



A PARTNERSHIP OF THE CITY OF TORONTO AND
THE UNIVERSITY OF TORONTO SCARBOROUGH

2018 CATERING MENU

PLACE AN ORDER

You can place an order by contacting our food and beverage team at:

FANDB@TPASC.CA

ORDER REQUIREMENTS

- **Minimum 8 people per order.**
- **Please place your final order three business days prior to your event. Late orders are subject to a 3% service charge.**
- **Please indicate any dietary restrictions when you place your order.**
- **All prices subject to applicable taxes.**
- **Please note that the Toronto Pan Am Sports Centre does not allow outside food.**

BREAKFAST SELECTIONS

	Description	Price
Bakery Platters	Muffins, Croissants, Scones served with condiments and assorted preserves	\$4.99 each
Flat Bread Platters	Pita, Sesame, and Poppy Seed flat breads served with Herbed Cream Cheese, Roasted Vegetable Spread (tapenade) and Fresh Fruit Garnish	\$3.50 each
Sweet Potato Quinoa Cakes	Sweet Potato, Black Quinoa, Cinnamon, Parsley, Dried Cranberries, Smoked Paprika Sour Cream	\$2.25 each
Assorted Power Breakfast Bowls	Greek Yogurt, Fresh Berries, Granola, Maple Drizzle (160g)	\$4.00 each
	Chia Puddings (vanilla, cacao, chocolate banana) (160g)	\$5.00 each
	Chocolate Avocado Mousse	\$5.00 each
	Power Up Brittle (dark chocolate, shredded coconut, sliced almonds, maple syrup, dried cranberries (160g square)	\$4.00 each

Breakfast Spread

Our gourmet bakery platter and fresh fruit accompanied by individual yogurt, fresh coffee and tea service. **\$9.99 each**

Omelette Bar

Build your own omelette. Choose from a selection of toppings. Prepared by chef on site. **Minimum 10 persons.** Served with roasted home potatoes, artisan bread roll, and your choice of protein. **\$16.00 per person**

Toppings

- | | | | |
|--|--|--|---------------------------------------|
| <input type="checkbox"/> Sweet Peppers | <input type="checkbox"/> Cheddar & Swiss Cheeses | <input type="checkbox"/> Scallions | <input type="checkbox"/> Egg Whites |
| <input type="checkbox"/> Caramelized Onion | <input type="checkbox"/> Smoked Ham | <input type="checkbox"/> Goat Cheese | <input type="checkbox"/> Feta Cheese |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Pulled Chicken | <input type="checkbox"/> Smoked Turkey | <input type="checkbox"/> Baby Spinach |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Steamed | <input type="checkbox"/> Steamed Kale | |
| <input type="checkbox"/> Diced Tomato | <input type="checkbox"/> Broccoli | | |

Add Ons

3" or available in 10" pie shell that serves six.
Small: **\$5 each** Large: **\$13 each**

Vegetarian Options

- | | |
|---|--|
| <input type="checkbox"/> Roasted Red Pepper & Goat Cheese | <input type="checkbox"/> Chicken, Mushroom & Chive |
| <input type="checkbox"/> Broccoli & Cheddar | <input type="checkbox"/> Ham, Scallion, Cheddar |
| <input type="checkbox"/> Mushroom and Brie | <input type="checkbox"/> Turkey, Brie & Pear |

Grab & Go Breakfast

Breakfast Panini with your choice of one of 1) egg, ham, cheddar with a red pepper aioli or 2) egg, avocado aioli, and swiss cheese. Served with your choice of whole fruit and an individual yogurt or small juice. **\$12.00 each**

BEVERAGES

	Description	Price
Coffee and Tea Service	Coffee and assorted herbal teas served with milk, cream, and sugar	Small (10-15 people) \$24.00 each Medium (20-25 people) \$42.00 each Large (40-50 people) \$89.00 each
	Soft Drinks	Assorted Cans \$1.99 each
	Fruit Juice	Assorted Flavours \$1.99 each
Milk	237 ml White or Chocolate	\$1.50 each
Bottled Water	500 ml Bottle	\$2.50 each

All orders are served with a complimentary pitcher of tap water.

PARTY STARTERS

	Description	Price
Spring Rolls	Sweet Pepper, Carrot, Cucumber, Crisp Apple, Sprouts Served with a Thai Chili Sauce	Veggie: \$2.00 each Chicken: \$2.50 each
Crab Cakes	Sweet Peppers, Scallions, Garlic, Paprika, Cilantro Served with Guacamole	\$3.00 each
Sweet Potato Quinoa Cakes	Black Quinoa, Garlic, Cinnamon, Parsley, Dried Cranberries Served with a Smoked Paprika Sour Cream	\$2.25 each
Risotto Rice Balls	Italian Rice, Parmesan and Mozzarella Cheeses, Tomato Sauce, Panko Bread Crumbs	\$2.50 each
Vegetarian Samosas	Served with Sweet Chili Sauce	\$2.25 each
Chicken Satays	Served with a Teriyaki Sauce	\$3.00 each
Lamb Satays	Served with a Honey Yogurt Dip	\$3.25 each
Caprese Spoons	Vine Ripe Tomato, Fresh Basil, Bocconcini Cheese, Olive Oil, Balsamic Reduction	\$3.25 each
Sliders	Available in Chicken, Beef, Or Mushroom (Vegan). Served On A Mini Kaiser Bun with Condiments	Chicken: \$2.75 Beef: \$2.75 Vegan: \$3.25

Party Starter Feature

Build and select your favorite 3 choices for **\$9.99 per person**

PARTY PLATTERS

	Description		Price
Assorted Cheese Platters	Three Varieties and Served with Fruit Garnish and Artisanal Crostini and Flat Breads	Small (6-10 people)	\$49.99
		Medium (15-22 people)	\$69.99
		Large (25-40 people)	\$99.99
Vegetable Crudités Platters	Assorted Seasonal Vegetables Served with a Traditional Hummus Dip	Small (6-10 people)	\$34.99
		Medium (15-22 people)	\$54.99
		Large (25-40 people)	\$79.99
Antipasto Platters	European Olives, Pickled Vegetables, Roasted Peppers, Marinated Mushrooms, Sundried Tomatoes	Small (6-10 people)	\$49.99
		Medium (15-22 people)	\$69.99
		Large (25-40 people)	\$99.99
Artisan Charcuterie Platters	Dry Cured Meats, Assorted European Cheeses, Mixed Vegetable Garnish	Small (6-10 people)	\$49.99
		Medium (15-22 people)	\$69.99
		Large (25-40 people)	\$99.99
Assorted Fruit Platters	Assorted Seasonally Available Fruit	Small Platter (8-12 people)	\$39.99
		Medium Platter (12-18 people)	\$59.99
		Large Platter (25-40 people)	\$84.99

SANDWICH SELECTIONS

(Gluten Free Options Available)

	Description	Price
Smoked Turkey	Olive Ciabatta Bun, Avocado Aioli, Greens, Swiss Cheese	\$5.99/person
Black Forest Ham	Multigrain Panini, Roasted Red Pepper Aioli, Greens, Gruyere Cheese	\$5.99/person
Roast Beef	Multigrain Panini, Whole Grain Mustard Aioli, Greens, Havarti Cheese	\$5.99/person
Prosciutto	Whole Grain Panini, Basil Pesto, Sliced Tomato, Arugula, Bocconcini Cheese	\$5.99/person
Salami	Whole Grain Panini, Whole Grain Mustard Aioli, Greens, Provelone Cheese	\$5.99/person
Tuscan Chicken Wrap	Whole Grain Tortilla, Basil Pesto, Sundried Tomato, Green Onion, Mayo, Greens	\$5.99/person
Egg Salad Wrap	Whole Grain Tortilla, Free Run Eggs, Green Onions, Whole Grain Mustard, Greens	\$5.99/person
Tuna Salad Wrap	Whole Grain Tortilla, Green Onions, Celery, Mayo, Greens	\$5.99/person
Grilled Vegetable Wrap	Whole Grain Tortilla, Grilled Zucchini, Peppers and Onion, Traditional Hummus, Greens	\$5.99/person
Falafel Wrap	Whole Grain Tortilla Wrap, Tomato, Red Onion, Greens, Tahini Aioli	\$5.99/person

SANDWICH PLATTERS

Custom sandwich platters can be created from the available sandwich selections. Platter minimum is 8 sandwiches. **Price is equal to the sandwich cost multiplied by the number sandwiches required.**



Salad and Sandwich

A selection of assorted sandwiches and wraps served with a single prepackaged salad or salad bowl choice for **\$10.99 per person**; add a second salad for only **\$12.99 per person**.

PREPACKAGED SALADS

(170g Pack Size)

	Description	Price
Mediterranean Quinoa	Cucumber, Tomato, Onion, Peppers, Olives, Parsley, Feta, Lemon, Oregano	\$4.00 each
Potato & Sweet Potato Green Pea	Peppers, Onions, Green Pea, Mayo, Apple Cider Vinegar, Parsley, Garlic	\$4.00 each
Moroccan Cous Cous	Peppers, Onion, Cilantro, Raisins, Lemon, Garlic, Olive Oil	\$4.00 each
Rosemary Roasted Beet Chickpea	Italian Parsley, Apple Cider Vinegar, Olive Oil, Feta Cheese	\$4.00 each
	Cucumber, Onion, Tomato, Cabbage, Apple Cider Vinegar, Olive Oil, Garlic	\$4.00 each
Mexican Three Bean	Red Kidney, Black Bean, White Bean, Onion, Carrot, Peppers, Jalapeno, Lime, Garlic, Grilled Corn	\$4.00 each
Farfalle Caesar	Bow Tie Pasta, Parmesan Cheese, Mayo, Kale, Red Onion, Radish, Lemon	\$4.00 each
Penne Italiano	Penne Pasta, Roasted Peppers and Onions, Chili, Garlic, Fresh Basil, Olive Oil, Parmesan Cheese	\$4.00 each

SALAD BOWLS

(170-200g Pack Size)

	Description	Price
Cobb salad	Farmers Greens, Hardboiled Egg, Black Beans, Roasted Corn, Grilled Chicken, Lemon Herb Vinaigrette	\$9.00 each
Julienne salad	Farmers Greens, Smoked Ham, Smoked Turkey, Chicken, Sweet Peppers And Onions, Hardboiled Egg	\$9.00 each
Traditional Greek	Chopped Romaine, Sweet Peppers, Red Onions, Sliced Cucumbers, Cherry Tomatoes, Feta Cheese, Kalamata Olives, Lemon Oregano Dressing	\$8.00 each
Traditional Caesar Salad	Chopped Romaine, Creamy Garlic Dressing, Parmesan Cheese, Croutons, Fresh Lemon	\$8.00 each
Spinach	Blueberries, Toasted Almonds, Goat Cheese, Lemon Herb Vinaigrette	\$9.00 each
Farmers Greens	Cucumber, Sweet Peppers, Tomato, Carrots, Honey Balsamic Vinaigrette	\$7.00 each

ENTREE SELECTIONS

Dinner Option #1

Choice of 1 Entree, 1 Vegetable, 1 Starch, 1 Prepackaged Salad or Salad Bowl and Assorted Desserts & Fruit Platter served with Dinner Rolls & Butter, Coffee & Assorted Herbal Teas and Lemon & Lime Infused Water for **\$24.99 per person.**

MEAT / SEAFOOD ENTREE

	Description	Price
Shepherd's Pie	Canadian Ground Beef, Sweet Peas, Corn And Carrot, Gravy, Creamy Mash	\$6.95/person
Beef Lasagna	Traditional Beef Lasagna (Available Gluten Free)	\$6.95/person
Slow Braised Roast Beef	Slow Braised Roast Beef with Traditional Horseradish and Beef Jus	\$9.99/person
Chicken Cacciatore	Roasted Tomato, Zucchini, Onion, Peppers, and Mushrooms, Fine Herbs	\$7.49/person
Oven Roasted BBQ Chicken	○ Honey BBQ Glaze ○ Soya Honey Garlic Teriyaki	\$7.49/person
Portuguese Piri Piri Chicken	Smoked Paprika, Roasted Onion and Pepper, Black Olives	\$7.49/person
Oven Baked Cod Fillet	Maple Grainy Mustard Sauce	\$9.99/person
Pan Seared Salmon	Sweet Corn and Cranberry Salsa	\$9.99/person
Rigatoni Baked Pasta	Bolognese Sauce, Hardboiled Egg, Tomato Sauce, Mozzarella and Parmesan Cheeses (Available Gluten Free)	\$7.95/person
Holiday Meatloaf	Canadian Ground Beef, Dried Cranberries, Green Peas, Tomato, Onion, Creamy Mashed Potato	\$6.95/person
Italian Meatballs	Fine Herbs, Tomato, Onion, Ground Beef Veal, Pork, Garlic, Olive Oil	\$6.95/person

Dinner Option #2

Choice of 1 Entree, 2 Vegetables, 1 Starch, 2 Prepackaged Salad or Salad Bowl and Assorted Desserts & Fruit Platter served with Dinner Rolls & Butter, Coffee & Assorted Herbal Teas and Lemon & Lime Infused Water for **\$27.99 per person.**

VEGETARIAN ENTRÉE

	Description	Price
Eggplant Parmesan	Tomato Sauce, Mozzarella and Parmesan Cheeses, Panko Breaded	\$6.95/person
Vegetarian Lasagna	Grilled Vegetables, Tomato Sauce, Mozzarella and Parmesan Cheese (Available Gluten Free)	\$6.95/person
Thai Red Curry Tofu	Sweet Potato, Peppers, Onions, Zucchini, Coconut Milk, Red Curry Paste, Semi Soft Tofu, Served With A Brown Rice Pilaf (Gluten Free)	\$7.49/person
Root Vegetable Quinoa Bake	Sweet Potato, Squash, Carrot, Black Quinoa, Cumin, Parsley (Gluten Free)	\$7.49/person
Chickpea Ratatouille	Braised Chickpeas, Zucchini, Tomatoes, Peppers, Onions, Garlic, Basil (Gluten Free)	\$6.95/person
Gardeners Pie	Sweet Potato, Squash, Carrot, Peas, Corn, Puff Pastry	\$7.49/person
Singapore Style Rice Noodle Penne Pasta	Peppers, Onion, Carrot, Mixed Greens, Sprouts, Ginger Soy Sauce (Gluten Free)	\$7.49/person
	Zucchini, Onion, Mushroom, Spinach, Sweet Peppers, Tomato Rose Sauce (Available Gluten Free)	\$6.95/person

Vegetable & Starch Sides		
○ Oven Roasted Mixed Vegetables	○ Marinated Mushrooms	
○ Middle Eastern Chickpea (Lem-on Tahini)	○ Double Baked Potato With Cheddar	
○ Roasted Root Vegetables	○ Assorted Grilled Seasonal Vegetables	
○ Dal Makani (Tomato Lentil Stew)	○ Hasselback Potatoes	
○ Candied Carrots	○ Roasted Wedged Beets	
○ Parmesan Crusted Potatoes	○ Scalloped Potatoes	
○ Chili Lemon Collard Greens	○ Mixed Vegetable Brown Rice Pilaf	
○ Steamed Garlic and Red Pepper Kale	○ Lemon Oregano Brown Rice	
○ Balsamic Braised Cabbage	○ Tomato Zucchini Quinoa	
○ Roasted Butternut Squash	○ Balsamic Caramelized Onion Quinoa	
○ Broccoli and Cauliflower Cheese Bake	○ Creamy Mashed Potato Or Sweet Potato	
○ Roasted Sweet Potato	○ Creamy Polenta With Parmesan Cheese	
○ Rosemary Roasted Potatoes		

TRAINING MEAL PACKAGES

The Toronto Pan Am Sports Centre prides itself on offering healthy choices. We want everyone - from the high performance athlete to the person just looking to make better lifestyle choices - to have healthy eating options. We want people to know that when they train to their fullest in an atmosphere that brings world class accommodations to their fingertips, their nutritional needs are also being recognized! **Vegan and gluten free options from our menu.**

	Description	Price
Elite Plan	Choose 1 protein, 1 carbohydrate, 1 vegetable + protein smoothie (pre-training fuel + post training recover)	\$39.99/person
Food Fuel Plan	Choose 1 protein, 1 carbohydrate, 1 vegetable.	\$26.99/person
Beginner Plan	Choose 1 protein, 1 carbohydrate, 1 vegetable + protein smoothie (pre-training fuel)	\$21.99/person

DESSERTS

	Description	Price
Individual Cheesecake (180g)	Choice of Flavour: ○ Strawberry ○ Blueberry ○ Chocolate Banana ○ Cookies and Cream	\$6.00 each
Individual Tiramisu (180g)	Coffee, Vanilla, Mascarpone Cheese, Whipping Cream	\$6.00 each
Individual Strawberry Short Cake (180g)	Vanilla Cake, Whipping Cream, Fresh Strawberries	\$5.50 each
Individual Chocolate Avocado Mousse	Cocoa, Fresh Avocado, Agave Nectar, Sea Salt	\$6.50 each
IPower-Up Brittle (160g square)	Dark Chocolate, Shredded Coconut, Sliced Almonds, Maple Syrup, Dried Cranberries	\$5.50 each
Individual Apple Crumble	Tart Apples, Brown Sugar, Caramel, Cinnamon	\$6.00 each
Desert Platter	Assortment of Sweet Macaroons, Butter Tarts and Dessert Squares with Fresh Fruit Garnish. Small: (15-25 people) Medium: (25-40 people) Large: (40-60 people)	Small: \$69.99 Medium: \$89.99 Large: \$119.99

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