



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 • 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

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

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

Traditional sandwiches may include egg salad, smoked ham, tuna salad or smoked turkey breast on white or whole wheat bread.

Wrap it Up

\$80 per dozen

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

Artisan Sandwiches

\$95 per dozen

Exciting flavour combinations may include turkey brie and green apple, roast beef and aged cheddar, or basil chicken with Gouda on artisanal ciabatta buns.

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)

Artisan Sandwich Platter:

Chef's choice of delicious Artisan Sandwiches (up to 2 varieties per dozen) that may include turkey, apple and Brie cheese, roast beef & aged cheddar or basil chicken & Gouda cheese. VEG or GF options available upon request.

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

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

T&M POWER BOWLS

Minimum order of 10 per flavour
\$15 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.

Chicken Taco Bowl (NF, GF, 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 per dozen. Minimum 3 dozen per selection.

- Sundried Tomato Tart
- Rice Paper Rolls
- Mushroom and Onion Tart
- Zucchini Roulade
- Blue Cheese and Pear Tart
- Spicy Grilled Salmon Seaweed Cup
- Caprese Salad Skewers
- Artichoke & Feta Cucumber Boat
- Candied Bacon Crusted Goat Cheese Balls
- Smoked Chicken Taco Cup
- Melon, Mozzarella & Prosciutto Skewers
- AAA Beef and Shrimp Skewer



Platters Menu

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

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), 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, Capicollo 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.



Hot Meals & Desserts

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

HOT MEALS

Minimum of 20 people per selection
Starting at \$27.50 per selection

House-Made Lasagna

Choice of our mouth-watering meat lasagna with a rose sauce layered between lasagna noodles with spinach and 4 cheeses served with garlic bread. Served with T&M Caesar and garlic bread. *Option of Vegetarian Pasta with Pomodoro Sauce upon request.*

Sweet and Sour Beef Meatballs

Served with fresh rolls. Served with house greens and fresh rolls. Vegetarian chili available upon request.

Chicken Souvlaki

Marinated chicken skewers (2 per person) with rice pilaf, pita bread and tzatziki. Served with Greek salad. Vegetarian skewers available upon request.

Chicken Curry

Served with rice and naan bread. Served with house greens. Vegetarian chickpea curry available upon request.

Chicken Parmesan

Seasoned crispy chicken topped with house-made marinara and melted mozzarella served with fettucini alfredo and fresh baked dinner rolls. Served with T&M Caesar.

Vegan Lemon Grass Pad Thai (V, GF)

Rice noodles with seasonal vegetables, coconut and tamarine sauce. Topped with a mildy spicy lemon grass tofu.

Beef Bourguignon

Tender fall apart chunks of beef simmered in a rich red wine gravy served over buttered egg noodles and served with fresh rolls and house greens.

DESSERTS

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.

Gourmet T&M Donuts

\$35.50 per dozen (3 dozen minimum)

Our fluffy donuts can be topped with a variety of flavours such as chocolate, caramel or cinnamon sugar.



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.

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.

