

2024 CORPORATE MENU

ALL MEALS ARE INDIVIDUALLY PACKAGED IN BIODEGRADABLE CONTAINERS WHERE POSSIBLE

Hors d'Oeuvres & Platters



Hors d'Oeuvres

- Grilled Polenta with a Tomato Chutney
- Chicken Avocado Tartlet
- Mini Beef Wellington
- Caprese Skewers
- Cucumber with Salmon and Cream Cheese
- Beef or Chicken Satay

Polenta with Grilled Vegetables

Bruschetta

ASK ABOUT OUR FULL HORS D'OEUVRES LIST

Pricing Minimum 10 people

\$3.50 per piece

3 Pieces - \$10.50

4 Pieces - \$14.00

5 Pieces - \$17.50

7 Pieces - \$24.50

Tea Sandwiches

A selection of fancy and traditional Tea Sandwiches including: tuna salad garnished with gherkin pickles on brown breads, shaved turkey with lettuce and mayonnaise, shaved honey ham with lettuce and mayonnaise, egg salad served on white bread, shaved roast beef with cheese and mustard on whole wheat

\$16.50 per dozen



Bountiful Platter

Domestic and imported cheeses, grapes, berries and dried fruits, veggies & dip, pita points and middle eastern dips, assorted crackers, marinated artichokes on skewers, spicy olives, shaved prosciutto, Geona salami, crostini bread sticks marinated mozzarella and feta cubes

\$19.95 per person

Cheese Tray with Crackers and Fruit Garnish
\$11.90 per person

Assortment of Seasonal Fresh Fruit
\$6.95 per person

Fresh Vegetable Platter with Ranch Dip
\$4.65 per person

Finger Pastry Platter
\$4.00 per person

Mixed Dessert Platter - \$5.25

Fresh Baked Cookies
\$2.00 each

BREAKFAST - BUFFET, SNACKS & SANDWICHES

HOT BREAKFAST BUFFET

Scrambled Eggs
Bacon or Sausages
Breakfast Potatoes
75% Sliced Fresh Fruit
50% Toasting Breads with Butter and Preserves
\$17.90 per person

Continental Breakfast

Assortment of muffins, croissants, danishes and scones with butter and preserves - \$6.95 per person

Continental Breakfast with Fruit

Assortment of Muffins, croissants, danish, bagels with butter, preserves, cream cheese and 75% sliced fruit - \$13.95 (\$15.25 with yogurt)

Oatmeal with dried fruit, honey and almonds - \$4.60 per person

2 Fluffy pancakes with syrup and butter - \$4.50 per person

Belgian Waffles with syrup and butter - \$5.00 per person

Breakfast Loaf with Zucchini, Pineapple and Banana
\$23.75 per dozen



Boiled Eggs, shell on and chilled
\$1.75 each

Raisin Bran or Cheerios served with milk
\$4.25 each

Gluten Free Cereal, Chex or Kashi served with milk
\$5.25 each

Granola Clusters with Nuts and Vanilla Yogurt
\$4.00 each

Chia Pudding or Chocolate Avocado Pudding
\$5.85 each

Whole Fresh Fruit
\$1.75 each

Individual Yogurt
\$2.70 each

Assortment of Bagels with Cream Cheese - \$31.30 per dozen



BREAKFAST SANDWICHES

\$9.45 per person

AVOCADO TURKEY
topped with a boiled egg and alfalfa sprouts on an English muffin (whole wheat or plain) with a light lemon paprika mayo spread

SMOKED CHICKEN BACON
Halal Smoked chicken bacon with fried egg and sautéed peppers, with Dijon mustard on a breakfast round

SMOKED SALMON
Served on a bagel with cream cheese, sliced cucumbers and arugula or salmon with capers

SALMON WRAP
Smoked salmon wrap with apple, cream cheese, cucumbers and pickled red onion

CHICKEN PEAMEAL
Chicken and peameal bacon served with poached egg, tomatoes and pesto sauce

FRITTATA
Frittata croissant with tomato and mayo topped with onion sprouts

OMELETTE
Mushroom and tomato omelette panini topped with sharp cheddar and turkey sausage

RICOTTA
Ricotta and honey spread topped with rapini and fried egg on marble rye

BOXED LUNCHES, SANDWICHES & WRAPS

BOXED LUNCHES

Comes with choice of
Sandwich or Wrap
Side Salad
Whole Fruit
Dessert

\$17.95 per person

Traditional Sandwiches

Turkey
Turkey Club
Chicken Salad
Roast Beef
Tuna Salad
Egg Salad

All made on Whole Wheat, Multigrain,
White or Rye Breads

Traditional Wraps

Grilled Chicken
Grilled Beef
Turkey
Grilled Veggies with Hummus
Vegan Falafel Wrap
All made on White or
Whole Wheat Wraps

*Ask us about additional
Vegan, Gluten Free and
Dairy Free Options*

GOURMET BOXED LUNCHES

\$19.50 PER PERSON

VEGAN

Grilled Tofu and Vegetable Wrap,
Asian noodle salad, fresh fruit cup and
an avocado chocolate mousse

CHICKEN

Lemon Pesto Chicken with Asiago
cheese, oven roasted tomatoes and
sprouts on a baguette
Mixed Greens Salad
Fresh fruit cup and a plain butter
tart or Nanaimo bar

SALMON

Salmon Teriyaki wrap with bean
sprouts, spinach, red peppers and
sauteed mushrooms
Mixed Greens Salad
fresh fruit cup and a plain butter tart or
Nanaimo bar

GREEK

Chicken Souvlaki Wrap, with tzatziki,
lemon zest black olives and arugula, and
bruschetta tomatoes
Greek salad,
Fresh fruit cup a plain butter tart or
Nanaimo bar

BEEF

Grilled steak and brie topped with
sauteed onions, dijon, horseradish and
arugula with a fig jam spread on focaccia
Mixed Green Salad
Fresh fruit cup and a plain butter tart or
Nanaimo bar

Gourmet Boxed Lunches can
also be served as a Protein Bowl



SOUP - \$6.95 per person

Minestrone
(vegetarian)

Vegetable chicken noodle
(dairy free)

Creamy butternut squash
(vegetarian/vegan)

Barley vegetable
(dairy free/vegetarian)

Potato Leek
(vegetarian)

Tomato Lentil
(dairy free)

Carrot and Ginger
(vegan)

Roasted Red Pepper
(dairy free)

Spicy Thai Coconut Chicken
(vegetarian)

Corn Chowder
(vegetarian)

Beef or Vegan Chili - \$8.95



LUNCH CONTINUED

TRADITIONAL SALADS

\$5.00 PER PERSON

Mixed greens salad with tomato, cucumber, onion sprouts, feta cheese and balsamic dressing

Caesar salad with homemade croutons served with or without bacon

Spinach salad, strawberries, red onions, peppers

Napa Coleslaw

PREMIUMS SALADS

\$6.80 PER PERSON

Spinach and apple with goat cheese and dried cranberry in a poppy seed vinaigrette

Roasted carrot and avocado with citrus dressing

Antipasto salad with bocconcini

Asian Noodle Tofu with baby bok choy and sprouts in a ginger dressing

Kale, yellow raisin and feta with a honey balsamic dressing

Grilled vegetable salad



PREMIUM WRAPS

Individual \$9.30
With Salad or Soup
and Dessert \$17.90

Roast beef, red cabbage, shredded cheddar, roasted peppers, vinegar, olive oil, garlic and honey mustard

Chicken Caesar wrap, romaine lettuce, parmesan cheese, sliced bacon and Caesar dressing

Chicken shawarma wrap
chicken marinated in yogurt, tahini sauce, lemon juice, onion, cucumber, parsley, pickles, and pickled turnips

Veggie Burrito with black turtle beans, mozzarella cheese, lettuce, cucumber, black olives and homemade salsa

Caprese wrap with fresh tomato, buffalo mozzarella, basil and olive oil

Vegan wraps

Veggie Delight with grilled eggplant, zucchini and sautéed peppers in a balsamic dressing with tomatoes and arugula

Quinoa Wrap with peppers, corn, black beans and a vegan chipotle sauce

Falafel or Tofu vegan wrap with chickpeas, red peppers, potatoes, gherkin pickles, onion sprouts, lemon, cumin, chickpea flour, vegan mayo



PREMIUM SANDWICHES

Individual \$9.30
With Salad or Soup
and Dessert \$17.90

Tuna Nicoise sandwich with Dijon mustard, cucumber, sliced onion, boiled egg and black olive tapenade

Prime rib sandwich with sautéed mushroom and onion topped with monetary jack cheese and a horseradish ranch dressing

Grilled spinach herbed ricotta and tomato with and eggplant wrap

Roast beef, red cabbage, shredded cheddar, roasted peppers, vinegar, olive oil, onion, garlic and honey mustard

Butter chicken wrap, grilled chicken, tzatziki sauce, cucumber, coriander, lemon juice, romaine lettuce

Grilled chicken sandwich with pesto mayo, sun dried tomatoes, lettuce and smoked mozzarella

HOT LUNCHESES AND VALUE MEALS

VALUE MEALS

\$18.75 PER PERSON

Includes Main, Side and Salad

Baked Tomato Lemon Haddock
with Butter Dill Broccoli and a
Tomato Cucumber Salad

Jerk Chicken
With Rice and Coleslaw

Mongolian Beef Stir Fry
With mixed Greens and a
Julian Vegetable Salad with
Sesame Dressing

Vegan Tofu and
Chickpea Cacciatore
Over a bed of rice and a
side of Bean Salad



CLASSIC HOT LUNCH

\$21.95 PER PERSON

Add Dessert for \$2.75

Jerk chicken, rice and peas. Dill butter
broccoli with Napa slaw

Pepper steakettes, mashed
potatoes, roasted root vegetables
and green bean salad

Chicken souvlaki, roasted potatoes,
sauteed peas and mushrooms, served
with tzatziki and Greek salad

Chicken parmesan, grilled half
zucchini, lemon orzo pasta with
rapini and cherry tomatoes
Spinach salad with apples and
cranberries in a honey
balsamic dressing

Blackened cod with a mango chutney
Sauteed green beans, mashed sweet
potato and Caesar salad

Butter chicken, basmati rice, assorted
gingered vegetables served with
cucumber salad

Vegan Stuffed Peppers with market
fresh vegetables and butternut squash

DESSERT OPTIONS

Portuguese Tarts
Italian Cannoli
Chocolate Eclairs
Fresh Fruit Cup
Nanaimo Bars
Butter Tarts

PREMIUM HOT LUNCH

\$24.95 PER PERSON

Add Dessert for \$2.75

Roast beef au jus, roasted baby
potatoes, grilled lemon asparagus
Mandarin salad with poppy
seed vinaigrette

Mushroom chicken, broccoli au
gratin, yellow rice pilaf
Cucumber and tomato salad

Beef Bourguignon, buttery mashed
potatoes, grilled vegetables
Mixed green salad with strawberries
and goat cheese

Oven baked tomato salsa Cod loins,
chinese broccoli with a
black bean sauce, Soba noodle
salad with tofu and mushrooms
and Napa slaw

Vegan Tofu Stacked Portobello,
Stuffed Peppers, with oven roasted
potatoes and 3 bean salad





PASTA MENUS AND BEVARAGE SERVICE

CLASSIC PASTA MENU PASTA, AND SALAD \$16.95 PER PERSON

Pasta alfredo with mushrooms served
with Caesar salad

Vegetarian Cheese Lasagna and
spinach caprese salad

Ricotta filled cannelloni
with Caesar salad

PREMIUM PASTA MENU PASTA WITH PROTEIN AND SALAD \$18.95 PER PERSON

Penne rosso served with chicken,
spinach salad with strawberries,
red peppers and goat cheese

Beef lasagna or cannelloni
with beet salad with
cucumber and sunflower seeds in a
honey Dijon dressing

Vegan Pasta al forno served
with tomato and cucumber
salad with artichokes in an
olive oil and lemon dressing

ADD BEVERAGE AND DESSERT
FOR \$4.75

VEGAN, GLUTEN FREE OR DAIRY FREE PASTA MENU PASTA WITH PROTEIN AND SALAD \$18.95 PER PERSON

WE ARE ABLE TO
ACCOMMODATE
MOST DIETARY
RESTRICTIONS OR
ALLERGIES AT TIME
OF ORDER

DELIVERY AND DISPOSABLES
FEES ARE NOT INCLUDED
IN MENU PRICING

MINIMUM ORDER OF 10



BEVERAGES

- Assorted Soft Drinks - \$2.00
- Bottled Water - \$1.50
- Sparkling Water - \$2.75
- Coffee & Tea Service - \$3.95
- Assorted Bottled Juices - \$2.65



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Contact us for a
customized quote

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