



GOODIES philosophy is very easily stated.

We deliver a quality product, on time and within budget.

Each client is special. Each occasion is unique.

GOODIES provides full service corporate, government and social catering. Galas, banquets, weddings, barbeques, house parties, as well as simple working lunches are just a sample of our capabilities.

There are many more services that GOODIES can provide to complete your event and to make it even more memorable. Tents, table and chair rentals, floral centrepieces, decorations, music, theme parties etc. are all available from us.

Our excellent organisational skills, our very capable wait staff and our chefs' expert knowledge of appropriate and seasonal foods assure you of an unforgettable event.

Should you have a special request for something that is not on our menus, please do not hesitate to ask for it. We are flexible and will try to find a way to prepare the item you've requested for your reception.

Please call **Conrad Mineault or Laura Dunn** at **741-5643** for your booking or send us an e-mail.

Breakfast

(prices listed are per person and are based on a minimum of 15 guests)

101 - the baker's basket

freshly baked croissant, danish pastries,
muffins, cinnamon brioche or scones
fresh sliced fruit
butter and preserves
\$4.25

102 - traditional breakfast

scrambled eggs or cheese omelette
bacon, sausage or ham
pan fried potatoes with fine herbs
croissant, danish and muffins
fresh sliced fruit
butter, ketchup and preserves
\$10.50

103 - european

smoked atlantic salmon
imported & domestic cheese,
cream cheese, fresh sliced fruit
bagels and multigrain bread
butter and preserves
\$9.75

Breakfast and Brunch Additions

(prices listed are per person)

107 - mini smoked salmon on bagel with cream cheese	\$3.00
108 - cheese board and grapes	\$2.00
109 - maple glazed ham	\$2.00
110 - fresh fruit salad	\$2.50
111 - fresh sliced fruit	\$2.00
112 - assorted yogurts	\$1.50
113 - granola bar	\$1.75
114 - ham & cheese croissant	\$3.50
115 - assorted croissant (chocolate/almond)	\$1.75

104 - healthy choice

fruit loaves, assorted yogurts
fresh sliced fruit
butter
\$4.50

105 - french continental

black forest ham
with emmenthal cheese
freshly baked croissant
fresh sliced fruit
\$7.75

106 - brunch buffet

roast sirloin of beef
cheese or ham omelette
bacon and sausages
roasted potatoes with fine herbs
smoked atlantic salmon
canadian cheddar and cream cheese
yogurt and fresh sliced fruit
three fresh house salads
croissant, danish, muffins
and assorted rolls
butter, ketchup and preserves
\$21.75

(this price is based on groups of 50 or more. A surcharge will be applied for smaller groups)

Drinks

Coffee	\$1.25/person
Tea	\$1.25/person
Assorted juices	\$1.25/person
Bottled water	\$1.25/person
Bottled perrier	\$2.50/ bottle

China, Cutlery and Linen

cold breakfast	\$1.25/person
hot breakfast or brunch	\$3.25/person
disposable wares included at no extra cost	

Trays and Breaks

(prices listed are per person)

- | | |
|---|--|
| <i>201 - canadian cheddar cheese</i>
with fresh fruits and crackers
\$3.75 | <i>209 - selection of sliced fruit loaves</i>
and fresh sliced fruits
\$3.50 |
| <i>202 - domestic and imported cheeses</i>
with fresh fruits, crackers and baguette
\$5.25 | <i>210 - nibbles platter</i>
salty, spiced and candied nuts, pretzels chocolates, liquorice,
dried fruit mix
\$5.00 |
| <i>203 - house pâtés</i>
with pickles, olives, melba and baguette
\$3.75 | <i>211 - tea sandwiches and pinwheels (4 pieces)</i>
various fillings
\$3.50 |
| <i>204 - fresh-cut crudité</i>
with our own curry or garlic dip
\$2.00 | <i>212 - fresh seasonal sliced fruit</i>
with melons and berries
\$2.00 |
| <i>205 - smoked salmon</i>
on bagels with cream cheese
\$4.50 | <i>213 - assorted squares and cookies</i>
many varieties
\$2.00 |
| <i>206 - gourmet delights</i>
assortment of individual mini pastries
and fruit tarts
\$18.00/dozen | <i>214 - fresh whole fruit</i>
tastefully arranged in a basket
\$1.50 |
| <i>207 - chocolate dipped strawberries</i>
\$18.00/dozen | <i>215 - fruit kabobs/yogurt dip</i>
\$18.00/dozen |
| <i>208 bruschetta</i>
chopped tomatoes with onions & extra virgin oil
with herbs & seasoning
\$3.00
(minimum of 15 persons) | <i>216 cheese croissant</i>
\$2.25 |
| | <i>217 ham & cheese croissant</i>
\$3.50/each |

Drinks

- | | |
|--|--------|
| Tea, coffee, assorted juice, water & soft drinks | \$1.25 |
| Fruit punch (with punch bowl) | \$1.50 |
| Perrier water | \$2.50 |

Sandwiches and Cold Buffet Lunches

(prices listed are per person and are based on a minimum of 15 guests)

Sandwich fillings include slow-roasted rare roast beef, sliced chicken, pastrami, tuna salad with celery & onions, chopped eggs & scallions, genoa salami, country style ham and grilled vegetable tortilla wraps. Garnished with lettuce and condiments where appropriate.

301 - sandwich and salad

1½ sandwiches on various sliced breads
choice of two fresh house salads
selection of squares and cookies
\$9.00

302 - assorted sandwiches

1½ sandwiches on freshly baked buns
and croissants
sliced cheddar cheese with fruit
fresh-cut crudité with dip
selection of squares and cookies
\$9.95

303 - soup & sandwich

home-made fresh soup of the day
one 6" panini sandwich with roast beef, chicken, ham and
salami fillings
cheddar cheese
selection of squares and cookies
\$10.95

304 - sandwich buffet

1½ sandwiches on assorted buns, pumpernickel and tortilla
wraps
choice of two fresh house salads
sliced cheddar cheese
fresh sliced fruit
apple pastries
\$11.95

305 - wrap lunch buffet

soft tortillas stuffed with your choice of filling,
(chicken, ham, beef, tuna, egg)
lettuce and tomatoes, roasted spicy vegetables
choice of two fresh house salads, fresh sliced fruit
orange layer cake
\$12.75

306 - open faced sandwiches

smoked salmon, roast beef, ham, sliced egg and tomato-
cucumber
all garnished on sliced baguette
assorted tea sandwiches
devilled eggs and chicken bouchées
fresh-cut crudité with dip
imported and domestic cheeses
with melba and crackers
grapes and fresh sliced fruit
assorted french pastries
\$16.75

307 - individual plate: chicken

marinated grilled thai chicken breast
spicy vermicelli salad with coriander
marinated mixed vegetables
sliced baguette and butter
strawberry shortcake
\$14.75

308 - individual plate: salmon

cold poached salmon filet
red potato salad mustard dressing
marinated vegetable salad with garlic vinaigrette
sliced baguette and butter
double chocolate cake
\$14.75

309 - individual plate: caesar salad

grilled chicken or seafood caesar
sliced baguette and butter
squares and cookies
\$12.75

310 - box lunches

various prices- please ask

Hot and Cold Buffets

Included with the main course are a choice of potato or rice, (except with the pasta and quiche dishes), three salads, rolls, butter and a dessert. Prices listed are per person and are based on groups of 25 or more. Add our soup of the day for an additional \$2.50 per person, or add a second main course by adding 25% of the lower-cost meal.

401 - chicken cacciatore
tender chunks cooked in a mildly spiced
tomato-onion-pepper sauce
\$14.50

402 - two grilled chicken brochettes
with bell peppers and onions
\$16.75

403 - grilled breast of chicken
with fresh tarragon sauce
\$15.50

404 - chicken curry
boneless breast of chicken in a
curry sauce
\$15.50

405 - grilled top sirloin steak
in sautéed onion sauce
\$18.50

406 - beef lasagna
ground beef layered with tomato-basil sauce and
topped with cheese
\$13.95

407 - classic beef bourguignonne
with onions and mushrooms in a red wine sauce
\$16.50

408 - breaded pork cutlet
with apple sauce
\$14.75

409 - roast loin of pork
stuffed with apples & dried fruits
with calvados jus
\$17.75

410 - grilled filet of atlantic salmon
bathed in creamy lemon sauce
\$18.25

411 - paupiettes of sole florentine
with spinach and white wine sauce
\$17.25

412 - medley of seafood
shrimp, crab, scallops and
salmon in a lobster sauce
\$22.50

413 chicken, beef or shrimp stir-fry
with oriental vegetables
\$15.75

414 vegetarian quiche
broccoli & mushroom, leek & potato
or spinach and shallots
\$12.95

415 - vegetarian lasagna
cream sauce
\$13.95

416 - vegetarian manicotti in tomato sauce
with spinach and ricotta cheese
\$15.50

417 - pasta primavera
penne and fresh vegetables,
tomato sauce gratinée
\$13.75

Hot and Cold Buffets

(continued)

Salads

medley of lettuces with house dressing

lemon ginger and honey grated carrot

celery, apples and walnuts

penne with peppers and black olives

cucumber and tomato salad with
balsamic vinaigrette dressing

red potato,
provençal herb and mustard dressing

mixed vegetables,
marinated in garlic vinaigrette

coleslaw salad, poppy seed dressing

greek salad with feta cheese,
basil oregano vinaigrette

classic caesar salad

vegetable tray with dip

Potatos, Rice

roasted garlic potatoes

english parsley potatoes

château potatoes

onion and potato gratin

baked potato

moroccan couscous

basmati pilaf

saffron rice

long grain and wild rice
with herbs

buttered egg noodles

buttery mashed potatoes

Desserts

double chocolate cake

strawberry shortcake

fresh fruit tarts

carrot cake with creamy icing

apple pastries

orange layer cake

assorted squares and cookies

fresh sliced fruits

Receptions

(prices listed are per person, all prices are based on a minimum order of 25 guests)

Menu Suggestions

Cold Hors d'Oeuvres

501 - selection one

imported and domestic cheeses
with fresh cut fruits
various pâtés and galantines
with pickles and olives
[displayed on mirrors]
crudité with curry dip
baguette and crackers
\$9.25

503 - selection three

smoked salmon points
marinated shrimp on devilled eggs
chicken bouchées
pears with blue cheese and pecan
chèvre and sun-dried tomatoes on crouton
asparagus and air dried beef roll-ups
assorted tea sandwiches
\$9.50

502 - selection two

smoked salmon on bagel with cream cheese
imported and domestic cheeses
watermelon basket filled with
fresh cut fruits and berries
chicken bouchées
crudité with curry dip
baguette and crackers
\$9.75

504 - english high tea

dainty tea sandwiches
(triangles, fingers and pinwheels)
with a variety of fillings, such as
watercress and cream cheese, salmon salad, chicken salad,
asparagus rollups, cucumber and sprouts, egg salad etc., home
made scones with butter balls and jam, chocolate dipped
strawberries,
mini pastries and cakes
\$15.75

Hot and Cold Hors D'Oeuvres

Silver Tray Service (staff required)

505 - selection one

cold

assorted canapés
devilled eggs
chicken bouchées
mini tea sandwiches

hot

meat balls in barbeque sauce
cocktail sausages with dijon mustard
\$8.00

506 - selection two

cold

smoked salmon points
chèvre and sun-dried tomatoes on crouton
ham bouchées
mini tea sandwiches

hot

assorted small quiche
pizza swirls
chicken satay glazed with thai sauce
vegetarian spring rolls with plum sauce
\$10.00

Receptions

(continued)

507 - selection three

cold

smoked salmon rosettes
beef carpaccio on crouton
pears with blue cheese and pecan
chicken bouchées

hot

vegetarian spring rolls with plum sauce
beef satay
bacon with lychee and water chestnuts
\$10.75

508 - selection five

cold displayed on central table

shrimp tree with cocktail sauce
air dried beef served with
sour gherkins and pearl onions
cheese and pâté platter
garnished with fresh fruits

cold, passed

spicy tuna sushi with condiments
chive scones with smoked trout and aioli
chicken nori

hot, passed

leek and mushroom tarts
bacon with lychee and water chestnuts
chicken satay with peanut sauce
vegetarian spring rolls with plum sauce
wild mushrooms in phy llo cup
\$24.50

509 - selection four

cold

shrimp wrapped in snow peas
smoked salmon rosettes
asparagus and air dried beef roll-ups
beef carpaccio on crouton
endive spears with duck confit

hot

curried coconut chicken fingers
spinach and ricotta phyllo pastry
sole orly (in beer batter)
louisiana crabcake
\$14.50

510 selection six

cold

prosciutto-wrapped cantaloupe
cognac paté on melba with cranberry glaze
spicy salmon sushi with condiments
chive scone with smoked trout and aioli
cheese board with fruits and crackers
smoked duck breast on crouton

hot

seafood dill mini quiche
sesame chicken skewers with teriyaki dip
spicy vegetable-curry samosas
\$19.50

511 - Sweets

chocolate dipped strawberries
fresh fruit skewers
\$18.00 per dozen
dainty squares and pastries
\$15 per dozen
petits-fours
\$42.00 per dozen

Feel free to compose your own menu and we will be happy to price it for you.

Hors d'oeuvres by the dozen

[minimum order of three dozen per item]

group one

- 520 - meat balls in barbeque sauce
 - 521 - cocktail sausages with dijon mustard
 - 522 - assorted canapés
 - 523 - pinwheel sandwiches
 - 524 - mini tea sandwiches
- \$12.00 per dozen

group three

- 534 - marinated shrimp on devilled egg
 - 535 - smoked salmon points
 - 536 - cherry tomatoes with crab stuffing
 - 537 - chicken satay glazed with thai sauce
 - 538 - vegetable spring roll with plum sauce
 - 539 - spinach and ricotta phyllo pastry
 - 540 - leek and mushroom tarts
 - 541 - chèvre and sun-dried tomatoes on crouton
- \$18.00 per dozen

group two

- 525 - chicken or ham bouchées
 - 526 - assorted small quiche
 - 527 - devilled eggs
 - 528 - marinated mozzarella cheese
 - 529 - brie on pumpernickel
 - 530 - pears with blue cheese and pecan
 - 531 - pizza swirls
 - 532 - bacon with lychee and water chestnuts
 - 533 - sole orly (in beer batter)
- \$16.00 per dozen

group four

- 542 - shrimp with snow peas
 - 543 - beef brochette
 - 544 - salmon medallion
 - 545 - shrimp tempura with ginger dipping sauce
 - 546 - seafood newburg in patty shell
 - 547 - smoked salmon rosettes
 - 548 - chicken nori
 - 549 lemon garlic shrimp skewer
 - 550 seafood dill mini quiche
 - 551 sea scallops wrapped in bacon
 - 552 sweet and spicy thai shrimp skewers
- \$24.00 per dozen

This is only a representative sample of our hors d'oeuvres. Please ask about a custom package for your reception. We will be pleased to design a menu to meet your special requirements.

For a reception before a buffet or a full service dinner 3 to 4 pieces per person are recommended.

For a 1.5 hour reception 6 to 8 pieces per person.

For a 2 or 3 hour reception 8 to 10 pieces per person.

See our "Trays and Breaks" list for more foods suitable for a reception.

Full Service

(prices listed are per person)

The Full Service dinner includes potatoes or rice, two vegetables, rolls and butter, tea and coffee. All prices apply to groups of 25 or more. There will be a surcharge for smaller groups. Remember that these are only a sample of our capabilities.

Feel free to ask us for further suggestions.

Appetizers and Salads

601 - variety of seasonal garden greens

balsamic vinaigrette
\$3.50

602 - fisherman's delight

romaine and cold water shrimp
ceasar dressing
\$4.75

603 - marinated shrimp and scallops

on baby greens
\$6.50

604 - chicken galantine

celeriac salad, Indonesian fruit chutney
\$4.75

605 - antipasto plate

mozzarella cheese, marinated artichokes, salami, devilled
egg, olives, pickles, tomato and tuna
\$5.75

606 - smoked atlantic salmon

bouquet of mixed greens, red onion,
capers and lemon
\$5.75

607 - sauteed shrimps in pernod sauce

served on puff pastry boat
\$6.75

608 - caprese salad

buffalo mozzarella and tomatoes
balsamic glaze and basil leaves
\$7.75

Soups and Consommés

610 - cream of carrot

ginger and curry
\$3.50

611 - cream of asparagus

\$3.75

612 - leek and potato

\$3.75

613 cream of vegetable

\$3.75

614- clam chowder

\$4.75

615 - fresh tomato fennel

\$3.50

616 - chunky vegetable

basil and garlic
\$3.50

617 - beef consommé

with sherry and vegetable julienne
\$3.50

618 - lobster bisque

with armagnac
\$7.50

619 - purée of squash with crème fraiche & herbs

\$3.75

Full Service

Main Course

620 - roast prime rib of beef au jus
with horseradish
\$24.75

621 - marinated roast striploin of beef
peppercorn & cassis sauce
\$25.00

622 - peppercorn-crusted beef tenderloin
red currant-brandy sauce
\$26.50

623 - sautéed veal medallions
cognac and morel sauce
\$28.50

624 - maple roasted pork loin
stuffed with dried fruit
\$18.50

625 - roast rack of lamb
with rosemary sauce
\$29.50

626 - seared venison medallions
with port sauce
\$31.00

627 - grilled chicken breast
fresh tarragon sauce
\$17.75

628 - chicken parmigiana
tomato coulis and mozzarella
\$17.75

629 - chicken cordon bleu
with swiss cheese and ham
\$18.75

630 - apple-apricot stuffed breast of chicken
wild ginger sauce
\$18.75

631 - filet of sole meunière
sautéed with butter, lemon and parsley
\$17.50

632 - half roast cornish hen "matron-style"
bacon-shallot-mushroom sauce
\$21.75

633 - filet of atlantic salmon
seared, then baked, with lemongrass sauce
\$19.50

634 - tiger prawns and sea scallops
sautéed, with lobster sauce
\$28.95

vegetarian options:

choice of: cheese and spinach manicotti, stuffed zucchini with morroccan couscous
pasta primavera with tomato cream sauce, vegetarian lasagna in creamy cheese sauce
or let us know of a special vegetarian dish you would like to order.

Full Service

Potatoes and Rice

roasted garlic potatoes
duchess potatoes
buttery mashed potatoes
english parsley potatoes
saffron rice
long grain and wild rice pilaf
moroccan couscous
buttered egg noodles

Vegetables

gingered carrots
sautéed zucchini with garlic and tomato
seasonal medley
buttered broccoli spears
green beans with almonds
cauliflower and fine herbs
julienne of root vegetables
braised fennel (in season)
sautéed cherry tomatoes
asparagus (in season)

Desserts

640 - poached pears
chocolate sauce and fine wafer
\$4.25

641 - new york cheesecake
fresh fruit and coulis
\$4.50

642 - chocolate truffle cake
\$4.75

643 - fresh fruit flan
maple sauce
\$4.25

644 - crème caramel
\$4.00

645 - grand marnier mousse
fresh fruit and fine butter biscuit
\$5.75

646 - viennese apple strudel
vanilla sauce
\$4.25

647 - tiramisu
fresh fruit and berries
\$6.00

648 - mocha praline cake
\$5.50

649 - three layer chocolate terrine
raspberry coulis and fine wafer
\$5.75

China, linen, cutlery and glassware:

3-course meal: \$3.75 per person

4-course meal: \$4.75 per person

Spectacular Centrepieces

(for buffets and receptions)

701 - waterfall effect of fruits and vegetables

around a large floral centrepiece
various dips and garnishes
\$450.00

703 - bird of paradise

carved watermelon with berries
and fruit skewer "plume"
\$95.00

702 - shrimp tree

100 jumbo shrimp pinned on a pineapple base and served with
seafood sauce
\$150.00

704 - cold decorated poached salmon

garnished with lemon and cucumber slices and herb
mayonnaise
\$12.00 per pound

705 - baked brie in phyllo pastry

(10 inch round) \$55.00
baked with apricots, apples, raisins, almonds and brown sugar
\$75.00

Chef Stations

710 - hip of beef

dijon mustard, horseradish
baguette or kaiser

714 - old fashioned whole ham

fruit chutney, sweet mustard
multi-grain rolls and pumpernickel

711 - striploin of beef

three pepper glaze
baguette or kaiser

715 - striploin of venison

currant jelly, mint sauce
pita and country loaves

712 - thai

chicken satay with peanut sauce
beef satay in lime coconut curry sauce
steamed rice

716 - mexican

beef or chicken fajita or enchilada
nachos and salsa
tortillas

713 - pasta

linguini, penne and tricolor rotini
tossed at the station with:
marinara, pesto and alfredo sauce
parmesan cheese

717 - swedish gravlax

lemon, capers, onions, cream cheese
flat breads and dark bread

718 - flaming crepe suzette

orange-brandy sauce

Prices on Request

Barbeques

801 - shish kabobs

chicken, beef and lamb kabobs
vegetable skewers
rice micado
greek salad with feta cheese
pasta salad with peppers and olives
rolls and butter
double chocolate cake
\$20.50

802 - mixed grill

grilled boneless chicken breast
6 oz. strip loin steak
baked potato with condiments
marinated vegetables
medley of lettuces, garlic dressing
rolls and butter
assorted small cakes with fresh sliced fruits
\$23.50

803 grilled burgers, veggie burgers and hot dogs

(choice of two)

choice of three house salads
choice of dessert
\$13.50

(barbeque rental is \$225.00)

Service Information

Please Note

All menus are based on minimum guest counts and on market availability, thus products and prices are subject to change without notice. Taxes and service charges are additional.

Change of Plans

To maintain competitive pricing, we require a minimum of 24 hours notice for cancellations for cold meals and 48 hours notice for hot meals; otherwise they are subject to a 100% charge. Cancellations are to be received in writing.

Booking Conditions

Guaranteed number of guest and all food and beverage orders must be confirmed two working days prior to the function. (ex. 9:00 am Thursday is the deadline for any function that takes place on Monday). All changes should be made in writing.

Other Information

It is the clients responsibility to state in advance all food allergies or other special needs. No food is to be taken by the client after the event for later consumption due to food safety regulations. The buffets are not all you can eat; the quantity of food provided is based on an average portion per person. Please plan accordingly.

Staff Requirements

Reception (buffet style)	1 server for each 50 guests
Receptions (served) and Sandwich buffets	2 servers for first 50 guests 1 server for each additional 50 guests
Cold Buffets	2 servers for first 40 guests 1 server for each additional 25 guests
Hot Buffets	1 servers for first 20 guests 1 server for each additional 25 guests
Full service Meals	1 chef & 1 server for first 15 guests 1 server for each additional 15 guests

Staff Charges

Wait staff	\$ 80.00 per 4 hour period
Chefs	\$100.00 per 4 hour period
Supervisor	\$ 100.00 per 4 hour period (overtime rate for all is \$20.00 per hour for wait staff and \$25.00 per hour for chefs and supervisor) (embassy wait staff overtime is \$25.00/hr)

Delivery and Pick-up

In town:	\$25.00
Outlying areas:	\$35.00 to \$50.00

Bar Service

Goodies Fine Catering can supply glassware (wine, beer, highballs, champagne glasses etc.) beer tubs, ice, napkins, garnishes and experienced bar staff. Goodies can also assist you in obtaining a LCBO license. We offer you the choice of the following bar services:

- Cash bar :** Drinks are charged individually to guests.
- Open/ Host bar :** Host is charged based on total consumption.
- Bar service:** Host provides all the bottles of alcohol and mix, and we provide glasses, ice, tubs, napkins, garnishes and our professional bar staff.
- Bar set up; \$1.50 per person** (glasses, ice, tubs, linen ,garnish, ice bowl, tongs, napkins)

For prices and information please call one of our representatives. Please note that you or your organisation will be required to obtain a 'Special Occasion Permit' from the LCBO for most occasions.

Rental of China, Cutlery and Linen

buffet reception	\$0.60 per person
cold breakfast	\$1.25 per person
stand up lunch	
hot breakfast	\$3.25 per person
brunch, lunch	
hot and cold buffet	
three course full service	\$3.75 per person
four course full service	\$4.75 per person
(silver service available upon request)	
votive candles and holders	\$1.50 each
table numbers and holders	\$2.00 each
72 " square tablecloths	\$8.00 each
90" round tablecloths (white):	\$8.00 each
120" x 54" tablecloths (white):	\$8.00 each
120" round tablecloths (white):	\$20.00 each
skirting (attached with clips):	\$20.00 per table
champagne flutes	\$6.00 per dozen
wine/beer/highball glasses	\$4.00 per dozen