



Food WITH passion

MEZA GROUP

CATERING • FOOD WITH PASSION • EVENTS



At Meza Group, we believe that every event should be as unique as the people behind it. That's why our customer-centric approach allows us to tailor each experience to reflect your vision, ensuring your event is truly one-of-a-kind.

Our commitment to food and drink innovation keeps us ahead of the curve, blending creativity with high-quality ingredients sourced in environmentally conscious ways. This dedication ensures that every bite and sip not only delights but also aligns with sustainable practices.

We pride ourselves on delivering the finest service, offering flexibility without ever compromising on quality or reliability. Our team is passionate about creating seamless experiences, adapting to your needs while maintaining the highest standards.

At the heart of Meza Group are authentic relationships—within our team and with you, our valued clients. We are here to support you every step of the way, assisting in making your event not just successful, but truly memorable.

Thank you for trusting us with your special moments.


We look forward to creating unforgettable experiences together.



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DIETARY CODES

- NF** Nuts Free
- GF** Gluten Free
- DF** Dairy Free
- V** Vegetarian
-  Vegan



HOT BREAKFAST

FRITTATA (1PP)

\$10.25

free range eggs, black forest ham, cheddar, and diced vegetables **NF GF**

OMELETTE (2PP) **NF GF**

\$10.25

1. bacon omelette: bacon, tomato, cheddar cheese
2. turkey omelette: turkey sausage, swiss cheese, caramelized onion
3. vegetarian omelette: spinach, mushrooms, gouda cheese

Eggwhite Option Available

CINNAMON FRENCH TOASTS (2PP)

\$10.25

cinnamon brioche french toast with maple syrup, whipped butter (2pp) **NF V**

BUTTERMILK MINI PANCAKES (2PP)

\$10.15

mix of classic, blueberries and chocolate buttermilk mini pancakes with smoked turkey sausage. served with whipped cream, maple syrup & whipped butter **NF**

BREAKFAST QUICHE (1PP)

\$10.25

1. B.T.C Delight

bacon, tomato, cheddar cheese **NF**

2. The Big Smoke

turkey, smoked gouda, onion **NF**

3. Forest Garden

spinach, mushrooms, swiss cheese **NF V**

4. The Earthy Slice

broccoli, peppers, onions, tofu, vegan cheese **NF GF DF** 

HOT BREAKFAST

\$16.95

scramble eggs (2pp) **NF GF DF V**

choice of: turkey sausage, crispy bacon, or beyond meat sausages

european home fries with sautéed peppers, toast and butter on the side **NF DF V**



Beverages

FRESHLY SQUEEZED ORANGE JUICE

(12OZ BOTTLE)

\$6.55

FRESHLY SQUEEZED ORANGE JUICE

(8OZ BOTTLE)

\$5.05

COFFEE & TEA

\$3.85

ASSORTED JUICES

\$3.05

GRAB & GO

MORNING

ASSORTED BREAKFAST BURRITO \$10.25

scrambled eggs, onions, peppers, cheese and **choice of**:

1. bacon (NF GF DF)
2. ham (NF GF DF)
3. chorizo (NF GF DF)
4. beyond meat (NF GF DF VG)

served with chipotle salsa on the side.

BREAKFAST BOWL \$11.25

red and sweet potato cajun home fries, **choice of** bacon, smoked breakfast sausage, or beyond meat sausage, scrambled eggs, onions, roasted cherry tomatoes, zucchini and mushroom with chipotle salsa (NF GF DF)

BREAKFAST BOX \$20.00

includes two mini croissants sandwiches, two egg bites, two proteins balls, and one seasonal fruit cup

choose one:

- mini croissant sandwiches (2pp) (NF)
- turkey & swiss (NF)
- ham & cheddar (NF)
- mushroom & smoked gouda (NF V)

choose one:

- veggie egg bites
- cheddar cheese and diced vegetables (NF GF V)
- bacon egg bites
- crispy bacon, cheddar cheese, and diced vegetables (NF GF)

SNACKS \$9.00

MORNING STARTER

boiled egg, havarti, "34" brand cookies, cherry tomatoes, kiwi and berries (NF V)

CROISSOVER BREAKFAST

mini turkey croissant, granola bites, stick cucumber, kiwi, grapes and cherry tomatoes (NF)

NATURAL NIBBLE

crudites, fruit berries and grapes; kiwi, hummus with trail mix and olives. gluten-free cookies and dry apricots (V)

SUSHI DELIGHT

assorted sushi, edamame and wasabi. (NF V)

JAM & JAM

chorizo salami, fig, cornichons peperonccini, "34" brand cookies, grapes, portuguese chorizo (NF)

CHEESE PLEASE

gouda, brie, cheedar, grapes, olives, strawberries, apricots, "34" brand cookies, grissini, honey

SWEETEST TEMPTATION

dark chocolate, coconut macaron, mango, dry cranberries, mixtrail, and pumpkin seeds (NF GF DF)

Add Ons:

Deviled Eggs (2pp) (NF GF V) \$3.15

free range eggs with mustard, mayo and paprika

Scrambled Eggs (NF GF DF) \$3.45

Hard Boiled Eggs (1PP) \$2.25

(NF GF DF V)

Mini Croissants (2pp) \$5.55

with jam and butter

(NF V)

Scones (1pp) \$2.55

Canadian Peameal Bacon (2pp) \$4.55

(NF GF DF)

Crispy Bacon (2pp) \$3.95

double smoked maple bacon

(NF GF DF)

Breakfast Turkey Sausage \$5.25

(2pp) (NF GF DF)

Beyond Breakfast Sausage \$4.55

(2pp)

Pork Breakfast Sausage \$4.55

(2pp)

European Home Fries \$3.45

with peppers, onions and paprika

(NF GF DF)

Hash Brown (1pp) \$3.25

crisp to perfection (NF GF DF)

Homemade Rosti (1pp) (NF V) \$3.25

Red & Sweet Potato Cajun Home Fries \$3.25

crisp to perfection (NF GF DF)

Mini Pancakes (2pp) (NF) \$6.25

Fruit Skewer (1pp) \$3.75

(NF GF DF)



VEGAN FRIENDLY SMOOTHIES 12oz.

\$6.55



RASPBERRY & STRAWBERRY PUNCH

banana, orange, cantaloupe, raspberries, strawberries

GREEN MACHINE

avocado, spinach, kiwi, lime, cucumber, orange, green apple, honeydew, banana

TROPICAL PAPAYA & MANDARIN

banana, mango, papaya, strawberries, mandarin orange

PASSION FRUIT & MANGO SUNSHINE

pineapple, cantaloupe, banana, orange, passion fruit, mango

WILD BLUEBERRY

acai, banana, orange, blueberries

VERY BERRY

blueberry, strawberry, raspberry, blackberry, banana, orange

Minimum 6 per flavour



Just Parfait

All options below can be made with your choice of yogurt, chia pudding, or overnight oats

BERRY PARFAIT

yogurt, homemade crunchy granola, berry compote, and fresh berries

Mini: \$5.50 | Regular: \$6.95

PIÑA COLADA

coconut milk oats, caramelized pineapple, coconut brittle, homemade crunchy granola and fresh fruit

Mini: \$5.50 | Regular: \$6.95

TROPICAL PARFAIT

yogurt, homemade crunchy granola, strawberries, kiwi and pineapple marmalade

Mini: \$5.50 | Regular: \$6.95

VEGAN CHIA & GRANOLA PARFAIT **\$6.95**

marmalade, raspberry, coconut milk, maple, apricots.



ACAI BOWL

\$11.25

acai yogurt with berries, kiwi, granola and roasted coconut flakes

Make your own parfait option Available



Breakfast

ROOM TEMPERATURE

CONTINENTAL BREAKFAST \$8.25

assortment of our freshly baked breakfast pastries: mini croissants, mini bagels, mini muffins, loaves, scones, sweet and savoury danishes
savory danishes: spinach & feta, parmesan & leeks, sweet danish



2 pieces per person

Add seasonal fruit salad or fruit skewers for \$3.75

VEGAN & GLUTEN FREE CONTINENTAL BREAKFAST FOR AN EXTRA \$3.20

ASSORTMENT OF SCONES \$5.15

including vanilla, cheese & chives, mixed berries, strawberry & pineapple, bacon chives & cheddar cheese, coffee
Served with homemade marmalade and whipped cream on the side.  

2 pieces per person


Flavours may vary depending on seasonality

ASSORTMENT OF MINI MUFFINS IN A BASKET \$10.25

including chocolate, carrot, blueberry, lemon and poppy seed. served with butter on the side.

2 pieces per person

BAGELS AND BEYOND \$10.45

assortment of freshly baked mini bagel including egg salad with celery, tuna salad, cream cheese & chives, smoked salmon & cream cheese, cucumbers, red onions. 

2 pieces per person

ASSORTMENT OF LOAVES \$6.55

including apple, coffee, banana, chocolate & dulce de leche, lemon and poppy seed with lemon glaze and carrot loaf with cream cheese frosting.

2 pieces per person

FRUIT PLATTER

honeydew, cantaloupe, grapes, oranges, pineapple, mixed berries and seasonal fruits depending on availability.     

No. of servings: 5 to 12 | Small: \$57.75

No. of servings: 15 to 25 | Medium: \$88.75

No. of servings: 30 to 40 | Large: \$124.65

FRESH FRUIT SKEWER \$4.95




sweet individual fruit skewers
with honey, berries and yogurt dip (1pp)



 

WHOLE SEASONAL FRUIT \$2.25


Breakfast Hors D'oeuvres

EGG BITES \$4.35

Veggie Egg Bites- cheddar cheese and diced vegetables   


Bacon egg bites - crispy bacon, cheddar cheese, and diced vegetables  

MINI QUICHE \$4.35

Quiche lorraine with ham and cheddar 

Veggie quiche with spinach and swiss  

SMOKED SALMON BILINI \$4.35

Smoked salmon, spinach and chive pancake, labneh and pickled radish and lemon zest 

MINI CROISSANT SANDWICH \$4.35

Turkey & Swiss 

Ham & Cheddar 

Mushroom & Smoked Gouda  

GRANOLA BITES (2pp) \$4.35

oats, sunflowers feed, sesame, poppy seeds, coconut flakes, maple syrup and dark cacao

MINI FRUIT SKEWER \$3.00

Sweet individual fruit skewers

\$8.00

Add \$1.00 for Gluten Free or Vegan Option

Breakfast Sandwiches

PEAMEAL POWERHOUSE

peameal bacon, poached egg cheddar in a croissant bun

LOX AND LOADED

smoked salmon, chives omelette with roasted tomato and swiss cheese in a croissant bun

THE EARLY BIRD

turkey sausage, poached egg, and cheddar on a croissant bun

HARVEST DELIGHT

roasted tomato, poached egg and cheddar in a croissant bun

LEAFY SALADS

\$6.35

CHOPPED AVOCADO, MANGO & CHERRY TOMATO

with red peppers on a bed of baby greens mix.

NF GF DF 

CAESAR SALAD

crispy romaine hearts tossed with our homemade croutons, topped with parmigiano-reggiano and our creamy caesar dressing

NF V

ORGANIC BABY KALE CAESAR SALAD

kale with our homemade croutons, topped with parmigiano-reggiano and our creamy caesar dressing

NF V

CHEF'S SALAD

mixed greens topped with hard-boiled eggs, avocado, carrots, cucumbers, tomatoes, red onions & croutons, served with italian dressing

NF V

SUMMER SALAD

arugula, pumpkin seed, cherry tomatoes, parmesan cheese with lemon oil vinagrette

NF GF V

GARDEN SALAD

cucumbers, tomatoes, peppers, carrots, pea sprouts, sunflower seeds on a bed of mixed greens, with italian dressing

NF GF DF 

MEDITERRANEAN ARUGULA SALAD

roma tomatoes, kalamata olives, cucumber, red onions, parsley and roasted chickpeas with honey roasted garlic dressing

NF GF DF V

GREEK SALAD

crunchy lettuce, tomatoes, cucumbers, kalamata olives, red onions, and feta cheese, with classic greek dressing

NF GF V

PECAN, GOAT CHEESE & SPINACH SALAD

candied pecans, cranberries and goat cheese, served with maple balsamic dressing.

GF V





POMEGRANATE & QUINOA SALAD

baby kale, pomegranate, diced cucumbers, and cherry tomatoes with maple balsamic dressing

NF GF DF

ROASTED CHICKPEA

with baby kale salad, honey and roasted garlic dressing

NF GF DF

STRAWBERRY & CANDIED PECAN

with spinach and maple balsamic dressing

GF DF

SPRING SALAD

watermelon radish, edamame, beets, mango, cherry tomatoes, toasted sesame seed in spring mix with miso dressing

NF GF DF

SUBSTANTIAL SALADS

\$6.35

WHEAT BERRY & ARUGULA SALAD

charred corn, cherry tomatoes and sesame seed dressing

NF DF

ORZO PASTA SALAD

orzo pasta tossed with baby spinach, sundried tomatoes, freshly-squeezed lemon juice and olive oil

NF V

LENTIL TABBOULEH

bulgur, parsley, cucumber, tomato, red onions, lemon juice, olive oil

NF DF

PESTO PASTA SALAD

pasta salad with feta cheese, sundried tomatoes, edamame and artichokes with a touch of pesto in a sesame seed vinaigrette

NF V

SWEET POTATO CHIPOTLE SALAD

yukon gold and sweet potatoes, green onions, vegan chipotle aioli

QUINOA SALAD

white and red quinoa mixed with cucumber, tomatoes, red onions, chopped parsley and lemon zest with a splash of olive oil

NF GF DF V

SANWICHES **& WRAPS \$10.95**

GLUTEN FREE AVAILABLE





SAFFRON TURKEY BREAST **NF**

roasted tomato, smoked gouda, cucumber and saffron aioli



TURKEY CHIPOTLE **NF**

charred red pepper, sweet potato, chipotle aioli, lettuce



CRANBERRY TURKEY **NF**

cranberry aioli, brie, lettuce, mayonnaise



HAM & CHEDDAR **NF**

with lettuce, tomato, cucumber and saffron aioli



CUBAN SANDWICH **NF**

smoked ham, swiss cheese, dill pickles, mustard, mayonnaise, lettuce



PESTO CHICKEN **NF**

roasted red pepper, garlic aioli, crunchy romaine



BOMBAY CHICKEN SALAD **NF**

with mango chutney, celery, chives, lettuce, cucumber and curry aioli



MEDITERRANEAN GRILLED CHICKEN BREAST **NF**

with hummus, lettuce and roasted tomato



APPLEWOOD SMOKED CHICKEN BREAST **NF**

with apple chutney, chipotle aioli, lettuce, tomato and swiss cheese



CLASSIC ROAST BEEF **NF**

with lettuce, tomato, cucumber, swiss cheese



ALBACORE TUNA **NF**

with celery, cucumber and lettuce



EGG SALAD **NF**

free range eggs, crunchy celery, lettuce, cucumber and mayonnaise



MEDITERRANEAN VEGAN **NF DF**

hummus, marinated zucchini, peppers, eggplant and cucumber



VEGETARIAN SANDWICH **NF V**

sweet potato, balsamic mushrooms, goat cheese and fig spread



FALAFEL & TZATZIKI **NF V**

tomato, cucumber, lettuce and roasted onions

PANINI

Sandwiches

GLUTEN FREE AVAILABLE

*All sandwiches are made with our
homemade rosemary focaccia*

\$14.95

SUNDRIED TOMATO PESTO CHICKEN (NF)

with fresh tomato and swiss cheese

TURKEY (NF)

sliced turkey, harvati, arugula, pommery mustard

PROSCIUTTO AND FIG

*with arugula, harvati, pommery mustard and fig
spread*

SHAVED ROAST BEEF (NF)

*with brocolini, caramelized onion, horseradish
aioli, and provolone*

EGGPLANT PARMIGIANA (NF V)

*breaded eggplant with parmesan and
mozzarella cheese topped with tomato sauce*

CHICKEN PARMIGIANA (NF)

*breaded chicken with parmesan and mozzarella
cheese topped with tomato sauce*

GRAB & GO

Energize your team

Mediterranean Bowl \$22.25

BASE:

barley with cherry tomato, cucumber, crispy lentils, mint, parsley, pickled red onion, and greek dressing with feta cheese (NF V)

PROTEIN Choose from:

Lebanese Grilled Chicken

marinated with garlic & yogurt (NF)

Grilled Steak

with oregano and middle eastern spices (NF GF DF)

Grilled Salmon

with oregano and middleeastern spices (NF GF DF)

Falafel (4) (NF GF DF V)

Asian Bowl \$22.25

BASE:

Chow mein noodles, peppers, carrots, cabbage, bean sprouts, mango and sesame seed dressing topped with sesame seeds. (NF DF V)

PROTEIN Choose from:

Teriyaki Grilled Chicken (NF DF)

Teriyaki Grilled Steak (NF DF)

Teriyaki Grilled Salmon (NF DF)

Teriyaki Grilled Tofu Steak (NF GF DF V)

Mexican Bowl \$22.25

BASE:

Brown rice and quinoa with green onions, cherry tomatoes, black beans, sweet potato, pickled red onion, and chipotle dressing (NF GF DF V)

PROTEIN Choose from:

Adobo Grilled Chicken

with Mexican adobo and spices (NF GF DF)

Adobo Grilled Steak

with Mexican adobo and spices (NF GF DF)

Adobo Grilled Salmon

with Mexican adobo and spices (NF GF DF)

Adobo Grilled Tofu

with Mexican adobo and spices (NF GF DF V)



Power Bowl \$21.00

Energize your team! / Minimum 25 orders

1.SALAD INCLUDES: (V)

rainbow quinoa with corn, roasted chickpeas or lentils, cucumber and tomatoes, watermelon radish dressed with miso dressing

2.PASTA / NOODLES: (V)

Zucchini and carrot or beet

3.PROTEIN:

Choose from: orange salmon, striploin, grilled chicken, tofu or falafels (NF GF)

Lunch Box \$19.75

Boxed individually

YOUR CHOICE OF:

1 Sandwich, 1 Salad, 1 Cookie, 1 Pop OR Water.

Cobb Salad (NF GF)

Sliced grilled chicken, bacon, romaine lettuce, avocado, hard-boiled eggs, tomatoes, crumbled blue cheese and sesame seed dressing

Snack: \$8.95 | Regular: \$19.75

Nicoise Salad (NF V)

Seared ahi tuna, red potatoes, leafy greens, green beans, black olives, hard-boiled eggs, tomatoes, dijon dressing

Snack: \$8.95 | Regular: \$19.75



HEALTHY CORNER

Standard Level: (1) Protein, (2) Sides - \$20.05/pp

Mid Level: (1) Protein, (3) Sides - \$25.05/pp

Executive Level: (2) Proteins, (4) Sides - \$30.05/pp

Add Dessert for \$3.75

Minimum 12 orders

Chicken **Menu**

MAIN

1.ORIGINAL (NF) (GF) (DF)

grilled chicken breast with chimichurri on the side

2.LEBANESE CHICKEN (NF) (GF)

marinated with garlic & yogurt
with hummus on the side

3.CHICKEN BRUSCHETTA (NF) (GF)

with basil, tomato, and cheese

4.GRILLED CHICKEN

with wild mushroom medley (NF) (GF) (DF)

Beef Menu

MAIN

1. ROAST BEEF (NF GF DF)

with mushroom sauce

2. SKIRT STEAK (NF DF)

with soy sauce and chimichurri on the side

3. CHIPOTLE STEAK (NF GF DF)

with roasted onions, tomato, garlic, and jalapeno

Salmon Menu

MAIN

1. TERIYAKI SALMON (NF DF)

with toasted sesame seeds

2. ORANGE GLAZED SALMON (NF GF DF)

3. CEDAR PLANK SALMON (NF GF DF)

4. GRILLED SALMON (NF GF DF)

with chives, parsley and lemon

Vegetarian Menu

MAIN

(NF GF DF)

1. STUFFED PEPPERS

rice, lentils, quinoa, spinach, butternut squash

2. GRILLED ZUCCHINI BOATS

with caponata, potato, quinoa

3. PORTOBELLO, SWEET POTATO & GRILLED TOFU



SIDES & SALAD

(NF GF DF)

CAULIFLOWER PILAF

carrots, peas, peppers, onions, tomatoes, garlic, parsley

RICE PILAF

carrots, peas, peppers, onions, tomatoes, garlic, parsley

QUINOA RATATOUILLE

peppers, tomatoes, onion, garlic, zucchini

ROASTED LEMON POTATOES

GRILLED SEASONAL VEGETABLES

STEAMED SEASONAL VEGETABLES

ROASTED SWEET AND YUKON GOLD POTATOES

SALAD

Choose one (1) from our list

Add an extra salad (1): + \$2.05



CULTURAL CUISINE

Standard Level: (1) Protein, (2) Sides - \$20.05/pp

Mid Level: (1) Protein, (3) Sides - \$25.05/pp

Executive Level: (2) Proteins, (4) Sides - \$30.05/pp

Add Dessert for \$3.75

Minimum 12 orders

GREEK MENU

PROTEIN

NF GF DF

DANFORTH CHICKEN LEG

with lemon, oregano and garlic with tzatziki on side

CHICKEN SOUVLAKI

with lemon, oregano and garlic with tzatziki on side

BEEF SOUVLAKI

with lemon, oregano and garlic with tzatziki on side

TILAPIA

with tomato, cucumber, red onion and parsley salsa

FALAFEL

with grilled vegetables with hummus on side 🌱

VEGETABLE SKEWER 🌱

with tofu, sweet potato and portobello mushroom

SIDES

NF GF DF

LEMON POTATOES 🌱

GREEK STYLE RICE 🌱

GREEK SALAD 🌱

crunchy lettuce, tomatoes, cucumbers, kalamata olives, red onions, and feta cheese, with classic greek dressing

VILLAGE SALAD 🌱

with tomatoes, cucumbers, red onion, peppers, feta cheese, oregano, olive oil and lemon juice

GRILLED PITA 🌱

with hummus and tzatziki

DESSERTS

HONEY CAKE

NF V

\$3.75





MIDDLE EASTERN MENU

PROTEIN

NF GF

LEBANESE CHICKEN

marinated with garlic & yogurt

MOROCCAN STYLE CHICKEN

roasted chicken thighs cooked in Moroccan spices with tomatoes, onions, apricots and olives

BEEF KAFTA

marinated with garlic, cumin, and parsley

BEEF TENDERLOIN

WHITE FISH

with paprika, parsley, lemon oil and bell peppers

STUFFED PEPPERS

with rice, lentils, quinoa, spinach, butternut squash 🌱

MOROCCAN EGGPLANT

cooked in moroccan spices with tomatoes, onions, apricots and olives 🌱

SIDES

NF GF DF

ROASTED POTATOES

 🌱

LENTIL RICE

 🌱

with crispy onions

SAFFRON RICE

 🌱

with charred tomatoes

LENTIL TABBOULEH

with bulgur, parsley, cucumber, tomato, red onions, lemon juice, olive oil

QUINOA SALAD

 🌱

with white and red quinoa, cucumbers, tomatoes, red onions, chopped parsley, lemon zest, olive oil

GRILLED PITA

 🌱

with baba-ghanoush and hummus

DESSERTS

DATE STICKY TOFFEE PUDDING

NF V

\$3.95

MEXICAN MENU

PROTEIN

NF GF DF

CHICKEN ADOBO

with Mexican adobo and spices

CHICKEN TINGA

free range chicken breast braised in a tomato chipotle pepper sauce

BEEF BIRRIA

pulled beef brisket with garlic, onion, birria sauce

TILAPIA

adobo tilapia with pico de gallo

MUSHROOM TINGA



STUFFED PEPPERS

with rice, lentils, quinoa, spinach, butternut squash

SIDES

NF GF DF



MEXICAN RICE



with rice mixed with corn

RICE AND BLACK BEANS



MEXICAN LAYERED SALAD



with corn, beans, lettuce, cherry tomatos, pickled onion and sour cream on the side

CHARRED VEGETABLES



with tomatoes, onions and peppers

BLACK BEAN STEW



BUILD YOUR OWN TACOS:

warm tortillas, guacamole, pico de gallo, sour cream, tomatillo, sauce (mild), chipotle sauce (medium), kachimba (hot sauce)

MEXICAN FIESTA PLATTER

with tortilla chips, guacamole, pico de gallo and sour cream

DESSERTS

CHURROS

with caramel

NF V

\$3.75



INDIAN MENU

PROTEIN

NF GF DF

BUTTER CHICKEN

with coconut cream, garlic, ginger, masala, coriander, sugar, cumin

CHICKEN TIKKA

BEEF CURRY

CHANA MASALA



chickpeas, coriander, turmeric, cayenne

pepper, masala, potatoes, cauliflower florets, lemon juice

BUTTER TOFU



with coconut cream, garlic, ginger, masala, coriander, sugar, cumin

SIDES

NF DF



ALOO GOBI



with potatoes and cauliflower

VEGETARIAN SAMOSA

with mango chutney

POTATO AND SPINACH PAKORA



with green goddess dressing

BASMATI RICE



SAFFRON RICE



with crispy onions

INDIAN CHOPPED SALAD



with mint, tomatoes, cucumbers, carrot with mandarin dijon dressing

CHICKPEA SALAD



chickpeas, cucumbers, tomatoes, parsley, oregano, lemon juice and olive oil

GARLIC NAAN

DESSERTS

MANGO MOUSSE

NF GF V

\$3.75

THAI MENU

PROTEIN

NF GF DF

GRILLED THAI CHICKEN THIGHS

with tamarind, chili, coriander, lemongrass and thai peppers

GREEN CURRY CHICKEN

cooked with lemongrass and coconut milk

SHRIMP STIR FRY

with basil, peppers and carrots, green and red onions

THAI BEEF SKEWER (1PP)

with lemongrass and pineapple

VEGETARIAN GREEN CURRY

tofu, Peppers, Onions, cooked with lemongrass and coconut milk

SIDES

NF GF DF

STEAMED JASMINE RICE



STIR FRIED VEGETABLES



baby corn, cauliflower, green beans, carrots, red peppers, onions, mild spice

VEGETABLE PAD THAI

classic stir-fried rice noodles with fresh vegetables and a tangy tamarind sauce.

PINEAPPLE FRIED RICE

with basil, carrots, onion, garlic, ginger, pineapple, peas, egg and green onions

VEGETARIAN SPRING ROLLS (2PP)



filled with cabbage, carrots, bean sprouts, green onions served with Thai dipping sauce

MANGO RICE PAPER WRAP (2PP)



zucchini, carrot, cucumber, mint, cilantro served with no peanut sauce

DESSERTS

PINEAPPLE UPSIDE DOWN CAKE

\$3.75

NF V







DESSERTS & BEVERAGES

\$5.55 (2PP)

ASSORTED MINI TARTS ^{NF}

(Pecan, Fruit, Jam)

BISCOTTI ^{DF}

(White chocolate, cranberry and lemon, chocolate and almond)

BROWNIES ^{NF}

BUTTER COOKIES DIPPED IN CHOCOLATE ^{NF}

CHEESECAKE POPS ^{NF}

MADELINES DIPPED IN CHOCOLATE ^{NF}

with orange zest

COCONUT MACAROONS ^{NF DF}

CREAM PUFF ^{NF}

CREME CARAMEL ^{NF GF}

COCONUT FLAN ^{NF GF}

FRENCH MARCAROONS ^V

MINI CUPCAKES ^{NF}

PANNA COTTA ^{NF GF}

SQUARES ^{NF}

(Carrot, Lemon)

WHOOPIE PIE ^{NF}

MINI CHEESECAKES ^{NF V}

STICKY TOFFEE ^{NF V}

STRAWBERRIES WITH DARK CHOCOLATE [✓]

Vegan & Gluten Free Desserts

Assorted Cookies (2pp) **\$3.05**

chocolate chip cookies, oatmeal cookies, white chocolate macadamia cookies, double chocolate cookies

Vegan & Gluten Free Gourmet Cookies (2pp) **\$3.95**

chocolate chip cookies, double chocolate chip cookies ^{NF DF} [✓]

Assorted Seasonal Dessert Platter (2pp) **\$5.55**

Themed Desserts

shortbread cookies **\$4.00**

cupcakes **\$6.00**

BEVERAGES

\$3.30 EACH

POP

BOTTLED WATER

SPARKLING WATER

JUICES

SAN PELLEGRINO

BUBLY SPARKLING WATER

HORS D'OEUVRES

\$4.35 EACH

- HOT**
- ROOM TEMPERATURE**

CHICKEN

HALAL CHICKEN SLIDERS ●●

bbq smoked chicken breast with pickled onion, cheese and arugula **NF**

Gluten free Available

LEBANESE CHICKEN ●●

yogurt and garlic chicken satay cooked on charcoal with tzatziki **NF GF**

CHICKEN POT STICKERS ●●

teriyaki glaze and sesame seeds **NF**

CRISPY CHICKEN TACOS ●

pulled chicken in a mole sauce with guacamole, pickled red onions and jalapenos **NF GF DF**

SMOKED CHICKEN QUESADILLA ●●

with aged cheddar and mozzarella cheese served with chipotle aioli and sour cream **NF**

CHICKEN TIKKA SKEWER ●●

with green goddess dipping sauce **NF GF DF**

CHICKEN KARAAGE BITE ●●

with hoisin and wasabi aioli **NF DF**

CHICKEN EMPANADA ●●

pulled chicken with peppers, onions, and tomatoes in a puff pastry **NF**

BEEF

BEEF SLIDERS ●●

topped with tomato chutney, swiss cheese and arugula in a brioche bun **NF**

Gluten free Available

PHILLY STEAK WONTON ●●

filled with ribeye steak, bell peppers, aged cheddar and chives **NF**

BEEF TENDERLOIN CROSTINI ●●

with caramelized red onions and horseradish aioli **NF**

BEEF SATAYS ●●

tenderloin marinated in dijon herbs and chimichurri **NF DF**

BEEF EMPANADA ●●

flaky pastry with Jamaican beef and sweet mango marmalade. **NF GF**

FISH

MANGO SHRIMP ●

with mango and jalapeno glaze shrimp **NF GF DF**

TUNA TATAKI ●

served with sesame seed aioli, chives and pickled jalapeno **NF DF**

FISH CAKE ●●

fish and preserved tomatoes with garlic aioli and fly fish caviar **NF GF DF**

COCKTAIL SHRIMP ●

served with cocktail dip sauce **NF GF DF**

ROCK SHRIMP TEMPURA ●●

with wasabi aioli **NF DF**

BAJA FISH TACO ●●

with chipotle aioli and jalapeño wheel **NF DF**

SMOKED SALMON BLINI ●●

a delicate spinach pancake topped with silky smoked salmon, chive-infused labneh, and radish

LOBSTER BAO BUN ●●

a pillowy bao with lobster, crisp apple, and celery slaw for a perfect balance **NF**

SWEET POTATO ROSTI ●

sweet potato rosti with a touch of crema, caviar, and chives. *Vegetarian Option Available*

TAKOYAKI

filled with octopus or shrimp *Vegetarian Option Available*

PORK

CROQUETA ●

a crisp, golden bite filled with creamy serrano ham, with garlic aioli.

PROSCIUTTO FLATBREAD ●●

with nut-free sundried tomato pesto and shaved parmesan **NF**

BACON WRAPPED SCALLOPS ●●

with sweet chili sauce **NF GF DF**

CHICHARRON BITES

pork belly, sweet mango marmalade, tangy pickled onion, and pineapple. **NF GF DF**

VEGETARIAN

CAPRESE SKEWER ●

organic grape tomatoes, mini bocconcini, basil leaves and pesto on a skewer **GF NF V**

Vegan Option Available

MAC & CHEESE BALLS ●●

topped with tomato sauce and parmesan cheese **NF V**

WARM ARTICHOKE HEART FRITTERS ●●

with garlic and saffron aioli **NF DF V**

WILD MUSHROOM RISOTTO BALLS ●●

topped with tomato sauce and parmesan cheese **NF V**



GOAT CHEESE & ROASTED FIG TART •

in puff pastry (NF) (DF) (V)

GRILLED SHIITAKE MUSHROOM •

a top garlic scented sourdough crisp (NF) (V)

CHEESE PROFITEROLES •

with red wine braised onions and cream cheese

GOAT CHEESE & PORTOBELLO SWEET POTATO SLIDERS ••

with roasted fig spread (NF) (LF) (V)

Vegan & Gluten free Sliders Available

MINI PIZZETTES •

with goat cheese and balsamic braised onions (NF) (V)

Vegan Option Available

VEGETARIAN EMPANADA ••

with peppers, onions, tomatoes, and puffy pastry

(NF) (V)

TAKOYAKI

filled with mushroom

VEGAN

(NF) (DF) (V) (V)

QUINOA & VEGETABLE BALLS •

with hummus and tomato jam

MANGO RICE PAPER WRAPS •

zucchini, carrot, cucumber, fresh mint, and cilantro served with not peanut sauce

STUFFED MUSHROOM •

with eggplant caponata, sundried tomato and chimichurri

SWEET POTATO TACOS •

with hibiscus tinga topped with mole and avocado puree

SPINACH AND POTATO PAKORA ••

with green goddess dipping sauce

SPRING ROLLS •• (NF) (V) (V)

with Thai Dipping Sauce



PLATTERS

ALSO AVAILABLE IN LANDSCAPE

Minimum 50ppl \$4.75PP

1. CHEESE PLATTER **V**

Local and international assorted cheese including aged cheddar cheese, swiss, provolone, smoked gouda, blue cheese, variety of nuts and dried fruits and fig spread.

No. of servings: 5 to 12 | Small: \$96.25

No. of servings: 15 to 25 | Medium: \$125.95

No. of servings: 30 to 40 | Large: \$165.55

2. CHARCUTERIE **NF DF**

Genoa salami, cantimpalo, cornichons (baby pickles), prosciutto, dijon, pommery mustard, capicola, pickled onion, baguettes

No. of servings: 5 to 12 | Small: \$70.35

No. of servings: 15 to 25 | Medium: \$99.00

No. of servings: 30 to 40 | Large: \$174.35

3. CROSTINI & GRISSINI **NF V**

Mushroom deluxe, eggplant caponata, bruschetta and marinated green and black olives

No. of servings: 5 to 12 | Small: \$46.45

No. of servings: 15 to 25 | Medium: \$59.45

No. of servings: 30 to 40 | Large: \$92.35

4. ASSORTED CRUDITÉS PLATTER **NF GF V**

Seasoned vegetables with milk ranch and Hummus.

No. of servings: 5 to 12 | Small: \$59.35

No. of servings: 15 to 25 | Medium: \$83.55

No. of servings: 30 to 40 | Large: \$99.00

5. CHEESE & CHARCUTERIE **NF**

A selection of cheese including cheddar, swiss, brie, havarti, blue cheese, smoked cheese, genoa salami, cantimpalo, cornichons (baby pickles), prosciutto, dijon, pommery mustard, capicola, pickled onions, garnished with grapes, and fresh berries. cocktail breads and crackers on side

No. of servings: 5 to 12 | Small: \$166.60

No. of servings: 15 to 25 | Medium: \$224.95

No. of servings: 30 to 40 | Large: \$339.90

6. MEXICAN FIESTA NF GF

Our famous guacamole, pico de gallo, refried beans, sour cream, chipotle sauce and our signature, hot sauce kachimba with homemade tortilla chips.

No. of servings: 5 to 12 | Small: \$44.85

No. of servings: 15 to 25 | Medium: \$55.35

No. of servings: 30 to 40 | Large: \$78.85

7. GRILLED PITA PLATTER NF V

Served with marinated olives, hummus, tzatziki, babaganoush and pickled pepperoncinis.

No. of servings: 5 to 12 | Small: \$58.25

No. of servings: 15 to 25 | Medium: \$73.65

No. of servings: 30 to 40 | Large: \$111.15

8. MEDITERRANEAN PLATTER NF

Falafel, babaganoush, hummus, marinated olives, peperoncinis, grilled pitas, lebanese chicken and tabbouleh.

No. of servings: 5 to 12 | Small: \$66.26

No. of servings: 15 to 25 | Medium: \$93.15

No. of servings: 30 to 40 | Large: \$138.15

9. FLAVOURS OF SPAIN NF DF

Patatas bravas, seasoned parisian potatoes, chorizo, cantimpalo salami, jamon serrano, fire roasted red peppers, baguette.

No. of servings: 5 to 12 | Small: \$66.25

No. of servings: 15 to 25 | Medium: \$93.15

No. of servings: 30 to 40 | Large: \$139.35

10. FLAVOUR OF ITALY NF

Prosciutto, capicola, salami, parmesan cheese, olives, grilled vegetables with balsamic drizzle, served with baguette.

No. of servings: 5 to 12 | Small: \$75.85

No. of servings: 15 to 25 | Medium: \$106.65

No. of servings: 30 to 40 | Large: \$159.45

11. SUSHI BOAT NF

Avocado rolls, cucumber roll, spicy crunchy avocado roll, yam tempreratura roll, avocado and cucumber roll, shiitake mushroom roll, veggie california roll, veggie green dragon, california roll, salmon avocado roll, salmon maki, tuna maki inside a wooden sushi boat.

No. of servings: 5 to 12 | Small: \$165 (80 pcs)

No. of servings: 15 to 25 | Medium: \$291 (120 pcs)

No. of servings: 30 to 40 | Large: \$352 (180 pcs)

12. FRUIT PLATTER NF GF DF

Honeydew, cantaloupe, grapes, oranges, pineapple, mixed berries and seasonal fruits depending on availability.

No. of servings: 5 to 12 | Small: \$57.75

No. of servings: 15 to 25 | Medium: \$88.75

No. of servings: 30 to 40 | Large: \$124.65





INTERACTIVE FOOD STATIONS

CONTACT US FOR PRICING

1. TACO STATION “TAQUERIA”

Traditional mexican beef birria, chicken adobo and mushroom tinga tacos topped with pico de gallo, guacamole and crème fraîche.

Served in warm corn tortillas.* **NF**

2. BURRITO STATION

Steak, chicken or vegetarian burritos, served with refried beans, fresh salsa, sour cream, onions, rice, mexican toasted corn salad.

3. PASTA STATION

Penne or farfalle with your choice of rosé, tomato basil or cream sauce. Toppings of your choice: grilled chicken, cherry tomatoes, zucchini, peppers, onions and mushrooms. Served in a craft box.

4. RISOTTO STATION

Wild mushrooms, butternut squash or green pea risotto with parmigiano - reggiano prepared on-site* **(Seasonal)**

V

5. PIEROGI STATION **NF**

Hand crafted potato and aged cheddar pierogis topped with: applewood smoked bacon, country ham, sautéed mushrooms, fried onions, crème fraîche, chives

6. FLATBREAD STATION

Goat Cheese Flatbread with fig spread, caramelized onions, and balsamic reduction **NF V**

Margherita Flatbread with homemade tomato sauce, mozzarella, balsamic reduction, and fresh basil **NF V**

Prosciutto & Arugula Flatbread with nut-free sundried tomato pesto and shaved parmesan **NF**

(Gluten Free Crust/Cauliflower Crust Available Upon Request)

7. AUSTIN SMOKED MEAT

Beef brisket cooked in our pit low and slow with apple wood BBQ. **NF DF**

Vegetarian Option: Smoked Veggie Sausage

Served with assortment of brioche buns, pickles, signature sauce kachimba, BBQ sauce. **NF GF DF** 

8. CARVERY STATION

Striploin of beef carved on site and served with beef au jus, fresh brioche, horse radish, dijon and pommery mustards.

9. STEAK AND CHIPS STATION

with homemade kettle chips with chimichurri and chipotle aioli **NF GF DF**

10. SALAD STATION

Boston bibb lettuce, radicchio, arugula, romaine, baby spinach, tomatoes, cucumbers, carrots, zucchini, olives, red peppers, chickpeas, kidney beans, sunflower and/or pumpkin seeds, diced chicken, bacon bits, croutons, hard boiled eggs, sesame seed dressing, caesar dressing, balsamic vinaigrette, mandarin & dijon dressing. **NF V**

11. POKE BOWL STATION **NF**

- Build your own poke bowl -
1. Choose your base: white rice or mixed greens.
2. Choose your protein: raw tuna, fresh salmon, grilled teriyaki chicken or vegan option of tofu.
3. Choose your toppings: edamame, corn, cucumber and fried onion
4. Choose your garnish: nori, scallions, jalapenos, pickled ginger and toasted sesame seeds.
5. Choose your sauces: spicy aioli, wasabi mayo, avocado puree or miso sesame soy.

12. TAKE A BAO STATION

Five spice pork shoulder, braised short rib, teriyaki chicken. **NF DF**
Vegan Option: Shiitake Mushroom
With pickled daikon, carrots, cucumber and coriander, in a steamed bao bun. **NF DF V**

13. SUSHI STATION **NF**

Minimum 100 ppl
Assorted sushi, maki and sashimi with wasabi paste, pickled ginger and soy sauce.

14. RAW BAR STATION

Jumbo shrimp, oysters, scallops, tuna tataki
garnishes: champagne mignonette, lemon wedges, tabasco, horseradish, cocktail sauce **NF DF GF**

15. CEVICHE STATION

Seasoned white fish and shrimp with tomatoes, cilantro, fresh lime juice, V8, jalapeños, onions, Valentina sauce. Served in mason jars and garnished with plantain chips and avocado puree **NF DF GF**

16. DIM SUM STATION **NF**

Dumplings (shrimp, pork)
Gyozas (chicken, vegetarian)
Assorted Tempura
Garnish: Green Onions, Crispy Onions, Pickle Carrots, Sesame Seeds, Steamed edamame
Sauces: Soy, Sweet Chili, Sriracha

17. POUTINE STATION **NF GF**

A choice of homemade kettle chips or tater tots. Toppings include shredded cheese (mozzarella and cheese curds), gravy, bacon bits and lobster hollandaise.

18. GRILLED CHEESE STATION **NF V**

Assorted cheeses and fresh breads for grilling with a selection of dipping sauces, bacon, onion jam, tomato compote, chipotle mayo, saffron aioli, ketchup, chipotle sauce and our famous hot sauce kachimba.

19. PRETZEL STATION

Mini sea salt soft pretzels with mustard, queso sauce, and honey mustard **NF V**

20. LIQUID NITROGEN ICE-CREAM STATION

Minimum 75 ppl
Freshly made ice cream: dulce de leche, passion fruit, raspberry, chocolate, french vanilla. **NF GF V**
Ask for our Alcoholic Liquid Nitrogen Ice-Cream. \$14.55

21. DESSERT STATION **V**

Assortment of mini desserts, including tarts, cheesecakes, cupcakes, caramel cream puffs, crème brûlée and more
(Candy station also available)

22. BELGIAN WAFFLE STATION

Toppings: fresh whipped cream, mixed berries, bananas, maple syrup and nutella. (Contains Nuts) **V**

23. CREPE STATION (2PP)

Toppings: mixed berries, bananas, peach, whipped cream, dulce de leche, nutella (Contains Nuts). **V**



BAR & STAFF

A selection of local brews, ciders, fine selection of globally known wines and spirits.

All packages include glassware

STAFF NOT INCLUDED | (4 HOURS MINIMUM)

Event Manager	\$45.00 per hour
Chef	\$45.00 per hour
Cook	\$40.00 per hour
Bartender	\$40.00 per hour
Server	\$38.00 per hour

BEER BAR

\$22.00

Alexander Keith's IPA, Creemore Lager, Steam Whistle Pilsner, 1904 Brickworks Cider, Corona, Michelob Ultra, Stella, Heineken

Includes flat & sparkling water

WINE BAR

\$24.00

Kim Crawford Marlborough Sauvignon Blanc, Catena Cabernet Sauvignon, Argentina
Includes flat & sparkling water

BEER & WINE BAR

\$24.00

Alexander Keith's IPA, Creemore Lager, Steam Whistle Pilsner, 1904 Brickworks Cider, Corona, Michelob Ultra, Stella, Heineken

Kim Crawford Marlborough Sauvignon Blanc, Catena Cabernet Sauvignon, Argentina

Includes flat & sparkling water

FULL BAR

BEER, CIDER, WINE AND SPIRITS

\$30.00

Alexander Keith's IPA, Creemore Lager, Steam Whistle Pilsner, 1904 Brickworks Cider, Corona, Michelob Ultra, Stella, Heineken, White Claw

Kim Crawford Marlborough Sauvignon Blanc, Catena Cabernet Sauvignon, Argentina

Beefeater London Dry Gin, Tito's Vodka, Bacardi White Rum, Forty Creek Whiskey

Includes soft drinks, flat & sparkling water





Flower ARRANGEMENTS

"If you require additional customization, such as logos, names, etc. We can provide it for an additional \$5 over the stated price."

Please note that flower selections are subject to seasonal availability.

SWEET BLOOMS

\$40.00

Option 1: White carnations, California bay leaves, ruscus, purple lisianthus, gypsophila

Round Cylinder Dimensions: 4.72" x 4.72"

Option 2: Cymbidium, dianthus

Square Cylinder Dimensions: 4.72" x 4.72"

ELEGANT ENSEMBLE

\$60.00

Option 1: Alstroemeria

Round Cylinder Dimensions: 4.33" x 6.69"

Option 2: White delphinium, commercial white, green aspidistra

Rectangular Cylinder Dimensions: 4.74" X 7.08"

GRAND GARDEN

\$80.00

Option 1: Xanadu, white hydrangea, white phlox, medium white calla

Round Cylinder Dimensions: 3.93" x 9.44" cm

Option 2: Gypsophila, California bay leaves, white gerbera, purple lisianthus, medium leatherleaf per bunch, purple serenity chrysanthemum spray

Rectangular Cylinder Dimensions: 11.02" x 4.33"

BALLOONS CORNER

Customer chooses any color range
Personalize your balloons with vinyl
for an extra cost of \$5

Helium

HELIUM BALLOON LETTER \$27.50

Each number

HELIUM BALLOON NUMBER \$27.50

Each number

FLOATING BALLOONS \$40.00

6 Balloons with helium

18" Balloon with helium \$12.50 each

Columns

COLUMNS 3FT \$55.00

Vertical or Horizontal

COLUMNS 6FT \$175.00

Description: 5", 11", and 18" personalized balloons

GARLAND (8 FT) \$275.00

Basic half-garland with personalized balloons

GARLAND DELUXE (12 FT) \$375.00

Personalized balloons, flowers, teddy, themed decorations

Arches

**MARQUEE NUMBER WITH LIGHTS
(NO BALLOONS)**

\$100 Each number

RECTANGULAR ARCHE \$375.00

It can include accents, stars, butterflies, themed balloons, etc.

CUSTOM BACKDROP (NO BALLOONS) \$420.00

Personalized fabric with logo or theme

PREMIUM CIRCLE (6FT - 6.5FT) \$800.00

with dried flowers, boxes, balloon numbers or themed balloons.

PREMIUM CIRCLE (10 X 10 FT) \$955.00

with dried flowers, boxes, balloon numbers or themed balloons.





Add - Ons

WHITE CART

\$200.00

Wooden cart, can be used as a candy station and personalized with themes and balloons
Size: 7ft x 6ft

GREEN WALL

\$200.00

Wooden wall with a green backdrop, used for displaying flowers, food, and drinks
Size: 6ft x 4ft

PHONE BOOTH

\$200.00

Metal structure that can be decorated with flowers and balloons
Size: 6ft x 4ft

WHITE WALL

\$200.00

Can be personalized with vinyl and decorated with balloons
Size: 6ft x 2ft

CONTACT US

Let our team of experts curate an unforgettable event for you.

Contact us to book an appointment:

647. 342. 8686 | info@mezagroup.ca
[@mezagroup.catering](https://www.instagram.com/mezagroup.catering) 
www.mezagroup.ca

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Scan to learn more and inquire:



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