

CORPORATE & FAMILY

CATERING MENU

For Orders & Inquiries Contact:

Newmarket 905.898.1844 | Maple 905.553.5527
Burlington 289.427.5075 | Woodbridge 365.527.2466
Toronto 647.848.1225 | Oakville 289.856.8512

Catering@NaturesEmporium.com

BREAKFAST

ORGANIC CONTINENTAL BREAKFAST

Nature's Assorted Organic Streusel Muffins

Lemon Blueberry | Sweet Potato Walnut | Apple Cinnamon

Nature's Assorted Organic Spelt Loaves

Banana Bread | Morning Glory | Zucchini Chocolate Chip

Organic Scones

Cranberry | Blueberry

Mini Croissants

Always Organic Strawberry Jam & Organic Whipped Grass-Fed Butter

*Vegan/GF Options Available

4 pieces of each item, 5oz each of spreads \$199.99

ORGANIC SUNRISE BREAKFAST

Nature's Organic Yogurt Parfait Cups

Vanilla Yogurt w/ Nature's Pumpkin Seed & Flax Granola

Nature's Organic Chia Pudding

Lemon Coconut | Almond Oatmeal | Pumpkin | Cappuccino

Nature's Organic Gluten-Free Overnight Oats

Apple | Mixed Berry

4 pieces of each item \$129.99

ORGANIC BREAKFAST BAGEL & CROISSANT PLATTER

Assorted Organic Bagels

Sesame | Everything

Organic Croissants

Always Organic Almond Butter | Always Organic Strawberry Jam | Organic Whipped Cream Cheese

4 pieces of bagels, 3 pieces butter croissant, 2 pieces chocolate croissant, 5oz each of spreads \$89.99



LUNCH BOXES

NATURE'S ORGANIC CORPORATE LUNCH BOX #1

Chicken Ranch Wrap | Crunchy Garden Salad | Multigrain Cookie | Bottled Water

NATURE'S ORGANIC CORPORATE LUNCH BOX #2

Turkey Brie Sandwich | Greek Salad | Maple Oat Cookie | Bottled Water

NATURE'S ORGANIC CORPORATE LUNCH BOX #3

Grilled Vegetable Wrap | Cranberry Walnut Salad | Oatmeal Raisin Cookie | Bottled Water

Individual (Minimum Order of 6 units) \$24.99



BOARDROOM BOWLS

SUPERFOOD*

Quinoa | Black Kale | Roasted Red Pepper | Sweet Potato | Avocado | Sundried Tomato | Pumpkin Seed | Coconut

MEDITERRANEAN*

Millet | Baby Arugula | Chickpeas | Cucumber | Feta Cheese | Kalamata Olives | Grape Tomatoes

WARRIOR*

Romaine Lettuce | Black Rice | Baby Spinach | Butternut Squash | Hemp Hearts | Edamame | Dried Cranberries | Walnuts | Sprouts

*6 x 400g Individual \$99.99
or Bulk 2kg \$79.99

PROTEIN POWER

Brown Rice | Baby Spinach | Chickpeas | Hard Boiled Egg | Pistachios | Beets | Chicken Breast | Goat Cheese

6 x 460g Individual \$109.99
or Bulk 2kg \$89.99

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PICNIC SALADS

MEDITERRANEAN QUINOA*

Quinoa | Cucumber | Tomatoes | Bell Peppers | Kalamata Olives | Goat Cheese | Onion | Parsley

CREAMY BROCCOLI*

Broccoli | Cauliflower | Red Onion | Carrots | Bell Peppers | Pumpkin Seeds | Dried Cranberries | Dijon Mustard

*6 x 300g Individual or Bulk 2kg \$59.99

POTATO*

Baby New Potatoes | Bell Pepper | Celery | Red Onion | Flat Leaf Parsley | Dijon Mustard

MACARONI*

Elbow Macaroni | Bell Peppers | Green Onion | Parsley

*6 x 350g Individual or Bulk 2kg \$59.99

MEAL DEALS

ORGANIC TURKEY MEAL DEAL

Our Organic Turkey Meal includes an Organic Cooked, Turkey Breast and Leg, plus our specially crafted Organic Cranberry Sauce, and Gravy (made without gluten).

Serves up to 6 \$199.99

ORGANIC WHOLE TURKEY MEAL DEAL

Our Organic Turkey Meal Deal includes a large, Organic Turkey (Bone-In, Uncooked, one size available – each serves up to 16 people). Then simply select your sides!

Serves up to 16 \$399.99

ORGANIC SALMON MEAL DEAL

Our Organic Salmon Meal includes an Organic Cooked side of salmon, plus our specially crafted Lemon Herb Gremolata Sauce

Serves up to 6 \$149.99

ORGANIC GRASS FED BRAISED BEEF MEAL

Our Organic Brisket Meal includes an Organic Cooked Grass Fed Beef Brisket, plus our specially crafted Red Wine Jus.

Serves up to 10 or up to 20 people \$199.99

Inquire about available options

OFFICE SALADS

KETO COBB

Spring Mix | Bacon | Cherry Tomato | Red Onion | Chicken Breast | Cucumber | Blue Cheese | Hard Boiled Egg

6 x 240g Individual or Bulk 2kg \$79.99

TUNA NICOISE

Romaine Lettuce | Quinoa | Flaked Tuna | Kalamata Olives | Hard Boiled Egg | Baby New Potato | Grape Tomatoes

6 x 380g Individual or Bulk 2kg \$79.99

GREEK

Romaine Lettuce | Kalamata Olives | Feta Cheese | Bell Pepper | Cucumber | Grape Tomatoes | Red Onion

6 x 260g Individual or Bulk 2kg \$69.99

CLASSIC CAESAR

Romaine Lettuce | Parmesan Cheese | Sourdough Croutons | Bacon | Lemon Wedge

6 x 170g Individual or Bulk 2kg \$69.99



Always Organic Ingredients



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www.naturesemporium.com/catering @naturescanada

PLATTERS

ORGANIC CHARCUTERIE BOX

Black Forest Ham | Italian Prosciutto | Calabrese Salami |
Reserve Gouda | Goat Cheddar | Grass Fed Cheddar |
Double Cream Brie | Fig Jam | Amber Honey | Nature's
Sourdough Crostini | Olives | Dried Fruit

Small serves 6 people \$79.99
Large serves 12 people \$129.99

ARTISAN CHEESE PLATTER

Special Reserve Gouda Aged 3 Years | Kaltbach Cave-Aged
Gruyere | Smoked Applewood Cheddar | Manchego Aged
12 Months | Double Cream Brie | Signature Goat Cheese Ball
| Organic Apple Chips | Dried Figs | Candied Pecans |
Sourdough Crostini

*Plant-Based "Cheese" & Free-From Gluten Options Available

Small - Serves 12 people \$79.99
Large Serves 18 people \$119.99

FLAVOURS OF INDIA PLATTER

Spinach Pakora | Vegetable Pakora | Mini Samosa | Paneer
| Aloo Tikki | Naan Bread | Mango Dip | Tamarind Sauce |
Coriander & Mint Chutney

Serves 12-15 people \$99.99

ASIAN SPRING ROLL PLATTER

Spring Roll #1

Carrot | Cucumber | Red Pepper | Mixed Sprouts | Apple

Spring Roll #2

Nori | Rice Noodles | Cucumber | Red Pepper | Red
Cabbage | Seared Tofu | Sesame Seed | Shelled Edamame
| Carrot Sticks | Cucumber Rounds
Sweet Chili Sauce | Peanut Satay Sauce

Serves 12-15 people \$99.99

ORGANIC ANTIPASTO & BURRATA PLATTER

Stemmed Artichoke Hearts | Olives | Sundried Tomatoes |
Roasted Red Pepper | Cured Sausage | Fresh Burrata | Grape
Tomatoes | Italian Prosciutto | Candied Pecans | Focaccia
Bread | Sourdough Crostini | Aged Balsamic Glaze

Serves 12-15 people \$99.99

ITSUMO SUSHI PLATTER 30pc

Tuna Sushi | Salmon Sushi | Akatombo Sushi | Cooked Shrimp
Sushi | Tuna Hosomaki Roll | Salmon Hosomaki Roll |
Akatombo Hosomaki Roll | Wasabi | Ginger | Soy Sauce

30pc \$36.99



Made with Love by our Team

ITSUMO SUSHI PLATTER 70pc

Salmon Sushi | Cooked Shrimp Sushi | Itsumo Tuna Sushi |
Akatombo Sushi | Red Shrimp Sushi | Tuna Hosomaki Roll |
Salmon Hosomaki Roll | Akatombo Hosomaki Roll | Wasabi |
Ginger | Soy Sauce

70pc \$79.99

ORGANIC VEGETABLE CRUDITÉ PLATTER

Broccoli | Cauliflower | Heirloom Carrots | Cucumber | Grape
Tomatoes | Celery | Bell Peppers | Hummus | Ranch Dip

Small serves up to 12 people \$69.99
Large serves up to 20 people \$99.99

ORGANIC SEASONAL FRESH FRUIT PLATTER

Grapes | Cantaloupe | Honeydew Melon | Pineapple | Kiwi
Fruit | Strawberries | Blueberries | Raspberries | Blackberries |
Mango | Mint

*Variety dependant on seasonal availability

Small serves up to 12 people \$69.99
Large serves up to 20 people \$99.99

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PLATTERS

NATURE'S ORGANIC CANADIANA SANDWICH PLATTER

Reuben Sandwich, Turkey Club Sandwich, Jackfruit Sandwich, Chicken Ranch Wrap

3 sandwiches of each, \$149.99
24 total

NATURE'S ORGANIC ARTISAN COLD CUT SANDWICH PLATTER

Black Forest Ham Sandwich, Roast Beef Sandwich, Turkey Brie Sandwich, Prosciutto Sandwich

3 sandwiches of each, \$149.99
24 total

NATURE'S ORGANIC FAVOURITES MIXED PLATTER

Turkey Brie Sandwich, Turkey Club Sandwich, Chicken Ranch Wrap, Tuna Wrap

3 sandwiches of each, \$149.99
24 total

NATURE'S ORGANIC ASSORTED WRAP PLATTER

Tuna Wrap, Egg Salad Wrap, Pesto Chicken Wrap, Grilled Vegetable Wrap

3 sandwiches of each, \$149.99
24 total

NATURE'S ORGANIC PLANT-BASED SANDWICH & WRAP PLATTER

Jackfruit Sandwich, Grilled Vegetable Wrap, Vegan Caesar Wrap

4 sandwiches/wraps of each, 24 total \$149.99



DESSERTS

NATURE'S ORGANIC BITS & BITES PLATTER

Almond Crispy Squares | Chocolate Power Smash | Keto Cookie Dough Swirl Bites | Almond Coconut Protein Bar

Small (6-8) \$99.99

FAVOURITES DESSERT PLATTER

Lemon Squares | Pecan Pie Bites | Pistachio Pie Bites | Cashew Bar | Nutella Bar | Vanilla Nanaimo Bar | Peanut Butter Nanaimo Bar | Brownie Ganache

Large (12-15) \$99.99

COOKIE FIX DESSERT PLATTER

Multigrain Cookie | Maple Oat Cookie | Oatmeal Vanilla Protein Cookie

Large (12-15) \$99.99

BEVERAGES

ORGANIC BEVERAGE STATION

Coffee | Assorted Tea Selection

Creamer | Milk | Milk Alternative | Cane Sugar | Honey

NATURE'S COLD-PRESSED JUICES

Nothin' But Orange Juice

Orange

Nothin' But Grapefruit Juice

Grapefruit

Morning Dew

Red Apple | Kiwi | Cucumber | Pineapple | Celery | Lime | Ginger

Princess Punch

Red Apple | Carrot | Red Beet | Lemon

Liquid Gold

Carrot | Orange | Pineapple | Pear | Ginger

24 Carrot Gold

Carrot | Lemon | Ginger | Granny Smith Apple

All juices served in 473ml glass bottles

BOTTLED WATER

Fiji

375ml | 500ml | 1L

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