



Premium Catering Service

We have 14 years of Business experience
Weddings, Bridal & Baby Showers, Office
Meetings, Cocktail Parties

Take out Menu

Served Tuesday – Sunday
905 892 6167
www.wildflowermarket.ca

Appetizer Selection

Soup creation of the Day \$4.25

Made with fresh seasonal ingredients

Wild Flower Caesar Salad \$5.95

*Home made Croutons, Parmesan Cheese and
Garlic and Herb Dressing*

Salad of tender Winter Greens \$5.95

*Tossed in a light Honey Balsamic Vinaigrette,
Toasted Flat Bread*

Salad of roasted Carrots and Pears \$7.95

*Served with a Goat Cheese and a Riesling
Vinaigrette*

Roasted Garlic & Butternut Squash Dip \$7.95

*Mother Nature has created, Served with warm
Focaccia Bread*

Root Vegetable Spring Rolls \$7.95

Served with a home made Sesame Szechwan

Sandwiches & Quiche

Price per \$8.95, Sandwich only \$6.95

Home made Quiche of the Day

*Incased in a Buttery Puff Pastry, drenched in a rich
Garlic Custard*

Braised Hot Beef Baguette

*Served on a multi grain Baguette, Topped with a
Mozzarella Cheese and Horseradish*

Grilled Chicken Breast Pannini Sandwich

*Filled with Lettuce Tomato and Cheese, Dijon
Mustard Mayonnaise*

Butternut Squash & Mushroom Sandwich

*Served on a multi Grain Baguette, Lettuce Dijon
Mustard Mayonnaise and Mozzarella Cheese*

All Sandwiches are served with choice of Soup,
Salad, Fries or Sweet Fries

Signature Main Courses

Price per \$13.50 plus Taxes

Oven roasted quarter Chicken

*Rubbed with Spices, Slow roasted quarter Chicken
served with Garlic Mashed Potatoes,
Winter Vegetables and a light Pan Gravy*

Wild Flowers Signature Perch Fry

*Coated in a light Beer Batter, Served with a Chili
and Lime Mayonnaise, Carrot and Cabbage Slaw*

Chef Wolfgang's favorite Penne Pasta

*Choice of grilled Breast 5 oz Chicken, Sautéed
Tiger Prawns or Vegetarian
Drenched in a roasted Garlic and Herb Cream
Sauce and Parmesan Cheese*

Baked Winter Vegetable Tart (Vegetarian)

*Winter Vegetables, Goat Cheese and Squash
baked on top of a crispy Puff Pastry
Base, Salad of tender Greens tossed in a light
Balsamic Vinaigrette*

Home made Beef and Vegetable Pies

*Served in a flaky Pastry Shell, Accompanied by
Confit heirloom Potatoes, Surrounded by a light
Pan Jus*

Oven roasted Breast of 5 ounce Chicken

*Served with Garlic infused Mashed Potatoes,
seasonal Vegetables and a light Pan Jus*

Premium Main Courses

Price per \$18.00 plus Taxes

Oven roasted half Chicken

*Rubbed with Spices, Slow roasted quarter Chicken
served with Garlic Mashed Potatoes,
Winter Vegetables and a light Pan Gravy*

Braised Ontario Beef Short Ribs

*Marinated in red Wine, Served with Garlic infused
Mashed Potatoes, Winter Vegetables and a light
Pan Jus*

Desserts

Maple Pecan Tart	\$4.95
Cherry Cheese Cake	\$4.95
Chocolate Truffle Torte	\$4.95
Emily's Apple Bunt Cake	\$3.95

Beverages

Fair trade Coffee, Tea
Organic Pop, Perrier, Water

Party Tray's

Market Fresh Vegetable Tray

Assorted Market Fresh Vegetables

Served with a Sun Dried Tomato and Basil Dip

Regular Serves 10 - 15.....\$22.50

Party Size Serves 20 - 25\$30.00

Cheese and Fruit Platter

Assorted Market fresh Cheeses, Chilled Grapes

Fruit and Crackers

Regular Serves 10 - 15.....\$25.00

Party Size Serves 20 - 25 \$39.00

Home Smoked Atlantic Salmon Platter

Smoked Atlantic Salmon, Foccacia Bread

Lemon and Capers, Salmon Rilette

Regular Serves 10 - 15.....\$25.00

Party Size Serves 20 - 25 \$39.00

Shrimp Platter

Black Tiger Prawns Sautéed in Garlic Butter,

Served with a Chili and Lime infused Mayonnaise

Regular Serves 10 - 15.....\$25.00

Party Size Serves 20 - 25 \$39.00

Hummus and Olives Platter

Roasted Garlic infused Hummus, Marinated Olives,

Oregano Foccacia Bread

Regular 10 -15.....\$15.50

Party Size 20 - 25 \$22.50

Sandwich Platters

Sandwich Selection # 1, \$7.00 per Person

All Sandwiches are made with premium Breads

Shaved Ham and Cheddar ~ Tuna Salad

Chicken and Celery Salad

Sandwich Selection # 2, \$ 8.00 per Person

All Sandwiches are made with premium Breads

Grilled Chicken Breast ~ Soft Shell Crab Salad

Shaved Cucumber and Herb Cream Cheese

Sandwich Selection # 3, \$8.50 per Person

All Sandwiches are made with premium Breads

Smoked Salmon Mousse ~ Vegetable Wrap

Philly Steak Sandwich

Organic Market Salad

Chick Pea ~ Potato ~ Pinto Bean ~ Tomato

Greek ~ Wheat Berry ~ Cous Cous ~ Lima Bean

Serves 15 - 20..... \$15.00

Market Salad Greens

Romaine Lettuce ~ Market Greens

Garlic Dressing ~ Field Berry / Balsamic Vin

Serves 15 - 20..... \$15.00

Desserts

Whole Cakes are available by request

Please ask one of our Market Servers

for assistance

Appetizers

Root Vegetable Spring Rolls

Served with a Szechwan Sauce

Price per Piece.....\$1.15

Baked Chicken and Sesame Stay's

Served with a Szechwan Sauce

Price per Piece.....\$1.25

Soft Shell Crab and Cucumber Cakes

Served with a Garlic infused Sour Cream

Price per Piece.....\$1.25

Tomato and Basil Bruschetta

Topped with Cheddar and Mozzarella Cheese

Price per Piece..... \$1.15

All Veal Meat Balls

Served with a Brandy Peppercorn Sauce

Price per Piece.....\$1.05

Roasted Bell Pepper Towers

Served in a Flour Tortilla

Price per Piece.....\$0.95

Sun Dried Tomato Pot Stickers

Served with a spicy Szechwan Sauce

Price per Piece.....\$1.15

Wild Mushroom Turnovers

Wrapped in a crispy Philly Pastry

Price per Piece.....\$1.25

Chicken and Brie Mini Quiche

Baked in a flaky Pastry Shell

Price per Piece.....\$1.25

Baked Salmon Satay's

Brushed with roasted garlic

Price per Piece...\$1.45

Herb and Garlic Cream Cheese

Served on a Cracker Garnished with a Olive

Price per Piece.....\$1.15