



Toss it up



STAY SAFE | EAT FRESH

At Toss It Up catering we always strive to use the freshest local ingredients to continue to support our community with nutritious and delicious lunch options. Through these difficult times we strive to continue serving our community in a safe manner while still delivering the high-quality food our customers love. Our Social Distancing Menu is designed to keep everyone as safe as possible through a more streamlined and health-conscious cooking and delivery process. All the meal options come individually packaged and labelled in a disposable container ready for cross contamination-free retrieval! - Matt



TOSS IT UP CATERING
FRESH TO GO

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SOCIAL DISTANCING MENU

FRESH TO GO



COLD/SANDWICH COMBOS

All sandwich combos come with a choice of a sandwich served on a fresh roll; (Smoked Ham, Turkey Cranberry, Spicy Beef, Mixed Cold Cuts) or a wrap; (Chicken Caesar, BBQ Chicken Ranch, Spicy Steak, Turkey Cranberry)

COMBO #1

\$15

An assortment of sandwiches & wraps with your choice of chips or vegetables & dip. Finished with a fresh baked cookie or dessert square.

COMBO #2

\$18

An assortment of sandwiches & wraps, choice of house salad, caesar salad or vegetables & dip. Finished with chips and a fresh baked cookie or dessert square.

COMBO #3

\$21

An assortment of sandwiches & wraps served along side vegetable & dip, an assortment of fresh cheeses, choice of one salad, finished with a fresh baked cookie or dessert square.

Extra Sides & Beverages

Chips	\$2.00
Vegetable & Dip	\$4.00
Cookie	\$2.00
Pop	\$1.50
Salad Upgrade	\$3.00
Fresh Fruit Salad	\$4.00
Mixed Nuts	\$3.00

SNACK BOX COMBOS

All of our snack box combos are designed as a lighter and more health-conscious lunch option.

SNACK BOX #1

\$15

An assortment of vegetables and pita served alongside spinach dip, tzatziki and hummus, finished with fresh fruit salad.

SNACK BOX #2

\$18

An assortment of shaved deli meats (smoked turkey, black forest ham & capicola) cheese, vegetables, ranch dip and crackers, finished with fresh fruit salad.

VALUE COMBO - minimum order of 25 ppl

\$10

Large group? Low budget? No problem!

Half a wrap, fresh vegetables with ranch dip, finished with your choice of one side.

Fresh Salads

Summer Spinach Salad	
Caesar Salad	
Garden Salad	
Broccoli Cranberry Salad	
Chickpea & Fetta Salad	
Caprese Arugula Salad	
Greek Salad	
Potato Salad	

Check Us Out



TossItUpCatering



<http://www.tossibilities.ca>



<https://twitter.com/tossitup>

SOCIAL DISTANCING MENU

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SALAD MEALS & SOUP ADD-ONS

All of our soups and salads are made in house and fresh daily and can be made to be vegan or gluten free upon request.

SALAD MEAL

\$12

Your choice of one Fresh Salad served with a roll & dressing on the side.
Add grilled chicken or tofu + \$4.00 (4oz)

SOUP "COMBO ADD-ON"

\$6

Add a 12oz portion of in house made soup to any meal option or pick two or more sides and design your own soup combo!
(Carrot Orange, Butternut Squash, Roasted Tomato & Red Pepper, Thai Chicken Coriander)

HOT MEAL COMBOS

All hot meal combos are served with a fresh baked cookie or dessert square.

GREEK CHICKEN SOUVLAKI COMBO

\$18

Two chicken skewers served alongside Greek style lemon potatoes, grilled pita & tzatziki dip. Add Greek Salad + \$4.00

LASAGNA COMBO

\$18

Lasagna layered with bolognese sauce, parmigiana, ricotta & mozzarella cheese served with a garlic biscuit. Add caesar Salad + \$4.00

PULLED PORK COMBO

\$18

5 oz of slow smoked pulled pork finished with sweet & smoky BBQ sauce served with a fresh roll & house made coleslaw.
Add Potato Salad + \$4.00

Fresh Salads

- Summer Spinach Salad
- Caesar Salad
- Garden Salad
- Broccoli Cranberry Salad
- Chickpea & Feta Salad
- Caprese Arugula Salad
- Greek Salad
- Potato Salad

Extra Sides & Beverages

- Chips \$2.00
- Vegetables & Dip..... \$4.00
- Cookie \$2.00
- Pop \$1.50
- Salad Upgrade \$3.00
- Fresh Fruit Salad \$4.00
- Mixed Nuts \$3.00

Please let us know if your group has any dietary restrictions or allergies.

Please note: delivery to most of the Ottawa area is included in the prices displayed above however a minimum order of \$100 is required.

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