



T U L I P S & M A P L E

T H E A R T O F C A T E R I N G

Gourmet to Go Menu

Breakfast + Lunch

V=VEGAN • VEG=VEGETARIAN • DF=DAIRY FREE • GF=GLUTEN FREE • NF=NUT FREE

BREAKFAST

Express Coffee

Starting at \$20.00

Drop-off coffee or tea service.

Morning Express

\$8.50 per guest

Freshly brewed coffee and tea, assorted juices, gourmet muffins such as blueberry, chocolate chip, and mixed berry; and fresh seasonal sliced fruit.

Continental Breakfast

\$15.00 per guest

Freshly brewed coffee and tea, assorted juices, a selection of croissants, Danishes, and muffins with fresh seasonal sliced fruit.

Hearty Breakfast Sandwiches

\$9.00 per guest

Fuel your morning with a cheesy 3-egg omelet sandwich topped with a choice of either bacon or roasted veggies.

Assorted Mini Quiches

\$33 per dozen *Can be made crustless for \$9 per dozen more.

Chef's choice of these savory bites in varieties such as bacon and cheese, smoked salmon, florentine or mushroom, leek & goat cheese.

Energy Bites

\$14 per dozen

Served with a choice of cold beverages or freshly brewed coffee service. Get an energy boost with these flavor-packed bites at 3 per guest! The Chef's choice of flavors could include an assortment of: Peanut Butter Chocolate Chip Cookie, Oat & Cranberry or Date and Almond.

SALADS

Small: \$43 Serves 12-15 • Large: \$72 Serves 24-30

Heritage Green Salad (V, GF)

With English cucumbers, grape tomatoes, pickled onions, toasted pumpkin seeds and chef's house dressing.

Sun-dried Tomato Potato Salad (GF)

With warm asparagus and bacon

T&M Caesar

Crunchy Romaine lettuce topped with applewood smoked bacon, croutons, parmesan cheese and garlic dressing

Greek Salad (GF, VEG)

Fresh leafy greens, tomato, sliced cucumber, green pepper, sliced red onion, black olives and feta cheese

Super Food 7 Grain Salad (VEG)

With dried fruit, toasted pecans, and baby spinach.

SANDWICHES

Wrap It Up

\$80 per dozen

Delicious fillings like BLT chicken Caesar, turkey club or roasted vegetable and hummus in assorted wraps.

Artisan Sandwiches

\$95 per dozen

Assorted fresh bread and wraps with a variety of fillings, egg salad Florentine, tuna and cucumber, roast beef and Dijon maple aioli, pastrami with sauerkraut mayo, smoked cheddar with turkey, chicken salad and roasted vegetables with basil hummus.



Lunch Menu

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Lunch Express Combo

\$19.95 per guest (minimum order 20 guests)

Artisan Sandwich Platter: Chef's choice of delicious Artisan Sandwiches (up to 2 varieties per dozen) VEG or GF options available upon request.

Choice of Salad: T&M Caesar, Greek salad, classic potato, tender local greens, or superfoods salad.

Choice of Dessert: Assorted dessert squares or freshly baked cookies. Served with assorted pop and water.

T&M POWER BOWLS

Minimum order of 10 per flavour \$15.00 per bowl

Vegetarian Falafel Bowl (GF, VEG, NF)

House-made, crispy chickpea falafels with tahini drizzle, hummus, pickled vegetables, tzatziki, garlic sauce, and onions served on a bed of quinoa.

Chicken Taco Bowl (NF, Halal)

Grilled Chicken, creamy avocado, sweet corn and tomato, black beans, fresh greens, white rice, Pico de Galo, and cheddar cheese.

Vegan Lemon Grass Thai Noodle Bowl (V, GF)

Rice noodles topped with vegan lemon grass protein, fresh julienned carrot and cucumber, cabbage, fresh cilantro, and lime wedges, drizzled with our house-made sauce

CANAPÉS

\$33.00 per dozen. Minimum 3 dozen per selection

- Sundried Tomato Tart
- Mushroom and Caramelized Onion Tart
- Blue Cheese and Pear Tart
- Spicy Grilled Salmon Skewer with Citrus Honey& Dill Aioli
- Caprese Salad Skewers with Balsamic Reduction
- Artichoke & Feta Cucumber Boat
- Chilled Gazpacho Soup Shooters with Shrimp Sausage

HOT MEALS

Each Entrée Includes a Chef Salad

Smoky Gouda & Cheddar Mac n' Cheese

\$15.75 per guest

With panko and parmesan crust.

House-Made Lasagna

\$19.75 per guest

Creamy tomato sauce layered between lasagna noodles with spinach and four-cheese sauce, or meat sauce with fresh herbs.

Chicken Souvlaki with Rice Pilaf

\$21.95 per guest

Marinated skewers of chicken with basmati rice pilaf and traditional Greek salad accompanied with tzatziki sauce.

Chicken Chasseur

\$21.95 per guest

Chicken Breast smothered in our in-house rich mushroom tomato white wine sauce. Served with roasted seasonal vegetables & garlic mashed potatoes.



Slow Roasted Sirloin Beef (6oz)

\$23.75 per guest

Topped with creamy portobello pepper corn sauce. Served with roasted seasonal vegetables and garlic mashed potatoes.

Pan Seared Atlantic Salmon (5oz)

\$23.50 per guest

Served over chef's rice pilaf with sundried tomato and olive tapenade sauce.

Platters Menu

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Canadian Cheese Board (VEG)

Regular: \$85 • Large: \$105

Domestic selection of cheeses with a variety of crackers and baguette.

From The Garden (V, GF)

Regular: \$65 • Large: \$105

A seasonal variety of fresh crudité's elegantly presented with our house-made dip.

Fresh Fruit (V, GF)

Regular: \$70 • Large: \$90

Attractively displayed selection of fresh seasonal fruit chosen by our Chef.

Antipasto

Regular: \$90 • Large: \$110

Artfully placed cured meats with marinated vegetables and assorted domestic cheeses.

Breads and Spreads

Regular: \$60 • Large: \$75

An array of flatbreads, pita bread & crackers paired with Chef made dips.

Choose 2 Dips:

- Traditional Tzatziki; Cucumber, fresh dill, lemon zest, garlic, Greek yogurt, sour cream
- Caramelized Onion Dip; sour cream, mayonnaise, white onions
- Tapenade Cream Cheese; sundried tomatoes, olives, garlic, cream cheese
- Traditional Hummus; chickpeas, tahini, roast garlic, olive oil (DF)

Wrap It Up

\$80 per dozen

Delicious fillings like BLT chicken Caesar, turkey club or roasted vegetable and hummus in assorted wraps.

Artisan Sandwiches

\$95 per dozen

Assorted fresh breads and wraps with a variety of fillings; egg salad Florentine, tuna and cucumber, roast beef and Dijon maple aioli, pastrami with sauerkraut mayo, smoked cheddar with turkey, chicken salad and roasted vegetables with basil hummus.

Dessert Squares

\$29 per dozen

Our dessert square platters may include a delectable assortment of brownies, Nanaimo bars, lemon squares and other sweet treats.

Freshly Baked Cookies

\$24 per dozen

Our freshly baked cookies may include chocolate chip, white chocolate chip, maple nut, oatmeal, and double chocolate and more.

Approximate Portion Sizing

(varies with every event)

Regular: 12-15 people

Large: 24-30 people



ORDER NOW

EMAIL YOUR ORDER TO:

kingston@tulipsandmaple.ca

Or request a quote at:

www.tulipsandmaple.ca/kingston/contact-us

FOR SPECIALTY REQUESTS CALL US:

613-546-3246 ext. 444

PAYMENTS:

We accept all forms of payment. Deposit is required at time of event confirmation. The balance is due 2 weeks prior to your event.

TERMS AND CONDITIONS:

Please allow a minimum of 48 hours notice for all orders. We cannot accept any changes after the 48 hour notice period. Tulips & Maple can accommodate a variety of allergy and dietary needs.

EXTRA CHARGES:

There may be extra charges for bar service, staffing, equipment rentals etc. All orders are subject to applicable taxes and a 15% event coordination fee.

