



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

Corporate Menu

Breakfast Menu

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

A minimum of 20 persons is required per order.

BREAKFAST

Morning Express

\$13 per guest

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

The Fresh To Go Morning

\$19 per guest

Assorted freshly baked pastries (croissants, danishes and cinnamon rolls), freshly brewed coffee and tea, breakfast bars, individual yogurts, whole fruit with assorted juices.

T&M Breakfast

\$20 per guest

Vanilla infused Greek yogurt served with fruit compote & granola, house-baked breakfast breads such as lemon poppy seed, banana and pumpkin, sliced seasonal fruit, freshly brewed Colombian coffee, green, black and herbal teas & assorted bottled 100% fruit juice.

Continental Breakfast

\$15 per guest

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

The Canadian Breakfast

\$22 per guest

Fluffy scrambled eggs, breakfast sausage, smoked bacon, maple baked beans, P.E.I potato home fries, fresh baked butter croissants, sliced seasonal fruit, freshly brewed Colombian coffee, green, black and herbal teas & assorted bottled 100% fruit juice.

Hearty Breakfast Sandwiches

\$9 per guest

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

T&M Breakfast Burritos

\$9 per guest

Fluffy scrambled eggs, chorizo sausage, salsa, guacamole and sour cream wrapped up in a warm tortilla.

Mini Bagel Bar

\$9 per guest

Allow guests to create their own unique flavour pairings with this interactive display:

- bagel options could include whole wheat, apple cinnamon, plain, sesame and everything (2 mini bagels per guest)
- a minimum of 2 cream cheese options per order can include plain, smoked salmon and dill and veggie
- assorted garnishes may include red onion, cucumber, greens & sprouts
- ask about adding the vegan avocado spread to your order for \$2 more

Assorted Mini Quiches

\$33 per dozen

**Can be made crustless for*

\$9 per dozen more

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



Lunch Menu

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ARTISAN SANDWICHES

Classic Sandwiches

\$75 per dozen

Classic flavour combinations include a minimum of 2 varieties on white or whole wheat bread:

- Egg Salad
- Smoked Ham and Mustard
- Tuna Salad
- Roast Beef and Dijon
- Chicken Salad

Wrap It Up

\$90 per dozen

Exciting flavour combinations include a minimum of 2 varieties on a variety of wraps:

- Tandoori chicken with cucumber raita, pickled red onion and fresh cilantro
- Chipotle turkey with cheddar and avocado
- Roast beef, horseradish mayo and Swiss cheese
- Vegan falafel, garlic sauce, hummus and pickled turnip

Artisan Sandwiches

\$100 per dozen

Exciting flavour combinations include a minimum of 2 varieties on fresh artisan buns:

- Herbed turkey & smoked cheddar
- Dijon maple ham & aged cheddar
- Roast beef, caramelized onion and Swiss cheese
- BBQ chicken with crispy onion and provolone
- Spicy rustic italiano with antipasto, provolone & hot oil
- Pancetta & mozzarella with red pepper spread
(Can be made Vegetarian)

SALADS

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

Tender Local Greens

Sundried cranberries, sunflower seeds and balsamic vinaigrette.

Classic Potato

Tender P.E.I. potatoes tossed in a tangy dijon mayo sauce with hard boiled eggs, chives and seasonings.

T&M Caesar

Crunchy Romaine lettuce topped with a sprinkling of crispy pancetta, sourdough croutons & garlic dressing.

Super Foods Salad

Medley of lentils, beans, chickpeas, pumpkin seeds and quinoa with dried fruits tossed in a house made red wine vinaigrette.

T&M POWER BOWLS

Minimum order of 10 per flavour, \$16.95 per bowl

Vegetarian Falafel Bowl (GF, VEG, NF)

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

Tandoori Chicken Bowl (GF, NF, Halal)

Tandoori-spiced grilled chicken paired with roasted cauliflower, cucumber and tomato on a bed of basmati rice. Topped with creamy avocado & pickled onions and finished with a drizzle of yogurt raita.

Vietnamese Beef Noodle Bowl (GF)

Rice noodles topped with soy marinated beef, pickled carrot, cucumber, fresh greens, bean sprouts. Contains Peanuts, can be made Vegan.

Crispy Gnocchi and Sausage Salad Bowl (NF)

Roasted gnocchi, vegetables and chorizo sausage mixed with creamy bocconcini cheese on a bed of crisp arugula salad.



LUNCH EXPRESS COMBO

\$19.95 per guest (minimum order 20 guests)

PICK YOUR CHOICE OF COMBO:

- Sandwich/Wrap + Salad + Dessert + Drink
- Choice of Power Bowls + Dessert + Drink

Choose a Main:

Choose up to 2 varieties of artisan sandwiches or wraps or power bowls per order (choices on following page)

Choose a Salad: (only available with sandwich/wrap combo)

T&M Caesar, Greek salad, classic potato, tender local greens or super foods salad.

Choose a Dessert:

Assorted dessert squares or fresh baked cookies.

Choose a Drink:

Served with assorted pop and water.

Platters & Canapés

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PLATTERS

From The Garden

Small \$60 • Serves 12-15 people

Large \$100 • Serves 24-30 people

A seasonal variety of fresh crudités elegantly presented with our house made dips.

Fruit Platter

Small \$63 • Serves 12-15 people

Large \$120 • Serves 24-30 people

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

Artisan Cheese Selection

Small \$85 • Serves 12-15 people

Large \$160 • Serves 24-30 people

Includes Chef's choice of 4 fine Canadian cheeses such as; Le Cendrillon Goat Cheese, Bleubry Blue Cheese, Triple Crème, Le Saint-Raymond, Sir Laurier (soft), Cantonier (semi-soft), accompanied by fresh and dried fruits, assorted nuts and an assortment of fresh sliced breads and artisan crisps.

Canadian Cheese Board

Small \$75 • Serves 12-15 people

Large \$150 • Serves 24-30 people

Includes Chef's choice of 3 of the following: Canadian Cheddar, Brie, Jalapeno Havarti, and Smoked Gouda. We garnish with assorted nuts, house-made fruit preserves and an assortment of fresh sliced breads and artisan crisps.

Italian Job

Small \$ 81 • Serves 12-15 people

Large \$160 • Serves 24-30 people

Our popular Italian antipasto board features a variety of Italian cured meats such as Genoa

salami, spicy Calabrese, Capicola and Prosciutto. Accompanied by marinated artichokes, roasted red peppers and pearl onions, olives and artisan crisps.

T&M Charcuterie Board

Small \$100 • Serves 12-15 people

Large \$180 • Serves 24-30 people

A selection from our charcuterie repertoire which will include Chef's choice of artisanal cheeses, terrines & pates, dried imported meats, assortment of fruit preserves, mustards & fresh breads and artisan crisps.

House-Made Dips

Small \$55 • Serves 12-15 people (choice of 1 dip)

Large \$85 • Serves 24-30 people (choice of 3 dips)

Served with an assortment of crisps, pitas and flatbreads.

Choose from the following dips below:

- **Caramelized Onion & Smoked Bacon:** white onion, double smoked bacon, maple syrup, cream cheese.
- **Tzatziki:** Cucumber, fresh dill, lemon zest, garlic, Greek yogurt & sour cream.
- **Fire Roasted Red Pepper:** roasted red pepper, jalapenos, roasted garlic, smoked paprika & cream cheese
- **Bruschetta:** tomatoes, red onion, garlic, fresh basil & olive oil (DF).

CANAPÉS

Starting at \$38 per dozen. Minimum 3 dozen per selection.

- Rice Paper Rolls (V)
- Mushroom and Onion Tart (V)
- Zucchini Roulade (V, DF)
- Bacon Crusted Goat Cheese Balls (GF, NF)
- Peach, Mozzarella & Prosciutto Skewers (GF, NF)
- AAA Beef and Shrimp Skewer (GF)
- Cured Salmon & Dill Crêpe Rolls (NF)
- Pesto Marinated Bocconcini Bite (V, GF)



BBQ Menu

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T&M HOMESTYLE BBQ PACKAGE

\$30 per guest plus applicable fees and taxes
Minimum 50 guests

SALAD (CHOOSE 1)

- Superfood Salad
- Traditional Coleslaw
- Garden Salad
- Creamy Potato Salad
- Zesty Pasta Salad

ENTRÉES (CHOOSE 2)

- All Beef Burgers
- Mild Italian Sausages
- All Beef Hot Dog
- Veggie Burgers

TOPPINGS BAR

Traditional toppings

May include: lettuce, tomato, pickles, red onions, cheddar cheese, mustard, relish and ketchup.

Add Gourmet Toppings

\$3 per person

Includes sauerkraut, sauteed mushrooms, grape tomato relish, caramelized onions, roasted garlic aioli, T&M house ketchup and swiss cheese.

DESSERT (CHOOSE 1)

- Assorted Dessert Squares
- Freshly Baked Cookies

BEVERAGES

Price includes 1 drink per guest

- Bottled Water
- Pop

Upgrade your order to our premium BBQ chicken and ribs option for an extra \$20 per guest includes additional salad and grilled corn on the cob.



Fall & Winter Buffet

A Classic Buffet with a Seasonal Twist!

We offer a seasonal menu ensuring dishes highlight fresh, local and seasonal ingredients. The Fall & Winter menu is available from September through February.

A minimum of 20 persons is required per order. Starting at \$30 per guest for 1 entrée. Add a second salad & entree selection for \$10 per guest.

SALAD (CHOOSE 1)

- T&M Caesar
- House Greens (GF, V)
- Traditional Greek Salad

ENTRÉES (CHOOSE 1)

Turkey & Winter Squash Lasagna with Sage Béchamel (NF)

Layers of roasted butternut squash, savoury ground turkey, creamy ricotta, and wilted winter greens nestled between sheets of fresh pasta. Finished with a sage-infused béchamel and a blend of mozzarella and parmesan, then baked until golden and bubbling. Served with warm rosemary-garlic focaccia.

Chicken Taco Bar (Halal)

Build-your-own bowls or tacos with tender grilled marinated chicken (Halal, GF), cilantro-lime rice (GF), seasoned black beans and corn (V, GF), sautéed onions and peppers, and shredded romaine. Toppings include house-made pico de gallo, guacamole, shredded cheese, and jalapeños. Served with flour or corn tortillas and a curated hot sauce selection.

*Can be made entirely Vegan and Gluten-Free upon request.

Cider-Braised Pork Shoulder with Caramelized Onions & Apples (GF, DF)

Slow-braised pork shoulder simmered in local apple cider with garlic, herbs, and aromatic spices until fork-tender. Served with a compote of caramelized onions and apples, alongside roasted winter vegetables. Rustic, comforting and full of seasonal flavour.

Chicken Souvlaki with Warm Winter Pilaf (Halal)

Herb-marinated chicken skewers (2 per guest), flame-grilled and served with a warming spiced rice pilaf with dried fruit and toasted almonds, warm pita, and creamy tzatziki with dill, cucumber, and lemon.

*Vegetarian skewers available upon request.

Sweet Chili Tofu & Winter Vegetable Stir-Fry (V, GF)

Crispy tofu tossed in a sweet chili-ginger glaze with a medley of winter vegetables—carrots, Brussels sprouts, and cabbage—served over steamed jasmine rice. Bright, bold, and deeply satisfying.

DESSERT

Includes Assorted Dessert Squares or Cookies



Spring & Summer Buffet

A Classic Buffet with a Seasonal Twist!

We offer a seasonal menu ensuring dishes highlight fresh, local and seasonal ingredients. The Spring & Summer menu is available from March through August.

A minimum of 20 persons is required per order. Starting at \$30 per guest for 1 entrée. Add a second salad & entree selection for \$10 per guest.

SALAD (CHOOSE 1)

- T&M Caesar
- House Greens (GF, V)
- Traditional Greek Salad

ENTRÉES (CHOOSE 1)

Artisan Lasagna al Forno with Rosé Cream & Four Cheeses (NF)

A rich, handcrafted lasagna featuring layers of slow-simmered beef ragù, wilted spinach, and velvety rosé béchamel, nestled between sheets of fresh pasta. Finished with a quartet of Italian cheeses and oven-baked until golden. Served with warm artisanal garlic focaccia.

Chicken Taco Bar (Halal)

Build your own Mexican-inspired bowl or tacos with tender grilled marinated chicken (Halal, GF), cilantro-lime rice (GF), seasoned black beans and corn (V, GF), sautéed onions and peppers, and shredded romaine. Toppings include house-made pico de gallo, guacamole, shredded cheese, and jalapeños. Served with your choice of flour or corn tortillas and a curated selection of hot sauces.

*Can be made entirely Vegan and Gluten-Free upon request.

Lemon & Rosemary Roasted Pork Loin with Apricot-Mustard Glaze (GF, DF)

Tender pork loin, marinated with lemon zest, garlic, and fresh rosemary, slow-roasted and finished with a delicate apricot and whole-grain mustard glaze. Served warm and carved thin, with seasonal vegetables.

Chicken Souvlaki (Halal)

Tender, herb-marinated chicken skewers (2 per guest), flame-grilled and served with fragrant rice pilaf, warm pita bread, and house-made tzatziki with cucumber, lemon, and fresh dill.

*Vegetarian skewers available upon request.

Orange Tofu Stir Fry (V and GF)

Crispy tofu tossed in a vibrant orange-ginger glaze with a medley of crisp seasonal vegetables—think bell peppers, snow peas, and carrots—for a perfect balance of sweet, tangy, and savoury. Served over steamed jasmine rice.

DESSERT

Includes Assorted Dessert Squares or Cookies



Break Menu

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Afternoon Refresh

\$14 per guest

Served with water, pop, juice, freshly brewed Colombian coffee, along with green, black and herbal teas. Enjoy a sweet treat for your afternoon pick-me-up with your choice of 2 house made Energy Bites OR 2 Gourmet Cookies per guest.

Energy Bites

\$36 per dozen

Get an energy boost with these flavour packed bites! Chef's choice of flavours could include:

- Peanut Butter Chocolate Chip Cookie
- Oat and Cranberry
- Date and Almond

Afternoon Express

\$14 per guest

Your choice of Tulips & Maple's cheese board including selections such as Canadian Cheddar, Triple Cream Brie and Smoked Gouda (contains nuts) OR a seasonal variety of fresh crudité's elegantly presented with our house made dip. We also include our freshly brewed Colombian coffee, green, black and herbal teas as well as assorted pop & water.

Small Savoury Snack Station

\$35 serves 12-15 per

\$90 serves 24-30 per

An assortment of savoury snacks such as:

- Crispy House Made Kettle Chips; fried to a golden brown and sprinkled with sea salt.
- Mixed Roasted and Salted Nuts (can be nut free)
- Buttery Popcorn and Pretzels Sticks

Dessert Squares

\$29 per dozen

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

Decadent Chocolate Brownies (V, GF, NF)

\$36 per dozen

Freshly Baked Cookies

\$24 per dozen

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



ORDER NOW

EMAIL YOUR ORDER TO:

info@tulipsandmaple.ca

Or request a quote at:

www.tulipsandmaple.ca/ottawa/contact-us

FOR SPECIALTY REQUESTS CALL US:

(613) 723-7103

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.

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.

