

# BREAKFAST

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## BREAKFAST ON THE GO

Price does not include delivery or applicable taxes.

A convenient health conscious breakfast box for mornings on the go. Conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins.

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### Morning Complete

14.25 per box

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

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### Protein Morning Complete

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.

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## TRADITIONAL COLD BREAKFAST BOX

**\$8.20 per guest with no beverages | \$9.95 per guest with beverages**

Conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins.

An additional charge applies when substituting a gluten-free option. Optional beverages may include apple, orange, grapefruit, cranberry juices, & bottled water.

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### Home Baked Morning Loaf

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

Accompanied by butter and preserves

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### Ontario Cheese Wedge

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### Fresh Seasonal Fruit Salad

Garnished with fresh berries

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## YOGA BREAKFAST BOX

**\$10.20 per guest with no beverages | \$11.95 per guest with beverages**

Conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins.

An additional charge applies when substituting a gluten-free option. Optional beverages may include apple, orange, grapefruit, cranberry juices, & bottled water.

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### Freshly Baked Muffins

Home baked assortment to include apple bran with cinnamon crumble and wholegrain banana with cracked quinoa crumble. (Gluten-free pastries available for an additional \$1.15 per guest)

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### Parfait of Creamy Plain Yogurt and Gluten-free Granola with Mango Peach Compote

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### Fresh Seasonal Fruit Salad

Garnished with fresh berries

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## TRADITIONAL HOT BREAKFAST BOX

**\$16.95 per guest with no beverages | \$18.70 per guest with beverages**

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### Mini Gluten-free Nature Bar

Handmade with almond butter, dried fruit and toasted seeds

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### Farm Fresh Scrambled Eggs

Accented with fresh herbs

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### Accompanied by: Maple Cured Bacon Slices OR Pork Breakfast Sausages

To include both bacon and sausage for an additional \$1.40 per guest

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### Fresh Seasonal Fruit Salad

Garnished with fresh Berries

# INDIVIDUAL LUNCH AND DINNER OPTIONS

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## ASSOCIATE BOX OPTION #1

13.40 per box

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An additional charge of \$1.20 applies when substituting a gluten-free option.

### Assorted Sandwiches

on multigrain bread, rosemary focaccia & brioche

### Choose from a selection of the following fillings:

Tuna salad, egg 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

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

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## ASSOCIATE BOX OPTION #2

16.95 per box

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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.

### Assorted Sandwiches

on multigrain bread, rosemary focaccia & brioche

### Choose from a selection of the following fillings:

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

### Salad

Select only one per order from the "Pasta, Grains & Veggie Salads"

### Whole Fresh Fruit

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

### Home-style Cookie

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# TRADITIONAL PROTEIN SALAD BOWLS

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## CHICKEN PROTEIN BOX 1

16.10 per guest

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### **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

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## CHICKEN PROTEIN BOX 2

16.10 per guest

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### **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

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## BEEF PROTEIN BOX 1

17.10 per guest

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### **Pommery Honey Beef**

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

### **Baby Spinach and Berry Salad**

Baby Spinach, Mixed Berries (Strawberry, Blackberry and Blueberries), Candied Pepitas, Goat's Cheese and Light Creamy Balsamic Vinaigrette

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## BEEF PROTEIN BOX 2

17.10 per guest

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### **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

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# TRADITIONAL PROTEIN SALAD BOWLS

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## SALMON PROTEIN BOX 1

18.10 per guest

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### Teriyaki Salmon

Glazed in a 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

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## SALMON PROTEIN BOX 2

18.10 per guest

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### Roasted Salmon with Olive and Sundried Tomato Pesto

served with a lemon and rice wine vinaigrette

### Quinoa Grain Salad

Organic Quinoa with fresh cucumber, roasted corn, scallions, sweet peppers and candied ginger

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## VEGETARIAN PROTEIN BOX 1

17.50 per guest

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### 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

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## VEGETARIAN PROTEIN BOX 2

17.50 per guest

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### 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

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# BUILD YOUR PROTEIN SALAD BOWL OR BOXED MEALS OPTIONS

Below is a selection of boxed menu options served cold or hot to suit your own personal preferences.

Pricing for each option is based on the protein selected. Please refer to our à la carte options, found in the back of this package, which details the specific flavours for each option. Minimum four servings per order. Except for vegetarian entrée items, please choose no less than four servings of a chosen flavour for any component item. Price does not include delivery or applicable taxes. Conveniently packaged in individual environmentally responsible packaging, including cutlery and napkins. Protein and side dishes for hot meals will be individually sealed in trays which can be sent hot or cold to be reheated onsite

**Add bottled water to any of the options below for \$1.75**

**Add an individually wrapped ciabatta roll and butter to the options below: \$1.25**

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## BUILD YOUR OWN COLD PROTEIN SALAD BOWL OPTIONS

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- 1 Serving of Salad
- 1 Serving of Protein
- 1 Serving of Homestyle Cookie
- 1 Serving of Root Chips or Whole Fruit

<b>Chicken Breast (6oz)</b>	<b>19.95 per guest</b>
<b>Chicken Breast (3oz)</b>	<b>16.95 per guest</b>
<b>Beef Flat Iron (6oz)</b>	<b>20.95 per guest</b>
<b>Beef Flat Iron (3oz)</b>	<b>17.95 per guest</b>
<b>Atlantic Salmon (6oz)</b>	<b>21.95 per guest</b>
<b>Atlantic Salmon (3oz)</b>	<b>18.95 per guest</b>
<b>Vegetarian Entree</b>	<b>18.75 per guest</b>

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## BUILD YOUR OWN HOT MEAL BOX OPTIONS

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### Hot Option 1:

- 1 Serving of Salad
- 1 Serving of Protein or Pasta
- 1 Serving of a Side Dish
- 1 Serving of Homemade Brownie or Fruit Salad

<b>Chicken Breast (6oz)</b>	<b>24.05 per guest</b>
<b>Chicken Breast (3oz)</b>	<b>21.05 per guest</b>
<b>Beef Flat Iron (6oz)</b>	<b>25.15 per guest</b>
<b>Beef Flat Iron (3oz)</b>	<b>22.15 per guest</b>
<b>Atlantic Salmon (6oz)</b>	<b>26.25 per guest</b>
<b>Atlantic Salmon (3oz)</b>	<b>23.25 per guest</b>
<b>Stuffed Pasta</b>	<b>25.95 per guest</b>
<b>Vegetarian Entree</b>	<b>23.25 per guest</b>

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## BUILD YOUR OWN HOT MEAL BOX OPTIONS

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### Hot Option 2:

- 1 Serving of Salad
- 1 Serving of Protein or Pasta
- 2 Serving of a Side Dish
- 1 Serving of Homemade Brownie or Fruit Salad

<b>Chicken Breast (6oz)</b>	<b>28.95 per guest</b>
<b>Chicken Breast (3oz)</b>	<b>25.95 per guest</b>
<b>Beef Flat Iron (6oz)</b>	<b>29.95 per guest</b>
<b>Beef Flat Iron (3oz)</b>	<b>26.95 per guest</b>
<b>Atlantic Salmon (6oz)</b>	<b>30.95 per guest</b>
<b>Atlantic Salmon (3oz)</b>	<b>27.95 per guest</b>
<b>Stuffed Pasta</b>	<b>30.85 per guest</b>
<b>Vegetarian Entree</b>	<b>27.95 per guest</b>

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## SIGNATURE CHICKEN MEAL BOXED OPTION

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**\$24.05 per 6 ounce protein serving | \$21.05 per 3 ounce protein serving**

### 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.

### Honey and Basil Chicken

Marinated and baked with sweet basil and orange blossom honey.

### Quinoa Grain Salad

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

### Brownie or Fruit Salad

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## SIGNATURE BEEF MEAL BOXED OPTION

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**\$25.15 6 per ounce protein serving | \$22.15 per 3 ounce protein serving**

### Couscous Tabbouleh Salad

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

### Mesquite Beef

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

### Grilled Vegetables

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

### Brownie or Fruit Salad

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## SIGNATURE SALMON MEAL BOXED OPTION

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\$26.25 6 per ounce protein serving | \$23.25 per 3 ounce protein serving

### **Baby Spinach and Berry Salad**

Baby Spinach, Mixed Berries (Strawberry, Blackberry and Blueberries), Candied Pepitas, Goat's Cheese and Light Creamy Balsamic Vinaigrette.

### **Fennel Orange Salmon**

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

### **Coconut Rice**

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

### **Brownie or Fruit Salad**

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## SIGNATURE PASTA MEAL BOXED OPTION

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\$23.25 per serving

### **Caesar Salad**

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

### **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

### **Steamed Medley of Vegetables**

Seasonal selection of local vegetables tossed with fresh herbs.

### **Brownie or Fruit Salad**

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# À LA CARTE SALAD SELECTION

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## LEAFY GREEN SALADS

5.25 per à la carte serving

### **Caesar Salad**

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

### **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

### **Baby Spinach and Berry Salad**

Baby Spinach, Mixed Berries (Strawberry, Blackberry and Blueberries), Candied Pepitas, Goat's Cheese and Light Creamy Balsamic 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

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## PASTA, GRAINS & VEGGIE SALADS

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5.25 per à la carte serving

### Quinoa Grain Salad

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

### 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

### Root Vegetable Salad

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

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## PROTEIN SELECTION – CHICKEN (AVAILABLE HOT OR COLD)

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**\$9.25 per 3 ounce à la carte serving | \$12.20 per 6 ounce à la carte serving**

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.

### Grilled Chicken with Mango and Bell Pepper Salsa

#### Chili Lime Chicken

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

#### 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

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## PROTEIN SELECTION – BEEF (AVAILABLE HOT OR COLD)

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**\$10.30 per 3 ounce à la carte serving | \$13.25 per 6 ounce à la carte serving**

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

### 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

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## PROTEIN SELECTION – SALMON (AVAILABLE HOT OR COLD)

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**\$11.35 per 3 ounce à la carte serving | \$14.35 per 6 ounce à la carte serving**

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

### Fennel Orange Salmon

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

### Roasted Salmon with Olive and Sundried Tomato Pesto

### Teriyaki Salmon

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## STUFFED PASTA (AVAILABLE HOT ONLY)

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\$13.15 per à la carte serving

### 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

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## VEGETARIAN/VEGAN ENTRÉE SELECTION (AVAILABLE HOT OR COLD)

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\$10.65 per à la carte serving

### **Eggplant Napoleon**

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

### **Maple Tofu Stack**

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

### **Portobello Cap**

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

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## SIDES – POTATOES (AVAILABLE HOT ONLY)

\$5.25 per à la carte serving

### **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 fraîche and chives.

### **Mini Roasted Potatoes**

with Sea Salt and Olive Oil

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## SIDES - RICE AND GRAINS (AVAILABLE HOT ONLY)

\$5.25 per à la carte serving

### **Coconut Rice**

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

### **Roasted Vegetable Quinoa**

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

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## SIDES – VEGETABLES (AVAILABLE HOT ONLY)

\$5.25 per à la carte serving

### **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.

### **Steamed Medley of Vegetables**

Seasonal selection of local vegetables tossed with fresh herbs

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# À LA CARTE MENU – TRAYS AND SNACK IDEAS

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

<b>Antipasto Tray</b>	<b>10.75 per serving</b>
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.	
<b>Domestic Cheese Tray</b>	<b>5.25 per serving</b>
Individually trayed and garnished with grape clusters, strawberries, crackers and Raincoast crisp crackers. Gluten-free crackers available for an additional \$0.80 per guest	
<b>Crudités and Dip Display</b>	<b>14.10 per serving</b>
<b>Individual Bags of Chips and Pretzels</b>	<b>1.95 per serving</b>
<b>Individual Bags of Butter-salt Popcorn</b>	<b>2.25 per serving</b>
<b>Individual Bags of Root Chips</b>	<b>2.75 per serving</b>
<b>Beverages</b>	<b>1.80 per each</b>
Pop, juice and flat mineral water.	
<b>Plain and Lemon Sparkling Water</b>	<b>2.95 per each</b>
<b>Coffee &amp; Tea in a Thermos (12 Servings per Coffee Box)</b>	<b>26.95 per box</b>
Includes sugar, sweetener, tea bags, milk and cream, disposable coffee cups and stir sticks.	
<b>Sandwich Assortment</b>	<b>6.50 per serving</b>
Prepared on multigrain bread, rosemary focaccia & brioche.	
<b>Assortment of Gluten-Free Sandwiches on a Multi-Grain Bun</b>	<b>7.65 per serving</b>
Grilled chicken, tuna salad, egg salad, roast beef and smoked turkey.	

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## PASTRY IDEAS

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

<b>Home-Style Cookies</b>	<b>1.10 per piece</b>
Oatmeal raisin, chocolate chunk, double-chocolate, white chocolate macadamia.	
<b>Assortment of Gluten-free Fresh Baked Squares and Cookies</b>	<b>2.20 per serving</b>
Mandarin curd square, chocolate chunk cookie <sup>1</sup> , double-chocolate sugar cookie <sup>1</sup> , cranberry and almond chew, iced brownie	
<b>Candy Land</b>	<b>6.25 per serving</b>
A selection of confectionary delights featuring candy counter favourites such as sours, wrapped nutty chocolates, soft and chewies, and cherry licorice	

# ORDER GUIDELINES

This menu package was created to provide our clients with an opportunity to enjoy our quality meals packaged individually for their guests to enjoy. To place your order please contact our customer service team or e-mail us at [orders@rosereismancatering.com](mailto:orders@rosereismancatering.com)

## 1. Weekday Orders

All orders should be received by web order or email no later than 3:00 PM of the business day prior. Certain speciality items and requests may require additional notice. 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 3:00 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 2:00 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 3:00 pm Monday to Friday, no later than 2:30 PM on the day prior. Any items that require advanced notice, such as cakes cannot be canceled without approval by your customer service representative.

## 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. Packaging

In an ongoing pursuit to better serve both our customers and the environment, we have sourced recyclable and biodegradable packaging. Our pulp packaging is biodegradable and our plastic is made from a minimum of 50% post-consumer recycled material. In the interim we are no longer using any reusable trays and bowls.

## 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](http://www.marigoldsandonions.com).

## 10. Pricing

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

## 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.

Prior to making the delivery, the driver will sanitize their hands and wear personal protective equipment in the form of vinyl gloves and a face mask. Where possible while performing the delivery, our driver will maintain a safe physical distance from clients and guests. They will always wear masks and gloves while performing deliveries. Our driver will sanitize their hands and all high touch surfaces in the vehicle after each delivery. Drivers will also abide by any building or client directed procedures. Please let our customer service team know when ordering if there are any additional special instructions for delivery.