

Dinner Menu Samples

MTL Classic Menu - \$28 per guest

- Local Sunchoke Soup with fresh garden thyme and Gelatly Bay walnut pesto
- Choice of:
 - Grilled Pork Tenderloin Medallions with Panzanella salad, local goat cheese fondue and sautéed snap peas, OR
 - Local potato and Farmer's Market Vegetable "Cannelloni" with a MTL garden baby carrot-ginger sauce and wilted kale
- Maple Sugar Pie à la mode with fresh berries

MTL Supreme Menu - \$42 per guest

- Celery Root Soup with Sautéed local apple & thyme
- Choice of:
 - Vale Farm Beef Tenderloin in a wild crafted pine mushroom sauce served with house made potato-Tiroler bacon gnocchi and broiled broccoli raab, OR
 - Coast Halibut Crusted in a Sweet Pea Puree with saffron infused Israeli cous cous and poached asparagus
- Callebaut Dark Chocolate Baked Mousse with MTL garden raspberries and Chantilly cream



Classic Scratch Diner Catering & Events Menu

Chef Mathew Morazain

Opening Hours:

Mondays to Fridays - 7 a.m. to 5.30 p.m.

Saturdays 10 a.m. - 4 p.m. brunch

Extended Summer Hours Wed-Fri - open till 7.30 p.m.

Please Contact us to have a custom menu or buffet created by Chef Mathew Morazain for your upcoming event with a local & fresh focus

We can accommodate your budget & dietary needs, and make your business meeting or event a culinary success. Minimum order of 10 guests (delivery charges may apply), or book our venue for 25 guests or more!

Corporate Events & Catering - info@mtlrealfood.com



**#101 - 1851 Kirschner Road
778.484.3888**

mtlrealfood.com



Breakfast Menu Samples

Continental Breakfast - \$9.50 per guest

Our Fresh Assorted Baked Goods, Fresh Cut Sliced Fruit & Yogurt, Berry & Hempseed Granola Parfaits

Fresh Assorted Baked Goods - \$2.85 per guest

Cinnamon buns, Scones, Banana Bread, Croissants, Danishes, & Muffins



Fresh Cut Sliced Fruit - \$3.75 per guest

12oz Yogurt, Berry & Hempseed Granola Parfaits - \$5.25 per guest

Big Breakfast Wrap - \$7.95 per guest

2 Local Eggs, Shredded Hash Browns, Armstrong Smoked Gouda Cheese, Grandma's Tomato Chili Relish & your choice of Smoked Meat, Local Mediterranean Sausage, Maple Smoke Bacon, or Grilled Vegetables

MTL Breaky Sandwich - \$5.45 per guest

House Baked Buttermilk Biscuit with a Local Fried Egg, Local Swiss Cheese, and your choice of Smoked Meat, Local Mediterranean Sausage, Maple Smoke Bacon, or Grilled Vegetables

Mini Bagel Platter with 3 Spreads - \$6.99 per guest

- Smoke Salmon Dill Cream Cheese
- Citrus Cream Cheese
- Fresh Strawberry Cream Cheese

Please inquire regarding hot breakfast buffets. We can accommodate any dietary restrictions.

Lunch Menu Samples

MTL Classic Lunch Box - \$12.99+ per guest

Each box comes with a fresh made sandwich, a seasonal 8oz salad, jumbo cookie or square and a canned or bottled beverage.

• Sandwich Selection - Your choice of:

- Classic Montreal Style Smoked Meat Sandwiches on fresh baked Rye Bread
- Ham, Granny Smith Apple and Local Walnut Salad Sandwiches on Multigrain
- Slow Roasted Turkey Club Sandwiches on Fresh Baked
- Roast Beef, Brie & Caramelized Onion with Grainy Dijon Mustard



• A Seasonally Inspired Salad:

- Quinoa Greek Salad with Tuscan Bab Kale
- Curried Israeli Cous Cous Salad Okanagan Waldolf Syle with Gellatly Bay Walnuts, Cranberries and Crisp Local Apple
- Green Goddess Tahini Salad with Oranges, Almonds, Seasonal vegetables
- Bistro Salad with Teenage Greens, Crisp Apple, Local Goat Cheese, Spice Pecans, Gouda Crusted Ciabatta Croutons and a Nutritional Yeast-Cider Dressing

16oz Lunch Shaker Salads - \$7.99+ per guest

- Greek Style Quinoa with Baby Kale / Super Grain Salad with Spinach & Local Honey-Lemon Dressing
- Okanagan Waldorf Salad with Local Tree Fruits, Gelatly Bay Walnuts & Curried Israeli Cous Cous
- Green Goddess Shaker with Seasonal Veggies, Orange, Avocado and a Tangy Sesame Dressing

Add Protein to your shaker:

- Seared Albacore Tuna \$5.99
- Rotisserie Chicken \$3.99
- MTL Classic Smoked Meat \$3.29