

WELCOME TO MUSKOKA NORTH GOOD FOOD CO-OP'S LUNCH CATERING MENU!

WE KNOW THAT WHEN IT COMES TO CATERING THAT THERE ARE SEVERAL OPTIONS OUT THERE. HOWEVER, OUR CATERING MENU AND THE UPROOT COMMUNITY KITCHEN'S OFFERINGS ARE DIFFERENT. FIRST, WE STRIVE TO OFFER YOU THE MOST DELICIOUS, NUTRITIOUS, BEAUTIFUL FOOD AVAILABLE AND WE CAN DO THIS BECAUSE, WELL, WE USE THE MOST DELICIOUS, NUTRITIOUS AND BEAUTIFUL FOOD WE CAN SOURCE AT THE CORE OF ALL OF OUR FOOD. WE SOURCE LOCALLY FIRST, THEN MOVE OUR WAY OUTWARDS IN SEARCH OF THE BEST AND MOST UNIQUE INGREDIENTS THAT OUR REGION AND PROVINCE HAS TO OFFER. WHEN WE NEED TO TRAVEL BEYOND ONTARIO, WE LOOK TO OUR TRUSTWORTHY PARTNERS, WHO SCRUTINIZE PRODUCTS LIKE WE DO, TO HELP US FIND WHAT WE ARE LOOKING FOR. FOR EXAMPLE, WHEN WE WANT TO USE SEAFOOD (OUR SEAFOOD CHOWDER IS A LOCAL FAVORITE!), WE CALL OUR FISHMONGER FRIENDS IN TORONTO WHO SOURCE THE MOST SUSTAINABLY HARVESTED, WILD CANADIAN SEA AND LAKE FOODS AVAILABLE. WHEN WE NEED AVOCADOS AND MANGOS TO MAKE OUR AMAZING FRESH SALSA, WE CALL UP OUR FRIENDS AT PFENNINGS ORGANICS AND PURCHASE DIRECTLY FROM THEM. WE KNOW THEY SOURCE DILIGENTLY AND WE NEED TO ENSURE THAT OUR MISSION TO PROVIDE YOU THE BEST POSSIBLE INGREDIENTS, IS UPHOLD. WE WORK DIRECTLY WITH OUR VALUED LOCAL PRODUCERS FOR PRODUCE, MEATS, CHEESES, DAIRY AND SPECIALTY PRODUCTS. THIS IS WHAT MAKES OUR FOOD STAND OUT AND WHAT MAKES US FEEL GREAT ABOUT SUPPORTING A LOCAL AND GLOBAL FOOD SYSTEM THAT IS BUILDING COMMUNITY REGARDLESS OF WHERE THE PRODUCT ORIGINATES.



PLANNING YOUR EVENT

1. CALL OR EMAIL US TO START THE CONVERSATION. WE ARE FULL OF IDEAS SO DON'T BE AFRAID TO ASK. THIS CATERING MENU OFFERS A DIVERSE ARRAY OF FOODS BUT IS NOT LIMITED TO THIS, WE ARE ALWAYS UP FOR A CHALLENGE OR CHANGE.
2. WE ASK THAT ALL ORDERS ARE PLACED AT LEAST 48 HOURS IN ADVANCE. IF YOU NEED SOMETHING SOONER, CALL US. IF WE CAN ACCOMMODATE, WE ARE SO HAPPY TO DO SO.
3. ORDERS MUST BE \$150+ TO BE DELIVERED (APPLICABLE DELIVERY COSTS ALSO APPLY) AND ANYTHING UNDER \$150 MAY BE PICKED UP AT A PREDETERMINED TIME.
4. ORDERS WILL BE CONSIDERED FINAL ONCE CONFIRMED. ONLY IF WE HAVE THE ABILITY TO MAKE LAST MINUTE CHANGES, WE CAN ACCOMMODATE.
5. DELIVERY AREA & CHARGES (NOTE: THIS CHARGE IS FOR DELIVERY ONLY. DISH PICK-UP/CLEAN UP REQUIRES DISCUSSION)
 - ★ HUNTSVILLE PROPER~ \$20
 - ★ DWIGHT, PORT SYDNEY~ \$40
 - ★ ROSSEAU & AREA~ \$100
 - ★ DORSET & AREA~ \$100
6. FOR ORDERS \$250 OR MORE, A 50% DEPOSIT WILL BE REQUIRED AT LEAST 48 HOURS PRIOR TO CATERING.
7. OUR TALENTED STAFF WOULD BE HAPPY TO SIT AND TALK WITH YOU ABOUT YOUR EVENT, SPECIAL REQUIREMENTS, & HELP ROLL OUT YOUR EVENT.

CONFIRMATION & PAYMENT

1. TO GUARANTEE DELIVERY, ALL CUSTOMERS ARE ASKED TO CONFIRM THE ORDER, TIME AND DATE BY EITHER SIGNING AND SENDING BACK THE QUOTATION COPY OR ACKNOWLEDGING CONFIRMATION BY EMAIL.
2. IF YOUR ORDER IS FULLY CONFIRMED AND YOU DECIDE TO CANCEL WITHIN 72 HOURS OF THE EVENT, THE 50% DEPOSIT IS NON-REFUNDABLE.
3. FULL PAYMENT IS DUE UPON RECEIPT, UNLESS OTHER ARRANGEMENTS ARE MADE.

DUE TO THE NATURE OF SEASONAL AND LOCAL FARE, WE DO MAKE WONDERFUL INGREDIENT SUBSTITUTIONS. DUE TO THIS, PRICES MAY BE SUBJECT TO CHANGE.

LUNCH

(VEGETARIAN + PLANT-BASED + GLUTEN-FREE OPTIONS AVAILABLE)

SANDWICHES

WITH SOUP ~ \$7.5 PP

NO SOUP ~ \$9 PP

*BREADS CAN BE INTERCHANGEABLE UPON REQUEST

*ASSORTED PLATTERS OF ALL LISTINGS OFFER A DYNAMIC OFFERING TO ALL EATING REQUIREMENTS- MIN. 12 PEOPLE

ROASTED VEGGIE - VEGETARIAN

OVEN-ROASTED EGGPLANT, BELL PEPPERS & ZUCCHINI WITH CARAMELIZED ONION, SOFT GOAT CHEESE, ROASTED RED PEPPER SAUCE & SUMAC AIOLI SERVED ON FRESH FOCACCIA BREAD

HUMMUS VEGGIE WRAP - VEGAN

ORGANIC WRAP LOADED WITH HOUSE-MADE HUMMUS, ROASTED RED PEPPER SAUCE, GRATED CARROTS, CUCUMBERS, RED ONION, ROASTED RED PEPPER SLIVERS, OLIVES & FRESH LOCAL GREENS. DRIZZLED WITH LEMON-TAHINI DRESSING

UN-TRADITIONAL FREE-RANGE EGG SALAD

LOCALLY-RAISED EGGS, FRESH DILL, SCALLIONS & FRESH GREENS SERVED ON ARTISAN MULTI-GRAIN BUN WITH SUMAC AIOLI

FREE-RANGE CHICKEN SALAD

OVEN-ROASTED LOCALLY-RAISED CHICKEN (MIXED WITH CELERY, APPLE, CHIVES, FRESH HERBS & GARLIC AIOLI), FRESH GREENS & THINLY SLICED RED ONION SERVED ON FRESH KAISER BUNS

BLACK FOREST HAM & CHEESE

LOCALLY-PRODUCED BLACK FOREST HAM, CARAMELIZED ONION, ORGANIC SAUERKRAUT, CHEDDAR CHEESE, FRESH GREENS & SUMAC AIOLI SERVED ON FRESH FOCACCIA BREAD

VEGETABLE & CHEESE - VEGETARIAN

A COLOURFUL BLEND OF SEASONAL VEGGIES, HOUSE-MADE HUMMUS, CUCUMBER RAITA, CHEDDAR & FETA CHEESES & FRESH GREENS BUNDLED INSIDE A MULTIGRAIN BUN

SALADS & BREADS

GREENS FESTIVAL

A VIBRANT BOWL OF FRESH & 'CLEAN' GREENS, SPIRALIZED CARROTS AND SWEET RED BEETS, MARINATED CHICKPEAS, WATERMELON RADISH, CHERRY TOMATOES, MICRO-GREENS, SPROUTS & TOASTED SUNFLOWER AND PEPITA SEEDS SERVED WITH HOUSEMADE FRENCH VINAIGRETTE

SIDE~ \$6 PP

MEAL~ \$12 PP

THREE WAY ARTFUL CAESAR - YOU CHOOSE

ALL DRESSINGS TOSSED IN A CRUNCHY BLEND OF CRISP GREENS, CAULIFLOWER, FENNEL & RED ONION

- ★ TRIM- APPLE CIDER VINEGAR, FRESH LEMON, FRESH HERBS, MUSTARD, CHILI, GARLIC & SEA SALT BLENDED IN A BASE OF ORGANIC YOGURT
- ★ CLASSIC- A CLASSIC APPROACH TO A CREAMY CAESAR DRESSING USING ORGANIC YOGURT INSTEAD OF EGGS. TOPPED WITH CRISPY SMOKED BACON, PARMESAN CHEESE & CROUTONS *CONTAINS ANCHOVIES
- ★ PLANT-BASED- CREAMY, GARLICKY AND PLANT-BASED! TOPPED WITH CROUTONS, TEMPEH "BACON" & VEGAN PARMESAN. *CONTAINS CASHEWS

SIDE~ \$6 PP

MEAL~ \$12 PP *ADD STRIPS OF GRILLED CHICKEN TO ANY OF THESE CAESARS~ \$5 EXTRA

THREE WAY POTATO SALAD

ORGANIC POTATOES DONE UP 3 WAYS!

- ★ *LEMONY HERB- ORGANIC POTATO, LEMON JUICE & ZEST, SEA SALT, BLEND OF FRESH & PUNGENT HERBS~ *FRESH & SUPER TASTY*
- ★ **CREAMY- TAKE THE ABOVE BLEND AND ADD ORGANIC YOGURT, DIJON MUSTARD & CRACKED BLACK PEPPER~ *AMAZING FLAVOUR & GREAT ZING*
- ★ ***CRISPY SMOKED BACON- NOW TAKE THE ABOVE AND ADD CRISPY SMOKED, LOCALLY-RAISED COOKED BACON & BACON-INFUSED TOASTED BREADCRUMBS~ *CLEAN, CRUNCHY, SOFT*

SIDE~ *\$5 PP **\$6 PP ***\$7 PP

MEAL~ *\$8 PP **\$10 PP ***\$12 PP

CAN-MEDITERRANEAN QUINOA SALAD

ONTARIO-GROWN, PROTEIN-PACKED QUINOA TOSSED WITH CHUNKS OF CRUNCHY CUCUMBER, HEIRLOOM TOMATOES, RED ONION, RED BELL PEPPER, KALAMATA OLIVES, FRESH HERBS & FETA CHEESE TOSSED IN OUR LEMON-OLIVE OIL VINAIGRETTE SERVED ON A BED OF FRESH GREENS

SIDE~ \$7 PP OR MEAL~ \$14 PP

HUMMUS, VEGGIES & FLATBREADS

OUR HOME-MADE GARLIC-LEMON CHICKPEA HUMMUS DRIZZLED WITH OLIVE OIL SERVED WITH A COLOURFUL VEGGIE PLATE & FLAT BREADS FOR DIPPING
\$7 PP

BROILED FLATBREADS

- ★ ITALIAN~ HUMMUS, SPINACH, SUN-DRIED TOMATOES, CHERRY TOMATOES, SOFT GOAT CHEESE, FRESH HERBS
- ★ SHROOMY~ GARLIC OLIVE OIL, ORGANIC MUSHROOMS, RED PEPPER FLAKES, BELL PEPPERS & CHEDDAR
- ★ PESTO ROASTED VEGGIE~ ROASTED RED PEPPER SAUCE, ROASTED GARLIC, EGGPLANT & BELL PEPPERS, FETA

SIDE WITH SOUP~ \$9 PP

FOCACCIA & OLIVE OIL/BALSAMIC PLUNGE ~ SLICES OF FRESH HERBED FOCACCIA SERVED SIMPLY WITH AN OLIVE OIL AND BALSAMIC DIP \$7 PP



FRESH BREAD BASKET~ PERFECT ADDITION WITH SOUPS AND SALADS, GLUTEN-FREE AVAILABLE (EXTRA)

A DIVERSE SELECTION OF BREADS AND STICKS SERVED WITH WHIPPED BUTTER TO ACCOMPANY YOUR SOUP AND SALAD CHOICES



WITH SOUP~ \$3 PP

GLUTEN-FREE~ \$4 PP

SOUPS

CHOOSE 1 TYPE OF SOUP 12 PEOPLE LESS, MAY CHOOSE 2 TYPES OF SOUP 13 PEOPLE OR MORE

BREAD OPTIONS (ABOVE) TO ACCOMPANY ANY OF OUR SOUPS!

*VEGETARIAN SOUPS~ \$8 PP

**SOUPS WITH PROTEIN~ \$10 PP

***SEAFOOD~ \$12 PP

CREAMY ROASTED SQUASH* PLANT-BASED, DAIRY-FREE, GF

A BLEND OF DIFFERENT FALL SQUASH PUREE WITH ROASTED RED ONION, GARLIC AND GINGER ROOT, SWEETENED WITH CREAMY COCONUT MILK, A DASH OF MAPLE SYRUP AND FLAVOURED WITH SUBTLE INDIAN SPICES

MUSHROOM FENNEL* PLANT-BASED OPTION AVAILABLE, GF

A MELANGE OF ORGANIC MUSHROOMS, GRILLED FENNEL ROOT, RED ONION & GARLIC IN A WHITE WINE VEGGIE BASE OR IN A RICH CREAM BROTH

CREAMY HUNGARIAN MUSHROOM* GF

CREAMY MUSHROOM SOUP SEASONED GENEROUSLY WITH FRESH DILL, PAPRIKA & PARSLEY

SEAFOOD CHOWDER*** DAIRY-FREE OPTION AVAILABLE

A SPECIALTY SOUP USING THE HIGHEST QUALITY, SUSTAINABLY HARVESTED CANADIAN FISH & SHELLFISH. ALSO LOADED WITH FRESH VEGGIES & POTATOES IN A FLAVOURFUL & NUTRITIOUS CREAMY SEAFOOD BASE. AVAILABLE IN CLEAR BROTH UPON REQUEST

THAI COCONUT CHICKEN- DAIRY-FREE, GF, PLANT-BASED OPTION AVAILABLE

OUR VERSION OF A THAI TRADITIONAL FAVOURITE. CHICKEN SOUP FLAVOURED WITH LEMONGRASS, FRESH LIME, GINGER, COCONUT, CILANTRO AND RED CURRY.

WE PROUDLY USE LOCALLY-RAISED CHICKEN ONLY

PLANT-BASED? REPLACE CHICKEN WITH SAUTEED TOFU

SPLIT PEA WITH ROSEMARY- GF, PLANT-BASED OPTION AVAILABLE

ROSEMARY TAKES THE ALREADY FLAVOURFUL CANADIAN-GROWN GREEN SPLIT PEA & SMOKY BACON TO THE NEXT LEVEL. CARROTS, CELERY & POTATO ADD TO THIS HIGHLY NUTRITIOUS AND DELICIOUS CLASSIC

GYPSY SOUP- PLANT-BASED, GF, DAIRY-FREE

THIS RICH TOMATO, PAPRIKA, TURMERIC BASED CHICKPEA SOUP IS ONE OF OUR CO-OP FAVOURITES! THIS SOUP BURSTS WITH FLAVOUR, AND IS LOADED WITH PROTEIN RICH PULSES, SWEET POTATO & ORGANIC VEGGIES

ZUPPA TOSCANA- DAIRY-FREE, GF

OUR LOCAL PRODUCER'S ITALIAN SAUSAGES COMPLIMENT THE EARTHY FLAVOUR OF POTATOES, FRESH SPINACH & SQUASH IN THIS HEARTY, WARM CLASSIC

FINALE! ~ COMPLETE YOUR MEAL WITH CHEESE OR A DESSERT

SEASONAL FRUIT AND NUT PLATE

A COLOURFUL RAINBOW OF FRESH FRUITS, DRIED ORGANIC DATES & *BEST EVER* MAPLE GLAZED NUTS
4 PERSON MINIMUM \$8 PP

FROMAGE

A BLEND OF DIVERSE & DELICIOUS ONTARIO AND QUEBEC ARTISANAL CHEESES WITH FRUIT SPREADS TO COMPLIMENT. SERVED WITH FRESH FRUITS, BEST EVER NUTS & A BASKET OF CRACKERS & FRENCH BREAD
6 PERSON MINIMUM \$12 PP

COOKIES!

GINGERSNAP

CLASSIC CHEWY CHOCOLATE CHIP - PLANT-BASED AVAILABLE

ORGANIC PEANUT BUTTER - PLANT-BASED AVAILABLE

OATMEAL RAISIN

BALANCE COOKIES- GF, DAIRY FREE (BROWN RICE FLOUR, GROUND ALMONDS, TOASTED SESAME SEEDS, CINNAMON AND HONEY)

\$3/COOKIE

COOKIE PLATTER

CHOOSE 3 TYPES OF THE ABOVE COOKIES TO MAKE YOUR PLATE YOUR OWN!
6 PERSON MINIMUM REQUIRED \$5 PP (PRICE REFLECTS 2 COOKIES/PERSON)

CARROT CAKE

MOIST AND WONDERFULLY DELICIOUS CAKE TOPPED WITH CITRUS CREAM CHEESE ICING~ *NOT TOO SWEET*
\$5 PP (1 PERSON=1 SLICE)

CHOCOLATE ZUCCHINI CAKE

ZUCCHINI MEETS RICH CHOCOLATE CAKE & MAKES IT HIGHLY NUTRITIOUS IN OUR WORLD! TOPPED WITH CACAO-ESPRESSO CREAM-CHEESE ICING
\$5 PP (1 PERSON=1 SLICE)

CHOCOLATE BROWNIES

OUR DECADENT BROWNIES ARE SO RICH THAT THEY DON'T NEED ICING!
\$5 PP (1 PERSON=1 SQUARE)



CHOCOLATE ZUCCHINI CAKE



SEAFOOD CHOWDER



"YOU, AS A FOOD BUYER, HAVE THE DISTINCT PRIVILEGE OF PROACTIVELY PARTICIPATING IN SHAPING THE WORLD YOUR CHILDREN WILL INHERIT."

- JOEL SALATIN

WE SINCERELY THANK YOU FOR YOUR SUPPORT OF MUSKOKA NORTH GOOD FOOD CO-OP!