

## Complete Menu Combos Designed to Fit Your Budget!

<b>Quiche with Salad</b> Quiche lorraine, broccoli & cheddar or smoked ham & cheese with garden or caesar salad & cookies.	<b>9.95</b>
<b>Chicken Caesar Salad</b> With fresh rolls & seasonal fruits.	<b>9.95</b>
<b>Lasagna Meat or Vegetarian</b> Served with garlic bread & mini pastries.	<b>12.95</b>
<b>BBQ Chicken</b> 1/4 in house smoked BBQ chicken breast with potato salad, coleslaw & mini pastries.	<b>10.95</b>
<b>Old Fashioned Meat Loaf</b> Served with mushroom gravy, garlic mashed potatoes, vegetables & assorted desserts.	<b>13.95</b>
<b>Chicken Parmigiana</b> Breaded chicken breast covered in tomato & basil sauce with mozzarella, penne pasta, garlic bread & desserts.	<b>14.95</b>
<b>Chicken or Beef Stir Fry</b> Wok fried oriental vegetables with chicken or beef in an orange peking hoisin sauce with jasmine coconut rice & assorted desserts.	<b>12.95</b>

## Events

<b>Hors d'oeuvres &amp; Canapes</b> Minimum 10 persons. Your choice of 6 hors d'oeuvres.	<b>10.95</b>
---	--------------

## Hot

• Phyllo with Feta & Spinach • Leek & Brie Quiche • Ham & Cheddar Quiche • Mozzarella & Wild Mushroom Tart • Thai Chili or Beef Satays • Chicken Souvlaki • Maple Glazed Salmon Satays • Mini Angus Beef Sliders • Hoisin Ginger Shrimp Satays • Crab Cake with Spicy Cocktail Sauce • Mini Vegetarian Spring Rolls • Mini New Potatoes Stuffed with Goat Cheese & Green Peppercorns

## Cold

• Cherry Tomatoes & Bocconcini • Cocktail Shrimp • Melon & Prosciutto • Smoked Salmon on Pumpernickle • Bruschetta on Focaccia • Mini Pita with Curried Chicken • Rare Beef on Crostini with Horseradish Cream • Roasted Vegetables & Goat Cheese on Focaccia • Thai Style Lettuce Wraps • Crab & Shrimp Salad in a Pita

## Platters

	S/M/L
<b>Antipasto Platter</b> Genoa salami, black forest ham, fresh mozzarella, swiss, provolone, cherry tomatoes & olives.	<b>45/59/69</b>
<b>Crudite Basket</b> Fresh seasonal vegetables with herbed sour cream cooler.	<b>35/49/62</b>
<b>Hummus Dip</b> Creamy hummus & tahini dip served with pita chips & crudites.	(serves 10) <b>25</b>
<b>Caprese Platter</b> Fresh mozzarella, roma tomatoes & fresh basil served with balsamic vinaigrette & crostini.	<b>49/64/88</b>
<b>Fruit Cheese &amp; Nuts Platter</b> Assorted cheeses served with fresh seasonal fruit, crackers & nuts.	<b>50/69/90</b>
<b>Fresh Fruit Platter</b> Platter of melon, pineapple & other seasonal fruits.	<b>35/49/62</b>
<b>Sushi Platter</b> Tuna, salmon, shrimp, crab, egg, spicy salmon roll, California roll.	<b>65/75/85</b>
<b>Grilled Shrimp Platter</b> Char grilled shrimp served with sweet chili dipping sauce.	<b>32/48/61</b>
<b>Spinach &amp; Artichoke Dip</b> Fresh baked pumpernickel bread bowl with spinach, artichoke & cream cheese dip.	(serves 10) <b>38</b>



## Desserts

<b>Cookies &amp; Brownies</b>	
<b>Cookies</b> Serves 10-12 An assortment of our freshly baked cookies.	<b>14.99</b>
<b>Brownies</b> Serves 10-12 An assortment of our freshly baked brownies.	<b>18.99</b>
<b>Cookies &amp; Brownies</b> Serves 10-12	<b>20.99</b>

• • •

<b>Chocolate Dipped Strawberries</b> each	<b>1.95</b>
Min 10 please.	

<b>Fruit Tarts</b> Min 10 please	each <b>3.75</b>
Seasonal fruits with custard in a sweet pastry crust.	

<b>Mini Cupcakes</b> Min 10 please	each <b>2.50</b>
Selection of house made cupcakes.	

<b>The Mini Tray</b> Serves 10-12	<b>42.00</b>
Miniature pastries including cookies, brownies, tarts, squares & mini cupcakes.	

<b>Petit Fours</b> Serves 10-12	<b>55.50</b>
Not only do they look beautiful, but they are created with the richest of ingredients & taste beautiful too. Gourmet, mini sized French pastries which will surely put a sweet smile on your face.	

<b>Cakes &amp; Slabs</b>	<b>6", 8", 10"</b>
Cakes & slabs, charlottes, mousses, pies, tarts, flans, decorated cakes (with writing), slab 8*12, slab 12*16, full slab 16*23, custom made logos. Call for varieties & prices.	

**Toss it up**  
fresh to go



Tel. 613.216.2845

## About Toss it up

We are expert corporate caterers with over 30 years experience in service. Our prestigious client list includes most of Ottawa's law firms, accounting firms, as well as most government departments. Toss it up caters to all of your personal, social & business needs anywhere & anytime in Ottawa/Hull & surrounding areas. Our catering team will work with you to assure the most professional service available.

## Event Services

Full bar services, servers & bartenders, china, glassware, linens & other rentals.

## Presentation

Our basic presentation is arranged on custom designed boxes & baskets.

## Our Policy

Toss it up is always ready to accommodate any last minute request, however some items may require 24 hours notice.

Free delivery in designated areas. Delivery available to all parts of the city.

Payment may be made by cash, cheque, debit or credit card. House account inquiries are welcome. Gift cards are also available. It's easy to order, phone, fax or online [www.tossibilities.ca](http://www.tossibilities.ca)

250 Greenbank Rd. #17, Ottawa K2H 8X4

Tel 613 216 2845 Fax 613 820 7846

email: [info@tossitup.ca](mailto:info@tossitup.ca)

[www.tossibilities.ca](http://www.tossibilities.ca)

Produced by MPP Marketing Group Inc. All Rights Reserved. MPPOR-7897



**Toss it up**  
fresh to go

CATERING MENU



## Breakfast

Minimum 6 persons.

<b>Morning Continental</b>	<b>6.00</b>
<i>An assortment of bagels, morning pastries &amp; croissants served with cream cheese, butter &amp; preserves, assorted juices, coffee &amp; tea.</i>	
<b>Bagels &amp; Morning Pastry</b>	<b>3.25</b>
<i>An assortment of freshly baked bagels &amp; pastries served with cream cheese, butter &amp; preserves.</i>	
<b>Morning Pastry</b>	<b>2.25</b>
<i>An assortment of freshly baked croissants, muffins, scones &amp; pastries served with butter &amp; preserves.</i>	
<b>Bagels</b>	<b>2.95</b>
<i>Your choice of freshly baked bagels with butter, cream cheese &amp; preserves.</i>	
<b>Muesli Breakfast</b>	<b>3.50</b>
<i>Low fat yogurt, fresh berries, oats, apples &amp; raisins.</i>	
<b>Smoked Salmon</b>	<b>7.95</b>
<i>Smoked salmon, cream cheese, tomatoes &amp; scallions, served with bagels.</i>	
<b>Breakfast Sandwiches</b>	<b>3.00</b>
<i>Egg, bacon, sausage, ham &amp; cheddar sandwiches on English muffins, bagels &amp; buns.</i>	
<b>Breakfast Burritos</b>	<b>4.00</b>
<i>Scrambled egg, onions, peppers, sausage &amp; cheese served in a wrap.</i>	
<b>Yogurt, Strawberries &amp; Granola</b> (serves 10-12 people)	<b>39.00</b>
<i>Yogurt &amp; fresh strawberries with a side of granola.</i>	
<b>Fresh Fruit</b> (serves 10-12)	<b>35.00</b>
<i>An elegant arrangement of whole &amp; sliced seasonal fruits &amp; berries.</i>	

<b>Hot Breakfast #1</b>	<b>12.95</b>
<i>Fresh scrambled eggs, home fries, sausage, bacon, baked goods, coffee &amp; tea.</i>	
<b>Hot Breakfast #2</b>	<b>12.95</b>
<i>French toast, pancakes or waffles served with maple syrup &amp; butter, home fries, sausage, bacon, baked goods, coffee &amp; tea.</i>	

<b>Breakfast in a Box</b>	<b>6.00</b>
<i>Enjoy a made-from-scratch muffin, a bowl of mixed fruits &amp; orange juice.</i>	
<b>Beverage Tote</b>	<b>14.99</b>
<i>Freshly brewed coffee (serves 10) tea (serves 5)</i>	
<b>Cold Beverage Service</b>	<b>2.00</b>
<i>An assortment of juice, milk, chocolate milk &amp; water.</i>	



## Sandwiches & Wraps

<b>Assorted Sandwich Basket</b>	<b>5.95</b>
<i>Our classic sandwiches served on artisan breads &amp; rolls including roast beef, black forest ham, chicken, smoked meat, tuna salad, egg salad &amp; vegetables.</i>	
<b>Assorted Wrap Basket</b>	<b>7.95</b>
<i>An assortment of our gourmet wraps including chicken caesar, BBQ chicken, tuna soprano, grilled veggies, swiss, steak &amp; tofusion.</i>	
<b>Assorted Wraps &amp; Sandwiches</b>	<b>6.95</b>
<i>The best of both. Assorted wraps &amp; classic sandwiches.</i>	
<b>Panini Sandwiches</b>	<b>7.95</b>
<i>Smoked turkey &amp; havarti, grilled vegetables, baby shrimp, chicken parmigiana, Cuban club, cranberry chicken on grilled panini rolls.</i>	

## Lunch Combos

<b>The Sandwich Buffet</b>	<b>13.95</b>
<i>An assortment of Toss classic sandwiches &amp; wraps, choice of mixed greens or caesar salad &amp; your choice of cookies or cookies &amp; brownies.</i>	
<b>The Boardroom Buffet</b>	<b>16.95</b>
<i>An assortment of Toss signature sandwiches &amp; wraps, crudite &amp; dip platter, a choice of either house salad or caesar salad &amp; one premium salad bowl, choice of cookies or cookies &amp; brownies.</i>	
<b>The Executive Buffet</b>	<b>19.99</b>
<i>An assortment of grilled panini sandwiches, crudite &amp; dip platter, domestic cheese platter, a choice of two premium salad bowls &amp; a mini assorted pastry tray.</i>	

## Boxed Lunches

<b>Sandwich or wrap with a side salad</b>	<b>9.95</b>
<b>Sandwich or wrap with a side salad &amp; drink</b>	<b>11.95</b>
<b>Sandwich or wrap with a side salad, drink &amp; a cookie or brownie</b>	<b>13.95</b>

## Soups 3.25

A light lunch or a hearty addition to a luncheon buffet served with assorted breads. Ask your Toss representative for today's soup selections.



## Salad Bowls

Serves up to 5 entrees or 10 side orders.

<b>Mixed Greens</b>	<b>29.00</b>
<i>With tomatoes, cucumbers, red onions, carrots &amp; our house vinaigrette.</i>	
<b>Caesar Salad</b>	<b>39.00</b>
<i>Romaine, caesar dressing, sourdough croutons &amp; parmesan cheese.</i>	
<b>Homemade Potato Salad</b>	<b>22.00</b>
<b>Creamy Coleslaw</b>	<b>22.00</b>

## Chef Designed Salad Bowls

Served with dressing on the side & a small bread basket. **44.95**

<b>Spinach Cycle</b>	<b>44.95</b>
<i>Toasted walnuts, goat cheese, sundried cranberries, tomatoes, red onions, mixed peppers, shredded carrots &amp; baby spinach with raspberry vinaigrette.</i>	
<b>Asian Chicken</b>	
<i>Soya &amp; maple glazed chicken breast, sweet peppers, cucumbers, bean sprouts, carrots, mandarins, crispy noodles, crunchy lettuce &amp; cilantro with toasted sesame seed dressing.</i>	
<b>Shogun Steak</b>	
<i>Charred Certified Angus Teriyaki Beef Steak, sweet peppers, bean sprouts, carrots, crispy noodles &amp; baby spinach with poppy seed dressing.</i>	
<b>Tony Tuna</b>	
<i>Flaked white tuna, sliced Roma tomatoes, Bermuda onions, red bliss potatoes, boiled eggs, sliced cucumbers, mixed greens, black olives &amp; baby greens with sundried tomatoes &amp; basil dressing.</i>	
<b>Tex-Mex Cluck</b>	
<i>Tex-Mex chicken breast, black beans, sweet corn, red onions, avocado, sliced tomatoes, baby greens &amp; crisp tortilla strips with buttermilk ranch dressing.</i>	
<b>Tofu 4U</b>	
<i>Sliced tofu, sweet peppers, cucumbers, bean sprouts, red onions, carrots, mandarins, crispy noodles, crunchy lettuce, cilantro &amp; Thai ginger dressing.</i>	
<b>Zorba The Greek</b>	
<i>Warm marinated chicken, sweet peppers, tomatoes, red onions, cucumbers, black olives, crumbled feta, with mixed greens &amp; Greek feta dressing.</i>	
<b>Shanghai Noodles</b>	
<i>Vermicelli noodles, oriental vegetables, peanuts, steak, chicken or tofu with red Thai dressing.</i>	

## Special Event Meals

<b>Summer BBQ</b>	<b>16.95</b>
<i>Burgers, chicken breast, veggie burgers, sausages, cheese, condiments, potato salad, pasta salad, fresh seasonal fruit, freshly baked cookies. (minimums apply, please contact us for details)</i>	
<b>Prime Rib Meal</b>	<b>25.95</b>
<i>Roast prime rib baked to perfection &amp; served with red wine jus, glazed baby carrots, garlic mashed potatoes, caesar salad, freshly baked breads &amp; rolls &amp; assorted pastries.</i>	
<b>Succulent Roast Turkey</b>	<b>21.95</b>
<i>With sage dressing, cranberry sauce, garlic mashed, gravy, garden salad, glazed carrots, fresh baked rolls &amp; dessert.</i>	

## International Flavours

<b>Greek</b>	<b>16.95</b>
<i>Chicken souvlaki on skewers served with Greek salad, rice, pita, tzatziki sauce &amp; assorted desserts.</i>	
<b>Italian</b>	<b>16.95</b>
<i>Penne pasta with chicken in tomato sauce, Bolognese sauce or mushroom rose sauce, caesar salad, garlic bread &amp; assorted desserts.</i>	
<b>Mexican</b>	<b>16.95</b>
<i>Chicken, beef or vegetable fajitas served with shredded cheese, salsa, guacamole, sour cream, with Mexican rice, black bean salad &amp; assorted desserts.</i>	
<b>Thai</b>	<b>17.95</b>
<i>Pad Thai with chicken or shrimp, vegetable spring rolls, mango pineapple salad, assorted desserts, fortune cookies &amp; chopsticks.</i>	
<b>German</b>	<b>17.95</b>
<i>Chicken schnitzel &amp; bratwurst sausage served with warm German potato salad, lentil soup, fresh rolls &amp; apple crumble.</i>	
<b>French</b>	<b>16.95</b>
<i>Beef Bourguignon served on rice or noodles, bread &amp; rolls, green salad &amp; dessert.</i>	

