

THE
ROSTIE GROUP

SUMMER CATERING MENU 2026



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CONTENTS

PRIX FIXE
03

SEASONAL SELECTIONS
04

BREAKFAST
05

SANDWICHES
06

PROTEIN BOWLS
07

HOT LUNCH
08

SOMETHING SWEET
09

SHARING BOARDS
10

BEVERAGES
11

We are happy to
accommodate dietary
restrictions, allergies and
special catering requests





PRIX FIXE

\$60

BREAKFAST

Continental Breakfast
Served with coffee, tea,
and juice

MORNING BREAK

Refresh on coffee and tea

LUNCH

Choice of Executive Box
or Protein Bowl
Details on page 6 & 7
Served with soda, water
and juice

AFTERNOON BREAK

Choice of Snack
Details on page 9
Refresh on coffee and tea

**Ask us how you can upgrade
your breakfast, lunch and
snack options**

SEASONAL

BREAKFAST POWER CUPS - \$7

Your choice of energizing grab-n-go cups:

Overnight oats: almond milk, peanut butter, pumpkin seeds and sunflower seeds

Chia pudding: almond milk, strawberry jam, walnuts, peanut butter and sliced almonds

MINI CROISSANT TRAY - \$5

Buttery little croissants perfect for brunch.
Includes: turkey, ham, roast beef, tuna salad, & egg salad

HOT PROTEIN - \$36

HONEY GARLIC GLAZED CHICKEN THIGHS

JERK CHICKEN

MANGO CHILI CHICKEN

SLICED BEEF BRISKET (BBQ-STYLE)

CHIPOTLE BRAISED BEEF

Please choose one protein

EACH PROTEIN INCLUDES 2 OF THE FOLLOWING SIDE CHOICES:

Coleslaw

Potato salad

Mediterranean salad

Macaroni salad

SORBET BAR - \$8

Served with seasonal berries

WATERMELON PLATTER - \$5

ICE CREAM BARS - \$5

LEMONADE - \$3

Served on ice & slices of lemon

PRICES ARE PER PERSON, MINIMUM 10 PEOPLE



BREAKFAST

HIGH PROTEIN PARFAIT BAR - \$15

Greek yogurt served with fresh berries and protein-enriched granola topping
(30 grams of protein per serving)

CONTINENTAL BREAKFAST - \$22

Assortment of morning pastries, served with greek yogurt, granola & hard fruit basket. Accompanied with a variety of jams, whipped butter & our local Waterpark Place Honey

HOT BREAKFAST BUFFET - \$25

Scrambled eggs served with home fries, mini croissants or biscuits and your choice of bacon or sausage

BREAKFAST BURRITO BAR - \$25

Build your own burrito with a selection of toppings: scrambled eggs, bacon or sausage, cheese, salsa, sour cream and sauteed vegetables

CROISSANT BREAKFAST SANDWICHES - \$12

Platter of croissant sandwiches with cheese and choice of protein :

- Bacon & Egg
- Ham & Egg
- Turkey & Egg
- Spinach, Egg & Goat cheese

**PRICES ARE PER PERSON
MINIMUM 10 PEOPLE**

SANDWICHES

SANDWICH PLATTER - \$18

Assortment of sandwich selections

EXECUTIVE BOXES - \$23

Choice of sandwich with side garden salad

PRICES ABOVE ARE BASED PER PERSON



SELECTIONS

ROASTED TURKEY

Spicy chipotle spread,
mushrooms, tomato,
asiago cheese

VEGGIE

Roasted red pepper spread,
caramelized onions, arugula,
mushrooms, asiago cheese

GRILLED CHICKEN

Roasted red pepper spread,
caramelized onions, arugula,
havarti cheese

PROSCIUTTO

Sun-dried tomato spread,
roasted red peppers, arugula,
goat cheese

ROAST BEEF

Roasted garlic aioli,
tomatoes, caramelized onions,
cheddar cheese

PROTEIN BOWLS

CHIPOTLE BOWL - \$22

Quinoa, grilled chicken breast, avocado, cheddar cheese, kidney beans, tomatoes, roasted corn, spicy banana peppers, spicy chipotle

POWER BOWL - \$22

Quinoa, kale, avocado, cherry tomatoes, beets, broccoli, carrots, chickpeas, kidney beans, pumpkin seeds, ginger sesame

NOURISH BOWL - \$22

Quinoa, kale, grilled chicken breast, goat cheese, apples, cucumber, almonds, beets, pumpkin seeds, sunflower seeds, asian dressing

BLISS BOWL - \$22

Quinoa, avocado, cherry tomatoes, beets, roasted corn, cheddar cheese, pumpkin seeds, balsamic vinaigrette

BURRITO BOWLS - \$22

- **Chicken Burrito Bowl**

Grilled chicken, cilantro-lime brown rice, sautéed vegetables, black beans, cheese, sour cream and salsa

- **Veggie Burrito Bowl**

Soy protein, quinoa, sautéed vegetables, black beans, cheese, sour cream and salsa



HOT LUNCH

LEMON & HERB CHICKEN - \$36

Grilled chicken breast topped with lemon-garlic glaze and fresh herbs.

CHICKEN PARMESAN - \$34

Crispy breaded chicken breast topped with rich marinara and melted mozzarella.

KOREAN BBQ BEEF - \$44

Sliced sirloin beef slowly marinated in garlic, sesame, ginger, Korean red pepper flakes and chili paste.

GRILLED TOFU STEAKS - \$24

Tofu steaks marinated in ginger miso and pan-seared until golden brown.

Each protein includes 2 of the following side choices:

- Basmati rice
- Roasted seasonal vegetables
- Rosemary and thyme baby potatoes

**PROTEIN PORTIONS ARE 6 OZ
MINIMUM 10 PEOPLE**



SOMETHING SWEET

\$8

PER PERSON

COOKIES & BROWNIES
ASSORTED FRUIT TARTS
CHEESECAKE
SUNDAE BAR
MINI DOUGHNUTS
SNACK BASKET



SHARING BOARDS

FRESH SEASONAL FRUIT PLATTER - \$17

Selection of fresh seasonal fruit

CHARCUTERIE BOARD - \$14

Selection of sliced meats,
crackers, and fresh fruit

**add cheese for an additional
\$3 per person*

CHEESE BOARD - \$14

Selection of cheeses, crostinis,
mini jams and fresh fruit

DIP TRIO - \$12

Pita chips, sliced vegetables and a trio of dips
including: classic ranch,
roasted garlic hummus & creamy tzatziki

DESSERT BOARD - \$14

Selection of mini bite-sized sweets,
baked items, and seasonal additions

PREMIUM PROTEIN SNACK BASKET - \$14

Protein bars, Quest protein chips, Popcorners,
Artisan beef snack sticks, and a curated
selection of individually packaged nuts

PRICES ARE PER PERSON, MINIMUM 5 PEOPLE



BEVERAGES

HOT

REUNION ISLAND COFFEE AND
PREMIUM TEAS (12 CUP URN) - **\$24**
SERVED WITH BISCOTTIS

UNLIMITED COFFEE & TEA - **\$7**
MINIMUM 30 PEOPLE

COLD

ASSORTED SODA - **\$2**

PREMIUM SODA - **\$4**

POPPI, BUBLY POP, SPARKLING CANS
BOTTLED JUICE - **\$3**

SPARKLING WATER (750 ML) - **\$7**

COLD BREW (1 LITRE) - **\$10**