

Ma  Ro
CATERING

F O O D + E V E N T S

CORPORATE BUFFET MENU



BREAKFAST

STANDARD CONTINENTAL BREAKFAST

6 Person Minimum

Chef's Choice of Freshly Baked Sweet & Savoury Breakfast Pastries

Served with Butter, Fruit Preserves 


Assorted Fresh Fruit Display

LIGHT BREAKFAST

Chef's Choice of Mini Breakfast Muffins

Served With Butter 

Yogurt Parfaits

Greek Yogurt Layered with In-House Granola
And Fresh Berries, Drizzled with Honey 

HOT BREAKFAST

Assorted Mini Sweet & Savoury Breakfast Croissants

Served with Butter, Fruit Preserves 

Fluffy Scrambled Eggs

A Choice of:

Smoked Bacon OR Breakfast Sausage Links




Herb Seasoned Roasted Potato Home Fries

Fresh Seasonal Fruit Kebabs

CHEF'S CHOICE SELECTIONS:



Croissants

Butter Croissant, Cheese Croissant,
Pain Au Chocolat,
Spinach Parmesan Velouté Croissant,
Dubai Chocolate Croissant 

Danishes

Tomato Bocconcini Danish with Basil Pesto,
Balsamic Fig Danish, Apricot Danish

Muffins

 Charcuterie Muffins,
Zucchini Sun-blushed Tomato Feta Muffins,
 Pancetta Gruyere Muffins, Blueberry Muffin,
Chocolate Muffin

LIGHT HOT BREAKFAST

Choice of:

Roasted Red Pepper, Spinach and Zucchini Frittata

OR

Bacon & Cheddar Frittata

OR

2-Eggs Cups with Spinach, Pimento, Asiago

Assorted Fresh Fruit Display

Yogurt

Served with Homemade Crunchy Granola 



Vegetarian



Vegan



Gluten-Free



Dairy-Free



Contains Nuts





Contains Pork



BREAKFAST

BREAKFAST BOWLS

Seoul Sunrise Breakfast Bowl


Brown Rice, Poached Egg, Avocado, Broccoli, Kale,
Kimchi Cucumber  

Nourish and Shine Bowl

Red and White Quinoa, Roasted Sweet Potato, Sweet
Baked Beans, Hard-Boiled Egg,
Agave Nectar Sweet Yogurt Cilantro Lime Dressing  

BREAKFAST SANDWICHES


Breakfast Burrito

Sautéed Peppers & Onions, Scrambled Eggs,
Monterey Jack & Smoked Cheddar
Served With Salsa and Guacamole 

Toasted English Muffin BELT

with Sunny Side-Up Egg, Bacon, Lettuce, and Tomato 


Sunrise Stack

Mini Cheese Croissant with Frittata,
Bacon, Arugula, and Cheese 

Open Face Chicken and Sweet Potato Waffle Sandwich

With Ancho Chipotle and Maple Aioli

Breakfast Grilled Cheese

Herb Garlic Butter, Texas Toast, Scrambled Eggs,
Cheddar Gruyere Melt 

OPTIONAL BREAKFAST

ADD-ONS:

Fresh Fruit Salad Cups

Assorted Seasonal Fresh Fruit,
Garnished With Berries in a Lemon Simple Syrup

Assorted Fresh Fruit Display

Yogurt Parfait

Served with Homemade Crunchy Granola & Berries

Hard Boiled Eggs

Breakfast Sausage

Crispy Seasoned Home Fries

Sweet Potato Tater Puffs

3" Egg Soufflé Pancakes

With Maple Syrup and Icing Sugar

Stuffed Portobello Mushroom

Tomato, Spinach, Fried Eggs, and Cheese



Vegetarian



Vegan



Gluten-Free



Dairy-Free



Contains Nuts



Contains Pork

BREAKFAST

POACHED EGGS

Seoul Sunrise Breakfast Bowl

Poached Eggs Benedict

Classic Poached Eggs Served on Toasted English Muffins with Black Forest Ham and Velvety Hollandaise Sauce **P**

Poached Eggs Florentine

Poached Eggs on a Bed of Sautéed Spinach Over an English Muffin, Finished with Creamy Hollandaise Sauce **V**

Eggs Royale

Poached Eggs Over Smoked Salmon on a Toasted English Muffin, Topped with Rich Hollandaise Sauce

BEVERAGES

Coffee and Tea Service

10 Person Minimum
Regular and Decaffeinated Coffee
Assorted Herbal Tea
With Milk, Cream, and Sugar

Assorted Juices and Individual Water Bottles



Eggs Royale

Nourish and Shine Bowl



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Vegan



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SALAD

Green Goddess Salad

Green Cabbage, English Cucumber, Chives, Green Onion, Caper Herb Lemon Dressing V V G

Summer Mixed Greens

Aged Balsamic Pomegranate Infused Watermelon, Rosemary Grilled Peach, Pickled Sweet Cabbage, Crispy Smoked Paprika Chickpeas, Hibiscus Honey Lime Vinaigrette V G D

Ma-Ro's Signature Caesar

Crispy Romaine Lettuce, Sautéed Mushrooms, Harissa Butter Croutons, Shaved Asiago, Aged Balsamic Marinated Sun-Dried Tomato, Garlic Grainy Dijon, Anchovy Dressing

Romaine Greek

Chopped Romaine Lettuce with Diced Tomato, Cucumber, Kalamata Olives, Feta, and Green Onion Served with Creamy Oregano Dressing V G

Fall Beet Salad

Mixed Green Salad, Roasted Golden and Ruby Beets, Candied Walnuts, Pomegranate, Watermelon Radish, Honey Balsamic Vinaigrette V G N

Arugula

Baby Arugula, Grilled Peppers, Caramelized Pumpkin Seeds, Grated Parmesan Crisps, Marinated Tomatoes, and Pickled Red Cabbage with Sundried Tomato Balsamic Vinaigrette V

California Salad

Roasted Sweet Potato, Baby Kale, Dried Cranberries, Crispy Chickpeas, Sweet and Spicy Sunflower Seeds, Maple Tahini Vinaigrette V G D

Superfood Salad

Baby Kale, Quinoa, Edamame, Blueberries, Red Grapes, Feta, Salted Sunflower Seeds, Orange Greek Yogurt Dressing V D

Fall Cobb Salad

Mixed Green, Hard Boiled Eggs, Roasted Butternut, Caramelized Apples, Dried Cranberries, Feta, with Maple Dijon Vinaigrette

Italian Chopped

Marinated Garbanzo Beans, Kalamata Olives, Cherry Tomato, Pepperoncini & Italian Dressing V V G

Mediterranean Chickpea Greek

Chickpea, Diced Tomatoes, Cucumber, Scallions, Kalamata Olives, Crumbled Feta, Lemon Za'atar Herbed Vinaigrette V G

Dill Pickle Potato Salad

Yukon Gold Potato with Dill Pickles, Celery, and Onion with Creamy Dill Dressing V G

Creamy Tri-colour Fusilli Pasta Salad

With Olives, Tomato, Basil, Feta, Broccoli, Scallions, Pesto V

Fall Farro Salad

Farro, Corn, Celery, Chickpeas, Roasted Butternut, Grilled Green Zucchini, Grainy Dijon Maple Vinaigrette V V

Thai Mango

Julienne of Semi-Ripe Mango, Cucumber, Peppers, Scallions, Onion, Cilantro, Mirin Yellow Curry Vinaigrette V V

Bok Choy Kimchi Salad

Baby Bok Choy Tossed in Gochugaru, Sesame Oil, Soy Sauce, Garlic and Green Onion V V

Thai Rainbow Soba Salad

with Sweet Pickled Red and Green Cabbage, Carrot Curls, Julienne Cucumber, Cilantro, Cinnamon Basil, and Thai Chili Lime Dressing V D



Fall Cobb Salad

Fall Beet Salad

Green Goddess Salad

PROTEIN

N

Lemon Herbed Grilled Chicken Souvlaki Skewer

With Lemon Sauce, Pomegranate Gremolata,
Served with Tzatziki 


E

Blackened Chicken Breast

With Mango Pineapple Chutney  

K

Moroccan Seasoned Chicken Breast

Marinated In Our Famous Seasoning Mix of Paprika, Cumin,
Ground Coriander, Ground Ginger, Ground Turmeric, Ground
Cinnamon, And Cayenne Pepper
Baked To Perfection and Served with Moroccan Jus  


G

Chicken Parmesan

Panko Breaded Crispy Chicken Breast
Topped with Tomato Sauce, Parmesan & Mozzarella


I

Chicken Caprese

Pan Seared Chicken Breast
Stuffed With Tomato, Bocconcini, Basil,
and Aged Balsamic Jus 


H

Dak-Galbi


Mild Spiced Korean Stir-Fried Chicken with Gochujang,
Cabbage, Sweet Potato and Rice Cakes 

G


Spinach 4 Cheese Chicken

Seared Chicken Breast Baked with
Creamy Spinach Rich Four-Cheese Blend 

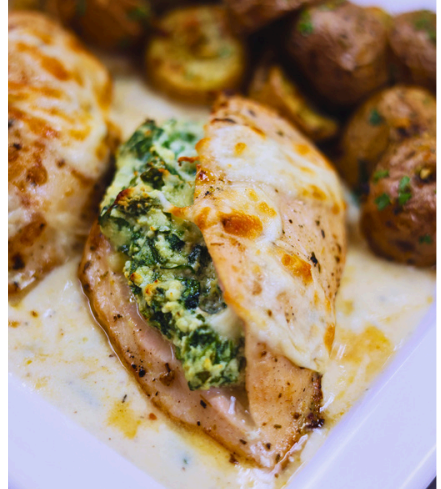
Marry Me Chicken

Juicy Chicken Simmered in a Creamy
Sun-Dried Tomato Sauce, With Garlic, Herbs, and Parmesan 

Butter Chicken Breast

Chicken Breast Simmered in a Silky Tomato-Butter Sauce
With Aromatic Spices and Splash of Cream 

Spinach 4 Cheese Chicken



Marry Me Chicken



Dak-Galbi



Vegetarian



Vegan



Gluten-Free



Dairy-Free



Contains Nuts





Contains Pork

PROTEIN

FISH

Orange Rosemary Glaze Salmon Fillet

With Citrus Sauce  

Parmesan Crusted Cod

With Lemon Asparagus Cream Sauce 

Blackened Atlantic Salmon Fillet

With Creole Butter Sauce 

Tandoori Salmon Masala

Oven-Roasted Salmon Marinated in Tandoori Spices
Finished in a Rich Tomato Masala Sauce  

Creamy Dill Salmon

Pan-Seared Salmon Fillet Topped with a
Velvety Dill Cream Sauce
And A Hint of Lemon 

Nobu's Miso Cod

Pan-Seared Atlantic Cod Marinated in Sweet Miso and Sake 




Chile Tilapia

Spiced Tilapia Fillet with Ancho Chipotle Tomato Sauce
And a Creamy Lemon-Tahini Drizzle 



Roasted Cod

Oven-Roasted Cod Topped with
a Sweet and Savory Peach Salsa
Infused with Soy, Ginger, And Fresh Herbs 

Blood Orange Mostarda Pork Loin

Roasted Pork Loin Glazed with a Tangy Blood Orange Fig Jam
Mostarda for a Sweet and Mild Spiced Finish   

Brown Butter Garlic Sage Boneless Pork Chop

Seared Pork Chop Basted in Brown Butter with Garlic and Sage
for Deep, Nutty Flavour  



PORK



Vegetarian



Vegan



Gluten-Free



Dairy-Free



Contains Nuts



Contains Pork


PROTEIN

BEEF


Herbed Montreal Striploin Steak

with Herbs, Montreal Spices
& Tri Colour Peppercorn Jus  

Beef Kofta Kebab

Grilled Minced Beef Skewers Blended with Middle Eastern Spices,
Garlic, And Fresh Herbs  

Spicy Mongolian Beef

Tender Slices of Beef Stir-Fried with Garlic, Ginger, And Scallions,
In a Sweet and Spicy Soy-Based Glaze 


Smoked Maldon Crystal Churrasco Brazilian Sirloin Steak

With Mild Spiced Serrano Chili Chimichurri and Au Jus  






Smoked Maldon Crystal Churrasco
Brazilian Sirloin Steak

Tofu Katsu with Japanese Curry Sauce

Crispy Breaded Tofu Cutlet Served with a Rich and
Savory Japanese Curry Sauce  



Beyond Colossal Meatballs

Plant-Based Beyond Meatballs
Slow-Simmered in a Hearty Tomato Sauce
with Garlic and Fresh Herbs   

Buffalo Cauliflower Chicken Wings

Crispy Cauliflower Chicken Wings Tossed in Buffalo Sauce
Paired with a Creamy Quebec Stilton Dip  

Tex Mex Butternut

Tex Mex Spiced Roasted Butternut Squash
Topped with Smoky Ancho Chipotle Jackfruit  

Marinated Vegetables & Tofu Skewers

Served With Red Pepper Sauce   

VEGETARIAN



Spicy Mongolian Beef



Vegetarian



Vegan



Gluten-Free



Dairy-Free



Contains Nuts



Contains Pork

SIDES

Za'atar Spiced Crisp New Potato

Drizzled with Arugula, Parsley Tahini V V G

Basmati Rice Pilaf V V G

Smoked Paprika Roasted Potatoes V V G

Cajun Roast Sweet Potatoes V V G

Garlic Mashed Potatoes V G

Sweet and Spicy Soy Glazed Potatoes

with Black and White Sesame Ginger Scallion V V

Samosa Smashed Potato

with Nigella Seeds V G

Rosemary, Olive Oil, Garlic Grilled Peach

& Zucchini Filets V V G

Roasted Brussel Sprouts Crispy Bacon

& Caramelized Onions V V G D

Steamed Vegetables

with Extra Virgin Olive Oil and Fresh Herbs V V G

Baby Bok Choy

with Ginger Garlic Soy Sauce V V

Sumac and Lemon Zest

Roasted Carrots V V G

Roasted Peppers

Tossed in Moroccan Fig Jam, Cardamom, and Saffron V V G

Warm Broccoli, Carrot, Cranberry,

Butternut, Apple Mustard Mostarda V V G

VEGETABLES

PASTA ADD-ONS

Tri-Colour Fusilli V

with Sage Brown Butter Sauce

Cheese Tortellini V

with Broccoli Mushroom Alfredo

Penne

with Homemade Tomato Sauce V V

Rigatoni

with Rosé Sauce V

Meat or Vegetable Lasagna

(By Pan Only)

\$65.00 Per Pan

DESSERT

(Select 2)

Assorted Homemade Cookies

Including Oatmeal Raisin, Chocolate Chip, Double Chocolate, Salted Caramel Skor V

Assorted Mini Pastries

Including Tiramisu, Opera Chocolate, Traditional Nut-Free Carrot Cake, Brownies & Cheesecakes: Red Velvet, Mango Mousse, Raspberry Mousse V

Assorted Biscotti

Including Pumpkin Spiced Cranberry, Italian Lemon, Chocolate V

Assorted Mini Cheesecakes

Including Dulce de Leche, Oreo, Traditional V



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GOURMET SANDWICHES

1 Full Sandwich Per Person

Vietnamese Chicken

With Red Thai Curry Aioli, Red and Green Cabbage Slaw, Crispy Taro Root (Mild Spice) **D**

Bombay Chicken Salad Sandwich

Curried Chicken Salad with Crunchy Celery, Red Onion, Bell Peppers, and Fresh Cilantro **D**

Peppered Smoked Beef

With Pommery Horseradish, Tomato Jam, Pickled Cucumber & Cajun Onion Straw **D**

Vegan Sloppy Joe with Grilled Vegetables

Hearty Plant-Based Sloppy Joe Filling Served with Grilled Zucchini, Peppers, and Onions **V**

Tofu and Mushroom Banh Mi

Marinated Tofu and Sautéed Mushrooms with Pickled Carrots, Daikon, Cucumber, Cilantro, and Spicy Vegan Mayo **V D**

Sabich Sandwich

Fried Eggplant, Hard-Boiled Egg, Israeli Salad, Pickles, and Creamy Tahini Sauce **V D**

Albacore Tuna

Julienne Of Apples, Lettuce, Cucumber and Hellman's Mayonnaise **D**

Chopped Egg Salad

Chopped Egg, Hellman's Mayonnaise, and Dijon Mustard **V D**

Salmon Salad

Lettuce, Tomato, Cucumber, and Hellman's Mayonnaise **D**

Includes:

Salad

Sandwich

Sweet Treat

Zesty Italiano

Italian Cold Cuts, Arugula, Pesto, Bocconcini, Tomato, Drizzled with Roasted Garlic Olive Oil **P**

Black Forest Ham & Emmental Sandwich

with Grilled Pineapple and Honey Bacon Club Dressing **P**

Spicy Southwest Turkey

Sliced Smoked Turkey, Chipotle Aioli, Avocado, Pickled Jalapeno, Crispy Bacon Bits, Spinach, and Smoked Cheddar **P**

Spicy Reuben Sandwich

Sliced Spicy Pastrami, Dill Pickles, Jalapeno Havarti, Caramelized Onion, Crispy Romaine, Grainy Mustard Horseradish

Honey Sriracha Smoked Salmon

with Rhubarb Cranberry Mayonnaise, Sweet Pickled Cucumber and Tomato **D**

BEVERAGES:

Coffee and Tea Service

(Minimum 10)

Regular and Decaffeinated Coffee

Assorted Herbal Teas

Milk, Cream, Sugar, and Splenda

Assorted Juices, Soft Drinks & Individual Water Bottles



Vegetarian



Vegan



Gluten-Free



Dairy-Free



Contains Nuts



Contains Pork

BOXED LUNCHES

More Options are Available on the Boxed Menu

Salad Choice ● Protein Choice ● Assorted Homemade Cookies

SALAD CHOICES

Fall Cobb Salad

Mixed Green, Hard Boiled Eggs, Roasted Butternut, Caramelized Apples, Dried Cranberries, Feta, with Maple Dijon Vinaigrette V D

OR

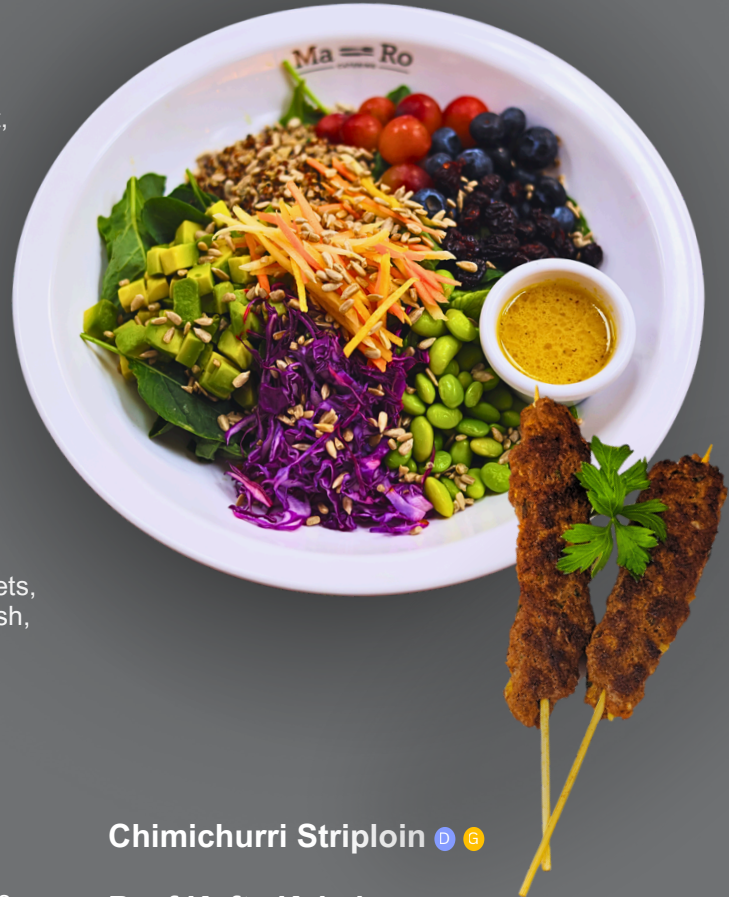
Superfood Salad

Baby Kale, Quinoa, Edamame, Blueberries, Red Grapes, Feta, Salted Sunflower Seeds, Orange Greek Yogurt Dressing V D

OR

Fall Beet Salad

Mixed Green Salad, Roasted Golden and Ruby Beets, Candied Walnuts, Pomegranate, Watermelon Radish, Honey Balsamic Vinaigrette V D N



PROTEIN CHOICES

Mild Spiced Bang Bang Chicken

Crispy Fried Chicken Tossed in a Creamy, Sweet and Spicy Chili Sauce, Topped with Scallions and Sesame Seeds D

Blackened Chicken Breast

with Pineapple Chutney D G

Italian Grilled Chicken

with Lemon Olive Oil D G

Rosemary Citrus Glazed Grilled Salmon Filet

D G

Nobu Miso Salmon

with Mango Cucumber Scallion Salsa D

Grilled Salmon

with Lemon Olive Oil D G

Chimichurri Striploin D G

Beef Kofta Kebab

Grilled Minced Beef Skewers Blended with Middle Eastern Spices, Garlic, And Fresh Herbs D G

Shaved Thai Beef Salad

Slices of Marinated Beef Tossed with Crisp Vegetables, Herbs, And a Sweet and Mild Spiced Soy Dressing D

Marinated Grilled Vegetable & Tofu Skewers

Tofu Katsu with Japanese Curry Sauce V V D G



Vegetarian



Vegan



Gluten-Free



Dairy-Free



Contains Nuts



Contains Pork

SWEET SNACKS

Assorted Sweet Mini Pastries V

Assorted Mini Muffins/ Danishes/ Croissants V

Assorted Fresh Fruit Platter V V G

Yogurt Parfaits

Greek Vanilla Yogurt
with Berry Compote & Crunchy Granola V

Chocolate Dip Strawberries V
(2 Pieces Per Person)

Homemade Granola Bars V

Tahini Maple Hemp Granola Bar V

Fresh Fruit Skewers

with Wild Berry Yogurt V G

Individual Candy Bags

Filled with All Your Childhood Favourites V

Assorted Homemade Cookies V

(2 Pieces Per Person)

Assorted Power Balls

Coconut Blue Spirulina Hemp Balls V N
Mexican Hot Chocolate Inspired Power Ball V

Mango Coconut Sago

Coconut Tapioca with Sweet Mango Purée
and Fresh Mango Chunks V

Nutella Sago Pudding

Tapioca Pearls Folded into a rich Nutella-Infused Coconut
Cream, Topped with Hazelnuts and Chocolate Chips V N

Assorted Chocolate Barks

Dubai Chocolate Bark V N
Tahini Medjool Date Dark Chocolate Bark V



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SAVOURY SNACKS

Homemade Chips

Yukon Gold Potato, Sweet Potato, Taro Root,
With Sundried Tomato Chevre Tapenade,
Avocado Harissa Hummus,
Kalamata Olive Basil Tapenade V N
Up to 2 dips for buffet, 1 dip only for individual bag

Individual Homemade Chips V

Greek Pita Chips

With Baba Ganoush, Hummus & Matbucha D N

Individual Popcorn Grab Bag

Select up to 2 flavours for groups more than 10,
Up to 3 Flavours for groups more than 20:
Regular, Ketchup, Cheddar, Chicago-Style,
Salt & Vinegar, Caramel V N

Chocolate Dipped Salted Bar Pringles V D N

Tortilla Rollup Pinwheels

Filled with Egg Salad, Tuna Salad,
Cream Cheese & Cucumbers,
Smoked Salmon & Cream Cheese,
Roast Beef with Horseradish Aioli,
Smoked Turkey Breast, Grilled Vegetables
With Roasted Red Pepper Hummus

SMOOTHIES

Green Glow Smoothies

8oz of Refreshing Blend of Spinach, Banana,
Green Apple, Avocado, Chia Seeds, Lemon Juice,
and Almond Milk for a Vibrant Green Detox

VN

Berry Beet Boost Smoothie

8oz of a Bold Red Fusion of Beet, Mixed Berries,
Banana, Pomegranate Juice, Flax Seeds, and
Yogurt for a Heart-Healthy Energy Kick

VN

Sunshine Sip Smoothie

8oz of a Tropical Mix of Mango, Pineapple,
Banana, Turmeric, Coconut Water, and a Touch of
Honey for a Golden Burst of Sunshine in a Glass

VN

Ginger Turmeric Shot

A 2oz Fiery Immunity Booster Made with Fresh
Ginger, Turmeric Root, Lemon Juice, Black Pepper,
and a Hint of Honey to Kickstart Your Day with
Anti-Inflammatory Power

VDN

Vegetarian



Vegan



Gluten-Free



Dairy-Free



Contains Nuts



Contains Pork



SHARED PLATTERS

6 Person Minimum

CHEESE AND CRACKERS PLATTER

Gouda, Emmental, Smoked Cheddar, Brie, Gorgonzola, Sliced Baguette, Crackers, Garnished with Berries & Grapes V

CHARCUTERIE PLATTER

Display Of Prosciutto, Soppressata, Spicy Salami, Hungarian Salami, Coppa
Served with Kalamata Olives, Garlic Olives, Spicy Olives, Cornichons, Dijon Mustard, Garlic Aioli, Assorted Artisan Breads & Grissini P

CRUDITE PLATTER

Batons of Carrot, Celery, Peppers, Cauliflower, Broccoli, Cucumber
with Caramelized Onion Dip & Spinach Feta Dip V G N

VEGETABLE ANTIPASTO PLATTER

Grilled Marinated Eggplant, Zucchini, Peppers, Sweet Potato, Mushroom, Artichoke with Cherry Tomatoes & Bocconcini V G



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Contains Nuts



Contains Pork