



# CATERING MENU

[www.7wondersfinefoods.com](http://www.7wondersfinefoods.com) 416-979-7122

*7 Wonders*  
FINE FOODS

# EVENT CATERING

Our philosophy of providing our customers with only the best-of-the-best in quality, value and service, has created the 7 Wonders Fine Foods Catering division. 7 Wonders Fine Foods Catering is built on family tradition and providing your events with delicious homemade food. We are dedicated to using the freshest ingredients, and our attention to detail makes all the difference. Our deep understanding of the meaning of hospitality allows us to exceed your expectations. For your next special occasion, whether large or small, business or personal—choose 7 Wonders Fine Foods Catering. We are confident our food and service will make your event a memorable one.



TO ORDER, CALL 416-979-7122 or 416-979-7464  
EMAIL [ghada@7wondersfinefoods.com](mailto:ghada@7wondersfinefoods.com) or [hany@7wondersfinefoods.com](mailto:hany@7wondersfinefoods.com)

## STORE HOURS

Monday - Friday  
6:30 am - 6:00 pm

Saturday  
8:00 am - 3:00 pm

After hours and weekends, we can be reached by email.

**Platters are available in Small, Medium and Large.**

**Small: Serves 6-10**

**Medium: Serves 10-16**

**Large: Serves 16-24**

We accept Visa, MasterCard, and other methods of payment for certain accounts.





# BREAKFAST

## 7 WONDERS GRANOLA PARFAIT

Our 7 Wonders parfait is made with natural vanilla yogurt and fresh seasonal berries.

## BREAKFAST LOAF & MUFFINS

Available in more than ten varieties; banana, chocolate mocha, peaches & cream, lemon cranberry, low-fat blueberry, low-fat cranberry, 3-berry oatmeal, carrot, morning glory, raisin bran and more...

## BREAKFAST BAGELS

Freshly baked bagels served with cream cheese, butter, jam and peanut butter. Also available in mini-sized bagels.

## CONTINENTAL BREAKFAST

The best way to start the day! A wide variety of freshly baked pastries including Danishes, croissants, muffins, bagels, scones and breakfast loaves. Includes jam, butter, peanut butter and cream cheese.

## BREAKFAST BOX

Includes breakfast sandwich, hash brown and a fruit (apple or banana).



Continental Breakfast



Breakfast Loaves



Breakfast Bagels



7 Wonders Granola Parfait





# BREAKFAST PLATTERS

## **FRUIT SKEWERS**

Fresh, seasonal fruit served on skewers with a side of yogurt.

## **FRUIT PLATTER**

A fresh cut, seasonal mix of juicy melon and berries. Also available: Berry platter served with a side of real whipped cream.

## **MINI QUICHES**

A variety of homemade quiches including ham & cheese, mushroom & cheese and spinach & cheese.

## **GRANOLA BAR PLATTER**

A selection of delicious granola bars served on a bed of nuts and dried fruit.

## **BREAKFAST WRAPS**

Freshly made scrambled egg comes wrapped in four varieties of tortilla. Choose between bacon, sausage, ham & cheese, spinach, and Western.



Breakfast Wraps



Granola Bar Platter



Mini Quiches



# LET'S PARTY!

## CHEESE & CRACKERS

Old cheddar, mozzarella, brie, goat cheese, blue cheese and more, served with crackers, grapes and sprigs of rosemary.

## DELI MEAT PLATTER

Salami, smoked turkey, roast beef, black forest ham and more! Garnished with fresh mixed greens and cherry tomatoes.

## GRILLED VEGGIE PLATTER

A selection of seasonal fresh vegetables, marinated with herbs, garlic and olive oil and then grilled to perfection.

## DAIRY & DELI PLATTER

The perfect combination of egg salad, tuna salad, salmon salad, and smoked salmon served on a bed of fresh vegetables — tomato, lettuce, cucumber, red onion, and capers with cheese and pickles.

## SMOKED SALMON PLATTER

A classic party favourite, served with cream cheese and capers.



Cheese Platter

## TEA SANDWICHES

Delicious two-bite sandwiches. Enjoy a variety including cucumber & cheese, salmon with capers and cream cheese, ham & cheese, and smoked turkey with tzaziki.

## VEGETABLE PLATTER

Fresh cut, seasonal vegetables with dip on the side.

## FRUIT PLATTER

This fresh & juicy fruit platter will make your mouth water. Also available in mixed berries, served with a side of real whipped cream.



Grilled Veggie Platter



Smoked Salmon Platter



Vegetable Platter



Fruit Platter



Dairy & Deli Platter

# SANDWICHES & WRAPS

## **SANDWICH PLATTERS**

A wide variety of bread & ciabatta & four different kind of wraps including whole wheat, white, tomato and spinach, this variety of sandwiches includes smoked turkey, ham & cheese, roast beef, black forest ham, corned beef, grilled chicken, smoked salmon, tuna, egg and chicken salad.

## **PANINI PLATTER**

All the varieties above come as warm panini sandwiches, so delicious it will make your lunch the best you ever had.

## **HIGH-END SANDWICH PLATTER**

Philly steak cheese sandwich, Reuben, chicken portobello mozzarella melt, chicken Parmigiano, veal Parmigiano, tuna melt and more.

*Lunch boxes also available:*

### **CLASSIC LUNCH BOX**

Sandwich, juice and cookie.

### **DELUXE LUNCH BOX**

Sandwich, salad, juice and cookie.



Wraps



Sandwich





Philly Cheese Steak Sandwich



Reuben Sandwich



# KEBABS

## **SIZZLING SHRIMP KEBABS**

Fresh, skewered shrimp glazed with your choice of sweet chili, butter & herb or teriyaki.

## **GRILLED SALMON KEBABS**

Fresh Atlantic salmon grilled to perfection. Your choice of maple glazed, teriyaki or lemon herb & garlic butter.

## **VEGETABLE KEBABS**

Looking for a tasty vegetarian option? Our vegetable kebabs are marinated, grilled and absolutely delicious.

## **CHICKEN KEBABS**

Greek style tender chicken breast kebabs, grilled to perfection. Served with tzaziki.

## **PORK KEBABS**

Grilled Greek-style pork kebabs that are both tender and flavourful.

## **BEEF KEBABS**

Beef tenderloin, marinated to perfection and grilled.

All kebabs are served with your choice of one side and one green.

Sides	Greens
Roasted Potato	Steamed Vegetables
Mashed Potato	Greek Salad
Rice Pilaf	Mixed Green Salad



Sizzling Shrimp Kebabs



Pork Kebabs



Grilled Salmon Kebabs



Vegetable Kebabs



Chicken Kebabs



# À LA CARTE

## OVEN ROASTED LAMB CHOPS

The perfect traditional dish, our lamb chops are marinated with mixed herbs, oven roasted and served with red wine au jus.

## MONTREAL GRILLED CHICKEN

Travel the world with us! Try our tasty grilled chicken breast with Montreal spices.

## EGYPTIAN OVEN ROAST BEEF

Experience the amazing flavour of Egyptian marinated beef, aged for over 20 days and oven-baked to perfection. Served with mashed potatoes and gravy.

## ASIAGO GRILLED CHICKEN

Marinated and grilled chicken breast stuffed with asiago cheese, healthy and delicious.

## FETA-SPINACH STUFFED CHICKEN

Tender chicken breasts, stuffed with creamy feta cheese and spinach, a uniquely flavourful dish!

## GRILLED ATLANTIC SALMON

Glazed with your choice of teriyaki, maple glaze or white sauce and then grilled to perfection.

## FISH FILLET

Encrusted with panko, lemon and herbs, our fish fillets will make your mouth water.

## CHICKEN PARMIGIANO

Baked chicken breasts, topped with real Parmigiano cheese and herbed tomato sauce, the perfect Italian dining experience.

## OVEN ROASTED PORK LOIN

Juicy oven-roasted pork loin, served with mashed potatoes and tender roasted vegetables.



Oven Roasted Lamb Chops



Montreal Grilled Chicken



Egyptian Oven Roast Beef



Grilled Atlantic Salmon



Fish Fillet



Chicken Parmigiano

# HORS D'OEUVRES

## GOURMET SLIDERS

A fun way to get your party started! These tiny burgers are available with a variety of tasty toppings.

## MINI VEGETABLE SPRING ROLLS

A classic party favourite, crispy and delicious. Served with plum sauce.

## MINI PHILLY STEAK SANDWICHES

Bread rolls stuffed with steak and mozzarella cheese. Available in different flavours that will satisfy any taste.

## MINI MEATBALLS

The perfect party snack. Available in Swedish, sweet chili, and Italian.

## MINI CRAB CAKES

Served with lemon and garlic aioli.

## SATAY

Available in BBQ beef, grilled chicken, grilled pork satay or grilled shrimp.

## GOURMET TEA SANDWICHES

Delicious two-bite sandwiches. Enjoy a variety including cucumber & cheese, salmon with capers and cream cheese, ham & cheese, and smoked turkey with tzaziki.

\*All Hors D'Oeuvres come by the dozen.



Gourmet Sliders



Mini Philly Steak Sandwiches



Beef Satay



Mini Meatballs



Mini Crab Cakes



Pork Satay



Gourmet Tea Sandwiches



# SALADS

## CAESAR SALAD

Fresh-cut romaine lettuce topped with croutons, Parmigiano cheese and creamy Caesar dressing on the side. Make it a chicken Caesar by adding a grilled chicken breast, a delicious and healthy choice.



## MIXED GREEN SALAD

Mixed green lettuce dressed with balsamic and topped with diced cucumber, green pepper, red pepper yellow pepper and cherry tomatoes.



## ARUGULA SALAD

Fresh arugula topped with juicy strawberries and served with balsamic dressing.



## TRADITIONAL GREEK SALAD

Chopped iceberg lettuce topped with feta cheese, black olives, tomato and cucumber, dressed with olive oil, oregano and lemon juice.



## BABY SPINACH SALAD

Fresh spinach topped with juicy strawberries, shaved almonds and served with balsamic dressing.



## COUSCOUS SALAD

A middle eastern favourite, couscous topped with diced peppers.



## QUINOA SALAD

One of the healthiest and most flavourful grains, our quinoa salad is topped with fresh red, green and yellow pepper, red onion and dressed with lemon juice. A healthy choice and perfect for pairing with any dish.



## TABOULI SALAD

A Mediterranean favourite. Fresh curly parsley, finely diced and topped with tomatoes and bulgur wheat. Dressed with extra virgin olive oil.



## GREEK PASTA SALAD

Pasta salad topped with cherry tomatoes, diced cucumber and red onion, cubes of creamy feta cheese and black olives. Topped with our Mediterranean vinaigrette.



## BEAN SALAD

Mixed beans dressed with olive oil and spices.



## KALE SALAD

Fresh kale salad topped with sunflower seeds and balsamic vinaigrette.



## BOCCONCINI SALAD

Thick slices of bocconcini cheese and freshly cut tomato, topped with balsamic vinaigrette and fresh basil.



## BEET SALAD

Tender beet salad in a hoisin sauce dressing.



# DESSERTS

## GOURMET PETIT FOURS

An assortment of mini fondant cakes, mini cheesecakes, éclairs, cream puffs, rum balls and chocolate-dipped strawberries.

## COOKIES

A selection of our amazing tasting cookies. Available in chocolate chunk, oatmeal raisin, double chocolate and white chocolate macadamia.

## TARTS

A variety of tarts including raspberry mousse, chocolate mousse, 3-fruit, strawberry, kiwi and apricot. Available in a small or large size.

## BAKLAVA

Enjoy this traditional Mediterranean dessert.

## SQUARES

A wide variety of dessert squares including date, apple, peach, lemon-raspberry, Nanaimo, brownies, raisin butter tart, mini carrot cake & macaroon.

## GOURMET SQUARES

Almond based squares topped with cranberry or blueberry.

## LAVA CAKE

Available in chocolate or caramel chocolate, this decadent cake is stuffed with liquid chocolate fudge or caramel, break it open and enjoy the melting centre.

## MACARONS

Sweet meringue-based cookies, these round, delicious macarons are filled with a variety of sweet flavours, the perfect accompaniment to tea and coffee.

## CAKE

Our cake varieties include strawberry shortcake, chocolate mousse cake, vanilla or chocolate butter icing cake, strawberry romanoff, fruit flan and more. We need 48 hours notice for all special orders and cake orders.



Lava Cake



Chocolate-Dipped Strawberries



Tarts



Fruit Flan



Macarons

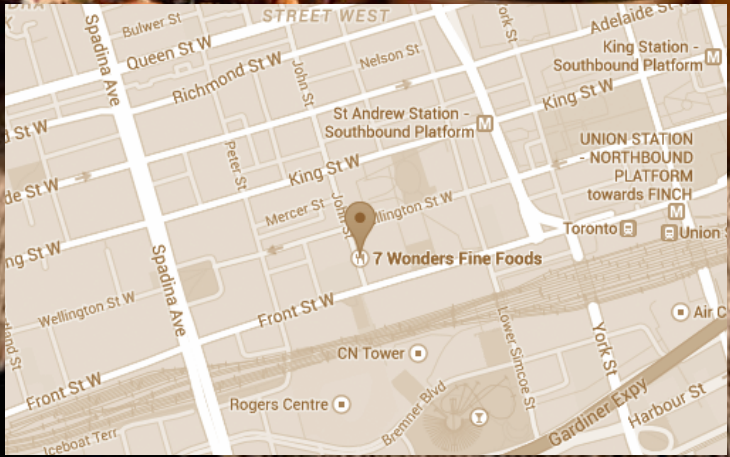


Cookies



Baklava





250 Front Street West, Toronto, ON M5V 3G5

TO ORDER, CALL 416-979-7122 or 416- 979-7464  
EMAIL [ghada@7wondersfinefoods.com](mailto:ghada@7wondersfinefoods.com) or [hany@7wondersfinefoods.com](mailto:hany@7wondersfinefoods.com)

Please allow 24 hours when placing your order. GLUTEN FREE / DAIRY FREE, ORGANIC AND VEGAN ITEMS ARE AVAILABLE BY REQUEST. Prices subject to change. Items may vary due to seasonal availability. Delivery charges apply.