

Peter and Pauls
Event Catering

Allergy
Friendly Menus



BREAKFAST

NOTE: Below are the only special meals available - No Substitutions
*Special Meals must be chosen at the time of ordering - No Exceptions

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 \$28 PER DOZEN 🌾
To Include Egg Salad, Tuna Salad & Cucumber &
Cheese

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

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

GLUTEN-FREE VEGAN FALAFEL WRAP \$15 🌾🌱
Consisting Of Chickpea Falafel, Tabbouleh Salad,
Romaine & Hummus

ENTREE

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 🌿🌱

DESSERT

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 🌿🌱