SEASONings
CATERING BY YRFN

Catering Available: Monday - Friday, 9 AM – 5 PM
Contact: maxinek@yrfn.ca to book your event.

Our classic menu accommodates most dietary needs.
We do not use nuts in our menu, however we are not a nut free facility.
Everything is handmade and we prioritize seasonal, locally-sourced ingredients.

GOURMET SANDWICH PLATTER

Minimum 5 sandwiches per selection. Gluten free options available.

$16 ea

CHANNA WRAP

Mild chickpea and potatoes curry in a toasted wrap. Includes cilantro chutney and vegetable relish on the side. (V, D/F)

BLACK BEAN BURRITO

Savoury black beans with seasoned rice, corn relish and cheese in a toasted flour tortilla wrap. (V) or (VG)

MARINATED VEGGIE SAMMY

Herb-marinated eggplant, zucchini, sweet bell pepper, mushrooms, red onion, toasted ciabatta bread with garlic scape pesto mayo, mozzarella cheese. (VG) or (V)

HOISIN CHICKEN WITH BELL PEPPERS AND ONION WRAP

Stir fried chicken, sweet bell peppers and onion in a hoisin sauce and topped with green onions in a toasted flour tortilla. (D/F)

PULLED CHICKEN WRAP WITH PINEAPPLE CHUTNEY

Tender chicken marinated in a green herb seasoning, herb and green onion mayo and pineapple chutney in a toasted flour tortilla.

CHIMICHURRI ROAST BEEF ON ROSEMARY CIABATTA BUN

Seasoned roast beef, roasted bell pepper, greens, chimichurri sauce, grainy mustard mayo.

Dietary Legend

G/F - Gluten free , V - Vegan , VG - Vegetarian , D/F - Dairy Free

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SALAD BAR - A LA CARTE SELECTION

small (2 L serves 8) $52 **medium (3 L serves 12) $72** **large (5 L serves 20) $110**

VEGETABLE SALADS

SEASONAL GARDEN SALAD

Crispy lettuce with a variety of vegetables and house made salad dressing on the side. (V or VG)

POTATO SALAD

Lightly seasoned potatos, herbs and seasonal vegetables with a creamy dressing or vinaigrette. Ask for our weekly selection. (V or VG)

ZESTY COLESLAW

Shaved cabbage, carrot and red onion with in a creamy sweet and tangy vinaigrette.
(V or VG)

QUINOA OR GRAIN SALAD

Whole grain quinoa salad with seasonal vegetables. Ask for our weekly selection.
(V or VG)

MAKE IT A COMBO
SANDWICH + SALAD $20 PER PERSON

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SALAD BAR - A LA CARTE SELECTION

small (1 L serves 8) $30 **medium (1.5 L serves 12) $42** **large (2.5, serves 20) $60**

PROTEIN SALADS

BLACK BEAN AND PLANTAIN SALAD

Sweet and savoury chopped black beans, plantain salad, seasoned with herbs, spices and a hint of lime. (V)

CURRIED EGG SALAD

Creamy chopped egg salad with green onion, bell pepper, and a hint of warm curry flavour. (VG)

SIGNATURE TUNA SALAD

Flaky tuna tossed in creamy mayo with crisp celery, red onion, bell pepper, sweet zucchinin relish, fresh lemon, and a touch of garlic. Bright, classic, and perfectly balanced.

CARIBBEAN CHICKEN SALAD

Flovours from the Caribbean, fresh herbs, bell peppers, green onion, pimento, creamy mayonnaise tossed with chopped chicken.

Each selection is accompanied by a dinner roll per person.

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MORNING OR AFTERNOON SHAREABLES

Priced individually per person. **10 person minimum per order**

SUNRISE PLATTER | $12/PERSON

Assorted breads, muffins and pastries with fresh fruit, jam and butter, and yogurt.

BAGEL BAR | $12/PERSON

Assorted bagels with cream cheese, hummus, curried egg salad, tuna salad, cucumber, lettuce, red onion.

SPREADS AND BREADS | $12/PERSON

2 seasonal spreads, 1 selection of cheese, crudité with an assortment of breads/crackers.

SIGNATURE SWEETS |$25/DOZEN

Twelve pieces of assorted cookies, bars and sweets
(VG) GF option available.

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Not seeing what you are looking for? Ask for our monthly customizable specials!

Try SEASON*ings*, Catering by YRFN for your next office lunch, board meeting, staff/volunteer appreciation, community event or just because you love good food with a purpose.

When YRFN caters, you receive a great meal AND help us fund vital community programs that reduce social isolation and build food security. Make every bite count - support SEASON*ings*, Catering by YRFN.
www.yrfn.ca

York Region Food Network