



CINQ FOODS

WWW.CINQFOODS.COM
INFO@CINQFOODS.COM | 416 558 5064

 @cinqfoods  Cinq Foods  @cinqfoods

10 person minimum for each item unless specified otherwise. Gluten-free substitutions can be made for \$1.50 for sandwich or dessert options. Disposable cutlery, plates and cups will be included upon request for \$1.50 per person. Menu & prices subject to change.

BREAKFAST

Individual Packages or Platters

CONTINENTAL\$10.95

Pastries – (2 pastries per person)
House-Made Chocolate, Almond and Plain Croissants,
with Muffins (*Gluten-Free Muffins can be included upon request*)
Fresh Fruit Salad Bowl

FRESH START\$15.50

Granola & Fruit Yogurt Parfait
Fruit Skewers
Frittata Cups
Freshly Baked Muffins (Gluten-Free Muffins made with
Almonds available upon request).

BREAKFAST SANDWICH COMBO\$12.50

Scrambled Eggs with Sliced Tomatoes
on a Country Scone with cheese.
Fresh Fruit Salad Bowl
Add Sausage or Bacon \$3.00

BREAKFAST BURRITO COMBO\$12.50

Scrambled Eggs with Aged Cheddar, Sour Cream
and Salsa. Fresh Fruit Bowl.
Add Sausage or Bacon \$3.00

QUICHE\$15.00

Individual quiche Lorraine with Ham or
Florentine with Spinach with a side simple
greens salad and fruit.

BREAKFAST SAMPLER\$15.50

Mini Ham & Cheese Slider on an
Egg Bun, Muffin, Mini Yogurt Parfait & Fruit Cup

BUTTERMILK PANCAKES\$8.95

(3 pancakes per person)
Served with Chantilly Cream and Maple Syrup

AVOCADO TOAST\$7.50

(2 per person)
Served on Baguette Point with House Salsa

A LA CARTE

Fresh Fruit Salad Bowl.....	\$6.00
Fruit Skewers (2 minis per person).....	\$5.00
Yogurt Parfait with a fruit compote.....	\$7.50
Pastries (2 per person).....	\$6.50
Mini Banana or Carrot Loaf.....	\$3.50 (min. order 10pcs)
Chocolate & Nut Snack Bar.....	\$6.00 (Vegan & Gluten-Free)

ESSENTIALS

Coffee	
Fresh Brewed Gourmet Coffee or Decaf	
10-person carafe	
	\$35.00
Tea	
Caffeinated, Decaffeinated and Herbal Teas	
10-person carafe	
	\$30.00
Premium Soft Drinks (San Pellegrino)	
	\$2.95pp.
Soft Drinks	
	\$2.20pp.
Juice	
Bottles of orange and apple	
	\$2.50pp.
Fresh Squeezed Orange Juice	
	\$14.95 1Lt.
Mineral Water	
	\$2.95pp
Water	
	\$2.25pp

MID-DAY SNACKS

Gourmet Cookies	\$2.75ea
Crudite Cups with Dip	\$6.25pp
Samosas (Vegetarian & Meat) 3 per person	\$8.25pp
Cheese & Cracker Board	\$9.00pp
Cheese & Cracker Board Executive	\$15.00pp
Fruit Skewers (2 minis per person)	\$5.00pp
Snack Duo Root Vegetable Chips with Sea Salt and Popcorn in a cone	\$6.00pp
Cup Of Featured Soup	\$6.00pp
Afternoon Tea Service with Tea Sandwiches, Scones, Mini Desserts, Chantilly Cream, Preserves	\$26.00pp

LUNCH

MARKET FRESH SANDWICHES

A Selection of Our Featured Daily Chicken, Beef, Turkey, Vegetarian, Deli, Egg Salad, Salmon and Tuna Sandwiches with House-Baked Cookies for Dessert (Minimum of 10 people)

1	1 Sandwich & 1 Salad & 1 Gourmet Cookie	\$18.95pp
2	1 Sandwich, 2 Salads & 1 Gourmet Cookie	\$20.95pp
3	1 Sandwich, 2 Salads, 1 Beverage & 1 Gourmet Cookie	\$21.95pp
4	1 Sandwich, 1 Soup & 1 Gourmet Cookie	\$21.95pp

CINQ SIGNATURE SANDWICHES

A Selection of Our Signature Sandwiches with a Featured Dessert (Minimum of 10 people)

Simply Grilled Chicken Breast with our House-Made Tomato Almond Chutney
Shrimp Club with Double-Smoked Bacon with Tiger Shrimp and Avocado
Roast Filet with Arugula, Red Onion Marmalade Creamed Horseradish
Turkey with Whole-Grain Mustard and Butter Cranberries
Mixed Vegetables with Spiced Rubbed Peppers, Zucchini, Eggplant, Chèvre and Aged Balsamic
Prosciutto with Vine-Ripened Tomatoes and Orange Segments

1	1 Sandwich, 1 Salad & Dessert	\$22.00pp
2	1 Sandwich, 2 Salads & Dessert	\$24.00pp
3	1 Sandwich, 2 Salads, 1 Beverage & Dessert	\$26.00pp

DAILY FEATURE:

Interested in something new? Each day we have a Daily Featured Menu geared to the seasons, themes or holidays. If you're interested, email us at orders@cingfoods.com and we will send you the list of items featured each week.

SALAD SELECTION

Mixed Greens

Mélange of greens, cherry tomatoes and crumbled feta with a light balsamic dressing

Couscous

Truffle Citrus Oil, Red Pepper, Arugula and Cranberries

Pasta

Medley of Vegetables with a Herb Vinaigrette

Greek Salad

Tomatoes, Cucumbers, Kalamata Olives, Pickled Onions, Peppers and Feta.

Daily Featured Salad

PREMIUM SALAD SELECTION

additional \$1.00pp

Arugula

Parmesan, Shaved Fennel and a Lemon Truffle Vinaigrette

Kale Caesar

Chiffonade of Green Kale tossed in a Creamy Caesar with Lemon Zest and Shaved Reggiano

Quinoa

Shredded Carrots, Greens, Peppers, Cucumber and Cranberries with a Truffle Citrus Oil Vinaigrette

Tomato Cucumber

English Cucumber with Roma Tomatoes tossed with Herb Vinaigrette

Spinach

Baby Spinach with Roasted Almonds, Mandarin Oranges and Feta Cheese with a Citrus Vinaigrette

House-made Frites can be substituted for a Salad.

PLATTERS

CRUDITES

A Selection of Lightly Blanched Vegetables with Dips.

10 people \$60.00

15 people \$85.00

25 people \$135.00

FRUIT PLATTER

An Assortment of Fresh Fruit.

10 people \$60.00

15 people \$85.00

25 people \$135.00

CHEESE

Canadian or International Cheese Platters.

Served with Preserves & Chutney and

House-made crackers & breads

Cheese Board \$9.00 per person

Executive Board \$15.00 per person

MINI SLIDER

SANDWICHES

A Variety of our Gourmet Sandwiches on Mini Buns with House Pickled Vegetables.

\$6.50pp

SATAYS

A Selection of Skewered Meat or Seafood.

Chicken (20pcs) \$52.00

Beef (20pcs) \$63.00

Shrimp (20pcs) \$63.00

Trio (20pcs) \$58.00

TWO-BITE PIZZA

House-Made Tomato Sauce on a thin crust. Vegetarian or Saucisson

10 people \$50.00

15 people \$67.00

25 people \$85.00

CHARCUTERIE

Charcuterie with Fine Cheese, Pickled Vegetables, Relish, Dried Fruits, Grapes, Baguette and Crackers.

Market Price

SALAD & PROTEIN BOWLS

POWER SALAD

Cucumber, tomato, peppers, carrots, cabbage, chickpeas, arugula, quinoa & Cauliflower. Choice of Tofu, Chicken, Salmon or Tuna

\$20.00

With a Gourmet Cookie \$22.75

PROTEIN BOX

Couscous or Quinoa with roasted vegetables and a choice of Tofu, Grilled Chicken or Grilled Salmon with a Gourmet Cookie

\$24.00

With a Side Garden Salad \$27.00

ENTREES

*All entrees are accompanied with a choice of two sides and a sweet finish.
(Please note minimum is 10 people)*

Simply Grilled Chicken

Grilled Chicken with Wilted Spinach,
Crisp Shallots & A Sweet Finish.\$21.00

Salmon

Seared Blackened Salmon with your choice of
2 sides and a Sweet Finish\$22.00

Stuffed Mushrooms

Portobello Mushrooms Stuffed with Organic
Quinoa and Aged Cheddar. Includes a Sweet Finish.\$18.50

Chicken & Salmon Skewers

Lemon & Parsley Skewers accompanied with
a classic tzatziki dip & Sweet Finish\$30.00

Roast Filet

21 Day, Aged Roast Filet with your choice
of 2 sides and A Sweet Finish\$32.00

Chicken Penne

Penne Pasta tossed with Chicken and House Made Tomato
Sauce Finished with Melted Mozzarella & Sweet Finish\$20.00

Chicken Chili

Warm Chicken Chili with Tomato Ragout and a Bun,
choice of 1 salad or side and a cookie for dessert\$18.50

Chicken Scallopini

Chicken with a Basil Pesto and your choice
of 2 sides and a Sweet Finish\$23.00

SIDES

GRAINS & STARCH

*Frites, Daily Pasta, Potato Lyonnais, Couscous,
Brown Rice, Orzo, Roasted Potatoes*

VEGETABLES

*Grilled Vegetables, Mixed Greens, Arugula
Salad, Kale Caesar, Quinoa Salad, Greek
Salad, Tomato & Cucumber Salad,
Daily Featured Salad*

SWEET FINISH

CHOOSE ONE OPTION

*Chef's Featured Cookie Platter
Chef's Featured Dessert Platter
Chocolate Dipped Strawberries*