Main Menu

Our family recipes are prepared from scratch and include imported and quality products, our flavors are firm but delicate and balanced. Our mission is to give our customers a unique and unforgettable culinary experience.

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APPETIZERS

Price per dozen, minimum 1 dozen per order type

HOMEMADE MINI BITES (FRIED & BAKED)

ARANCINI $27.00

- Saffron risotto, ham, mozzarella, Grana Padano and parsley

POTATOES CROQUETES $28.00

- Mashed potatoes, speck, mozzarella , Grana Padano and parsley

EGGPLANT MEATBALLS $28.00

- Eggplant in cubes, bread, mozzarella, Grana Padano and basil

CAPRI RAVIOLI $19.00

- Caciotta cheese, majoram, eggs and Grana Padano

MINI PIZZA $25.00

- Mozzarella, tomato sauce, basil, Grana Padano

CALZONI $30.00

- Italian salami, ricotta cheese and Grana Padano

MIXED FRIED $36.00

- Arancini, potatoes croquettes, eggplant meatballs, fried mozzarella, ravioli and calzoni

COLD APPETIZERS

PEAR $26.00

- Pear slice, gorgonzola cheese wrapped in a slice of speck

CANTALOUPE $26.00

- Cut in mini balls on a mini kebab with prosciutto

TANGERINE $25.00

- Dried figs, tangerine and pecorino Romano cheese

CAPRESE $25.00

- Tomato cherry, basil and mozzarella topped with house made pesto

SALMON $60.00

- Savory tarts with salmon mousse & capers



GOURMET TRAYS

(All trays are 16" x 16" and serve up to 20 people. The trays are created with imported products)

** Smaller tray available upon request**

FRIED TO SHARE $135.00

- 50 pc of our signature mini fried; arancini, potato croquettes, ravioli, mini calzoni, eggplant meatballs served with spicy tomato dip

IMPORTED CHEESE $145.00

- Grana Padano and Pecorino Romano, bocconcini, gorgonzola, brie served with fresh & dried fruit, dried tomato and olives and accompanied by homemade mustard, homemade jams and honey

ITALIAN COLD CUTS $110.00

- A mix of prosciutto, Italian ham, speck, spicy and mild salami, mortadella, pancetta served with fresh fruit, walnuts, cherry tomatoes, mozzarella, bocconcini, accompanied by 4 house made spreads

HOUSE ANTIPASTO $130.00

- A grand mix of house imported cheeses and cold cuts served with fresh and dry fruit, vegetable, homemade spreads, jams and mustard

FRUIT TRAY $60.00

- Seasonal and tropical mix of fruits and served with chocolate dip.



SALADS

(Small bowl serves 10, Large bowl serves 25 people)

ARUGULA SALAD
SMALL $50 | LARGE $110

- Arugula, cherry tomatoes, Grana Padano cheese flakes, lemon vinaigrette dressing

ITALIAN SALAD
SMALL $50 | LARGE $110

- Lettuce, arugula, tomatoes, red onions, cucumbers, carrots and Parlato's vinaigrette

PEAR SALAD
SMALL $60 | LARGE $130

- Arugula, gorgonzola cheese or walnuts and Parlato's honey vinaigrette

CAPRESE SALAD
SMALL $60 | LARGE $120

- Tomato, Fior di latte mozzarella sliced with basil, olive oil and oregano

POTATO SALAD
SMALL $60 | LARGE $120

- Boiled potatoes, carrots, peas, eggs, onions and mayo

WARM COUSCOUS SALAD
SMALL $60 | LARGE $120

- Couscous with red pepper, eggplant, zucchini, red onions and Italian herbs..



PASTAS

(Medium tray serves up to 10 people and large tray serves up to 20 people)

PENNE POMODORO
MEDIUM $50 | LARGE $95

- With tomato sauce and basil

PENNE CARMINE
MEDIUM $60 | LARGE $120

- Penne pasta with bolognese sauce,Grana padano,smoked provola.

PENNE GRADOLA
MEDIUM $55 | LARGE $110

- With tomato sauce, fried peppers, eggplant, garlic, parsley and basil

RIGATONI BOLOGNESE
MEDIUM $60 | LARGE $120

- With slow cooked tomato sauce with ground beef, carrots, celery and onions

RIGATONI VEGAN BOLOGNESE
MEDIUM $55 | LARGE $110

- With slow cooked vegan ragu (carrots, peas, celery, mushrooms, zucchini, egg plant, cherry tomatoes and tomato sauce.

FUSILLI ROSE
MEDIUM $55 | LARGE $110

- With signature brie tomato rose sauce

BAKED PASTAS

(Medium tray serves up to 10 people and large tray serves up to 20 people)

LASAGNA BOLOGNESE
MEDIUM $65 | LARGE $140

- With a bolognese ragu, besciamella, mozzarella, basil and Grana Padano cheese

STUFFED MEAT SHELLS
MEDIUM $65 | LARGE $140

- With ground beef, mozzarella, besciamella, tomato sauce and Grana Padano cheese

VEGETARIAN STUFFED SHELLS
MEDIUM $60 | LARGE $135

- With ricotta, spinach and Grana Padano, topped with tomato sauce

VEGETARIAN LASAGNA
MEDIUM $65 | LARGE $140

- With vegetarian ragu, grana padano cheese, besciamella, mozzarella and basil.

GNOCCHI SORRENTINA
MEDIUM $60 | LARGE $130

- With tomato sauce, mozzarella, basil and parmesan



MAIN DISHES

(Minimum of 10 portions per order)

POULTRY

ROASTED CHICKEN
BREAST $13.99

- Roasted in white wine with onions, garlic and fresh aromatic herbs

LEMON CHICKEN
BREAST $13.99

- Chicken Breast baked in aluminum foil spiced with rosemary, garlic, fresh lemon slices

CHICKEN MARSALA
$13.99

- Chopped chicken breast coated in a Marsala, mushroom and parsley sauce

CHICKEN SKEWERS
$12.99 (3 PC)

- Marinated in white win, garlic, fresh aromatic herbs, with red onions & red peppers in cubes.

BEEF/ LAMB/ PORK

NONNA'S MEATBALLS
$12.99 (6 PC)

- Mini balls of lean ground beef, slowly cooked in a tomato sauce with onions and basil

LAMB MEATBALLS
$13.99 (6PC)

- Spicy Lamb meatballs served with pinot noir berry sauce

GRILLED TOP SIRLOIN
$19.99

- Marinated in oregano condiment and grilled to your taste.

ROASTED BEEF
TOP SIRLOIN $15.99 (4OZ COOKED)
PRIME RIB CANADIAN RIME $25.95 (4OZ COOKED)

- Blended with white wine, flavoured with fresh herbs and served with gravy sauce

GRILLED RIB EYE
$25.99

GRILLED MIX: CIUMMI CIURRI CHICKEN+ RIB EYE STEAK+SAUSAGE
$25.99



HALAL MEAT

Available upon request

VEGETARIAN

EGGPLANT PARMIGIANA

MEDIUM: $60.00 | LARGE: $120.00

- With eggplant, mozzarella, tomato sauce, basil and parmesan

FISH & SEAFOOD

BAKED SALMON

$13.99 (4 OZ PER PORTION)

- Baked in aluminum foil flavoured with lemon, garlic and thyme

MARSALA COD

$13.99 (4OZ COOKED)

- Baked in aluminum foil, flavored with marsala, garlic, parsley, rosemary & oil

SEAFOOD MIX GRILL

$34.99 (8OZ COOKED)

- Mix of shrimp, calamari & sword fish pre marinated before and grilled.



SIDE DISHES

((Medium tray serves up to 15 people, large tray serves up to 30 people)

MASHED POTATOES

MEDIUM $55.00 | LARGE $110.00

- With milk, butter, Grana Padano and nutmeg

ROASTED POTATOES

MEDIUM $50.00 | LARGE $100.00

- With olive oil and rosemary

MUSHROOMS

MEDIUM $50.00 | LARGE $100.00

- Sautéed with garlic and parsley

GRILLED MIX SEASONAL VEGETABLES

MEDIUM $60.00 | LARGE $110.00

- Red peppers, zucchini, red onions, eggplant with olive oil, garlic and parsley

BAKED ASPARAGUS

MEDIUM $45.00 | LARGE $80.00

- Baked with garlic & olive oil

SAUTÉD VEGETABLES

MEDIUM $60.00 | LARGE $110.00

- Mixed peppers, zucchini, red onions, eggplant, mushrooms with olive oil, garlic and herbs

SCAPECE CARROTS

MEDIUM $50.00 | LARGE $80.00

- Boiled carrot sticks with marinated in fresh garlic, parsley, vinegar and olive oil



MINI PASTRIES

(price per dozen minimum order 1 dozen)

SICILIAN CANNOLO $24.00

- Tube-shaped shells of fried pastry dough, filled with a sweet sheep ricotta cheese cream.

SFOGLIATELLA $34.00

- Super thin layers of crunchy dough filled with delicious orange and cinnamon flavored ricotta cream.

CHEESECAKE $33.00

- Mixture of soft, fresh cheese, eggs, and sugar on a base made from crushed cookies.

FRUIT TART $36.00

- Made with a buttery shortbread crust, filled with chantilly cream and topped with fresh fruit.

CHOCOLATE TART $36.00

- Made with a buttery shortbread crust, filled with chocolate chantu=illy cream , topped with white & dark chocolate drops.

MILK STUFFED SUGARED HEARTS $28.00

- Italian doughnuts that are fried, coated in granulated sugar.

ASSORTED PASTRY $38.00

- A mix of cannoli, fruit tarts, chocolate tarts, donut hearts & cheesecakes.



INDIVIDUAL PASTRIES

(price per unit)

TIRAMISU’ $3.50

- Lady fingers dipped in coffee, and rum with a whipped mascarpone cream, topped with cocoa powder.

LIMONCELLO TIRAMISU’ $3.60

- Lady fingers dipped in limoncello, with a whipped mascarpone cream & lemon zest.

STRAWBERRY TIRAMISU $3.60

- Ladyfingers dipped in coffee, and rum with a whipped mascarpone cream, topped with cocoa powder.

PANNA COTTA $3.40

- Sweetened cream thickened with gelatin e topped with strawberry sauce.

CHOCOLATE MOUSSE $3.50

- Airy whipped egg whites, dark chocolate, sugar, butter topped with whipped cream.

WHITE CHOCOLATE MOUSSE $3.70

- Airy whipped egg whites, white chocolate, butter topped with whipped cream and raspberry.



PARLATO'S CATERING THINGS TO KNOW

- ✓ The menus are 100% customizeable
- ✓ Dietary restrictions (vegetarian, vegan, gluten free & nut free) can be accomodated
- ✓ Estimated costs and suggested combinations based on menu pricing only
- ✓ Staffing, rentals, beverages, and taxes are not included
- ✓ Equipment rentals available upon request
- ✓ Full service catering available upon request
- ✓ Event planning available upon request
- ✓ Price may vary according to the market changes

ORDER NOW

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