

Peter and Pauls
Event Catering

Allergy
Friendly Menus



BREAKFAST

GLUTEN-FREE VEGAN BANANA MUFFIN 🌾🌱

GLUTEN-FREE VEGAN CARROT PINEAPPLE MUFFIN 🌾🌱

GLUTEN-FREE VEGAN FRENCH TOAST WITH MAPLE SYRUP 🌾🌱

GLUTEN-FREE PANCAKE 🌾🌱

GLUTEN-FREE WAFFLE 🌾🌱

GLUTEN-FREE VEGAN FRITTATA 🌾🌱

GLUTEN-FREE VEGAN QUICHE 3" 🌾🌱

GLUTEN-FREE VEGAN QUICHE 5" 🌾🌱

GLUTEN-FREE VEGAN OMELETTE 🌾🌱

GLUTEN-FREE VEGAN BERRY & OATMEAL PARFAIT 🌾🌱

VEGAN SAUSAGE APPLE SAGE (2 PIECES) 🌱

VEGAN BACON (2 PIECES) 🌱

GLUTEN-FREE AND HALAL CHICKEN APPLE SAUSAGE (2 PIECES) 🌾🌱

TURKEY BACON (2 PIECES) 🌾🌱

HALAL BEEF BACON (2 PIECES) 🌾🌱

GLUTEN-FREE VEGAN HOME FRIES 🌾🌱

BREAKFAST BOXES

OPTION #1

BANANA LOAF, VEGAN YOGURT PARFAIT AND FRUIT SALAD 🌾🌱

OPTION #2

3" VEGAN QUICHE, VEGAN MUFFIN, FRUIT SALAD 🌾🌱

SNACKS

GLUTEN-FREE VEGAN BANANA LOAF 🌾🌱

GLUTEN-FREE VEGAN CARROT PINEAPPLE LOAF 🌾🌱

GLUTEN-FREE VEGAN WILD BLUEBERRY SCONE 🌾🌱

GLUTEN-FREE VEGAN LEMON CRANBERRY SCONE 🌾🌱

GLUTEN-FREE DARK CHOCOLATE DRIZZLED RICE KRISPY 🌾🌱

GLUTEN-FREE VEGAN ROOT CHIPS 🌾🌱

GLUTEN-FREE VEGAN INDIVIDUAL BAG OF CHIPS 🌾🌱

SANDWICHES

GLUTEN-FREE BREAKFAST SANDWICH 🌾🌱

Gluten-Free Bun, Vegetarian Breakfast Sausage, Fried Egg and Cheddar Cheese

GLUTEN-FREE VEGAN WRAP 🌾🌱

Vegan Eggs, Sauteed Peppers and Onions, with Vegan Cheese

GLUTEN-FREE TEA SANDWICHES 🌾

Egg Salad, Tuna Salad, Cucumber and Cheese

GLUTEN-FREE DAIRY-FREE GRILLED CHICKEN SANDWICH 🌾🌱

Herb Marinated Chicken, Hummus, Roasted Peppers, Vegan Cheese and Arugula

GLUTEN-FREE MONTREAL SMOKED MEAT SANDWICH 🌾

Smoked Meat, Swiss Cheese, Sliced Pickles and Horseradish Aioli

GLUTEN-FREE VEGAN FALAFEL WRAP 🌾🌱

Chickpea Falafel, Tabbouleh Salad, Romaine and Hummus

VEGAN BURRITO 🌱

Beyond Meat Steak Bites, Vegan Cheese with Onion and Peppers

LUNCH BOX

GLUTEN-FREE LUNCH BOX 🌾

GLUTEN-FREE SANDWICH - CHOOSE ONE: (CHICKEN OR BEEF OR FALAFEL)

- Gluten-Free Dairy-Free Grilled Chicken Sandwich: Herb Marinated Chicken, Hummus, Roasted Peppers, Vegan Cheese and Arugula 🌾🌱
- Gluten-Free Montreal Smoked Meat Sandwich: Smoked Meat, Swiss Cheese, Sliced Pickles and Horseradish Aioli 🌾
- Gluten-Free Vegan Falafel Wrap: Chickpea Falafel, Tabbouleh Salad, Romaine and Hummus 🌾🌱

MIXED GREENS WITH HEIRLOOM CARROTS AND CUCUMBER WITH BALSAMIC VINAIGRETTE 🌾🌱

GLUTEN-FREE VEGAN COOKIE 🌾🌱

SALADS

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

MIXED GREENS WITH HEIRLOOM CARROTS AND CUCUMBER WITH BALSAMIC VINAIGRETTE 🌾🌱

POTATO SALAD WITH CARROTS, OLIVES, PARSLEY AND OLIVE OIL 🌾🌱

CHICKPEA SALAD WITH CELERY, CARROTS, RADISH, ROMAINE AND HERB VINAIGRETTE 🌾🌱

COLESLAW WITH SHAVED CABBAGE, CARROTS, MANGO AND OLIVE OIL VINAIGRETTE 🌾🌱

ENTREE

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

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

HALAL CHICKEN SOUVLAKI WITH OLIVE OIL AND LEMON SAUCE 🌾🥛

HALAL HERB ROASTED CHICKEN SUPREME WITH MUSHROOM SAUCE 🌾🥛

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

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

GRILLED SALMON WITH DILL POMMERY MUSTARD GLAZE 🌾🥛

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

AAA BEEF SOUVLAKI WITH OLIVE OIL AND LEMON SAUCE 🌾🥛

AAA BRAISED BEEF SHORT RIBS (2 PIECES) 🌾🥛

AAA BEEF AND ROOT VEGETABLES STEW 🌾🥛

VEGAN ROASTED RED PEPPER MEDALLIONS WITH TOMATO COULIS 🌾🌿

VEGAN BEYOND MEAT MEATBALLS BRAISED IN TOMATO BASIL SAUCE 🌾🌿

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

SIDES

ALL GLUTEN-FREE, VEGAN, NO ONIONS, NO GARLIC, NO BLACK PEPPER, NO NUTS

HERB ROASTED MINI POTATOES 🌾🌿

LEMON OREGANO ROASTED SWEET POTATOES 🌾🌿

BASMATI RICE AND QUINOA PILAF 🌾🌿

YUKON GOLD MASHED POTATOES 🌾🌿

MIXED SEASONAL VEGETABLES 🌾🌿

HEIRLOOM CARROTS AND GREEN BEANS 🌾🌿

PENNE PASTA WITH FRESH TOMATO BASIL SAUCE 🌾🌿

PASTA WITH SAUTEED ZUCCHINI, PEPPERS, SUN DRIED TOMATOES, SWEET PEAS WITH PESTO 🌾🌿

GLUTEN-FREE BUN WITH PLANT-BASED BUTTER 🌾🌿

DESSERT

GLUTEN-FREE BROWNIE 🌾🌿

GLUTEN-FREE VEGAN BROWNIE 🌾🌿

GLUTEN-FREE VEGAN BLONDIE 🌾🌿

GLUTEN-FREE VEGAN NANAIMO BAR 🌾🌿

GLUTEN-FREE BROWNIE BITES 🌾🌿

GLUTEN-FREE VEGAN BLONDIE BITES 🌾🌿

GLUTEN-FREE VEGAN 3" BUTTER TART 🌾🌿

GLUTEN-FREE VEGAN 3" WILD BLUEBERRY TART 🌾🌿

GLUTEN-FREE VEGAN 3" CHERRY TART 🌾🌿

GLUTEN-FREE SHORTBREAD COOKIE 🌾🌿

GLUTEN-FREE CHOCOLATE CHIP COOKIE 🌾🌿

VEGAN CHOCOLATE CHIP COOKIE 🌾🌿

GLUTEN-FREE VEGAN OOEY GOOEY COOKIE 🌾🌿

GLUTEN-FREE VEGAN CHOCO-CHIA COOKIE 🌾🌿

GLUTEN-FREE VEGAN INDIVIDUAL CHOCOLATE DECADENCE CAKE 🌾🌿