

BUFFET & FAMILY STYLE MENU

2023 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

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GOURMET TRAYS

(All trays are 16"x16" and serve 16 to 20 people realized with imported products)

FRIED TO SHARE

- 10 Arancini
- 10 Potatoes croquettes
- 10 fried Ravioli (VG)
- 10 mini Calzoni
- 10 eggplant meatballs (VG) served with tomato dip

COLD BITES

- 10 Caprese skewers (VG)
- 10 Pear wrapped in gorgonzola & speck
- 10 Truffle & mushrooms phyllo cups (VG)
- 10 Prosciutto & melon skewers
- 10 Savory mini cannoli with ricotta mousse and walnuts (VG)

IMPORTED CHEESE (VG) (GF)

Grana padano, pecorino romano, cherry bocconcini, gorgonzola, brie served with fresh, dried fruit, sundried tomato, Olives & accompanied by house made berry jam, onion mustard, olive pate & orange jam

ITALIAN COLD CUTS (GF)

Prosciutto, Italian ham, specks, spicy & mild salami, mortadella & capocollo served with fresh fruit, walnuts, tomato cherry & mozzarella bocconcini, accompanied by olive pate, truffle cream, tomato spread & onion mustard

HOUSE ANTIPASTO (GF)

Cherry mozzarella, melon wrapped in prosciutto, mild & spicy salami, mortadella, Italian ham, pecorino, grana padano, gorgonzola, brie, berry jam, onion mustard, truffle cream, Olive pate.

BREAD TRAY (VG) (VE)

Assorted focaccia, mini croissants, house made crostini, fancy crackers, baguette & whipped individual butter.

FRUIT TRAY (VG) (NF) (DF) (VE) (GF)

Pineapple, strawberry, melon, honeydew, red & green grapes, kiwi, orange



SALADS

Server up to 10 people

ARUGULA SALAD (VG) (GF) (NF)

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

ITALIAN SALAD (VG) (VE) (GF) (NF) (DF)

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

CAPRESE SALAD (GF) (VG) (NF)

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

POTATO SALAD (GF) (VG) (DF)

Potatoes, carrots, onions & peas with mayonnaise garnished with boiled eggs.

PEAR SALAD (GF) (VG)

Arugula, gorgonzola cheese, walnuts and Parlato's honey vinaigrette.



PASTA

(Medium trays serve up to 10 people and large tray serve up to 20 people)

PENNE POMODORO (VG) (NF)

With tomatoes sauce, grana padano and basil

PENNE GRADOLA (VG) (VE) (NF) (DF)

With tomato sauces, fried pepper, eggplant, garlic, parsley, and basil.

RIGATONI BOLOGNESE (NF)

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

RIGATONI VEGAN BOLOGNESE (NF)

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

GNOCCHI PARLATO'S (VG) (NF)

Potato gnocchi with brie & truffle white sauce.

MUSHROOMS & TRUFFLE

RISOTTO (GF) (VG) (NF)

Arborio rice, butter, porcini mushrooms, wine, garlic & parsley, truffle cream padano grated, honeydew, blueberry, kiwi, red grape, green grape & orange



BAKED PASTA

LASAGNA BOLOGNESE (NF)

With a Bolognese ragù, bechamel, mozzarella, basil, grana.

VEGETARIAN LASAGNA (VG) (NF)

With vegan ragù, bechamel, mozzarella, basil, & grana.

STUFFED MEAT SHELLS (NF)

With ground beef, mozzarella, bechamel, tomato sauce & grana.

VEGETARIAN STUFFED SHELLS (VG) (NF)

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

GNOCCHI SORRENTINA (VG) (NF)

With tomato sauce, mozzarella, basil and parmesan.



MAIN DISH

(Minimum portions order 10)

PARLATO'S CHICKEN (GF) (DF)

Halal roasted chicken breast in a white wine flavored with onions, garlic, and fresh aromatic herbs (50 Oz)

CHICKEN MARSALA (NF)

Halal Chicken breast chopped blended in marsala, mushrooms & parsley sauce (50 Oz).

VEAL MARSALA (NF)

Hammered veal strips blended in marsala, mushrooms & parsley sauce (50 Oz)

NANNA'S MEATBALLS (DF) (NF)

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

ROASTED BEEF (NF)

Blended with white wine, flavored with fresh herbs, & served with a gravy sauce.

8 oz boneless prime rib **5 oz** top sirloin

LAMB SCOTTADITO (GF) (DF) (NF)

2 halal lamb chops marinated in fresh rosemary, mint leaves, lemon zest, olive oil & Grilled

EGGPLANT PARMIGIANA (GF) (VG) (NF)

With eggplants fried in egg wash , mozzarella, tomato sauce, basil, and parmesan.

VEGAN EGGPLANT PARMIGIANA (GF) (VG) (VE) (DF)

With roasted eggplants, vegan mozzarella, tomato sauce, basil, and vegan parmesan.

LEMON SALMON (GF) (DF) (NF)

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



SIDE DISH

(Medium trays serve up to 20 people. Large tray serve up to 40 people)

ROASTED BABY POTATOES (GF) (DF) (NF)

With olive oil, garlic, and rosemary.

GRILLED MIXED SEASONAL VEGETABLES (GF) (DF) (NF)

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

RICE PILAF

Rice ,Carrots,Onions,Celery & Peas cooked with bay leaf ,olive oil & vegetable stock

SAUTE VEGETABLES (GF) (DF) (NF)

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

BAKED ASPARAGUS (GF) (DF) (NF)

Baked with garlic & olive oil.



MINI SWEETS

(Minimum 10 units)

SICILIAN CANNOLO

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

CHEESECAKE

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.

CHOCOLATE TART

Made with a buttery shortbread crust, filled with chocolate chantilly cream, and topped with raspberry.

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 (GF)

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

CHOCOLATE MOUSSE (GF)

2 oz Airy whipped egg whites, dark chocolate, butter topped with whipped cream.



We Will Love To Let You Know That

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

WE CAN NOT GUARANTEE NO CROSS CONTAMINATION

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