



CATERING MENU



At Nature's Emporium we pride ourselves in using the freshest local ingredients and pair them with the unbridled creativity of our culinary team.

The result? Wholesome memories created with every bite.

Whether you're planning a corporate event or your next family dinner consider inviting us to your table, and experience the difference with Nature's Emporium.

HORS D'OEUVRES/APPETIZERS



Pecan & Porcini Pâté

This Raw Vegan pâté is made out of pecans, Porcini mushrooms, sun dried tomatoes, olive oil and garlic. It has a similar taste and texture to classic liver pâté. Try it on crostini, crackers or fresh bread.

5.99/200gr.

Fresh Baked Fish Cakes

Fresh Rainbow trout or other sustainable fresh fish with herbs and seasoning, coated with gluten free brown rice bread crumbs. Rich and creamy.

2.99/person

Baked Natural Crab Cakes

Wild Crab seasoned and baked to a perfect golden brown. These crab cakes are sweet and moist. Gluten and dairy free!

2.99/person

Sweet Potato and Quinoa Croquettes

Savoury Organic Sweet potato croquettes with Organic Black Quinoa. Seasoned perfectly and baked. Gluten and dairy free. Vegan.

2.99/person

Fresh Cold Spring Rolls

Brown rice paper filled with fresh organic vegetables, herbs, sprouts and fruit. Served with our Thai Sweet Chili Sauce, made in house. Rolls can also be made with chicken.

2.50/person

Organic Crudités Platter

Assortment of freshly cut vegetables.

Sm.29.99 Lg.49.99

Traditional/Moroccan/Roasted Red Pepper Hummus

This Traditional dip is made out of organic dry chickpeas, Tahini, fresh garlic, lemon juice and spices. Vegan, Gluten Free.

6.99/250gr.

Asiago and Artichoke Dip

Creamy and rich dip made with artichokes & Asiago cheese.

6.99/250 gr.

Organic Chicken or Duck Liver Pâté

French style liver pate made with traditionally raised duck or organic chicken liver, fresh herbs, cream, butter and brandy. Rich and smooth, enjoy on crackers or fresh bread.

5.99 150 gr. Jar

Duck Spidinis

Tender pieces of traditionally raised duck skewered and grilled to perfection. Served with a balsamic, maple and mustard reduction.

2.99/person

Duck Spring Rolls

Crispy baked spring rolls filled with traditionally raised duck and vegetables. Served with sweet chili sauce.

1.99/person

Middle Eastern Meat Balls

Traditionally raised local beef, parsley, onion and spices. Tender and juicy. Served with Tahini Sauce. Gluten & dairy free.

1.99/person

Tofu Beignets

Tofu and corn with onion and chili, these savoury beignets will impress even the biggest meat eater. Served with a chipotle aioli. Vegan & Gluten free.

2.99/person.

Goat Cheese Puffs

Phyllo pastries filled with tangy goat cheese. Baked till golden brown. These light and crispy treats will please people of all ages.

2.50/person

Artisan Cheese Platters

Assortment of cheeses both local and international to please any taste or budget.

Market Price

SALADS



Autumn Mixed Green Salad

Featuring local vegetables, greens and sprouts with our in house made balsamic dressing. Vegan, Gluten free, Raw.

4.99/person

Almond Apple Blueberry Crunch

Fresh pieces of apple, celery, almonds and blueberries in a zesty olive oil dressing. This salad is perfect all year round. Vegan, Gluten free, Raw.

4.99/person

Nature's Caesar

A Classic Caesar salad made with organic romaine lettuce, croutons, Parmesan and Nature's in house made Caesar dressing. This salad is vegetarian, it can be made without gluten or with the addition of chicken.

4.99/person

Beet & Carrot Coleslaw

This Nature's classic is sweet and crisp. It features organic shredded beets, carrot and cabbage in a lemon and dill vinaigrette. Vegan, Gluten free, Raw.

4.99/person

SOUPS



Homemade Soups & Stews

Made in the Nature's Emporium kitchen, these soups feature all organic vegetables, fruits, and seasonings. Our soups are made fresh daily. Please inquire about which soups are available. Some varieties typically available are: Roasted Sweet Potato, Chicken & Brown Rice, Middle Eastern Red Lentil, Leek & Potato with Swiss Chard, Sweet Potato Fennel and Butternut Squash & Maple. Made without gluten or dairy.

9.99/1L Jar

Organic Potato Salad

A creamy potato salad with sweet peas, spring onion, and local organic vegetables. This salad can be made vegan upon request.

4.99/person

Broccoli & Greek Yoghurt

Crunchy organic broccoli with raisins and onion in a creamy Greek yogurt dressing.

4.99/person

Roasted Beet & Goats Cheese

Roasted organic beets tossed in a rosemary and Olive Oil dressing and topped with crumbled goats cheese. This salad can be made vegan upon request.

4.99/person

Winter Persimmon Salad

This salad is only available seasonally. It features fresh sweet organic persimmon, arugula and fig balsamic.

5.99/person

MAIN COURSES

Pasta-less Vegetarian Lasagna

Organic zucchini slices layered with ricotta, spinach, mushroom, peppers, tomato sauce and topped with mozzarella cheese and Parmesan. This vegetarian dish is made without gluten.

6.99/person

Vegan Pad Thai

Rice noodles in a tamarind, chili and garlic sauce fried with kale and marinated organic tofu and topped with spring onion, cilantro, peanuts and fresh lime. This vegan dish is made without gluten and contains nuts and soy. Can be made without nuts and soy upon request.

7.99/person

Organic Vegetarian Tofu Chili

Organic sprouted tofu with red kidney beans, organic diced peppers, spices and tomatoes. This vegan dish is made without gluten.

5.99/person

Gardner's Pie

A vegetarian twist on Shepherd's Pie. Corn, peas and carrots topped with creamy mashed potatoes. Contains Soy. This Vegan dish is made without gluten.

6.99/person

Ricotta Stuffed Brown Rice Pasta Shells

Large brown rice pasta shells stuffed with ricotta, peppers, spinach and mushrooms. Served with a creamy rosé sauce.

6.99/person

Thai Green or Red Tofu Curry

This mild coconut curry is creamy and tangy. It contains organic vegetables, tofu, kaffir lime, lemon grass, chili pepper and galangal. This vegan dish can be made with chicken. Made without gluten or dairy.

6.99/person

Nature's Shepherd's Pie

Traditionally raised lean ground beef with organic peas and corn topped with creamy mashed potatoes. This meat dish is made without gluten or dairy. Contains Soy.

7.99/person

Beef or Chicken Pot Pie

Flakey spelt crust filled with either chicken and mushroom filling or hearty beef and vegetable. This meat dish contains dairy and gluten.

7.99/person

Lasagna Bolognese

Wheat or brown rice lasagna noodles layered with our in house made Bolognese meat sauce (traditionally raised lean ground beef), mozzarella and Parmesan cheese. This meat dish contains dairy and gluten but can be made without gluten upon request.

7.99/person

Naturally Raised Whole Roasted Chicken

Choose Traditional Barbeque, Piri Piri, Jamaican Jerk or South Indian Tandoori. Free Range, antibiotic and hormone free chickens are seasoned with Chef Marwan's marinades and rubs.

19.99/Chicken

Nature's Beef Stew

Traditionally raised beef stew with organic potatoes carrots, celery and onion in a rich beef gravy. Made without gluten and dairy.

7.99/person

Braised Organic Pork Side Ribs

Organic pork side ribs are braised until very tender, brushed with our tangy chipotle honey garlic barbeque sauce and then grilled. Made without gluten or dairy.

14.99/person

Baked Chicken Wings

Traditionally raised or organic chicken wings are roasted then tossed in one of our delicious sauces. Chipotle Honey Garlic, Tandoori, Lemon Pepper, Portuguese Piri Piri or Jamaican Jerk. Made without gluten or dairy.

13.99/1 pound

Boneless Roasted Leg of Lamb

Boneless leg of Ontario lamb is seasoned with our rosemary lamb rub and roasted. Roast can be sliced upon request. Made without gluten or dairy.

Market Price

SIDE DISHES

Sweet Potato Mash

Mashed organic sweet potato with a hint of cinnamon and nutmeg.

4.99/person

Roasted Organic Potatoes

Slow roasted, herbed and spiced organic potatoes.

4.99/person

Vegetarian Brown Rice Pilaf

Organic brown rice flavoured with organic vegetables and herbs.

4.99/person

Spanish Rice

Turmeric scented organic brown rice with traditionally raised grilled chicken, sun dried tomatoes, and seasonal diced organic vegetables. Made without gluten or dairy.

5.99/person

Grilled Seasonal Vegetables

Grilled organic red peppers, eggplant, zucchini and Asparagus tossed in a light Olive oil and herb dressing. (Vegetables subject to availability)

5.99/person

Steamed Vegetable Medley

An assortment of seasonal organic vegetables, steamed and drizzled with olive oil and a touch of salt.

4.99/person

Roasted Moroccan Root Vegetables

Organic sweet potatoes and Carrots slow roasted with our exclusive Ras El Hanout spice blend and bay leaves. This Vegan dish is made without gluten or dairy.

4.99/person

Sautéed Assorted Mushrooms

An assortment of mushrooms sautéed and seasoned with fine herbs. This dish contains butter but can be made Vegan upon request.

5.99/person

Carrot & Cashew Bake

Sweet organic carrots and cashews ground and mixed with herbs and vegan cream cheese. The result is rich and tasty. This product is Vegan and contains Soy.

5.99/person

Quinoa Pilaf

Organic Quinoa cooked with organic herbs, vegetables and olive oil.

4.99/person

Indian Summer Squash

Wedges of organic squash slow roasted with special mild Indian spices (Subject to availability)

4.99/person

DESSERTS



Sweet Potato Cheese Cake

Cheese Cake sweetened with coconut sap and made with organic sweet potato and pumpkin spice. The crust is made from gluten free graham cracker crumbs. This dessert is made without gluten.

29.99/cake

Traditional Cheese Cake

A traditional cheese cake made with free range eggs and organic cream cheese, sweetened with coconut sap and flavoured with vanilla and a hint of lemon. This dessert is made without gluten.

29.99/cake

Organic Apple Pie

Organic apples with cinnamon and nutmeg. Sweetened with a touch of agave and baked in a flakey spelt crust. This dessert contains gluten and dairy.

14.99/pie

Local Pumpkin Pie

Traditional style pumpkin pie made without gluten.

Market Price

OTHERS



Gift Basket

Custom gift baskets made to order for any occasion. Whether you're looking for fresh, gluten-free, vegan foods or a personally selected supplement assortment, our beautiful baskets will make the perfect gift for the health conscious colleague, friend, family member or special someone in your life.

Starting at \$50 and up.

Flourless Chocolate Cake

A rich and decadent chocolate cake made with organic dark chocolate, hazelnuts, butter, free range eggs and sweetened with coconut sap. This dessert is made without gluten.

24.99/cake

No Sugar Added Tiramisu

This tiramisu is made with fresh cream, mascarpone cream cheese, whole wheat sugar free biscuits, Marsala wine, espresso and brandy. This dessert contains eggs, dairy and gluten.

34.99/cake

Fruit Trays

Fresh cut organic fruit assortment.
Availability of fruit subject to change.

S. 29.99 M. 49.99 L. 79.99

For more desserts or vegan dessert options check out our raw dessert counter or ask one of our helpful staff