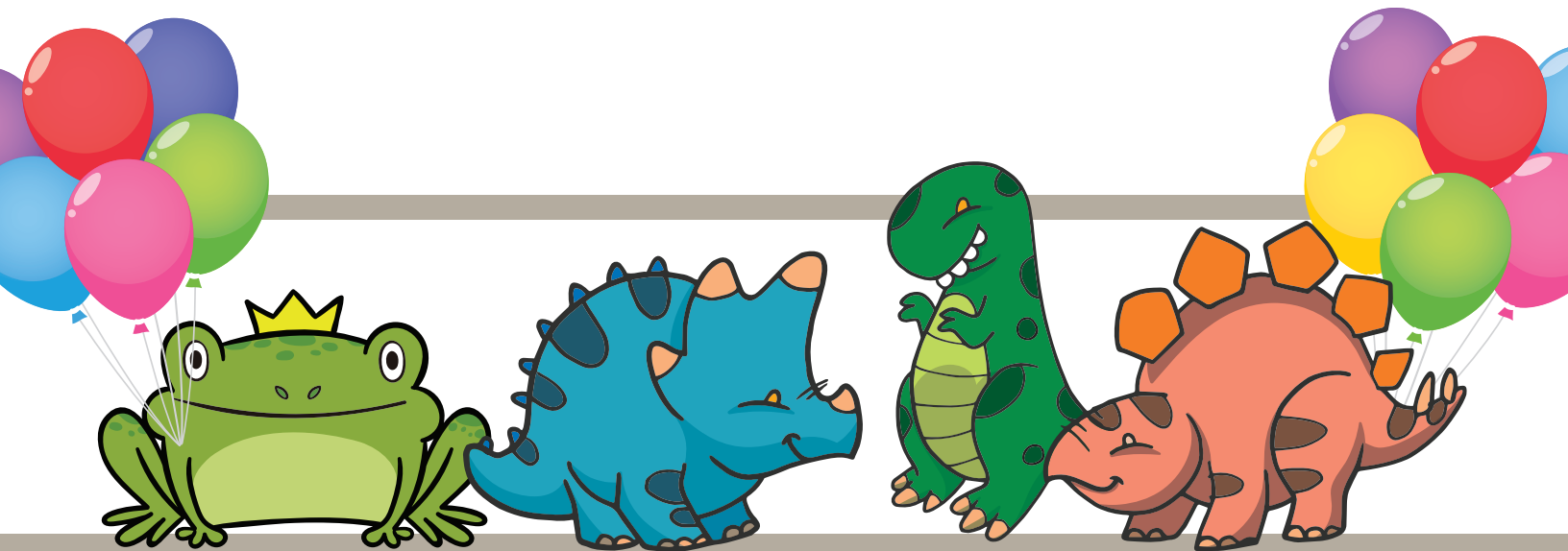


it's a

party



fine caterer

For Reservations: info.ottawa@gourmetcuisine.com

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fine caterer

m e n u

the art of canapés

fine caterer

children's snack tray

- goldfish crackers
- cheese cubes
- ham rolls
- carrot and celery sticks
- bunches of grapes
- ranch dip and apple sauce
- cals 480-530



sandwich tray

minis

- turkey and canadian cheese, plain cheese, tomato cheddar cucumber sandwiches
- prepared on sliced multi-grain bread
- cals 60-77.5 per ¼ sandwich

scrummy finger sandwiches

- egg, tuna salad, ham sandwiches
- prepared on sliced multi-grain bread
- cals 120-205 per ¼ sandwich



dinosaur paws (chicken fingers)

- with bbq and plum sauce
- three pieces served with chips
- cals 305-315



mini pigs in a blanket

- with ketchup and mustard
- cals 140 each



family pizza (16"/12 slices)

- cheese - cals 250/slice
- vegetarian - cals 240/slice
(peppers, mushroom, broccoli)
- pepperoni - cals 260/slice



platters

- fresh fruit platter
- cals 45-105
- cheese platter (havarti, cheddar, marble)
- cals 400
- fresh fruit and cheese platter
- cals 105-400
- crudités and hummus
- cals 160-180



luscious fruit skewers

- with marshmallow and chocolate
- cals 150-250

beverages

- milk/chocolate milk
- cals 130-150
- chilled juices, canned soft drinks
- cals 0-140
- coffee or tea ½ pot(serves 5)
- cals 5

adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. however, individual needs vary.

all platters: minimum of 10 people