Peter and Pauls
EventCatering

Allergy Friendly Menus

est 1982 PETER & PAULS hospitality group

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

BREAKFAST BOXES

OPTION #1
BANANA LOAF, VEGAN YOGURT PARFAIT AND FRUIT SALAD
$15

OPTION #2
3” VEGAN QUICHE, VEGAN MUFFIN, FRUIT SALAD
$15

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

Gluten-Free Vegetarian Vegan Dairy Free Contains Nuts

All prices subject to HST
peterandpaulseventcatering.com
+1 905 326 6000 • catering@bypnp.com

SANDWICHES

GLUTEN-FREE BREAKFAST SANDWICH $15
Gluten-Free Bun, Vegetarian Breakfast Sausage, Fried Egg and Cheddar Cheese

GLUTEN-FREE VEGAN WRAP $15
Vegan Eggs, Sauteed Peppers and Onions, with Vegan Cheese

GLUTEN-FREE TEA SANDWICHES $28 PER DOZEN
Egg Salad, Tuna Salad, Cucumber and Cheese

GLUTEN-FREE DAIRY-FREE GRILLED CHICKEN SANDWICH $15
Herb Marinated Chicken, Hummus, Roasted Peppers, Vegan Cheese and Arugula

GLUTEN-FREE MONTREAL SMOKED MEAT SANDWICH $15
Smoked Meat, Swiss Cheese, Sliced Pickles and Horseradish Aioli

GLUTEN-FREE VEGAN FALAFEL WRAP $14
Chickpea Falafel, Tabbouleh Salad, Romaine and Hummus

VEGAN BURRITO $16
Beyond Meat Steak Bites, Vegan Cheese with Onion and Peppers

LUNCH BOX

GLUTEN-FREE LUNCH BOX $25
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
$6

POTATO SALAD WITH CARROTS, OLIVES, PARSLEY AND OLIVE OIL
$6

CHICKPEA SALAD WITH CELERY, CARROTS, RADISH, ROMAINE AND HERB VINAIGRETTE
$6

COLESLAW WITH SHAVED CABBAGE, CARROTS, MANGO AND OLIVE OIL VINAIGRETTE
$6

Gluten-Free Vegetarian Vegan Dairy Free Contains Nuts

All prices subject to HST

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 $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 BEYOND MEAT MEATBALLS BRAISED IN TOMATO BASIL SAUCE $14

VEGAN 5" POT PIE WITH VEGETABLES IN CREAMY COCONUT CURRY SAUCE $16

SIDES

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

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

PENNE PASTA WITH FRESH TOMATO BASIL SAUCE $8

PASTA WITH SAUTEED ZUCCHINI, PEPPERS, SUN DRIED TOMATOES, SWEET PEAS WITH PESTO $10

GLUTEN-FREE BUN WITH PLANT-BASED BUTTER $3.50

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

Gluten-Free Vegetarian Vegan Dairy Free Contains Nuts

All prices subject to HST

peterandpaulseventcatering.com
+1 905 326 6000 • catering@bypnp.com