

CORPORATE DELIVERY MENU

2023/2024 Menu List



Taking Your Taste Buds On A Journey.

Practical, fast & tasty.

Suitable for every business need; from a business breakfast to a quick daily lunch, business from an administrative meeting to a joyful lunch between colleagues.

Parlato's will assist you with professionalism, practicality, and flexibility.

Try us once and who knows we could become your trusted catering.

Buon Appetito

WHAT DO THE ICONS MEAN?

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

ORDER NOW

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 hello@parlatoscatering.com

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BRAKFAST

Our Breakfast are freshly made ,
served buffet style or individually packaged

CANADIAN LOVERS (VG)

3 Scrambled eggs, 2 strip of bacon, 1
sausage, home potatoes, 1 slice of toast,
individual one Jam & one Butter.

CONTINENTAL BREAKFAST

(2 pastry per guest)

Assorted mini butter croissants, cinnamon
rolls, Danish, chocolate croissant, 5 Oz
fresh Seasonal fruits, one individual butter
& one jam.

BREAKFAST SANDWICH COMBO

Individual wrapped

Available vegetarian /Halal

Egg, bacon, tomato & Lettuce. + home
fries

LIGHT START (VG)

9 oz Granola & berries parfait.

+ADD

- **Brownie** (VG) (GF)
- **1 Bagel, 1 cream cheesw,**
- **1 butter, 1 Jam** (VG) (NF)
- **1**



LUNCH SANDWICHES

Our Signature Sandwiches will let you discover a new world of flavors.

Let us bring your taste bud on a journey.

Individually Wrapped

SIGNATURE COLD SANDWICHES

Combo Include House salad + Regular 500ml Water

CAPRESE (VE) (NF)

Tomato, mozzarella, basil & secret Parlato's condiment

PARMA (NF)

Prosciutto, tomato, mozzarella, and arugula

LOMBARDY (NF)

Smoked turkey, Fresh Mozzarella & Roasted peppers

ROMAGNA (NF)

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

RUSTIC (NF)

Smoked turkey, House made dry tomato cream, Grilled Zucchini

VEGAN (VE) (NF)

Mix grilled vegetable with house made olive pate

VEGGIE'S (VE) (NF)

Grilled vegetable with fresh mozzarella



SIGNATURE HOT SANDWICHES

individually packaged.

WARM CAPRESE VEGAN (NF) (VE)

Dry Tomato, parsley & basil sauce, Vegan mozzarella malted

ROAST BEEF (NF)

In house roasted beef, lettuce, mayonnaise, malted cheese, tomato & lettuce

VEGETARIAN (VE) (NF)

Tomato, malted cheese, gorgonzola, arugula & onions

EGGPLANT PARMIGIANA (NF) (VG)

Eggplant fried, sauce, mozzarella, grana malted & basil.

GRILLED CHICKEN (NF)

Grilled Chicken, lettuce, smoked provolone, sautéed mushrooms, mayo & lettuce

CHICKEN PARMIGIANA (NF)

Breaded Chicken breast, tomato, mozzarella, basil & Grana malted.



SPECIAL HOT LUNCHES

Individually packaged
(Buffet style available upon request)

PICK YOUR MAIN

- Meat Lasagna
- Vegetarian Lasagna
- Vegan eggplant Parmigiana
- Eggplant Parmigiana
- Parlato's Chicken
- Peri Peri Chicken
- Greek Chicken
- Baked lemon salmon
- Peri Peri Salmon

PICK YOUR SIDE

- Roasted potatoes
- Greek potatoes
- Rice pilaf
- Penne tomato (Grated parmesan on the side)
- Gradola:red peppers & eggplant in tomato sauce
- Peri peri Vegetables
- Green beans

PICK YOUR SALAD

- Italian salad
- Caesar salad
- Greek salad
- Couscous Salad



SHARING PLATTERS

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

FRIED TO SHARE (VG)

50 pc of our signature mini fried; Arancini, Potatoes croquettes, fried Ravioli, mini Calzoni, eggplant meatballs served with tomato dip

COLD BITES

60 pc of our signature Caprese skewers, Pear wrapped in gorgonzola & Speck, Truffle & mushrooms Phyllo cups, Prosciutto & melon Skewers & Savory mini cannoli with ricotta mousse and walnuts

HOUSE ANTIPASTO

Cherry mozzarella, melon wrapped in prosciutto, Mild & Spicy Salami, Mortadella, Italian Ham, Pecorino, grana Padano, gorgonzola, brie, Barry jam, onion mustard, truffle cream, olive pate'

CRUDITE' (VG) (NF) (VE) (DF) (GF)

Cherry tomato, cauliflowers, broccoli, red peppers, carrots, celery, Cucumber served with Hummus.

IMPORTED CHEESE (VG)

Grana Padano and pecorino Romano, Bocconcini, Gorgonzola, Brie' served with fresh & dried fruit, dried tomato, olives & accompanied by house made mustard, berry jam, onion mustard, olive pate' & 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 olive pate', truffle cream, tomato spread & tuna butter

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

Pineapple, Strawberry, Melon, Honeydew, Blueberry, Kiwi, Red Grape, Green Grape, Orange



BEVERAGE

BRAZILIAN COFFEE

(Disposable 96 oz)

12 cup of 8 oz (served with condiments
& disposable cups)

ENGLISH TEA

(Disposable 96 oz)

12 cup of 8 oz (served with condiments
& disposable cups)

NESTLE WATER

500 ml

ORANGE /APPLE JUICE

SPARKLING WATER CANE

355 ml

SOFT DRINKS

SPARKLING SAN BENEDETTO

750ml

NATURAL SAN BENEDETTO

750ml



We Will Love To Let You Know That

- All our menu items are made fresh, in house
- Menu items can be altered to accommodate allergies or dietary preferences
- The menu items listed are only a sample of Parlato's full offering; we're happy to include any additional items upon request
- We can customize our menus to create the perfect package for your unique event and budget. Feel free to mix and match.
- As a full-service caterer we can supply professional service staff, bartenders, and event rentals.
- Individual wrapped cutlery & ecofriendly plates available upon request
- Please allow at least 48 hours' notice when placing your order.

WE CAN NOT GUARANTEE NO CROSS CONTAMINATION

Please notify us in advance in case of food allergy or intolerance

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Parato's

CATERING