

BUFFET & STATIONS MENU

2022 Menu List



Taking Your Taste Buds On A Journey.

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

Buon Appetito.

WHAT DO THE ICONS MEAN?

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

ORDER NOW

 @parlatoscatering

 2345 Wyecroft Rd, Unit 12
Oakville, ON, L6L6L8

 905.495.2653

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GOURMET TRAYS

(All trays are 16" x 16" and serve 16 to 20 people realized with imported products)

FRIED TO SHARE

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

IMPORTED CHEESE

Grana padano and pecorino romano, bocconcini, corgonzola, brie' served with fresh & dried fruit, dried tomato & olives & accompanied by house made mustard, house made jams & honey

ITALIAN COLD CUTS

A mix of prosciutto, Italian ham, speck, spicy & mild salami, mortadella & pancetta served with fresh fruit, walnuts, tomato cherry e mozzarella bocconcini, accompanied by four house made spreads.

HOUSE ANTIPASTO

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

FRUIT TRAY

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



SALADS

(Small bowl serve 10, Large serve 25 people)

ARUGULA SALAD

Arugula, cherry tomatoes, grana padano cheese flakes & lemon vinaigrette dressing.

(GF) (VG) (NF)

SPINACH SALAD

Fresh spinach, oranges, pomegranate, grana padano shaved.

(GF) (VG) (DF) (NF)

ITALIAN SALAD

Lettuce, arugula, tomato, red onions, cucumbers, carrots & Parlato's vinaigrette.

(GF) (VG) (VE) (DF) (NF)

WARM COUSCOUS SALAD

Couscous with red pepper, eggplant, zucchini, red onions & marinated in Italian herbs.

(VG) (VE) (DF) (NF)

CAPRESE SALAD

Tomato, for di latte mozzarella sliced with basil, olive oil and oregano.

(GF) (VG) (NF)

PEAR SALAD

Arugula, gorgonzola cheese or walnuts & Parlato's honey vinaigrette.

(GF) (VG) (NF)



PASTA

(medium tray serve up to 10 people and large tray serve up to 20 people)

GF + \$20 Medium + \$40 Large

PENNE POMODORO

with tomatoes sauce, grana padano & basil.

(GF) (VG) (VE) (NF)

PENNE GRADOLA

with tomato sauces, fried pepper, eggplant, garlic, parsley & basil.

(GF) (VG) (VE) (DF) (NF)

RIGATONI BOLOGNESE

with slow cooked tomatoes sauce with ground beef, carrots, celery & onions served with grana cheese.

(GF) (NF)

RIGATONI VEGAN BOLOGNESE

with carrots, peas, celery, onions, mushrooms, zucchini, eggplant & cherry tomato.

(GF) (VG) (VE) (DF) (NF)

GNOCCHI PARLATO'S

Potato gnocchi with brie & truffle white sauce.

(VG) (NF)

FUSILLI ROSE

Fusilli pasta with signature dry tomato rose' sauce.

(GF) (VG) (NF)



BAKED PASTA

GF + \$20 Medium + \$40 Large

LASAGNA BOLOGNESE

with a bolognese ragù, besciamella, mozzarella, basil & grana.

(NF)

VEGETARIAN STUFFED SHELLS

with ricotta, spinach, grana, topped with tomato sauce.

(VG) (NF)

VEGETARIAN LASAGNA

with vegan ragù, besciamella, mozzarella, basil & grana.

(VG) (NF)

GNOCCHI SORRENTINA

with tomato sauce, mozzarella, basil & parmesan.

(GF) (VG) (NF)

STUFFED MEAT SHELLS

with ground beef, mozzarella, besciamella, tomato sauce & grana.

(NF)



MAIN DISH

(Minimum portions order: 10)

ROASTED CHICKEN

Halal Roasted Chicken Breast in a white wine flavored with onions, garlic and fresh aromatic herbs (5 Oz).

GF DF

CHICKEN MARSALA

Halal Chicken breast chopped blended in marsala ,mushrooms & parsley sauce (5 Oz)

NONNA'S MEATBALLS

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

ROASTED BEEF

TOP SIRLOIN (6OZ COOKED)
BONELESS PRIME RIB (6OZ COOKED)

Blend with white wine, flavoured with fresh herbs and served with gravy sauce.

LAMB SCOTTADITO

3 Lamb rack marinated in fresh rosemary, mint leaves, lemon zest, olive oil & grilled.

EGGPLANT PARMIGIANA

with eggplants, mozzarella, tomato sauce, basil, & parmesan.

VG

VEGAN EGGPLANT PARMIGIANA

with eggplants, vegan mozzarella, tomato sauce, basil, & vegan parmesan.

VE

BAKED SALMON

Baked in aluminum foil flavored with lemon, garlic & thyme.



SIDE DISH

(Medium tray serve up to 15 people large tray serve up to 30 people)

MASHED POTATOES

with milk, butter, grana padano & nutmeg.

(VG)

ROASTED BABY POTATOES

with olive oil, garlic & rosemary.

(VG) (VE)

MUSHROOMS SAUTEED

with garlic and parsley.

(VG) (VE)

GRILLED SEASONAL VEGETABLES

Red peppers, zucchini, red onions, eggplant with olive oil, garlic & parsley.

(VG) (VE)

SAUTE VEGETABLES

Mix peppers, zucchini, red onions, eggplant, mushrooms with olive oil, garlic & herbs.

(VG) (VE)

BAKED ASPARAGUS

Baked with garlic & olive oil.

(VG) (VE)



MINI SWEETS

Minimum 10 units

SICILIAN CANNOLO

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

SFOGLIATELLA

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

CHEESE CAKE

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

FRUIT TART

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

NUTELLA TART

Made with a buttery shortbread crust, filled with Nutella and topped with hazelnut

HAZELNUT STUFFED SUGARED HEARTS

Italian doughnuts that are fried, coated in granulated sugar

TIRAMISU

2 oz lady fingers dipped in coffee, and rum with a whipped mascarpone cream, topped with cocoa powder.

PANNA COTTA

2 oz sweetened cream thickened with gelatin and topped with strawberry sauce.

CHOCOLATE MOUSSE

2 oz airy whipped egg whites, dark Chocolate, butter topped with whipped cream.



STATIONS & DISPLAYS

Minimum 50 guest

SAVORY STATIONS

OMELET OR CREPES STATION

Italian ham, turkey bacon, bacon, havarti, mozzarella, brie', zucchini, red peppers, onions, mushrooms & spinach.

MINI PIZZA STATION

Mini margherita pizza, 4 cheeses pizza & prosciutto pizza prepared now for your guests.

PASTA ACTION STATION

Our chefs will cook on front of your guest for an entertained wedding.

Pick 2 type of pasta (Rigatoni, penne, fusilli, gnocchi)

Pick 2 sauces (Truffle & brie sauce, tomato sauce, rose' sauce, bolognese sauce, vegan bolognese)

CARVING STATION

Roasted boneless prime rib, roasted lamb leg, gravy, bun & butter.

THE LATE NIGHT DISPLAY

Chicken sliders, roast beef sliders, mini pizzas, micro ciabatta with grilled vegetable, mini croissant with salmon.

Equipment & station included

Disposable plates and cutlery included



SWEET STATIONS

SWEET DISPLAY

Mini fruit tarts, chocolate tarts, cannoli, cheesecakes, tiramisu' and panna cotta.

GELATO STATION

Cone Or Cup Gelato served from our staff members for your guests.

(3 flavor of your choice from our gelato selection)

AFFOGATO STATION

Vanilla gelato in double espresso shot and whipped cream, prepared now in front of your guests.

SWEET CREPES STATION

A chef will make crepes on front of you with the following ingredients for your guests to choose from fresh strawberries, raspberries, blueberries, banana, nutella, maple syrup, whipped cream & ricotta, mix dry fruit.



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 72 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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