

BUFFET & STATIONS 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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 2345 Wycroft 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

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

PEAR SALAD

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

Grana padano, pecorino romano, cherry bocconcini, gorgonzola, brie' served with fresh, dried fruit, sun dried tomato, olives & accompanied by house made berry jam, onion mustard, olive pate' & honey.

ITALIAN COLD CUTS

Prosciutto, Italian ham, speck, spicy & mild salami, mortadella & capocollo served with fresh fruit, walnuts, tomato cherry e mozzarella bocconcini, accompanied by olive pate', truffle cream, tomato spread & tunabutter

HOUSE ANTIPASTO

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

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

FRUIT TRAY

Pineapple, strawberry, melon,



SALADS

(Small bowl serve 10, Large serve 25 people)

ARUGULA SALAD

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

ITALIAN SALAD

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

CAPRESE SALAD

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

PEAR SALAD

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

PASTA SALAD

Penne pasta roasted seasonal vegetable, cherry tomato, cucumber, cappers, olives & gradola vinaigrette.

WARM COUSCOUS

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



PASTA

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

PENNE POMODORO

With tomatoes sauce, grana padano and basil

PENNE GRADOLA

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

RIGATONI BOLOGNESE

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

RIGATONI VEGAN BOLOGNESE

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

GNOCCHI PARLATO'S

Potato gnocchi with brie & truffle white sauce.

MUSHROOMS & TRUFFLE RISOTTO

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



BAKED PASTA

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

LASAGNA BOLOGNESE

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

VEGETARIAN LASAGNA

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

STUFFED MEAT SHELLS

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

VEGETARIAN STUFFED SHELLS

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

GNOCCHI SORRENTINA

With tomato sauce, mozzarella, basil and parmesan.



MAIN DISH

(Minimum portions order 10)

ROASTED CHICKEN (GF) (DF)

Halal roasted chicken breast in a white wine flavored with onions, garlic, and fresh aromatic herbs (5 Oz)

CHICKEN MARSALA (NF)

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

VEAL MARSALA (NF)

Hammered veal strips blended in marsala, mushrooms & parsley sauce (5 Oz)

NANNA'S MEATBALLS (NF)

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

ROASTED BEEF (GF) (DF) (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, mozzarella, tomato sauce, basil, & parmesan.

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

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

BAKED SALMON (GF) (DF)

Baked in aluminum foil flavored with lemon, garlic & thyme.
(5 oz Cooked)



SIDE DISH

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

MASHED POTATOES (VG)

With milk, butter, grana padano and nutmeg.

ROASTED BABY POTATOES (VG) (VE)

With olive oil, garlic, and rosemary.

MUSHROOMS SAUTEED (VG) (VE)

With garlic and parsley.

GRILLED MIXED SEASONAL VEGETABLES (VG) (VE)

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

SAUTE VEGETABLES (VG) (VE)

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

BAKED ASPARAGUS (VG) (VE)

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

(Estimates based on menu pricing only.)
Any other service required will be having to be added

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.

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.

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