



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*

[www.tulipsandmaple.ca](http://www.tulipsandmaple.ca) • [info@tulipsandmaple.ca](mailto:info@tulipsandmaple.ca) • (613) 723-7103

# 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

Cheesy 2-egg omelette, 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.



# Salad & Sandwich Menu

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## 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.

### Greek Salad

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

### Super Foods Salad

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

## 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)

## STUFFED BAGUETTES

\$38 per baguette, 24 pieces per baguette

Includes our signature herb infused cream cheese.

### Tuscan

A rich blend of sundried tomatoes, artichokes, olives, fresh basil and roasted red peppers.

### Southern BBQ

Southern style pulled pork blended with sweet corn, green onions & cilantro.

### Teriyaki Chicken

Teriyaki chicken with toasted sesame seeds, ginger, carrot and fresh mint.

### Smoked Beef

Delicious smoked beef with fresh tomato, spicy jalapeños and black beans.



## LUNCH EXPRESS COMBO

\$19.95 per guest (minimum order 20 guests)

### Sandwich Platter:

Choose up to 2 varieties of artisan sandwiches or wraps per order.

### Choice of Salad:

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

### Choice of Dessert:

Assorted dessert squares or fresh baked cookies. Served with assorted pop and water.



# Bowls & Canapés

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## T&M POWER BOWLS

Minimum order of 10 per flavour  
\$16.95 per bowl

### Korean Beef Bibimbap Bowl (GF, NF)

Bulgogi beef, spinach, mushroom, zucchini, carrots, bean sprouts and kimchi on a bed of sushi rice and topped with a fried egg and gochujang sauce. Can be Vegetarian or Vegan.

### 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 and 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.

## 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)



# Platters Menu

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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 crudité's 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), Cantonnier (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).

### Chicken Breast Medallions

Cranberry glazed and chimichurri marinade, sliced & displayed with house chutneys & preserves.

Small \$96 • Serves 12-15 people

Large \$190 • Serves 24-30 people

### Deviled Eggs

\$16 per dozen. Minimum 3 dozen, choice of 2 selections.

Choose from traditional, beet stained and chive, caramelized curried onion and smoked bacon or fried caper and dill.



# Corporate Seasonal Buffet

## **A Classic Buffet with a Seasonal Twist!**

A minimum of 20 persons is required per order.  
Starting at \$30 per guest for 1 entrée. Add a second salad and 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 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, GF)**

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

### **DESSERT**

**Includes Assorted Dessert Squares or Cookies**





# ORDER NOW

## EMAIL YOUR ORDER TO:

[info@tulipsandmaple.ca](mailto:info@tulipsandmaple.ca)

Or request a quote at:

[www.tulipsandmaple.ca/ottawa/contact-us](http://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.

## 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.

## DELIVERY FEES:

Based on kilometers (drop off one way):

- \$20.00- 10km radius of our address
- \$25.00 – 15km radius of our address
- \$30.00- 20 km radius of our address  
(example: downtown Ottawa)
- \$0.80/km after 20 km

## PICK UP INSTRUCTIONS:

Kitchen Entrance beside Entrance #4 of the Nepean Sportsplex - 1701 Woodroffe Ave  
Nepean, ON. K2G 1W2

## 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.

