



fresh DELI TRAYS

Antipasto Tray

Button mushrooms, sundried tomatoes, roasted peppers, artichoke hearts and olives

European Meat Tray

Dry-cured prosciutto, Genoa salami, capicollo, cacciatore sausage, mini cocktail bocconcini, mortadella, provolone and olives

Executive Sandwich Tray

Finger-sized meat and cheese sandwiches including egg salad and tuna

Vegetable Tray

Assortment of fresh vegetables - served with hummus and vegetable dip

Smoked Salmon & Cream Cheese Tray

Fresh Atlantic smoked salmon and cream cheese - served on your choice of bread

Fruit Tray

Assortment of seasonal fresh fruit



Quinoa Bowl

7 Grain Salad (Kale)

Mango & Avocado Salad

Chick Pea Avocado & Arugula

garden SALAD BAR

Caesar Salad

Garden (Mixed Greens)

Greek Salad

Italian Salad

hot PREPARED MAINS

Meat & Cheese Lasagna

Penne with Tomato Sauce

Penne Alla Vodka

Tortellini with Rosé Sauce

Ravioli with Cream Sauce

Gnocchi with Tomato Sauce

Orecchiette With Rapini & Sausage

Cannelloni

Veal Stew with Potatoes & Carrots

Chicken Cacciatore

Prime Rib au Jus

Eggplant Parmesan

Meat/Vegetable Stuffed Peppers

Veal Cutlets

Breaded Chicken Cutlets

Chicken Marsala

Baked Salmon

Fried Calamari

Fried Shrimps

Sautéed Shrimps



gourmet PIZZA

(905) 857-1227

Available in 14" or Party Size

Meat Lover

Ham, salami and pepperoni

Focaccia

Bocconcini cheese and cherry tomatoes

Potato Zucchini

Potato, zucchini, onion and cheese

Margarita

Basil and bocconcini

Deluxe

Pepperoni, mushrooms and peppers

Nutella

Coconut, strawberries, blueberries and almonds

*prepared fresh with premium ingredients
sourced from our grocery store*

savoury SIDES

Roasted Potatoes

Mashed Potatoes

Rapini

Roasted Peppers & Onions

Grilled, Roasted or Steamed Mixed Vegetable Medley





Eat Healthy, Eat Fresh

Our freshly prepared foods provides you with the feeling and taste of homemade. We offer catering options to suit all your needs; Birthdays, Weddings and your Corporate Event Meetings. Inquire about our handcrafted gift baskets today!



CATERING MENU

(905) 857-1227

orders@gardenfoodsmarket.com



delicious BAKED GOODS

Breakfast Tray
Assorted Bagel Tray
Cannoli Dip Tray

Assorted Cannoli Tray
Assorted Pastry Tray
Fruit Topped Cheesecakes

Let us help make your next occasion memorable with our mouthwatering assortment of cakes, pastries, muffins, cookies, breads and rolls - all freshly baked on a daily basis.



*making special occasions amazing
for over 35 years!*



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fresh & delicious