



2016

# Toss it Up Catering Menu



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# MORNING



## Morning Continental \$7.50

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



## Morning Pastry \$4.00

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

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## Bagels & Morning Pastry \$4.50

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

## Bagels With Cream Cheese \$3.25

Your choice of freshly baked bagels with butter, cream cheese & preserves

## Our Muesli Breakfast \$4.75 *Healthy & Delicious!*

House-made with low fat yogurt, fresh berries, oats, apples & raisins

## Breakfast Sandwiches \$4.25

Egg, bacon, sausage, ham & cheddar sandwiches on English muffins.

## Breakfast Burritos \$4.50

Scrambled egg, onions, peppers, sausage & cheese served in a wrap

## Breakfast in a Box \$6.00 *Customer Favorite!*

Enjoy a made-from-scratch muffin, a bowl of mixed fruits & orange juice

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## HEALTHY PLATTERS

### Yogurt, Strawberries & Granola \$48.00

Yogurt & fresh strawberries with a side of granola  
(serves 10-12)

### Fresh Fruit \$39.00

An elegant arrangement of whole & sliced seasonal fruits & berries (serves 10-12)

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## HOT BREAKFAST OPTIONS

### Hot Breakfast #One \$13.15

Fresh scrambled eggs, home fries, sausage, bacon, baked goods, coffee & tea

### Hot Breakfast #Two \$13.95

French toast, pancakes or waffles served with maple syrup & butter, home fries, sausage, bacon, baked goods, coffee and tea

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## BEVERAGE SERVICE

### COFFEE AND TEA

Freshly brewed coffee (serves 10) \$18.50

Tea (serves 5) \$9.25

### Cold Beverages

An assortment of juice, milk, chocolate milk & water \$2.25ea

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## LUNCH



### Assorted Sandwich Basket \$6.95

Our classic sandwiches served on artisan breads including roast beef, black forest ham, chicken, smoked meat, tuna salad, egg salad & vegetables. NEW! Smoked Turkey, Toss it Up Club

### Assorted Wrap Basket \$8.95

An assortment of our gourmet wraps including chicken Caesar, BBQ chicken, Tuna Soprano, grilled veggies, Swissie Steak & The Tofusion

### Assorted Wraps & Sandwiches \$7.95

*The best of both. Assorted wraps & our classic sandwiches!*

### **NEW!** Panini Sandwiches \$8.95

Smoked Turkey & Havarti, Grilled Vegetables, Baby Shrimp, Chicken Parmigiana, Cuban Club, Cranberry Chicken, on Panini Rolls.

### BOXED LUNCHES

Sandwich or wrap with a side salad \$11.95

Sandwich or wrap with a side salad & drink \$13.95

**Most Popular!** Sandwich or wrap with a side salad, drink & a cookie or brownie \$16.25

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## POPULAR LUNCH COMBOS

### The Sandwich Buffet \$14.95

An assortment of Toss classic sandwiches and wraps, choice of mixed greens or Caesar salad and your choice of cookies, or cookies and brownies.

### The Boardroom Buffet \$17.95

An assortment of Toss it Up signature sandwiches and wraps, crudités and dip platter, a choice of house salad or Caesar salad and one premium salad bowl. Choice of cookies, or cookies and brownies

### The Executive Buffet \$21.95

An assortment of grilled Panini sandwiches, crudités and dip platter, domestic cheese platter, a choice of two premium salad bowls and a mini assorted pastry tray.

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## BEVERAGE TOTES

Freshly Brewed Coffee (*serves 10*) \$18.50

Tea (*serves 5*) \$9.25

## ADD COLD BEVERAGES

An assortment of juice, milk, chocolate milk & water \$2.25



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# SALAD BOWLS

*(Serves up to 5 as entrees or 10 side orders)*



## **Mixed Greens \$35.00**

With tomatoes, cucumbers, red onions, carrots with our house vinaigrette

## **Caesar Salad \$45.00**

Romaine, Caesar dressing, sourdough croutons and parmesan cheese

## **Homemade Potato Salad \$25.00**

## **Creamy Coleslaw \$25.00**

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# CHEF DESIGNED SALAD BOWLS

*Served with dressing on the side & a small bread basket \$60.00*

## **Spinach Cycle**

Toasted walnuts, goat cheese, sundried cranberries, tomatoes, red onions, mixed peppers, shredded carrots & baby spinach with raspberry vinaigrette

## **Asian Chicken**

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

## **Shogun Steak**

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

## **Tony Tuna**

Flaked white tuna, sliced Roma tomatoes, Bermuda onions, red bliss potatoes, boiled eggs, sliced cucumbers, mixed greens, black olives & baby greens with sundried tomatoes and basil 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

## **Tofu 4U**

Sliced tofu, sweet peppers, cucumbers, bean sprouts, red onions, carrots, mandarins, crispy noodles, crunchy lettuce, cilantro & Thai ginger dressing

## **Zorba the Greek**

Warm marinated chicken, sweet peppers, tomatoes, red onions, cucumbers, black olives, crumbled feta, with mixed greens & feta dressing

## **Shanghai Noodles**

Vermicelli noodles, oriental vegetables, peanuts, steak, chicken or tofu with red Thai dressing

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## **SOUPS \$4.75**

Ask your Toss it Up representative for today's soup selections.

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## **NEW! 11" THIN CRUST GOURMET PIZZA \$17.50ea.**

Thin crust and made from imported 00 flour, extra virgin olive oil and spring water. We also use imported San Marzano tomato sauce. Gluten free crust available adds 3.00.



### **THE DIRTY PIZZA**

House meatballs, tomato sauce, pepperoni, banana peppers and mozzarella

### **LOTSA CHEESE PIZZA**

Mozzarella, gorgonzola, smoked Gouda, pecorino Romano and tomato sauce

### **JOE PATATE PIZZA**

Yukon gold potatoes, roasted garlic béchamel, caramelized onions, fresh rosemary and thyme, Fior de latte

### **WAKE 'N BAKE**

Double bacon, baby spinach, tomato sauce, grape tomatoes, sunny side free range egg, pecorino cheese

### **LALA PIZZA**

Hot soppressata, caramelized onions, Calabrian chilies, hand-crushed San Marzano Tomatoes, fresh buffalo mozzarella

### **#AWESOME PIZZA *staff pick!***

Pepperoni, button mushroom, red pepper, onion, bacon, olive, mozzarella and tomato sauce

### **MAGIC MUSHROOM PIZZA**

Roasted garlic béchamel, mozzarella, wilted spinach, pecorino, fresh herbs, assorted roasted mushrooms

### **IRE MON PIZZA**

Jamaican jerk chicken, spicy sweet jump up sauce, bacon, red onion and pineapple

### **TOP SHELF MARGHERITA PIZZA**

Tomato sauce, grape tomatoes, fresh basil, Buffalo mozzarella

### **HAWAII FIVE-O PIZZA**

Pineapple, bacon, ham, tomato sauce and mozzarella cheese

### **THE WHOLE HOG PIZZA**

Sausage, prosciutto, pancetta, tomato sauce and mozzarella

### **ZEUS PIZZA**

Basil Pesto, roasted red peppers, Kalamata olives and feta

### **LILI PIZZA**

Roasted garlic, house sausage, grilled pear, roasted red peppers and gorgonzola cheese

### **THE ANSWER PIZZA**

Roasted zucchini, red onion, grape tomatoes, roasted mushrooms, basil pesto and local goats' cheese

### **SLOW AND LOW PIZZA**

Pulled pork, basil and garlic BBQ sauce, caramelized onions, hot banana peppers, drizzled with house ranch

### **ROCKET MAN PIZZA**

Buffalo mozzarella, Sam Marzano tomato sauce, arugula, and prosciutto

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## HORS D'OEUVRES & CANAPES

*Minimum 10 persons. Your choice of 7 hors d'oeuvres. \$15.75*



### Hot

Phyllo with Feta & Spinach

Leek & Brie Quiche

Ham & Cheddar Quiche

Mozzarella & Wild Mushroom Tart

Thai Chili Chicken or Beef Satays

Chicken Souvlaki

Maple Glazed Salmon Satays

Risotto Cakes with Marinara

Twice Baked mini Potatoes

Hoisin Ginger Shrimp Satays

Crab Cake with Spicy Cocktail Sauce

Mini Vegetarian Spring Rolls

Mini New Potatoes Stuffed with Goat Cheese & Green Peppercorns

### Cold

Cherry Tomatoes & Bocconcini

Cocktail Shrimp

Melon & Prosciutto

Smoked Salmon on Pumpernickel

Bruschetta on Focaccia Bread

Mini Pita with Curried Chicken

Rare Beef on Crostini with Horseradish Cream

Roasted Vegetables & Goat Cheese on Focaccia

Crab & Shrimp Salad in a Pita

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## Fresh Platters S/M/L



### Antipasto Platter \$56/\$88/\$120

Genoa salami, black forest ham, fresh mozzarella, Swiss, provolone, cherry tomatoes and olives

### Crudités Basket \$40/\$50/\$65

Fresh seasonal vegetables with herbed sour cream cooler

### Hummus Dip (serves 10) \$35

Creamy hummus and tahini dip served with pita chips & crudités

### Caprese Platter \$55/\$69/\$99

Fresh mozzarella, Roma tomatoes & fresh basil served with balsamic vinaigrette & crostini

### Spinach & Artichoke Dip (serves 10) \$45

Fresh baked pumpkinnickel bread bowl with spinach, artichoke & cream cheese

### Fresh Fruit Platter \$40/\$54/\$67

Platter of melon, pineapple & other seasonal fruits

### Sushi Platter \$70/\$80/\$90

Tuna, salmon, shrimp, crab, egg, spicy salmon roll, California roll

### Grilled Shrimp Platter \$40/\$55/\$70

Char grilled shrimp served with sweet chili dipping sauce

### Fruit Cheese & Nuts Platter \$62/\$72/\$110

Assorted cheeses served with fresh seasonal fruit, crackers & nuts.





## INTERNATIONAL FLAVOURS



### **Greek \$18.95**

Chicken souvlaki on skewers served with Greek salad, rice, pita, tzatziki sauce and assorted desserts

### ***Most Popular!***

### **Italian \$17.95**

Penne Pasta with Bolognese or Tomato Basil Sauce

### **Mexican Fajitas \$18.95**

Chicken, beef or vegetable fajitas served with shredded cheese, salsa, guacamole, and sour cream, with Mexican rice, black bean salad and assorted desserts

### **Thai \$18.95**

Pad Thai with chicken or shrimp, vegetable spring rolls, mango pineapple salad, assorted desserts, fortune cookies and chopsticks

### **German \$17.95**

Chicken schnitzel and bratwurst sausage, served with warm German potato salad, lentil soup, fresh rolls and apple crumble

### **French \$16.95**

Beef Bourguignon served on rice or noodles, bread & rolls, green salad & dessert

### **Indian \$19.95**

Aromatic chicken tandoori, basmati rice, grilled vegetables, naan bread, cookies and brownies

### **Caribbean \$18.95**

Spicy Jump Up Jerk chicken black beans and rice, grilled vegetables, cookies and brownies

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## COMPLETE MENU COMBOS DESIGNED TO FIT YOUR BUDGET!

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### **Quiche with Salad \$11.95**

Quiche Lorraine, broccoli & cheddar or smoked ham & cheese with garden or Caesar salad & cookies

### **Chicken Parmigiana \$16.95**

Breaded chicken breast covered in tomato & basil sauce with mozzarella, penne pasta, garlic bread & desserts

### **LASAGNA Meat or Vegetarian \$14.95**

Served with garlic bread & mini pastries

### ***Customer Favorite!* BBQ Chicken \$14.95**

1/4 in house smoked BBQ chicken breast with potato salad, coleslaw and mini pastries

### **STIR FRY Chicken or Beef \$14.95**

Wok fried oriental vegetables with chicken or beef in an orange Peking hoisin sauce with jasmine coconut rice and assorted desserts

### **Chicken Parmigiana \$16.95**

Breaded chicken breast covered in tomato & basil sauce with mozzarella, penne pasta, garlic bread & desserts

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# DESSERTS (serves 10)

## Brownies \$21.50

An assortment of our freshly baked brownies

## Cookies \$19.50

An assortment of our freshly baked cookies

### ***Most Popular!*** COOKIES & BROWNIES \$23.50



**Chocolate Dipped Strawberries** (*minimum 10*)  
\$2.50 ea.

**Fruit Tarts** (*minimum 10*) \$3.75 ea.

Seasonal fruits with custard in a sweet pastry crust

**Mini Cupcakes** (*minimum 10*) \$2.50 ea.

Selection of house made cupcakes

**Petit Fours** (serves 10-12) \$55.50

Gourmet, mini sized French pastries

**The Mini Tray** (serves 10-12) \$42.00

Miniature pastries including cookies, brownies, tarts, squares & mini cupcakes

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## SPECIAL OCCASION CAKES

Decorated Cakes, Charlottes, Mousses, Pies, Tarts, Flans,

Slab 8\*12\*16", 23" custom made logos, with writing on request. Call for varieties & prices.

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## About Toss it Up

We are expert Home, Office and Wedding caterers with over 30 years experience in service. Toss it Up caters to all of your personal, social and business needs anywhere at any time in Ottawa-Gatineau and surrounding areas.

## Place Your Order:

613.216.2845

online [www.tossitup.ca](http://www.tossitup.ca)

Fax 613.820.7846

Email us: [info@tossitup.ca](mailto:info@tossitup.ca)

### Our Policy

Toss it up is always ready to accommodate any last minute request, however some items may require 24 hours notice.

**Order minimum 10 people.**

### Event Services

Full bar services, servers and bartenders, china, glassware, linens and other rentals.



**We deliver to all parts of Ottawa and Gatineau.**  
Delivery charges may apply.

**We accept debit and all major credit cards.** House account inquiries are welcome.