



Marigolds & Onions  
**CATERING & EVENT PRODUCTION**

## Cold Plate Combo Collection

---

Tel: 416-256-4882 | Order online at [www.marigoldsandonions.com](http://www.marigoldsandonions.com)

Email: [customerservice@marigoldsandonions.com](mailto:customerservice@marigoldsandonions.com) | 2700 Dufferin St., Unit 18, Toronto, ON, M6B4J3

## COLD PLATE COMBO COLLECTION

---

\$28.00 per serving

Served on a biodegradable plate.

### Chicken Cold Lunch Combo Plate 1

**Sticky Glazed Chicken (GF)(LF)(NF)**

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

**Krunchy Kale (GF)(LF)(NF)(Vegan)**

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.

**Steamed Baby Bok Choy with Sesame Seeds (GF)(LF)(NF)(Vegan)**

**Ciabatta Roll & Butter (LF)(NF)(Vegan)**

**Mini Seasonal Fruit Skewer (GF)(LF)(NF)(Vegan)**

**M&O Gourmet Cookie(V)**



### Chicken Cold Lunch Combo Plate 2

**Alba Chicken (GF)(LF)(NF)**

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

**Insalata Genovese (GF)(LF)(NF)(Vegan)**

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

**Pesto Grilled Zucchini(GF)(NF)(V)**

**Ciabatta Roll & Butter (LF)(NF)(Vegan)**

**Mini Seasonal Fruit Skewer (GF)(LF)(NF)(Vegan)**

**M&O Gourmet Cookie(V)**



### Beef Cold Lunch Combo Plate 1

**Fire Roasted Beef (GF)(LF)(NF)**

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

**Pear and Pomegranate Greens (GF)(LF)(NF)(Vegan)**

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

**Roasted Broccoli (GF)(LF)(NF)(Vegan)**

**Ciabatta Roll & Butter (LF)(NF)(Vegan)**

**Mini Seasonal Fruit Skewer (GF)(LF)(NF)(Vegan)**

**M&O Gourmet Cookie(V)**



---

Tel: 416-256-4882 | Order online at [www.marigoldsandonions.com](http://www.marigoldsandonions.com)

Email: [customerservice@marigoldsandonions.com](mailto:customerservice@marigoldsandonions.com) | 2700 Dufferin St., Unit 18, Toronto, ON, M6B4J3

## COLD PLATE COMBO COLLECTION CONT'D

---

\$28.00 per serving

Served on a biodegradable plate.

### Beef Cold Lunch Combo Plate 2

**Peppercorn Beef (GF)(LF)(NF)**

Grilled with a crush of peppercorns.

**Roasted Radish (GF)(LF)(NF)(Vegan)**

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

**Grilled Asparagus (GF)(LF)(NF)(Vegan)**

**Ciabatta Roll & Butter (LF)(NF)(Vegan)**

**Mini Seasonal Fruit Skewer (GF)(LF)(NF)(Vegan)**

**M&O Gourmet Cookie(V)**



### Salmon Cold Lunch Combo Plate 1

**Honey and Harissa Salmon (GF)(LF)(NF)**

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

**Beet and Squash Greens (GF)(LF)(NF)(Vegan)**

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.

**Cumin Roasted Cauliflower (GF)(LF)(NF)(Vegan)**

**Ciabatta Roll & Butter (LF)(NF)(Vegan)**

**Mini Seasonal Fruit Skewer (GF)(LF)(NF)(Vegan)**

**M&O Gourmet Cookie(V)**



### Salmon Cold Lunch Combo Plate 2

**Rocky Mountain Salmon (GF)(LF)(NF)**

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

**The County Greens (GF)(LF)(V)**

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.

**Grilled Peppers (GF)(LF)(NF)(Vegan)**

**Ciabatta Roll & Butter (LF)(NF)(Vegan)**

**Mini Seasonal Fruit Skewer (GF)(LF)(NF)(Vegan)**

**M&O Gourmet Cookie(V)**



### Smoked Salmon Cold Lunch Combo Plate 1

**Smoked Atlantic Salmon (GF)(LF)(NF)**

With mini bagel (LF)(NF)(V), capers(GF)(LF)(NF)(Vegan), pickled red onion(GF)(LF)(NF)(Vegan)and cream cheese.(GF)(NF)(V)

**Chopped Egg Salad (GF)(LF)(NF)(V)**

**Baby Kale and Fennel Salad (GF)(LF)(NF)(Vegan)**

Baby green kale, cucumber, chickpeas, cherry tomato, shaved fennel.

Dressed with rice wine vinegar, olive oil, lemon juice.

**Mini Seasonal Fruit Skewer (GF)(LF)(NF)(Vegan)**

**Mini Rugelah (NF)(V)**



---

**Tel: 416-256-4882 | Order online at [www.marigoldsandonions.com](http://www.marigoldsandonions.com)**

**Email:[customerservice@marigoldsandonions.com](mailto:customerservice@marigoldsandonions.com) | 2700 Dufferin St., Unit 18, Toronto, ON, M6B4J3**

### Plant Based Cold Lunch Combo Plate 1

#### Portobello Cap (GF)(LF)(NF)(Vegan)

Roasted Portobello cap topped with basil marinated tomatoes, artichokes and Butternut Squash.

#### Baby Kale and Fennel Salad (GF)(LF)(NF)(Vegan)

Baby green kale, cucumber, chickpeas, cherry tomato, shaved fennel.

Dressed with rice wine vinegar, olive oil, lemon juice.

#### Grilled Sweet Potato (GF)(LF)(NF)(Vegan)

#### Ciabatta Roll & Butter (Hummus for Vegan) (LF)(NF)(Vegan)

#### Mini Seasonal Fruit Skewer (GF)(LF)(NF)(Vegan)

#### Vegan & GF Chocolate Sugar Cookie (GF)(LF)(NF)(Vegan)



### Plant Based Cold Lunch Combo Plate 2

#### Santa Fe Cutlet (LF)(NF)(Vegan)

Roasted Soy Cutlet glazed with a chipotle adobo sauce sweetened with a touch of maple syrup.

#### Wild Greens (GF)(LF)(NF)(Vegan)

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

#### Honey Roasted Parsnip (GF)(LF)(NF)(V)

#### Ciabatta Roll & Butter (Hummus for Vegan) (LF)(NF)(Vegan)

#### Mini Seasonal Fruit Skewer (GF)(LF)(NF)(Vegan)

#### Vegan & GF Chocolate Chunk Cookie (GF)(LF)(NF)(Vegan)

