3

FIRST CLASS SANDWICH LUNCH

\$22.25 per guest

An additional charge of \$3.35 applies when substituting a gluten-free sandwich and dessert option.

¹These sandwiches can be made gluten-free.

Price does not include disposables, staff charges, delivery or applicable taxes.

Root Vegetable Salad

Seasonal selection of market vegetables oven roasted and dressed in an herb balsamic glaze.

Roasted Radish

Romaine lettuce, arugula and radicchio tossed with a roasted blend of napa and watermelon radishes and yellow beets. Served with a lemon citrus vinaigrette.

Assorted Gourmet Sandwich Selection

Chicken Katsu

Breaded chicken breast, lettuce, tomato, house-made tonkatsu sauce, coleslaw, on a brioche bun.

Falafel Wrap

Falafel, hummus, tzatziki, spring mix, sliced tomato, roasted eggplant, and feta cheese in a tortilla wrap.

Korean Beef¹

Beef marinated in Korean BBQ Sauce, shredded cabbage, pickled carrot, and tri-colour sesame seed aioli on pretzel bun.

Muffuletta¹

Capicola, Genoa salami, mortadella, mozzarella, roasted red peppers, hot banana peppers, baby arugula, and olive tapenade on a rosemary focaccia bun.

Smoked Salmon¹

Smoked salmon, sliced cucumber, baby arugula, deep-fried capers, and cream cheese on an herb flatbread.

Szechuan Tofu Lettuce Wrap¹

Grilled teriyaki infused tofu with chili fried peppers, pea sprouts, pickled ginger and wasabi hummus wrapped in a jacket of rice paper and leaf lettuce.

Fresh Sliced Seasonal Fruit

Garnished with fresh berries.

Assorted Mini Tarts

Flavours to include lemon, chocolate sea salt, and raspberry chiffon.

TOURIST CLASS BOX OPTION

\$13.40 per box

An additional charge of \$1.20 applies when substituting a gluten-free option. Price includes a disposable napkin. Price does not include any additional disposables, staff charges, delivery or applicable taxes.

Assorted Sandwiches on multigrain bread, rosemary focaccia & multigrain ciabatta.

Choose from a selection of the following fillings:

Tuna salad, egg salad, chicken salad, sliced roast beef, turkey & cheese, ham & cheese, grilled chicken, roasted vegetables.

Gluten-free Nature Bar

Handmade with almond butter, dried fruit and toasted seeds.

Whole Fresh Fruit**

****Substitute Whole Fruit for Fruit Cup for an additional \$3.05 per box**

BUSINESS CLASS BOX OPTION

\$16.95 per box

An additional charge of \$2.75 applies when substituting a gluten-free sandwich and cookie. An additional charge of \$0.85 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately. Price includes a disposable napkin and fork. Price does not include any additional disposables, staff charges, delivery or applicable taxes.

Assorted Sandwiches on multigrain bread, rosemary focaccia & multigrain ciabatta.

Choose from a selection of the following fillings:

Tuna salad, egg salad, chicken salad, sliced roast beef, turkey & cheese, ham & cheese, grilled chicken, roasted vegetables.

Salad

Select only one per order from the "Pasta & Grain" or "Mixed Vegetable" salads on pages 15 & 16.

Whole Fresh Fruit**

Home-style Cookie

****Substitute Whole Fruit for Fruit Cup for an additional \$3.05 per box**

FIRST CLASS BOX OPTION

\$24.75 per box

An additional charge of \$2.75 applies when substituting a gluten-free sandwich and dessert. Price includes a disposable napkin and fork. Price does not include any additional disposables, staff charges, delivery or applicable taxes.

Gourmet Sandwich

Choose from a selection of the following fillings:

Chicken Katsu, Falafel Wrap, Korean Beef, Muffuletta, Smoked Salmon, Szechuan Tofu Lettuce Wrap

Salad

Select only one per order from the "Pasta & Grain" or "Mixed Vegetable" salads on pages 15 & 16.

Fresh Fruit Salad

Decadent Chocolate Brownie

SIGNATURE PROTEIN BOWLS

Price does not include any additional disposables, staff charges, delivery or applicable taxes.

A combination of one of our mouth-watering proteins and signature salads packed into one convenient container for lunch on the go. Price does not include any additional disposables, staff charges, delivery or applicable taxes.

Chicken Protein Bowl 1

\$16.10 per guest

Greek Chicken Grill

Skewers of lemon and garlic spiced chicken grilled to perfection and splashed with extra virgin olive oil.

Athenian Salad

A Mediterranean blend of plum tomatoes, sweet peppers, sweet red onions, cucumber, Kalamata olives, tears of romaine hearts and crumbled feta. Drizzled with lemon and olive oil.

Chicken Protein Bowl 2

\$16.10 per guest

Honey and Basil Chicken

Marinated and baked with sweet basil and orange blossom honey.

Wild Greens

House greens with a julienne of heirloom carrots, cucumbers, and watermelon radish. Roasted pear, maple and balsamic vinaigrette.

Beef Protein Bowl 1

\$17.10 per guest

Pommery Honey Beef

Flat iron beef marinated in a sweet and savoury pommery mustard and honey glaze.

Beet and Squash Greens

A mix of Tuscan greens and baby kale layered with roasted butternut squash and roasted baby beets. Topped with pomegranate seeds. Served with a roasted pear vinaigrette.

Beef Protein Bowl 2

\$17.10 per guest

Mesquite Beef

Grilled and cooked to perfection, our AAA beef is seasoned with our chef's own mesquite glaze.

Caesar Salad

Crisp hearts of romaine dressed in a creamy garlic dressing and garnished with herb croutons and Parmesan cheese.

SIGNATURE PROTEIN BOWLS CONTINUED

Price does not include any additional disposables, staff charges, delivery or applicable taxes.

Salmon Protein Bowl 1

\$18.10 per guest

Mandarin Teriyaki Salmon

Glazed in a mandarin teriyaki sauce with a trio of chili sesame seeds sprinkled on top.

Soba Noodles

Soba noodles with edamame, cucumber, sugar snap peas, and pickled carrots tossed in an Asian rice wine dressing.

Salmon Protein Bowl 2

\$18.10 per guest

Al Pastor Salmon

Salmon marinated in traditional Mexican spices with smoky guajillo peppers for an explosion of flavour.

Jeweled Rice

Basmati Rice blended with turmeric, raisins, dried apricot, dried cranberry and mint. Finished with a lemon juice drizzle.

Vegetarian Protein Bowl 1

\$17.50 per guest

Falafel Mezze Bowl

Served with creamy hummus, pickled radish, with a tomato cucumber salad.

Couscous Tabbouleh Salad

Pearl couscous, green kale, parsley, mint, grape tomato, and cucumber. Dressed in a rice wine olive oil dressing.

Vegetarian Protein Bowl 2

\$17.50 per guest

Maple Tofu Stack

Maple and smoked paprika rubbed tofu steaks layered with candied sweet potato, caramelized onion and mascarpone cheese.

Baby Kale and Fennel Salad

Baby green kale, cucumber, chickpeas, cherry tomato, shaved fennel. Dressed with rice wine vinegar, olive oil, lemon juice.

MENU COMBO OPTIONS

Below is a selection of menu options to suit your own personal needs. Pricing for each option is based on the protein or pasta selected. Please refer to our à la carte options, found in the back of this package, which detail the specific flavours for each option. All menu combo options are served at room temperature unless otherwise specified. Minimum four servings per order. Except for vegetarian entrée items, you may not order any less than four servings of a chosen flavour for any component item. Price does not include disposables, staff charges, delivery or applicable taxes.

Add fruit to any of the following options:

\$3.55 per guest

Replace a pastry item with fruit in any of the following options:

\$1.40 per guest

Option 1

- 1 Serving of Salad
- 1 Serving of Protein or Pasta
- 1 Serving of Assorted Mini Pastries, Squares and Cookies
- 1 Serving of Fresh Baked Bread and Creamery Butter

Chicken only

\$21.60 per guest

Beef only

\$22.75 per guest

Salmon only

\$23.80 per guest

Vegetarian Entree only

\$20.85 per guest

Duo of Protein (any two)

\$31.35 per guest

Tourist Class Pasta

\$21.35 per guest

Business Class Pasta

\$22.45 per guest

First Class Pasta

\$23.55 per guest

Option 2

- 2 Servings of Salad
- 1 Serving of Protein or Pasta
- 1 Serving of Assorted Mini Pastries, Squares and Cookies
- 1 Serving of Fresh Baked Bread and Creamery Butter

Chicken only

\$24.05 per guest

Beef only

\$25.15 per guest

Salmon only

\$26.25 per guest

Vegetarian Entree only

\$23.25 per guest

Duo of Protein (any two)

\$33.80 per guest

Tourist Class Pasta

\$23.80 per guest

Business Class Pasta

\$24.90 per guest

First Class Pasta

\$25.95 per guest

MENU COMBO OPTIONS CONTINUED

Below is a selection of menu options to suit your own personal needs. Pricing for each option is based on the protein or pasta selected. Please refer to our à la carte options, found in the back of this package, which details the specific flavours for each option. All menu combo options are served at room temperature unless otherwise specified. **Minimum four servings per order.** Except for vegetarian entrée items, you may not order any less than four servings of a chosen flavour for any component item. Price does not include disposables, staff charges, delivery or applicable taxes.

Add fruit to any of the following options:

\$3.55 per guest

Replace a pastry item with fruit in any of the following options:

\$1.40 per guest

Option 3

- 1 Serving of Salad
- 1 Serving of Protein or Pasta
- 1 Serving of a Side Dish
- 1 Serving of Assorted Mini Pastries, Squares and Cookies
- 1 Serving of Fresh Baked Bread and Creamery Butter

Chicken only

\$26.50 per guest

Beef only

\$27.60 per guest

Salmon only

\$28.65 per guest

Vegetarian Entree only

\$25.70 per guest

Duo of Protein (any two)

\$36.50 per guest

Tourist Class Pasta

\$26.25 per guest

Business Class Pasta

\$27.35 per guest

First Class Pasta

\$28.40 per guest

Option 4

- 2 Servings of Salads
- 1 Serving of Protein or Pasta
- 1 Serving of a Side Dish
- 1 Serving of Assorted Mini Pastries, Squares and Cookies
- 1 Serving of Fresh Baked Bread and Creamery Butter

Chicken only

\$28.95 per guest

Beef only

\$30.05 per guest

Salmon only

\$31.10 per guest

Vegetarian Entree only

\$28.15 per guest

Duo of Protein (any two)

\$38.95 per guest

Tourist Class Pasta

\$28.65 per guest

Business Class Pasta

\$29.75 per guest

First Class Pasta

\$30.85 per guest

MENU COMBO OPTIONS CONTINUED

Below is a selection of menu options to suit your own personal needs. Pricing for each option is based on the protein or pasta selected. Please refer to our à la carte options, found in the back of this package, which details the specific flavours for each option. All menu combo options are served at room temperature unless otherwise specified. **Minimum four servings per order.** Except for vegetarian entrée items, you may not order any less than four servings of a chosen flavour for any component item. Price does not include disposables, staff charges, delivery or applicable taxes.

Add fruit to any of the following options:

\$3.55 per guest

Replace a pastry item with fruit in any of the following options:

\$1.45 per guest

Option 5

- 1 Serving of Salad
- 1 Serving of Protein or Pasta
- 2 Servings of a Side Dish
- 1 Serving of Assorted Mini Pastries, Squares and Cookies
- 1 Serving of Fresh Baked Bread and Creamery Butter

Chicken only

\$31.35 per guest

Beef only

\$32.45 per guest

Salmon or Rainbow Trout only

\$33.55 per guest

Vegetarian Entree only

\$30.55 per guest

Duo of Protein (any two)

\$41.35 per guest

Tourist Class Pasta

\$31.10 per guest

Business Class Pasta

\$32.20 per guest

First Class Pasta

\$33.25 per guest

Option 6

- 2 Servings of Salads
- 1 Serving of Protein or Pasta
- 2 Servings of a Side Dish
- 1 Serving of Assorted Mini Pastries, Squares and Cookies
- 1 Serving of Fresh Baked Bread and Creamery Butter

Chicken only

\$34.05 per guest

Beef only

\$35.15 per guest

Salmon only

\$36.25 per guest

Vegetarian Entree only

\$33.25 per guest

Duo of Protein (any two)

\$44.05 per guest

Tourist Class Pasta

\$33.80 per guest

Business Class Pasta

\$34.90 per guest

First Class Pasta

\$35.95 per guest

À LA CARTE SALAD SELECTION – LEAFY GREEN SALADS

\$5.35 per serving

An additional charge of \$0.85 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately. Price does not include disposables, staff charges, delivery or applicable taxes.

Please Note: The Leafy Green Salads are not available in any lunch boxes.

Athenian Salad

A Mediterranean blend of plum tomatoes, sweet peppers, sweet red onions, cucumber, Kalamata olives, tears of romaine hearts and crumbled feta. Drizzled with a citrus vinaigrette.

Baby Kale and Fennel Salad

Baby green kale, cucumber, chickpeas, cherry tomato, shaved fennel. Dressed with rice wine vinegar, olive oil, lemon juice.

New Beet and Squash Greens

A mix of Tuscan greens and baby kale layered with roasted butternut squash and roasted baby beets. Topped with pomegranate seeds. Served with a roasted pear vinaigrette.

Caesar Salad

Crisp hearts of romaine dressed in a creamy garlic dressing and garnished with herb croutons and Parmesan cheese.

Insalata Genovese

Baby spinach and radicchio topped with slivers of avocado, oven-dried marinated tomatoes, sweet onions, and roasted artichoke quarters with citrus vinaigrette.

New Krunchy Kale

Baby kale and arugula tossed with julienned napa cabbage and roasted sweet potatoes. Topped with toasted crunchy pumpkin seeds and puffed rice. Served with a citrus tahini dressing.

Marigolds and Onions' Signature Salad

California organic greens and seedlings with slivers of roasted pear, pepper julienne, grape tomato and crumbled Castello blue cheese. Dressed in balsamic raspberry vinaigrette.

Pear and Pomegranate Greens

Romaine lettuce, baby arugula, cabbage, cucumber, fresh pears, pomegranate seeds. Roasted pear and maple dressing.

New Roasted Radish

Romaine lettuce, arugula and radicchio tossed with a roasted blend of ninja and watermelon radishes and yellow beets. Served with a lemon citrus vinaigrette.

The County Greens

Crisp romaine hearts and Treviso radicchio topped with slivered local apples, sundried cranberries, spiced walnuts and sweet red onion. Served with a red wine vinaigrette.

Wild Greens

House greens with a julienne of heirloom carrots, cucumbers, and watermelon radish. Roasted pear, maple and balsamic vinaigrette.

Tel: 416-256-4882 | Order online at www.marigoldsandonions.com

Email: customerservice@marigoldsandonions.com | 2700 Dufferin St., Unit 18, Toronto, ON, M6B4J3

À LA CARTE SALAD SELECTION – PASTA & GRAIN SALADS

\$5.35 per serving

An additional charge of \$0.85 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately. Price does not include disposables, staff charges, delivery or applicable taxes.

Aztec Grain

Organic quinoa with fresh cucumber, roasted corn, scallions, sweet peppers and candied ginger served with a lemon and rice wine vinaigrette.

Couscous Tabouleh Salad

Pearl couscous, green kale, parsley, mint, grape tomato, and cucumber. Dressed in a rice wine olive oil dressing.

New Farfalle Ratatouille

Farfalle, roasted eggplant, zucchini, red peppers, and red onion. Dressed in a basil dressing.

Farro and Roasted Yam

"Super-grain" Farro, honey roasted yam, wilted baby spinach and dried cranberries dressed with fresh mint and rice wine vinegar.

New Jeweled Rice

Basmati Rice blended with turmeric, raisins, dried apricot, dried cranberry and mint. Finished with a lemon juice drizzle.

Minted Glass Noodle Salad

Gluten-free glass noodles tossed with shavings of celery, heirloom carrots, napa cabbage and green onion. Dressed with fresh mint, basil and rice wine vinaigrette.

Primavera Pasta Salad

Handmade gluten-free penne pasta tubes tossed with broccoli, oven-dried tomatoes, sweet red onion and marinated crumbled sheep's milk feta. Simply dressed with extra virgin olive oil.

New Roasted Zucchini & Cauliflower Salad

Gluten-free penne mixed with a blend of roasted cauliflower and zucchini. Dressed in a lemon citrus vinaigrette.

Vermicelli Noodle Salad

Vermicelli with white cabbage, carrot, sugar snap, bok choy, celery, and cilantro. In a garlic and sesame oil dressing.

À LA CARTE SALAD SELECTION – MIXED VEGETABLE SALADS

\$5.35 per serving

An additional charge of \$0.85 per serving will apply to all toppings, such as nuts and cheese, which are requested to be packaged separately. Price does not include disposables, staff charges, delivery or applicable taxes.

Asian Medley

Chili spiced sugar snap peas, red and yellow peppers, zucchini, edamame, and roasted corn kernels. Dressed in sesame oil cilantro dressing. Garnished with black sesame seeds.

Caprese Salad

A classic Italian favourite featuring vine-ripened tomatoes and fresh mozzarella bocconcini tossed in roasted red onion and basil vinaigrette.

Corn and Sugar Snap Salad

Charred sweet corn, crisp sugar snap pea, roasted red peppers and spicy arugula greens in a honey Dijon dressing.

Living Vegetables

Broccoli, cauliflower, zucchini, sugar snap peas, yellow beet ribbons, and carrot. Dressed in citrus olive oil dressing.

Mini Red Potato "Salat"

A twist on an old-fashioned German favourite with mini red potato, pepper julienne and sweet peas in a creamy red wine caper dressing.

New

Romaine and Cauliflower

Cauliflower with chopped romaine lettuce. Topped with parmesan cheese and chopped parsley. Tossed in our house-made Caesar dressing.

Root Vegetable Salad

Seasonal selection of market vegetables oven roasted and dressed in an herb balsamic glaze.

New

Shades of Green

Arugula, sweet green peas, grilled asparagus, grilled zucchini, crisp green beans. Dressed in a lemon basil vinaigrette.

Tuscan Bean Salad

White Tuscan beans, roasted artichoke, sliced olives, crisp cucumber, cherry tomatoes and sweet peppers. Tossed with green onions and basil vinaigrette.

PROTEIN SELECTION – Chicken (Available Hot or Cold)

\$9.25 per 3 ounce serving | \$12.20 per 6 ounce serving

Price does not include disposables, staff charges, delivery or applicable taxes.

As with all our ingredients; our chickens are sourced from reputable, environmentally conscious providers. Our flavourful air-chilled chickens are grain-fed, chemical and hormone-free.

Alba Chicken

Truffle scented chicken breast with roasted Portobello and button mushroom and roasted marinated tomato.

Chili Lime Chicken

Chili sauce, lime juice, lime zest, garlic, brown sugar, lemon grass, and lime leaf.

Coriander Honey Chicken

Honey, sesame oil, toasted coriander seed, ginger, and garlic. Glazed with plum sauce.

Greek Chicken Grill

Skewers of lemon and garlic spiced chicken grilled to perfection and splashed with extra virgin olive oil. Garnished with marinated pit-in olives and garlic roasted tomatoes.

Honey and Basil Chicken

Marinated and baked with sweet basil and orange blossom honey.

New Pomegranate Chicken

Air-chilled chicken breast marinated in a spiced sweet pomegranate molasses.

Rotisserie Chicken

Portuguese style with traditional smoky BBQ dry rub seasoning. Garnished with marinated pit-in olives and garlic roasted tomatoes.

Santa Fe Chicken

Grilled breast of chicken in a chipotle adobo sauce sweetened with a touch of maple syrup.

New Sticky Glazed Chicken

Sweet and savory roasted chicken in an Asian inspired sticky BBQ sauce.

New Tamarind BBQ Chicken

Earthy flavours of cinnamon, coriander, and cumin paired with sweet and tangy tamarind.

PROTEIN SELECTION – BEEF (AVAILABLE HOT OR COLD)

\$10.30 per 3 ounce serving | \$13.25 per 6 ounce serving

Price does not include disposables, staff charges, delivery or applicable taxes.

We are proud to serve only Canadian pasture raised, hormone and anti-biotic free beef.

Caramelized Beef

Grilled aged flat iron finished with balsamic caramelized onions.

New

Tunisian Beef

Mild Arabian spices accented with cinnamon, coriander, and bright lemon.

Citrus Beef

In an herb mustard marinade, with a mandarin glaze.

New

Fire Roasted Beef

Toasted aromatic spices, chipotle peppers, mustard and a touch of Quebec maple syrup.

Hakka Beef

Grilled flat iron beef, brushed with hoisin sauce, curry, soya sauce, and chili.

Mesquite Beef

Grilled and cooked to perfection, our AAA beef is seasoned with our chef's own mesquite glaze.

Peppercorn Beef

Grilled with a crush of peppercorns.

New

Pommery Honey Beef

Flat iron beef marinated in a sweet and savoury pommery mustard, aged balsamic, and honey glaze.

PROTEIN SELECTION – SALMON (AVAILABLE HOT OR COLD)

\$11.35 per 3 ounce serving | \$14.35 per 6 ounce serving

Price does not include disposables, staff charges, delivery or applicable taxes.

Marigolds and Onions believes in sourcing only certified sustainable and environmentally responsible seafood products. Our suppliers are held to high standards of environmental responsibility, animal health & welfare, food safety and social responsibility.

New Al Pastor Salmon

Salmon marinated in traditional Mexican spices with smoky guajillo peppers for an explosion of flavour.

New Fennel Orange Salmon

Toasted fennel seeds, orange zest, lemon juice, honey, and olive oil.

Grilled Pesto Salmon

Orange marinated and grilled Atlantic salmon filet. Topped with fresh dill and roasted tomato pesto.

Honey and Harissa Salmon

Roasted filet of fish glazed with honey, fresh thyme, harissa spice and a squeeze of lemon.

New Lemon Pepper & Dill Salmon

A classic pairing of lemon pepper with dill.

Miso Salmon

Baked fish finished with Orange, white miso, pickled and fresh ginger glaze.

Río Grande Salmon

Honey, guajillo chili, mandarin, and lemon juice.

Rocky Mountain Salmon

Filet of fish marinated with smoky honey mustard. Crusted with maple sugar.

VEGETARIAN/VEGAN ENTRÉE SELECTION (Available Hot or Cold)

\$10.65 per serving

¹These items are vegan or can be modified to be made vegan.

Price does not include disposables, staff charges, delivery or applicable taxes.

Eggplant Napoleon¹

Roasted eggplant, zucchini, sweet red onions, Portobello mushrooms and peppers, layered and flavoured with our own roasted tomato pesto.

Eggplant Parmesan Stack

Panko crusted and golden pan fried eggplant steaks layered with mozzarella cheese, tomato and basil.

Maple Tofu Stack¹

Maple and smoked paprika rubbed tofu steaks layered with candied sweet potato, caramelized onion and mascarpone cheese.

Portobello Cap¹

Roasted Portobello cap topped with basil marinated tomatoes, artichokes and shaved Asiago cheese.

New

Stuffed Acorn Squash¹

Cauliflower and chickpea tagine stuffed acorn squash studded with apricots and raisins.

New

Sweet Corn Tofu Bake¹

Creamed tofu pudding with roasted corn kernels and baby kale and topped with a roasted cherry tomato compote.

SIDES – POTATOES (Available Hot ONLY)

\$5.35 per serving

Price does not include disposables, staff charges, delivery or applicable taxes.

Crushed Potato

Mini red skin potatoes crushed and tossed with harissa and fresh lime.

Greek Potato Wedges

Skin-on Yukon Gold potatoes traditionally roasted with oregano, lemon and olive oil.

Individual Potato Gratin

A classic at its best; nuggets of Yukon potato blended with Emmenthal cheese, crème fraiche and chives.

New Potato Mornay

Layered slices of potato dressed in a cream sauce and topped with grated parmesan cheese, gluten-free crumb, and fresh chopped parsley.

Roasted Rosemary Potato

Mini potatoes with fresh herbs and garlic, roasted to perfection.

SIDES - RICE AND GRAINS (Available Hot ONLY)

\$5.35 per serving

Price does not include disposables, staff charges, delivery or applicable taxes.

Coconut Rice

Delicate basmati steamed and lightly scented with coconut milk. Garnished with multi-toned peppers, Napa cabbage and roasted red onions.

Mezes Rice

Lemon scented Greek style rice pilaf blended with chopped oregano and extra virgin olive oil. Garnished with sliced Kalamata olives, fresh peppers and tomatoes.

Roasted Vegetable Quinoa

A blend of organic quinoas and farro grain with herb roasted squash, sweet potato & red peppers, tossed with buttered garlic leeks.

Wild and Brown Rice

A 7 grain blend of wild & brown rice and whole grains. Scented with lemon and garnished with tart cranberries.

SIDES – VEGETABLES (Available Hot ONLY)

\$5.35 per serving

Price does not include disposables, staff charges, delivery or applicable taxes.

Grilled Vegetables

An assortment of seasonal vegetables marinated with sundried tomato pesto and extra virgin olive oil.

Medley of Seasonal Roasted Vegetables

With garlic, thyme and extra virgin olive oil.

New

Roasted Carrot & Parsnip

Heirloom carrots and parsnip with za'atar.

Steamed Asian Vegetables

Bok Choy, red and yellow peppers, sliced heirloom carrots, tossed in soya sauce and sesame oil.

Steamed Medley of Vegetables

Seasonal selection of local vegetables tossed with fresh herbs.

LAYERED PASTA SELECTION (Gluten-free)

\$60.05 per pan (each pan serves 6-9 guests)

Price does not include disposables, staff charges, delivery or applicable taxes.

Baked Meat Lasagna

Traditional meat lasagna layered with fresh hand-made *gluten-free* pasta, lean ground beef, mozzarella, creamy ricotta and parmesan cheeses and our own tomato marinara sauce.

Baked Vegetable Lasagna

Traditional vegetable lasagna layered with fresh hand-made *gluten-free* pasta, roasted vegetables, mozzarella, ricotta and parmesan cheeses and our own tomato marinara sauce.

THE TOURIST CLASS PASTA (Gluten-free)

\$11.35 per serving

Price does not include disposables, staff charges, delivery or applicable taxes.

Baked Manicotti

Hand-made *gluten-free* pasta filled with wilted baby spinach, mozzarella, and parmesan and ricotta cheeses accented with fresh herbs baked in a roasted garlic cream sauce.

The Business Class Pasta

\$12.45 per serving

Add grilled chicken for an additional charge of \$9.05 per serving. Gluten-free penne is available for an additional \$1.35 per guest, but will be delivered cold with reheating instructions.

Price does not include disposables, staff charges, delivery or applicable taxes.

Orecchiette Alla Grecque

Orecchiette pasta tossed with our fresh made San Marzano tomato basil sauce and finished with a squeeze of fresh lemon. Topped with oregano roasted zucchini, Bermuda onion, eggplant and sweet peppers and crumbled Macedonian Feta.

THE FIRST CLASS PASTA

\$13.50 per serving

Price does not include disposables, staff charges, delivery or applicable taxes.

Squash Ravioli Primavera

Fresh square-shaped pasta sheets filled with roasted squash and ricotta cheese. Tossed with fresh tomato, torn basil, Sicilian eggplant, peppers and roasted artichokes. Topped with soft goat cheese crumble.

À LA CARTE MENU – COLD BREAKFAST IDEAS

Price does not include disposables, staff charges, delivery or applicable taxes.

¹These items are Vegan

Assortment of Morning Pastries	\$2.05 per piece
Assortment of Gluten-free Morning Pastries	\$2.75 per piece
Spiced morning glory muffin	
Lemon poppy seed loaf	
Blueberry cornmeal muffin with citrus glaze ¹	
Pumpkin chocolate chunk muffin with cracked quinoa crumble ¹	
Assortment of bagel thins (whole grain flax and plain) ¹	
Assortment of Miniature Bagels	\$1.20 per piece
Accompanied by butter, preserves and cream cheese.	
Balkan Style Yogurt and <i>Gluten-free Granola</i>	\$5.15 per serving
New Coconut Dairy-free Yogurt and Gluten-free Granola	\$7.50 per serving
Parfait of Creamy Plain Yogurt and <i>Gluten-free Granola</i> with Mango Peach Compote	\$5.15 per serving
New Tropical Chia Power Parfait	\$5.25 per 3oz. serving
Coconut non-dairy yogurt, layered with chia seeds and red and white quinoa blended with banana and mango puree and topped with a passion fruit coulis and crunchy pepitos.	\$7.95 per 5oz. serving
Individual Activia™ Yogurt	\$2.55 per piece
Fresh Fruit Display	\$4.65 per serving
Fresh Fruit Skewers	\$4.90 per serving
With low fat berry honey yogurt dip.	
Fresh Whole Fruit	\$1.40 per piece
Fresh Berries	\$6.80 per serving
Gluten-free Nature Bar	\$3.55 per piece
Handmade with almond butter, dried fruit and toasted seeds.	
Smoked Atlantic Salmon and Cream Cheese	\$9.80 per serving
With mini bagels.	

À LA CARTE MENU – HOT BREAKFAST IDEAS

Price does not include disposables, staff charges, delivery or applicable taxes.

Hot Breakfast Sandwich Collection

Traditional Sandwich (minimum 4 per order) \$7.05 per serving
English muffin, scrambled egg patty, hickory smoked bacon and aged cheddar.

Croissant and Brie Sandwich (minimum 4 per order) \$7.05 per serving
Triple crème brie, scrambled eggs, roasted asparagus.

Turkey and Spinach Bagel Sandwich (minimum 4 per order) \$7.05 per serving
Gluten-free bagel with scrambled eggs, sliced roast turkey, fresh spinach, fontina cheese and basil pesto.

New Southwest Black Bean Breakfast Sandwich \$7.05 per serving
Black bean patty, piquillo pepper marmalade topped with vegan cheese in a gluten free bagel.

Baked Egg Frittata \$8.40 per piece
With chopped kale, roasted pepper, crumbled feta, cherry tomatoes, harissa served in individual cups.

New Tofrittata \$8.25 per piece
Plant-based spiced frittata topped with oven-roasted tomatoes, baby kale and butternut squash.

Farm Fresh Scrambled Eggs \$6.80 per serving

Maple-Cured Bacon or Breakfast Sausage \$2.75 per serving

New Gluten-Free Maple Turkey Breakfast Sausage \$3.25 per serving

New Maple Baked Beans \$4.20 per serving
Hearty beans slowly simmered in rich tomato sauce with a hint of maple syrup.

Baked Yukon Gold Hash Brown Potatoes \$4.65 per serving

Hash Brown Triangle Patty \$2.45 per piece

Hot Oatmeal with House Dried Fruit \$4.50 per serving
High fibre oatmeal flavoured with Maple and Brown Sugar. Conveniently presented in individual packages with our house-dried fruit served on the side. Steaming hot water will be provided in thermoses.

À LA CARTE MENU – TRAYS AND SNACK IDEAS

Price does not include disposables, staff charges, delivery or applicable taxes.

Antipasto Tray

Dry cured Italian sausage, marinated bocconcini, Fontina ribbons, grilled zucchini and peppers, roasted artichokes, olives, oven-dried garlic marinated tomatoes, roasted red pepper aioli, taralli and grissini.

\$10.75 per serving

Charcuterie Tray

Dry cured Spanish sausage, prosciutto, salami, bresaola, sour gherkins, pickled onions. Served with soft and crisp flatbreads.

\$10.75 per serving

Mezze Tray

Roasted cubed eggplant marinated with garlic, parsley and extra virgin olive oil, pickles, grilled halloumi, honeyed feta, rice stuffed grape leaves, hummus and soft pita.

\$10.75 per serving

Artisanal Cheese Platter

Award winning natural rind cheeses, ash-covered goat cheese and soft ripened Quebec cheeses. Served with fig and olive tuiles, multigrain biscuits, fig jelly and honey. *Gluten-free crackers available for an additional \$0.80 per guest*

\$9.75 per serving

Domestic Cheese Tray

Garnished with grape clusters, strawberries, crackers and Raincoast crisp crackers. *Gluten-free crackers available for an additional \$0.80 per guest*

\$5.25 per serving

Domestic and Imported Cheese Tray

Garnished with grape clusters, strawberries, crackers and Raincoast crisp crackers. *Gluten-free crackers available for an additional \$0.80 per guest*

\$6.00 per serving

Crudités and Dip Display

\$4.10 per serving

Gluten-free Nature Bar

Handmade with almond butter, dried fruit and toasted seeds.

\$3.55 per piece

Individual Bags of Chips and Pretzels

\$1.95 per serving

New
New

Individual Bags of Butter-salt Popcorn

\$2.25 per serving

Individual Bags of Root Chips

\$2.75 per serving

Root Chips and Artichoke Dip

Sweet potato, beets and carrots.

\$4.70 per serving

Smoked Salmon with Capers

Red onion, cream cheese, lemon and flatbreads.

\$9.80 per serving

Tri-colour Tortilla Chips

With salsa picante, sour cream and guacamole.

\$4.95 per serving

Beverages

Pop, juice and flat mineral water.

\$1.80 per each

Plain and Lemon Sparkling Water

\$3.30 per each

Coffee & Tea in a Thermos (8 Servings per Thermos)

Includes sugar, sweetener, tea bags, milk and cream, disposable coffee cups and stir sticks.

\$21.40 per thermos

À LA CARTE MENU – LUNCH AND SNACK IDEAS CONTINUED

Price does not include disposables, staff charges, delivery or applicable taxes.

Sandwich Assortment

Prepared on whole grain breads, rolls and tortillas.

\$6.50 per serving

Assortment of Gluten-Free Sandwiches on a Multi-Grain Bun

Grilled chicken, tuna salad, egg salad, roast beef and smoked turkey.

\$7.65 per serving

Gourmet Sandwich Selection

Sandwich assortment on whole-grain breads, rolls and tortillas.

\$10.00 per serving

Make Your Own Sandwich

Sliced deli meats to include turkey breast, roast beef, ham, smoked meat, grilled herb and citrus chicken and Italian cold cuts. Dairy fillings include egg, tuna and chicken salads. Accompanied by a generous assortment of sandwich condiments and bread.

\$9.95 per serving

Venetian Tramezzini Sandwiches

Traditional thin Italian style tea sandwiches layered with our fresh fillings prepared daily on whole grain and traditional white. Shapes include triangles, ribbons and tortilla pinwheels.

\$17.90 per dozen

Tortilla Pinwheel Tea Sandwiches

\$18.95 per dozen

Soups (Minimum Order of 10 Portions)

\$6.80 per serving

Soups can be sent either hot or cold with reheating instructions.

Cream of Forest Mushroom

Mediterranean Vegetable and Organic Farro Grain

Mexican Black Bean & Kale

Puree of Potato & Leek

Quinoa Minestrone

Roasted Red Pepper, Tomato and Basil

Kosher Meals

We offer a selection of breakfast, lunch and dinner options. Please speak with customer service or your account manager for details on the full selection. 72 hours' notice required.

Price Varies

À LA CARTE MENU – LUNCH AND SNACK IDEAS CONTINUED

Price does not include disposables, staff charges, delivery or applicable taxes.

Assorted Cool and Warm Bites (Available cold only. Minimum 48 hours' notice required)

Please Note: The assorted cool and warm bites detailed below are priced as pre-trayed completed items. You may not order more than 30 dozen pieces of cool or warm bites pre-trayed, any more than 30 dozen pieces requires a chef onsite to finish assembly. Some pre-trayed warm bites are available in a cold service format. Speak with your customer service representative for more information or to arrange staffing.

Assorted Cool and Warm Bites
(Available cold only. Minimum 48 hours' notice) \$35.40 per dozen

Consult with customer service or your account manager for full bites selection.

Oishi Sushi Selection
(Minimum 5 Dozen and 48 hours' notice) \$45.00 per dozen

Vegetarian Maki
Cucumber and avocado roll.

Asparagus & Avocado Maki
Colourful soy paper wrapped around asparagus, avocado and dynamite sauce.

Nanami Salmon Maki
Lightly torched salmon sprinkled with nanami spices on top of a cucumber and avocado maki.

Tuna Hako
Hako (Osaka-style pressed box) sushi topped with fresh tuna.

Spicy Tuna Maki
Tuna, tempura bits, cucumber and dynamite sauce maki.

PASTRY IDEAS

Price does not include disposables, staff charges, delivery or applicable taxes.

Butter Shortbreads and Biscotti	\$1.65 per piece
Home-Style Cookies Oatmeal raisin, chocolate chunk, double-chocolate, white chocolate macadamia.	\$1.10 per piece
Assortment of Marigolds and Onions Fresh Baked Cookies	\$1.65 per piece
Assortment of Marigolds and Onions Fresh Baked Cookies, and Squares	\$2.20 per piece
Assortment of Marigolds and Onions Fresh Baked Cookies, Squares, and French Pastries	\$2.45 per piece
Assortment of Gluten-free Fresh Baked Squares and Cookies Mandarin curd square, chocolate chunk cookie ¹ , double-chocolate sugar cookie ¹ , cranberry and almond chew, iced brownie ¹ .	\$2.75 per piece
M&O's Mini Cupcake Collection A striking array of decadent mini cupcakes to include Chocolate Sundae, Red Velvet, Candy Bar, Banana Caramel and Candy Topped Vanilla and Chocolate.	\$3.00 per piece
Cheesecake Lollipops	\$3.00 per piece
Chocolate Dipped Strawberries	\$3.00 per piece
Candy Land A selection of confectionary delights featuring candy counter favourites such as sours, wrapped nutty chocolates, soft and chewies, and cherry licorice.	\$6.25 per serving
Macaroon Donuts Miniature almond macaroons, donut shaped and glazed with an assortment of fun toppings.	\$3.00 per piece
Traditional French Almond Macaroons	\$3.00 per piece

¹ These items are Vegan

Individual Dessert Options (Minimum 48 Hours' Notice)

\$6.80 per serving

Price does not include disposables, staff charges, delivery or applicable taxes.

Classic New York Cheesecake

Silky creamed cheesecake with a graham crust and sour cream topping.

Tiramisu Parfait

Gluten-free lady fingers soaked in espresso and layered with mascarpone mousse and poached pears. Topped with a gluten-free chocolate biscuit.

Lemoncello

Flan shell filled with a caramelized tangy lemon curd with an oven-dried citrus stamp.

CAKE SELECTION (Minimum 48 Hours' Notice)

Cakes are available in various sizes and flavours. Consult with customer service or your account manager for more information.

Tel: 416-256-4882 | Order online at www.marigoldsandonions.com

Email: customerservice@marigoldsandonions.com | 2700 Dufferin St., Unit 18, Toronto, ON, M6B4J3