

Peter and Pauls
Event Catering

ALTERNATIVE
MENUS
FOR SPECIAL MEALS

BREAKFAST

GLUTEN-FREE VEGAN BANANA MUFFIN 🌾🌱
\$4.25 EACH

GLUTEN-FREE VEGAN CARROT PINEAPPLE
MUFFIN 🌾🌱
\$4.25 EACH

GLUTEN-FREE VEGAN FRENCH TOAST WITH
MAPLE SYRUP 🌾🌱
\$5.50 PER PIECE

GLUTEN-FREE PANCAKE 🌾🌱
\$3 EACH

GLUTEN-FREE WAFFLE 🌾🌱
\$4 EACH

GLUTEN-FREE VEGAN FRITTATA 🌾🌱
\$5 EACH

GLUTEN-FREE VEGAN QUICHE 3" 🌾🌱
\$6 EACH

GLUTEN-FREE VEGAN QUICHE 5" 🌾🌱
\$10 EACH

GLUTEN-FREE VEGAN OMELETTE 🌾🌱
\$10 EACH

GLUTEN-FREE VEGAN BERRY & OATMEAL PARFAIT 🌾🌱
\$7 EACH

VEGAN SAUSAGE APPLE SAGE 🌱
\$4.50 (FOR 2 PIECES)

VEGAN BACON 🌱
\$3 (FOR 2 PIECES)

GLUTEN-FREE AND HALAL CHICKEN APPLE SAUSAGE 🌾🌱
\$4 (FOR 2 PIECES)

TURKEY BACON 🌾🌱
\$4 (FOR 2 PIECES)

HALAL BEEF BACON 🌾🌱
\$5 (FOR 2 PIECES)

GLUTEN-FREE VEGAN HOME FRIES 🌾🌱
\$3 PER PORTION

SNACKS

GLUTEN-FREE VEGAN BANANA LOAF 🌾🌱
\$6.50 EACH

GLUTEN-FREE VEGAN CARROT PINEAPPLE
LOAF 🌾🌱
\$6.50 EACH

GLUTEN-FREE VEGAN WILD BLUEBERRY SCONE 🌾🌱
\$5.50 EACH

GLUTEN-FREE VEGAN LEMON CRANBERRY
SCONE 🌾🌱
\$5.50 EACH

GLUTEN-FREE DARK CHOCOLATE DRIZZLED
RICE KRISPY 🌾🌱
\$3 EACH

GLUTEN-FREE VEGAN ROOT CHIPS 🌾🌱
\$4.50

GLUTEN-FREE VEGAN INDIVIDUAL BAG OF
CHIPS 🌾🌱
\$2.50

SANDWICHES

GLUTEN-FREE TEA SANDWICHES 🌾
To Include Egg Salad, Tuna Salad & Cucumber & Cheese
\$28 PER DOZEN

GLUTEN-FREE AND DAIRY-FREE GRILLED CHICKEN
SANDWICH 🌾🌱
Consisting Of Herb Marinated Chicken, Hummus, Roasted
Peppers, Vegan Cheese & Arugula
\$15

GLUTEN-FREE MONTREAL SMOKED MEAT SANDWICH 🌾
Consisting Of Smoked Meat, Swiss Cheese, Sliced Pickles &
Horseradish Aioli
\$15

GLUTEN-FREE VEGAN FALAFEL WRAP 🌾🌱
Consisting Of Chickpea Falafel, Tabbouleh Salad, Romaine &
Hummus
\$14

ENTRÉE

ALL GLUTEN-FREE, DAIRY-FREE, NO ONIONS, NO GARLIC, NO BLACK PEPPER

HALAL GRILLED CHICKEN BREAST WITH OLIVE OIL AND LEMON SAUCE 🌾🌱

\$10

HALAL CHICKEN SOUVLAKI WITH OLIVE OIL AND LEMON SAUCE 🌾🌱

\$10

HALAL HERB ROASTED CHICKEN SUPREME WITH MUSHROOM SAUCE 🌾🌱

\$14

HALAL CHICKEN, VEGETABLES & CHICKPEA STEW IN TOMATO SAUCE 🌾🌱

\$10

GRILLED HALF CORNISH HEN WITH OLIVE OIL, LEMON JUICE AND OREGANO 🌾🌱

\$15

GRILLED SALMON WITH DILL POMMERY MUSTARD GLAZE 🌾🌱

\$16

BAKED COD LOIN WITH CHERRY TOMATOES, OLIVES AND CAPERS 🌾🌱

\$15

AAA BEEF SOUVLAKI WITH OLIVE OIL AND LEMON SAUCE 🌾🌱

\$14

AAA BRAISED BEEF SHORT RIBS 🌾🌱

\$20 (FOR 2 PIECES)

AAA BEEF AND ROOT VEGETABLES STEW 🌾🌱

\$14

VEGAN ROASTED RED PEPPER MEDALLIONS WITH TOMATO COULIS 🌾🌱

\$12

VEGAN QUESADILLA WITH BEYOND MEAT STEAK BITES, VEGAN CHEESE AND PEPPERS 🌾🌱

\$15

VEGAN BEYOND MEAT MEATBALLS BRAISED IN TOMATO BASIL SAUCE 🌾🌱

\$14

VEGAN 5" POT PIE WITH VEGETABLES IN CREAMY COCONUT CURRY SAUCE 🌾🌱

\$16

SIDES ALL VEGAN

HERB ROASTED MINI POTATOES **\$4** 🌾🌱

LEMON OREGANO ROASTED SWEET POTATOES **\$4** 🌾🌱

BASMATI RICE AND QUINOA PILAF **\$4** 🌾🌱

YUKON GOLD MASHED POTATOES **\$4** 🌾🌱

MIXED SEASONAL VEGETABLES **\$4** 🌾🌱

HEIRLOOM CARROTS AND GREEN BEANS **\$4** 🌾🌱

🌾 Gluten-Free 🌱 Vegetarian 🌿 Vegan 🌊 Dairy Free 🥜 Contains Nuts

DESSERTS

GLUTEN-FREE BROWNIE 🌾🌱

\$6.50

GLUTEN-FREE VEGAN BROWNIE 🌾🌱

\$ 6.50

GLUTEN-FREE VEGAN BLONDIE 🌾🌱

\$6.50

GLUTEN-FREE VEGAN NANAIMO BAR 🌾🌱

\$4.50

GLUTEN-FREE BROWNIE BITES 🌾🌱

\$2.25

GLUTEN-FREE VEGAN BLONDIE BITES 🌾🌱

\$2.25

GLUTEN-FREE VEGAN 3" BUTTER TART 🌾🌱

\$4

GLUTEN-FREE VEGAN 3" WILD BLUEBERRY TART 🌾🌱

\$4

GLUTEN-FREE VEGAN 3" CHERRY TART 🌾🌱

\$4

GLUTEN-FREE SHORTBREAD COOKIE 🌾🌱

\$2

GLUTEN-FREE CHOCOLATE CHIP COOKIE 🌾🌱

\$2

VEGAN CHOCOLATE CHIP COOKIE 🌾🌱

\$1.25

GLUTEN-FREE VEGAN OOEY GOOEY COOKIE 🌾🌱

\$4

GLUTEN-FREE VEGAN CHOCO-CHIA COOKIE 🌾🌱

\$4

GLUTEN-FREE VEGAN INDIVIDUAL CHOCOLATE
DECADENCE CAKE 🌾🌱

\$ 8.50