

Gourmet Trainer
www.GourmetTrainer.com

(416) 889-4815

*Catering based on a minimum of 10 people
*Prices subject to PST/GST



Gourmet
TRAINER

catering menu

Why not enjoy an intimate fine dining evening in your home with friends, or entertain your guests? As the lifestyles of most of us today are busy and have such little time to prepare gourmet healthy meals, the Gourmet Trainer focuses on healthier ingredients and choices for your meals and menus.

We at the Gourmet Trainer always strive for perfection. Entertain your guests with class without the stress of cooking and planning.

Our goal is to bring you the experience of eating healthy gourmet food in the comfort of your home.

To your appetite



Frank Mastromattei

FRUIT

Fresh Exotic Fruit Platter
(Small/Medium/Large Trays Available)

32.25/42.25/52.25

GOURMET CHEF SPECIAL

Individual apple stuffed tiramisu
(Layers of light mascarpone cheese stuffed with
caramelized apples. Wafers dipped in Apple Juice)

6.90 Per Guest

Assorted Cakes
Assorted European Pastries (3 per person)
Gourmet Cookies & Squares

30.00 per cake

2.20 per Guest

2.40 per Guest

Cakes are available for any Occasion.
Ask about our Specialty Theme Cakes.



Fruit & Dessert



Appetizers

TEA SANDWICHES

Assorted sandwiches filled with:

Cold Cuts
Tuna Salad
Egg Salad
Smoked Salmon

Served with breads of your choice

9.75 per dozen

THE GOURMET SANDWICH

A full 6 foot loaf of bread stuffed with your choice of stuffing. Serves 30-40 guests

172.25 each

BEVERAGES

Assorted Soft Drinks	1.25
Spring Water	1.25
Fresh assorted juices	1.50

Freshly Brewed Coffee/Tea available upon request.
Ask about our gourmet coffee bar



Sandwiches & Beverages

THE GOURMET BREAKFAST BREAK

A Selection of Freshly Baked Croissants, Muffins, Tea Scones, Flavored Danishes, Breads, European Cookies

7.80 per guest

VEGETABLE DIP

A medley of fresh seasonal vegetables with a dip of your choice. (Small/Medium/Large Trays Available)

21.00/32.00/43.00

"SAY CHEESE"

A fine selection of Friulano, Pecorino, Blue, Goat, Brie, Swiss Cheeses. (Small/Medium/Large Trays Available)

25.25/36.75/47.99

GRILLED VEGETABLES

Freshly grilled vegetables of your choice and marinated to perfection (Small/Medium/Large Trays Available)

48.25/58.25/68.25

FRESH FROM THE DELI

Your choice of fresh deli meats beautifully arranged on a platter

6.50 Per Guest

GARDEN SALAD

Tossed Salad Platter

2.50 per guest

Spring Mix Salad

2.35 per guest

Creaser Salad/Greek Salad

2.95 per guest

Gourmet Salad

3.50 per guest

(Includes romaine, bocchinni cheese, Fresh Peppers, Croutons with Ranch Dressing)



Entrees

PASTA

Meat Lasagna (12pcs/24pcs)	34.00/68.00
Vegetable Lasagna (32pcs/64pcs)	32.00/64.00
Cannelloni Meat/Cheese	2.10 per piece
Pasta al Forno (Small/Large Trays)	28.00/56.00

Stuffed Pastas (available upon request)

MEAT

Veal Scaloppini	4.10 per piece
Chicken Breast	4.75 per piece
Specialty Meats	(Tenderloins/Veal Chops are Priced Daily)

FISH

Baked Lemon Pepper Salmon	3.80 per piece
Sole	3.15 per piece
Assorted Fish Platter (Muscles, shrimps, squid, King crab and Clams) 15-30 people	ranges 50-120
Specialty Fish	(Snapper/Shark/Octopus are priced daily)

VEGETABLES

Assorted Fresh Vegetables are priced daily	ranges 3.50-4.50
--	------------------