



HEARTY CATERING

Our approach...

Hearty Catering has been "green" from our beginnings; our use of locally grown and organic food is a major component in creating our delicious cuisine.

We are proud to feature the wholesome bounty of local farmers and producers in all our menus. By doing so, we have proven that delicious flavours and good nutrition result from a commitment to supporting local producers and a sustainable food chain.

Hearty Catering is now offering specially prepared meals that you can take home with you, to heat and serve. Nourishing, delicious meals are available for pick up from our location at Sheppard and Leslie, delivered to your home or picked up from one of our growing number of retailing partners. Fresh salads, freezer ready soups and mains will be new favourites among your family.

From our heart to your table; Hearty Catering is committed to wholesome, from scratch meals for your family.

Sincerely,
Evelyne Gharibian, Chef & Catering Director
Hearty Catering Inc.

Hearty Catering

emphasizes organic, fair trade, and local ingredients

We offer many gluten/wheat-free, nut-free, peanut-free, vegan, vegetarian and sustainable meats and seafood and exclusively local options

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Hearty Catering Inc.

Email: info@heartycatering.com

Telephone: (416)410-2928

Website and order on-line: www.heartycatering.com

Hearty Catering Café:

Canadian College of Naturopathic Medicine

1255 Sheppard Ave. East (at Leslie)

Toronto, ON

M2K 1E2



HEARTY CATERING

Salads

Jewel bright vegetables and healthy grains, dressed lightly in a fresh and delicious apple cider vinaigrette, our salads are a terrific complement to any meal.

Organic Kale Cabbage and Carrot Salad

Fresh yet hearty slivered kale, red cabbage and carrots in apple cider vinaigrette

4 Side portions: \$13.00



Organic Quinoa Broccoli and Carrot Salad

Delicious super grain salad flecked with bright broccoli and carrot in apple cider vinaigrette

4 Side portions: \$13.00



Organic Carrot and Beet Slaw

A fresh tangle of sweet root vegetables in apple cider vinaigrette

4 Side portions: \$13.00



Available Freshly Prepared

Soups

Our soups are perfect warming sides, or meals all on their own.

Organic Lentil Vegetable Soup

Filling, flavourful and overflowing with Ontario's harvest bounty, this soup is a nourishing meal in a bowl. Ready to warm and enjoy.

1 L: \$10.50



Organic Vegetable Mung Bean Soup

Our protein rich Thai inflected mung bean soup will have you radiating warmth and cheer. Ready to warm and enjoy.

1 L: \$10.50



Organic Curried Butternut Squash and Red Lentil Soup

This deeply and subtly flavourful puréed soup is a cold weather staple! Ready to warm and enjoy.

1 L: \$10.50



Chicken Stock

A classic recipe base or broth for sipping. Our stock is made from Mennonite raised free-range happy hens. Ready to warm and enjoy.

1 L: \$10.00



Made fresh and ready to freeze



HEARTY CATERING

Mains

Delicious and wholesome meals cooked from scratch, ready to heat and enjoy.

Shepherd's Pie

Organic Gluten Free Beef Shepherd's Pie

Seasoned beef topped with pillowy mashed potatoes and served alongside our vegan and gluten free tamari gravy. Ready to warm and enjoy.

4 portions: \$24.50



Gluten Free Quinoa and Lentil Shepherds Pie

Seasoned quinoa and lentils topped with pillowy mashed potatoes and served alongside our vegan and gluten free tamari gravy. Ready to warm and enjoy.

4 portions: \$21.25



Curry

Free-Range Chicken and Split Pea and Lentil Curry

Warmly spiced split peas and lentil curry, studded with free-range chicken. Ready to warm and enjoy.

4 portions: \$21.25



Baked Pasta

Organic Gluten Free baked Beef Pasta

A satisfying and nourishing combination of organic beef and roasted vegetables enrobed in our classic tomato sauce. Ready to warm and enjoy.

4 portions: \$24.50



Organic Gluten Free baked Vegan Pasta

A satisfying and nourishing combination of roasted vegetables enrobed in our classic tomato sauce. Ready to warm and enjoy.

4 portions: \$20.50



Pad Thai

Free-range Chicken Pad Thai

A healthful and fresh take on the Thai classic featuring free-range chicken and seasonal vegetables. Topped with toasted sunflower seeds. Ready to warm and enjoy.

4 portions: \$24.75



Vegan Pad Thai

A healthful and fresh take on the Thai classic featuring organic tofu and seasonal vegetables. Topped with toasted sunflower seeds. Ready to warm and enjoy.

4 portions: \$21.50



Made fresh and ready to freeze or bake and serve



HEARTY CATERING

Baked Goods

Cookies

Coconut-Oatmeal Cookies

Medium sized Coconut-Oatmeal Cookies fortified with whole grains and flax and sweetened with apple sauce

Studded with Mapled Cranberries, Raisins, Pumpkin Seeds or Fair Trade Dairy-Free Chocolate Chips

4 cookies for \$7.00
6 cookies for \$10.00

Biscotti

Classic, crisp Italian biscuit, perfect for dipping

Lavender, Lemon Poppy Seed, Fair Trade Dairy-Free Chocolate Chips or Cranberry and Walnut/Cashew

4 biscotti for \$7.00
6 biscotti for \$10.00



Muffins

Gluten Free Muffins

Muffins fortified with whole grains, flax seed and sweetened with apple sauce

Studded with Wild Blueberry, Sour Cherry, OR Chocolate Chip OR Mango-Coconut OR Cranberry-Walnut OR Double Chocolate OR Old Cheddar Cheese

6 muffins for \$12.50



Spelt Muffins

Spelt flour based muffins sweetened with apple sauce
Carrot Ginger, Carrot Ginger with Fair Trade Dairy-Free Chocolate Chips
6 muffins for \$12.50



Brownies

Tender, moist and gluten free Brownies with a rich chocolate icing
6 brownies for \$17.00



Our Baked goods ready to enjoy or freeze for a future treat!



HEARTY CATERING

Delivery Details

- \$150 minimum order for free delivery in the GTA on set delivery days.
- On orders of \$150 and over, save \$10 if you pick up your order at our CCNM location.
- For orders that do not reach the delivery threshold, a delivery charge of \$30 will be applied.

Ordering Details

- Drop us a line at (416)410-2928 or at info@heartycatering.com to place your order and arrange for pick up or delivery.
- Make dinner a snap by scheduling regular orders with Hearty Catering, whether its weekly, monthly or prebook special occasions.

Payment Details

- Payment is due upon confirmation of order
- Payment may be made by American Express, MasterCard, Visa credit cards, personal or business cheques, E-transfer or cash. Please indicate preferred method of payment when placing your order.





HEARTY CATERING

Hearty Glossary

Dietary

Vegan

A plant-based diet comprised of vegetables, grains, legumes and fruit. Vegan foods do not include any animal-derived products.

Vegetarian

A plant-based diet comprised of vegetables, grains, legumes that may include eggs, milk and cheese. Vegetarian foods exclude the use of any animal protein.

Gluten-Free

Gluten-free foods include many diverse whole grains that exclude the protein gluten, found in grains such as wheat, barley and rye. Gluten-free grains include brown rice flour, chickpea flour, gluten-free oats, amaranth, buckwheat, teff and millet produced in certified gluten-free facilities.

Dairy-Free

Our dairy-free products do not contain any milk proteins including milk, cream, butter, yogurt, sour cream and/or cheese.

Production

Organic

Organic food is produced using agricultural methods that respect the natural environment. Organic food production enhances the health and vitality of the soil, preserves biodiversity, promotes animal welfare and preserves the ecological integrity of our environment. No synthetic fertilizers, pesticides or genetically modified organisms are permitted. Organic ingredients are certified by internationally recognized bodies.

Sustainable

Sustainable food is healthful and nourishing for consumers and does not negatively affect the environment. Sustainable food respects consumers' health, workers' rights, animal welfare and farmers' livelihoods.

Sustainable food keeps the environment healthy and food production viable over the long term.

Local

Local food refers to produce, meat and other foods that have been grown within 100 miles of the consumer. Local food doesn't just refer to distance, it also encompasses responsible, sustainable farming practices

Fair Trade

Fair trade foods are produced in equitable, respectful partnerships with growers and suppliers. Fair trade partnerships contribute to sustainable development and protect the rights and livelihoods of producers and workers.

Whole Foods

Whole foods are foods that include unpolished grains, beans, fruits, vegetables, whole-fat dairy and clean meats. Whole foods do not include ingredients which have been processed or refined.

Free-Range

Animal, including chickens, that have access to open floor space, perches and outdoor space. Eggs used at Hearty Catering in the Canadian spring, summer and fall are free-range

Free-Run

Chickens can roam freely in open concept barns. Eggs used at Hearty Catering in the Canadian winter are free-run.