

Parato's

CATERING



[BUFFET & FAMILY STYLE MENU]
2024

Parlato's

CATERING

[BUFFET / FAMILY STYLE]

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.

[WE WILL LOVE TO LET YOU KNOW]

- 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.
- All the items will be delivered buffet style .
- Service Utensils individually wrapped cutlery & eco friendly plates available upon request.
- Please allow at least 48 hours' notice when placing your order.

[WHAT DO THE ICONS MEAN]

-  Gluten Free
-  Dairy Free
-  Nut Free
-  Vegan
-  Vegetarian

[MENU CONTENTS]

- **Gourmet Trays**
- **Salads**
- **Pasta & Baked Pasta**
- **Mains** (trays & portions)
- **Sides**
- **Canadian Favourite**
- **Mini Sweets, Cupcakes & Cakes**
- **FAQ**

[GOURMET TRAYS]

(trays serving size: 12" serve up to 13 - 16" serve up to 25)

MENUS ARE 100% CUSTOMIZABLE

Estimates based on food pricing only.

Staffing, rentals, beverages, gratuity & taxes are not included.

Prices can change without notice depending on season & market conditions

FRIED TO SHARE 12" (30) \$60 16" (60) \$90

- arancini
- potato croquettes
- fried mini mozzarella 🌿
- mini capri calzone
- eggplant meatballs
- mini pasta omelet 🌿
- served with tomato dip 🍷

COLD BITES 12" (30) \$80 16" (60) \$130

units in total assorted;

- caprese skewers 🌿
- pear wrapped in gorgonzola & speck
- truffle & mushrooms phyllo cups 🌿
- prosciutto & melon skewers
- savory mini cannoli with ricotta mousse and walnuts 🌿

ITALIAN COLD CUTS 🍷 12" \$80 16" \$150

prosciutto, italian ham, speck, spicy & mild salami, mortadella & capocollo served with fresh fruit, walnuts, tomato cherry, mozzarella bocconcini, accompanied by olive pate', truffle cream, tomato spread & onion mustard

IMPORTED CHEESE 🍷 🌿 12" \$80 16" \$150

grana padano and pecorino romano, cherry bocconcini, gorgonzola, brie' served with fresh, dried fruit, sun dried tomato, olives & accompanied by house made berry jam, honey, fig jam & orange jam

HOUSE ANTIPASTO 🍷 🍷 12" \$75 16" \$140

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'



[GOURMET TRAYS CONT'D]

(trays serving size: 12" serve up to 13 - 16" serve up to 25)

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CRUDITE' TRAY 12" \$40 16" \$70

cherry tomato, cauliflower, broccoli,
red peppers, carrots sticks, celery sticks,
cucumbers, 16 oz hummus

FRUIT TRAY 12" \$45 16" \$80

pineapple, strawberry, melon, honeydew,
blueberry, kiwi, red grape, green grape,
orange

SHRIMP TRAY 12" (35) \$65 16" (70) \$125

21/25 shrimps on a base of mixed
green with lemon wedges served with a
16 oz bowl of Capri style cocktail sauce
(red cocktail sauce available upon request)

BREAD TRAY 12" \$25 16" \$45

assorted focaccia, mini croissants, house
made crostini, fancy crackers, baguette,
mini ciabatta, whipped individual butter

MISTO FROLLA TRAY 12" (50) \$40 16" (100) \$75

tray of assorted crumbly shortcrust pastry
biscuits, which includes: hazelnut and cocoa
morsels, apricot scones, glazed pokers,
two-colored squares, glazed hungarians,
hazelnut and cocoa scones, cocoa pokers

CANNOLI TRAY (12") 12" (25) \$75 16" (50) \$145

mini chocolate coated cannoli

MICRO DESSERTS TRAY 12" (25) \$70 16" (50) \$135

- chocolate layer cake
- chocolate tart filled with pastry cream & berries
- mini tiramisu'
- chocolate cups filled with chantilly cream
& topped with raspberry
- cream puff topped with pastry cream topped
with berries
- cream puff topped with white chocolate
& filled with cream
- puffy pastry filled with cream s,



[SALADS]

(small bowl serve 10-12 guests)

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ARUGULA SALAD 🚫🌱🥗 \$ 75

arugula, cherry tomatoes, grana padano cheese flakes, lemon vinaigrette

STRAWBERRY & SPINACH 🚫🌱🥗 \$ 65

spinach, crumble goat cheese, strawberry, red onions, roasted almond honey & lemon balsamic vinaigrette

ITALIAN SALAD 🚫🌱🥗🥗🥗 \$ 55

lettuce, arugula, tomato, red onions, cucumbers, carrots and parlato's vinaigrette

HOUSE SALAD 🚫🌱🥗🥗🥗 \$ 35

iceberg lettuce, red cabbage, red radish, carrots, tomato, red onions and parlato's vinaigrette

CAPRESE SALAD 🚫🌱🥗 \$ 40

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

PEAR SALAD 🚫🌱 \$ 75

arugula, gorgonzola cheese, walnuts and parlato's honey & lemon vinaigrette



[PASTA]

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

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PENNE POMODORO **M: \$ 55 L: \$ 110**

with tomatoes sauce, grana padano and basil

PENNE GRADOLA **M: \$ 65 L: \$ 130**

with tomato sauce, fried pepper, eggplant, garlic, parsley, and basil

RIGATONI VEGAN BOLOGNESE **M: \$ 65**

with carrots, peas, celery, onions, mushrooms, zucchini, eggplant, cherry tomato **L: \$ 130**

GNOCCHI PARLATO'S **M: \$ 90 L: \$ 180**

potato gnocchi with brie & truffle white sauce

RIGATONI BOLOGNESE **M: \$ 70 L: \$ 140**

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



****AVAILABLE GLUTEN FREE****
(only pasta no baked pasta)

[BAKED PASTA]

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

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LASAGNA BOLOGNESE 🍴 M: \$ 90 L: \$ 180

with a bolognese ragù, bechamel, mozzarella, basil, and grana

VEGETARIAN STUFFED SHELLS 🌱 🍴 M: \$ 60 L: \$ 120

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

VEGETARIAN LASAGNA 🌱 🍴 M: \$ 85 L: \$ 170

with vegan ragù, bechamel, mozzarella, basil, and grana

GNOCCHI SORRENTINA 🌱 🍴 M: \$ 55 L: \$ 110

with tomato sauce, mozzarella, basil and parmesan

STUFFED MEAT SHELLS 🍴 M: \$ 65 L: \$ 130

with ground beef, mozzarella, bechamel, tomato sauce and grana

RIGATONI ALLA SICILIANA 🌱 🍴 M: \$ 60

with tomato sauce, mozzarella, provolas basil, fried eggplants and parmesan L: \$ 120



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[MAIN DISH TRAYS]

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

M: \$ 75

EGGPLANT PARMIGIANA    **M: \$ 65 L: \$ 125**

with eggplants, mozzarella, tomato sauce, basil, and parmesan

VEGAN EGGPLANT PARMIGIANA     **L: \$ 150**

with roasted eggplants, vegan mozzarella, tomato sauce, basil, and vegan parmesan

[MAIN DISH PORTIONS]

(minimum portions order 10)

PARLATO'S CHICKEN   **\$ 13.99**

roasted chicken breast in a white wine flavored with onions, garlic, and fresh aromatic herbs

CHICKEN MARSALA  **\$ 16.99**

2 pieces of chicken breast blended in marsala, mushrooms & parsley sauce

GRILLED LEMON CHICKEN   **\$ 13.99**

marinate in lemon zest, garlic, oregano & thyme grilled & garnished with lemon slices

NANNA'S MEATBALLS  **\$ 9.99**

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

VEAL MARSALA  **\$ 17.99**

2 pieces of hammered veal strips blended in marsala, mushrooms & parsley sauce

ROASTED BEEF   

blended with white wine, flavored with fresh herbs, and served with a gravy sauce

6 OZ BONELESS PRIME RIB **\$ 27.99**

5 OZ TOP SIRLOIN **\$ 16.77**

BAKED SALMON   **\$ 15.99**

baked in aluminum foil flavored with lemon, garlic, and thyme

*****our chicken & beef are certified Halal*****

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[SIDES]

(medium trays serve up to 20 people and large tray serve up to 40 people)

ROASTED FINGERLING POTATOES

with olive oil, garlic, and rosemary

M: \$ 50 L: \$ 100

MASHED POTATOES

with butter, milk, nutmeg, grana padano
grated

M: \$ 70 L: \$ 140

RICE PILAF

carrot, vegetable broth, green peas,
onions, celery, turmeric

M: \$ 35 L: \$ 70

GRILLED MIX VEGETABLES

red peppers, zucchini, red onions,
eggplant, yellow zucchini, mushrooms &
green peppers with olive oil, garlic, and
parsley

M: \$ 80 L: \$ 170

SUMMER MIX

green beans, carrots sticks & mix peppers
baked with garlic, parsley & olive oil

M: \$ 65 L: \$ 130

SAUTEED VEGETABLES

mix peppers, zucchini, red onions, gold
onions, eggplant, mushrooms, cherry
tomatoes with olive oil, garlic and herbs

M: \$ 80 L: \$ 170

ROASTED ASPARAGUS

baked with garlic, parsley & olive oil

M: \$ 70 L: \$ 150



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[CANADIAN FAVORITE]

"Sonia Parlato takes on your North American Classics"

CAESAR SALAD 🚫🌱🥄 \$ 60

romaine lettuce ,garlic croutons, grana padano cheese flakes,cesar dressing

CHICKEN PARMIGIANA 🥄 \$ 16.99

2 pc chicken breast breaded & baked with tomato sauce, grana, mozzarella and basil

GOURMET MAC & CHEESE 🥄 **M: \$ 70 L: \$ 150**

with bechamel,white cheddar, old fort yellow cheddar ,bread crumbs and grana

VEAL PARMIGIANA 🥄 \$ 19.99

2 pc hammered veal scallopini breaded & baked with tomato sauce, grana, mozzarella and basil

PENNE VODKA 🚫🌱🌿🥄 **M: \$ 65 L: \$ 130**

with tomato sauce, whipped cream, butter ,heavy cream grana padano and basil



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[MINI SWEETS]

(minimum 10 units)

SICILIAN CANNOLO \$ 3

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

CHEESECAKE \$ 4.5

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

FRUIT TART \$ 5

made with a buttery shortbread crust, filled with chantilly cream, and topped with fresh fruit

CHOCOLATE TART \$ 5

made with a buttery shortbread crust, filled with chocolate chantilly cream

TIRAMISU' \$ 4

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

PANNA COTTA 🚫 \$ 5

2 oz sweetened cream thickened with gelatin topped with strawberry sauce

CHOCOLATE MOUSSE 🚫 \$ 4.5

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

[CUPCAKES]

(minimum 12 units)

\$ 4

FLAVORS

carrot, chocolate hazelnut, red velvet, lemon blueberry, salted caramel, milk chocolate



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[CAKES]

6" (6-8 portions) \$ 70

8" (8-10 portions) \$ 90

CARROT CAKE

carrot cake sponge filled with cream cheese, coated with butter cream topped with freshly chopped whole walnut drizzled with caramel sauce

ORANGE DARK CHOCOLATE

fluffy and moist 4 layers of rich chocolate sponge cake filled with dark- chocolate ganache and candied orange peel, coated with dark-chocolate buttercream and dark chocolate glaze topped with shaved chocolate and candied orange

PISTACHIO CAKE

fluffy and moist vanilla sponge cake filled with pistachio paste buttercream coated with pistachio buttercream topped with freshly roasted and grounded pistachio and freshly grounded pistachio and dusty pink buttercream topped with rose patel

MOCHA CAKE

fluffy and moist 4 layers of rich chocolate sponge alternative with vanilla sponge cake filled with mocha buttercream coated with mocha flavor buttercream and drizzled with caramel sauce topped with dulce de leche caramel



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[CAKES CON'T]

6" (6-8 portions) \$ 70

8" (8-10 portions) \$ 90

BLACK FOREST CAKE

fluffy and moist 4 layers of rich chocolate sponge filled with deluxe cherry filling and fresh whipping cream thinly coated with fresh cream topped with fresh cherry and shaved dark chocolate.

WHITE RASPBERRY CAKE

fluffy and moist vanilla sponge cake filled with white chocolate buttercream and fresh raspberry compote coated with buttercream wrapped with swiss white chocolate collar fresh raspberry.

LEMON BLUEBERRY

fluffy and moist vanilla sponge cake filled with lemon cream and fresh blueberry compote coated with natural flavor lemon buttercream topped with fresh blueberry

HAZELNUT CAKE

fluffy and moist 4 layers of rich chocolate cake filled with chocolate creamy hazelnut, nutella ganache and roasted hazelnut coated with hazelnut flavored buttercream drizzled with dark chocolate ganache topped with roasted whole hazelnut and hazelnut truffle



[FAQ]

DO YOU OFFER FULL-SERVICE CATERING?

We are a full-service catering company. We can provide service, bar & kitchen staff as well as rentals coordination for any type of event or size.

WHAT IS YOUR MINIMUM ORDER?

\$200.00 food spent before tax for deliveries Monday through Friday.

\$500.00 food spend per order for deliveries Saturday & Sunday.

Full Service:

\$1000.00 food spent before tax for deliveries Monday through Friday.

\$1500.00 food spend per order for deliveries Saturday & Sunday.

DID YOU OFFER A TASTING?

Tasting in promises from \$75 per guest + HST, Pick up tasting priced second choosed items prices. Tasting will have to be fully paid in advance maximum late 3 days before tasting date.

WHEN IS THE MAXIMUM LATE I CAN ORDER?

Ideally at list 5 days before the order date, however we can accommodate simples' orders with a minimum order time of 48-72 hours for a simple just food order .For full service events as much advance notice as possible will be appreciated.

WHEN IS THE MAXIMUM TIME I CAN MAKE CHANGES TO MY EXISTING ORDER?

Food changes not later than 72 Hours slow season (January to April), High season From May to December not late then 10 days before event date. Changes to scheduled delivery time not late then week before the event. We will do our best to accommodate any change after the time allowed but we can't guarantee it will be possible.

WHAT IS YOUR DELIVERY FEE?

Our Delivery fee is calculated by second postal code & charged by km depending on amount of food, service required & variants factors of the delivery location. We suggest calling or emailing our customer in order to confirm the delivery service at your location.

[FAQ]

WHAT FORM OF PAYMENT DO YOU ACCEPT?

We accept major Credit cards – Transfer- certify cheque & EFT.
Visa & Mastercard 2.5% card processing fee & Amex 3.5 % Processing fee.

ARE DISPOSABLES INCLUDED?

Disposable eco dinnerware sets will be charged an extra \$1.50 per guest.
Service utensils \$1.5 to \$2 each

DO YOU OFFER SET-UP?

We offer set-up service for a starting fee of \$60 for quick 30 minutes set-up, set-up fee can be as expensive as \$500 depending on size and complexity of the service, clean up fee will be calculated depending on time & location starting as well from \$60 .

HOW CAN I BOOK MY CATERING SERVICE?

To formally book the catering, you need to sign the contract at the end of your proposal & send a deposit. Small-medium orders 50% Deposit required & large orders over 10K 25% deposit required.
Final payment is maximum late 5 days before the booked date.
No orders will be complete without full payment.

WHAT IS YOUR CANCELLATION POLICY?

Deposit refunds on cancellations are handled as follows –
60-90 days before the event ,(50%) of the contract total will be owed to Caterer.
30- days before the event, Caterer shall be entitled to (50%) of the total Deposit
1-30 Days before the event, Caterer shall be entitled to (100%) of the total Deposit

[ORDER NOW]

📍 2345 Wycroft Rd, Unit 16, Oakville, ON, L6L6L8

☎ 905-465-2653

✉ hello@parlatoscatering.com



@parlatoscatering



parlatoscatering.com