

# BREAKFAST & SANDWICHES MENU

2022 Menu List



## Taking Your Taste Buds On A Journey.

Parlato's Catering was born from Sonia's determination to introduce the culinary specialties handed down from generation to generation to the world.

Our menu is simply a collection of some of the most loved family recipes taken from my childhood from spending time sitting on the counter in the kitchen watching the legendary grandmother Emma cook her most delicious plates.

Let me take you into the kitchen on the counter top of my grandma's house in Capri Island, Italy and experience happiness from the first bite

*Buon Appetito.*

## WHAT DO THE ICONS MEAN?

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**GF** Gluten Free **DF** Dairy Free **NF** Nut Free **VE** Vegan **VG** Vegetarian

## ORDER NOW

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 @parlatoscatering

 2345 Wyecroft Rd, Unit 12  
Oakville, ON, L6L6L8

 905.495.2653

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## BREAKFAST

DELIVERED IN ALUMINUM TRAYS

( Individual packaging available upon request) +\$3 Per person

### CLASSIC BREAKFAST

3 scrambled eggs , 2 strip of bacon, 2 sausage, home potatoes, toast & house made jam. *(Vegetarian options available)*

### SWEET BREAKFAST

3 Slices vanilla french toast or pancakes, barriers, whipped cream cheese, butter & syrup.

VG

### EUROPEAN BREAKFAST

5 oz Seasonal fruits, 2 slices toasts, 1 croissants, 1 bagels, 1 and muffins, imported cold cuts, cheeses, whipped chantilly, nutella ,butter & house made jams.

VG

### +ADD

Cinnamon french toast (2 slices) with syrup & butter

Pancakes with maple syrup & butter

Carved fresh fruit

9 oz Yogurt, fruit & granola parfait

House made chocolate chip cookies



## BREAKFAST PLATTER

### PASTRY PLATTER

Basket of fresh mini muffins, danish, cinnamon rolls, chocolate croissants, bagel served with butter, nutella & jam – 2 pastries per person.

(VG)

### FRUIT PLATTER

Pineapple, strawberry, melon, honeydew, blueberry, kiwi, red grape, green grape & orange.

(VE)

### BAGEL PLATTER

Assortment of bagels with cream cheese, sliced havarti, Italian ham, salmon, red onions, cappers, jam, peanut butter (2 mini bagel per person).



## LUNCH SANDWICHES

Our signature sandwiches will let you discover a new world of flavors.

Let us bring your taste bud on a journey.

*Select any 2 options + a vegetarian or vegan from our a la carte menu*

### SIGNATURE SANDWICHES

#### CAPRESE

Tomato, mozzarella, basil & secret Parlato's condiment. (VG)

#### PARMA

Prosciutto, tomato, mozzarella, and arugula.

#### LOMBARDY

Turkey ham, fresh mozzarella & roasted peppers.

#### ROMAGNA

Italian salami, house made truffle cream, mix green & tomato.

#### VEGAN

Mix grilled vegetable with house made olive pate. (VE) (VG)

#### RUSTIC

Turkey ham, house made dry tomato cream & grilled zucchini.

#### TOSCANA

Italian ham, malted cheese, gorgonzola cheese, arugula & onions.

#### GRILLED CHICKEN

Grilled chicken, lettuce, smoked provolone, sautéed mushrooms, mayo & lettuce.

#### ROASTED BEEF

In house roasted beef, lettuce, mayonnaise, melted cheese, tomato & lettuce.

**COMBO INCLUDES:**  
**Homemade cookies & 500 ML water**

- + Add 16 oz soup of the day
- + Add house Italian salad



## WE WILL LOVE TO LET YOU KNOW THEN

Basic disposable dinnerware included with each menu package.  
Dietary restrictions such as vegetarian, vegan, gluten-free, dairy free and halal can be accommodated.

Please notify us in advance in case of food allergy or intolerance.  
Please allow at least 48 hours' notice when placing your order.  
Staff for service available upon request.

Orders cancelled with less than 48 hours' notice will be subject to a 50% cancellation fee.

***Delivery and taxes extra.***  
***Prices may vary according to market changes.***

## READY TO ORDER?

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# Parlato's

CATERING