

Aphrodite Cooks



CATERING MENU



for the love of food and the food you love

LUNCH

EXPRESS LUNCH

Sandwich Platter // 1 sandwich per person

Egg Salad with Cucumbers, Sprouts and Arugula

Tuna Salad with Tomatoes, Sprouts and Arugula

Ham and Swiss with Dijon Mustard and Arugula

Turkey and Swiss with Dijon Mustard and Arugula

Mesculin Salad with Cucumbers, Grape Tomatoes and Red Wine Vinaigrette

Pop and Bottled Water

\$12.00 a person

EXECUTIVE MEETING No. 1

Bistro Sandwich Platter // 1 sandwich per person

Roasted Red Peppers and Goat Cheese, Pesto and Arugula

Brie and Watercress with Lemon Aioli

Black Forrest Ham with Swiss Cheese and Dijon Mustard

Roast Beef with Swiss Cheese and Horseradish Mayonnaise

Mesculin Salad with Cucumbers, Grape Tomatoes and Balsamic Vinaigrette

Pop and Bottled Water

\$14.00 a person

EXECUTIVE MEETING No. 2

Gourmet Sandwich Platter // 1 sandwich per person

Avocado, tomato, onion and pesto goat cheese

Grilled Chicken with Roasted Red Peppers

Oven Roasted Turkey Breast

Roast Beef with Swiss Cheese and Horseradish Mayonnaise

Mesculin Salad with Balsamic Vinaigrette

Pop and Bottled Water

\$16.50 a person

EXECUTIVE MEETING No. 3

Signature Sandwich Platter // 1.5 sandwiches per person

Hummus and grilled vegetables, with Arugula

Almond and Cranberry Chicken Salad with Arugula, Sprouts and Cucumbers

Smoke Salmon with Herb Cream Cheese, Arugula, Sprouts and Cucumbers

Prosciutto with Sundried Tomato, Olives and Artichoke Tapenade,

Goat Cheese and Arugula

Mesculin Salad with Balsamic Vinaigrette

Pop and Bottled Water

\$18.00 a person

BUILD YOUR BUFFET LUNCH

Delivered on platters or in bowls.

1 Entrée Option

1 Starch Side/Salad

1 Green Salad

2 Cookies

Assortment of Bottled Water, Juice and Pop (1 per person)

CHOICE OF ENTRÉE

Hoisin Beef Satays // 2 Satays per person

Chimichurri Grilled Flank Steak // 5 oz per person

Grilled Salmon with Tomato and Basil Relish // 5 oz per person

Moroccan Spiced Grilled Chicken Breast
with Olive and Lemon Tapenade // 5.5 oz breast per person

Lemon and Herb Grilled Chicken with Mango Salsa // 5.5 oz breast per person

Chipotle and Honey Marinated Chicken
with Chimichurri Sauce // 5.5 oz breast per person

Miso Glazed Salmon // 5 oz per person

Vegetarian Entrées available

CHOICE OF A GREEN SALAD

Baby Spinach Salad with Toasted Almonds, Sliced Strawberries,
Thinly Sliced Green Onion and a Honey Lemon Vinaigrette

Hearts of Romaine, Radicchio, Cucumber and Tomato
with a Roasted Garlic and Buttermilk Dressing

Baby Kale Salad with Radishes, Carrots, Pumpkin Seeds
and a Shallot Red Wine Vinaigrette

Arugula and Baby Spinach Salad with Roasted Sweet Potato,
Goat Cheese, Pecans and a Red Wine Vinaigrette

Mescaline Salad with Peppers, Cucumbers and Grape Tomatoes
with Balsamic Vinaigrette

CHOICE OF STARCH SIDES / SALADS

Couscous Salad with Grilled Vegetables and Mint

Pommery Mustard Baby Potato Salad

Quinoa Salad with Dried Cranberries, Radishes, Red Peppers,
Carrots, Green Onions, Cilantro and a Citrus Vinaigrette

Orzo with Pesto, Roasted Grape Tomatoes and Feta

Wild Rice and Long Grain Rice with Wild Mushroom Pilaf

Couscous Pilaf with Toasted Almonds, Dried Apricots and Parsley

Roasted Potato Salad with Lemon Garlic Parmesan Dressing

Creamy Pesto Pasta Salad with Mozzarella, Tomatoes and Spinach

Creamy Dill Baby Potato Salad

Mediterranean Pasta Salad

\$22.50 a person

POWER LUNCH

Use the buffet lunch items to build your power lunch box.
Delivered in individual boxes.

1 Entrée Option
1 Starch Side/Salad
1 Green Salad
2 Cookies
Assortment of Bottled Water, Juice and Pop (1 per person)

\$24.50 a person

ADD ONS

Fresh Fruit Tray

\$3.50 a person

Assorted Cookie Tray

\$2.50 a person // 2 cookies per person

Platter of Assorted Squares

\$2.50 a person // 2 squares per person (2 bite)

Golden Gecko Coffee

\$35.00 for 8 to 10 servings

Served in a traveler with disposable cups, sugar, cream and milk.

Golden Gecko Tea

\$32.50 for 8 to 10 servings

A selection of 4 teas (black, green, chai, herbal (lemon & ginger))

served in a traveler with disposable cups, sugar, cream and milk.

Bottled Water, Juice and Pop

\$1.25 each

Looking for something more?

Contact us for a custom menu to fit your budget and palate.

- Breakfast and dinner menus also available.
- Delivery charge within Greater Toronto Area: \$30.00.
- All food will be delivered in disposable catering trays and bowls.
- All utensils, paper napkins and paper plates will be provided, unless otherwise stated.
- Rush charges apply to orders under 24 hour notice.
- Prices are subject to change.

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