



Catering by Ryerson Eats

Ryerson Catering is committed to using local, seasonal and sustainably-produced foods in our menu offerings wherever possible.





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Ordering Information

How to Place an Order

Step 1. Log on to www.ryerson eats.catertrax.com

Step 2. Click on “Need an Account? Click Here”

Step 3. Enter in requested information

Step 4. Under “Order Option” select the Ryerson location you’d like to request catering for and follow the prompts to place the order online

Connect with us at rucatering@ryerson.ca with questions/inquires.

Ordering Guidelines

Delivery Fee

A delivery fee is applied to single orders of less than \$50.

Rentals and China

All rentals and china are available upon request at an additional charge.

Complimentary Disposables

Biodegradable disposable tableware is complimentary with your order.

Staffing Charges

Additional fees apply for event staff.

Cancellation Policy

Orders cancelled less than two business days in advance will be charged the full estimated food and beverage costs.

Allergies and Dietary Restrictions

Ryerson Eats is happy to accommodate special dietary needs and allergen concerns.

Throughout the menu you will notice the following acronyms to denote these diets:

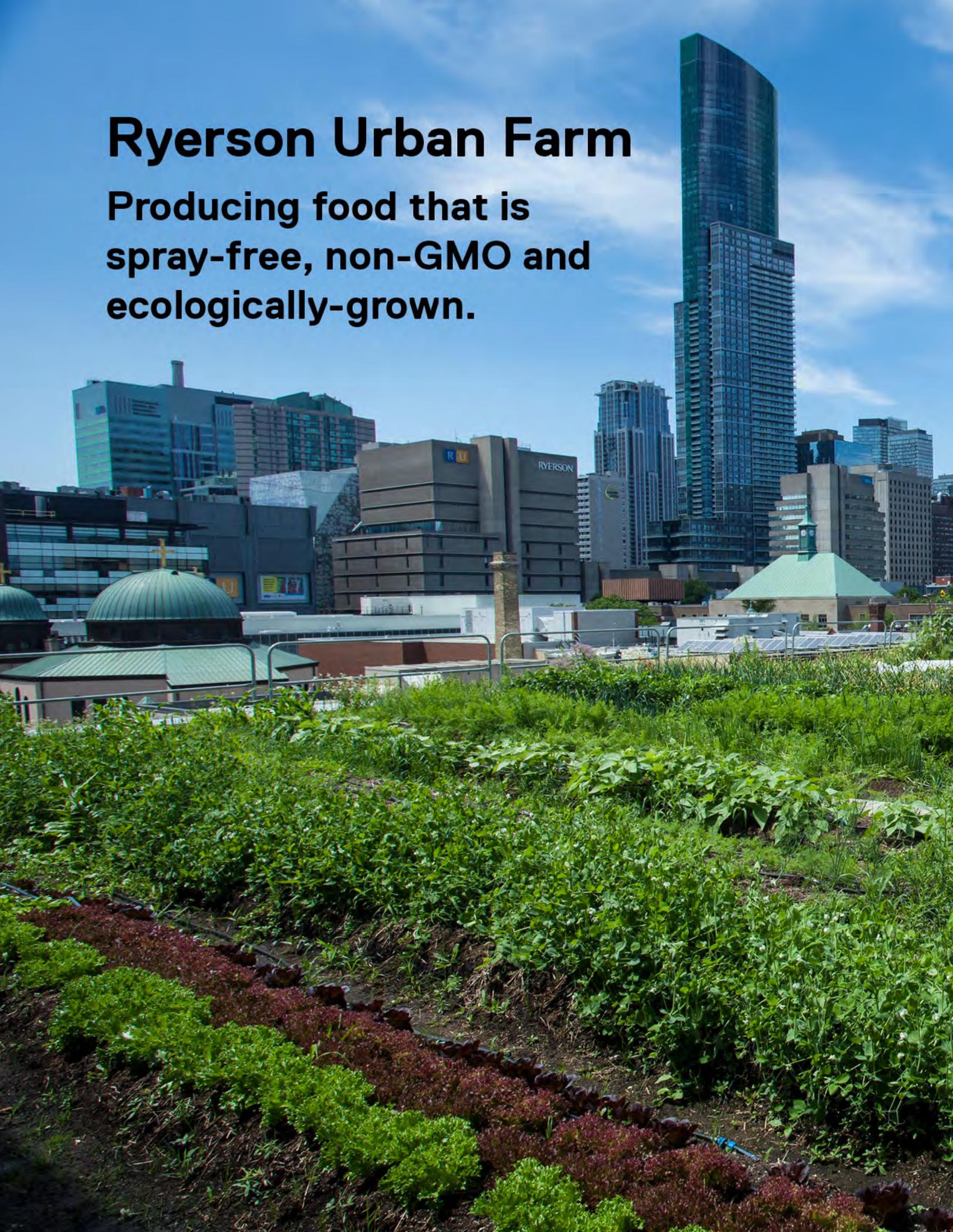
v - vegetarian

vg - vegan

mwg - made without gluten

Ryerson Urban Farm

Producing food that is
spray-free, non-GMO and
ecologically-grown.





Ryerson Urban Farm

Ryerson Urban Farm (RUF) produce is spray-free, non-GMO and ecologically-grown. We operate productive growing spaces across Ryerson University, incorporating educational programming for our surrounding community on campus and beyond.

Our main production space, a quarter-acre rooftop farm, is located on the Andrew and Valerie Pringle Environmental Green Roof above the George Vari Engineering and Computing Centre at the corner of Church Street and Gould Street. The original green roof was built in 2004 and converted to an ecological market garden in 2013 by the Ryerson Urban Farm, which grew out of a student-led initiative to grow fresh food on campus. Now, the Ryerson Urban Farm produces roughly 10,000 pounds of produce annually, distributed between Ryerson Eats, the Gould Street Farmers' Market, our Community Supported Agriculture (CSA) Program, and select restaurants and grocers. This innovative project demonstrates the potential for green roofs to produce food, as well as contribute to the health and wellbeing of our community and the environment.

Ryerson's Urban Farm is managed by Arlene Throness. Passionate about growing, sharing and enjoying food, Arlene studied Urban Agriculture at Ryerson's Chang School. She holds a Bachelor of Arts from Concordia University and has a certificate in Permaculture Design from Linnaea Farm on Cortes Island, BC. Arlene is in her ninth season growing food and has an additional eight years of experience in landscaping and silviculture. Prior to Ryerson, Arlene was the coordinator of Concordia University's Rooftop Greenhouse and a founder of its City Farm School. Arlene is one of three recipients of the Toronto Botanical Garden's 2015 Aster Awards, given to individuals who embody the mission to transform our city by connecting people to plants and the natural world. As an avid enthusiast of urban permaculture, Arlene is always looking to share and trade ideas within the community to find new and innovative ways to design landscapes, repurpose materials, and incorporate local resources into the food cycle.

Breakfast





Casual Breakfast

Each selection includes juice, water, coffee and tea.
Priced per person - minimum 10 people.

Continental

fresh mini pastries and muffins (v)
jam, butter, individual yogurts (v)
assorted sliced fruits (vg, mwg)
\$8 / person | 580-670 Cals

Light

yogurt, fresh berries, granola (v)
\$6 / person | 560-640 Cals

Hot Breakfast

Each selection includes juice, water, coffee and tea.
Priced per person - minimum 10 people.

Scrambled Eggs (v)

choice of: bacon, peameal bacon or breakfast sausage (mwg)
Yukon Gold home fries with scallions (vg, mwg)
\$12 / person | 620-810 Cals

Poached Eggs and Hollandaise

two poached eggs, English muffin, Hollandaise
choice of: spinach (v), ham, or smoked salmon
green salad with balsamic vinaigrette (vg, mwg)
\$18 / person | 640-940 Cals

Wild Mushroom Omelet

baked omelet of button, cremini and portobello mushrooms and goat
cheese (v), potato wedge fries, green salad with balsamic vinaigrette,
tomato chutney (vg, mwg)
\$15 / person | 750 Cals

Buttermilk Pancakes

buttermilk pancakes, strawberries, maple syrup, butter, whipped
cream (v)
Choice of: bacon, peameal bacon or sausage (mwg)
\$14 / person | 710-850 Cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.



Breakfast Sandwiches

Served with Yukon Gold home fries.
Priced per person - minimum 10 people.

Choose one of the following:

- spinach, egg, cheddar cheese (v)
- veggie breakfast burrito with warm-spiced potatoes, sautéed spinach, tomato chutney, sour cream (v)
- fried egg breakfast burrito with sautéed onions, peppers, salsa, guacamole (v)

Choice of:

- bacon (mwg)
- peameal bacon (mwg)
- sausage (mwg)

\$12 / person | 650 - 1110 Cals



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À la Carte Breakfast Items

Mini Muffins with Butter (v)

\$1.75 / person | 180 Cals

Mini Danish (v)

\$1.75 / person | 150 Cals

Mini Scones with Butter and Marmalade (v)

\$1.75 / person | 290-310 Cals

Mini Croissants and Spreads (v)

\$1.75 / person | 120-170 Cals

Mini Bagels with Smoked Salmon (v)

\$3.50 / person | 190-430 Cals

Assorted Sweet Loaves with Butter (v)

\$2.50 / slice | 430 Cals (8 slice minimum)

Yukon Gold Home Fries (vg, mwg)

\$2.25 / person | 210 Cals

Bacon, Peameal, or Breakfast Sausage (mwig)

\$2.25 / person | 150-210 Cals

Individually Packaged Yogurts (mwig)

\$2.00 / person | 90-120 Cals

Sliced Fruit Platter (vg, mwig)

\$4.50 / person | 100 Cals

Whole Fruit (vg, mwig)

\$1.50 / person | 50-100 Cals

KIND Bar: Dried Fruit and Nut Granola (v)

\$3.00 / person | 200 Cals



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Lunch





Soups

Our gourmet soup du jour is made with fresh seasonal ingredients, served with dinner rolls. Items priced per 375 mL serving - minimum 10 people.

Regular

\$7.50 / person | 70-370 Cals

Vegan (vg)

\$5.75 / person | 70-370 Cals

Vegetarian (v)

\$6.50 / person | 70-370 Cals

Salads

Our salads are made with fresh ingredients like handpicked lettuces from our urban rooftop garden, when in season. Priced per person - minimum 10 people.

Traditional Caesar (mwg)

romaine, bacon, croutons, parmesan

\$6 / person | 350 Cals

Classic Greek (v, mwg)

romaine, grape tomatoes, kalamata olives, cucumber, bell peppers, feta, Greek vinaigrette

\$7 / person | 400 Cals

Mesclun Greens (vg, mwg)

mixture of young leaves tossed with balsamic vinaigrette

\$6 / person | 90 Cals

Tossed Garden (vg, mwg)

baby greens, grape tomatoes, sliced cucumber, shredded carrots, balsamic vinaigrette

\$7 / person | 190 Cals

Roasted Ontario Beets (v, mwg)

mixed greens, spicy pecans, dried cranberries, pickled onions, goat cheese, citrus vinaigrette

\$9.00 / person | 350 Cals

Yukon Gold Potato (v, mwg)

scallions, celery, lemon, dill, parsley, mayonnaise

\$4.25 / person | 290 Cals

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Roasted Pear (v, mwg)

baby arugula, spicy pecans, blue cheese, cider vinaigrette
\$9 / person | 290 Cals

Healthy Quinoa (vg, mwg)

lemon dressing, dried apricot, pumpkin seeds, dried cranberry
\$7.25 / person | 330 Cals

Add Protein

Add one of our delicious grilled proteins to your salad. Halal options available upon request.

Priced per person - minimum 10 people.

Boneless, Skinless Chicken Breast

\$7.50 / person | 160 Cals (mwg)

Canadian Salmon

\$16.75 / person | 300 Cals (mwg)

Flat Iron Steak

\$15.50 / person | 310 Cals (mwg)

Marinated Tofu

\$6.75 / person | 280 Cals (vg, mwg)

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Sandwiches

Made in-house with artisan breads garnished with olives, tomatoes and gherkin pickles. Gluten-free bread is available upon request. Priced per person - minimum 10 people.

Roast Beef and Cheddar

arugula, tomato, Dijon, mayonnaise, butter on an artisan bun
\$10.75 / person | 490 Cals

Roasted Vegetables (vg)

cucumber, tomato, artichoke, leaf lettuce, hummus on ciabatta
\$8.75 / person | 330 Cals

Smoked Turkey

tomato, pickles, leaf lettuce, basil mayo on focaccia
\$10.75 / person | 680 Cals

Ham and Aged Cheddar

arugula, grainy mustard, honey butter on an artisan bun
\$10.75 / person | 570 Cals

Tuna Salad

scallions, diced celery, minced gherkins, mayonnaise on sliced whole grain bread
\$7.50 / person | 370 Cals

Egg Salad (v)

scallions, diced celery, leaf lettuce, mayonnaise on sliced whole grain bread
\$7 / person | 360 Cals

Cured Meats

prosciutto, smoked ham, genoa, parmesan, baby arugula, roasted red pepper and basil mayonnaise on focaccia
\$10.75 / person | 760 Cals

Caprese (v)

tomato, fior di latte mozzarella, shaved red onion, fresh basil, baby arugula, balsamic, mayonnaise on focaccia
\$7 / person | 540 Cals

Smoked Salmon

shaved red onion, gherkins, fresh dill, cream cheese on a plain bagel
\$9 / person | 470 Cals

Wraps

All sandwiches may be substituted for choice of spinach, sundried tomato or whole wheat.

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Lunch Packages

The “one stop shop” lunch package. Priced per person - minimum 10 people. Package includes: assorted squares, coffee, tea, pop and water.

\$17.50 / person | 950 Cals

Choose from the assorted sandwich selection on page 13 (one sandwich per person)

Choice of:

- traditional Caesar
- classic Greek
- mesclun greens

Open-face Trays

Made in-house, our eye appealing and palate pleasing open-face sandwiches consist of 30 baguette ovals with five delicious toppings. Each tray serves 10 people.

\$90 / Tray | 100-284 Cals per slice

Smoked Salmon

cream cheese, shaved red onion, gherkins, fresh dill

Roasted Chicken

blue cheese, spicy pecan, baby arugula, chives, mayonnaise

Tuna Salad

scallions, celery, minced gherkins, mayonnaise, dried dill

Roasted Vegetables (vg)

cucumber, tomatoes, artichoke, leaf lettuce, hummus

Prosciutto

arugula, shaved parmesan, honey butter

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Hot Dishes





Entrées

Entrée packages include: assorted dessert squares, coffee and tea.
Priced per person - minimum 10 people.

Ontario Beef Tenderloin (mwg)

herb roasted with garlic mashed potatoes, seasonal Ontario vegetables, demi-glace
\$38 / person | 710 Cals

Ontario Chicken (mwg)

roasted supreme cut, seasonal Ontario vegetables, pommes dauphinoise, chicken jus
\$27 / person | 850 Cals

Moroccan Chicken (mwg)

marinated and roasted bone-in, served with scallion and sultana raisin couscous, seasonal Ontario vegetables, cucumber raita
\$24.75 / person | 1620 Cals

Ginger and Cardamom Lamb Rack (mwg)

roasted and served with acorn squash, grilled fennel, mint pesto, demi-glace
\$38 / person | 1640 Cals

Canadian Salmon (mwg)

grilled and served with wild rice pilaf, seasonal Ontario vegetables, green pea puree, grain mustard and maple glaze
\$28.50 / person | 710 Cals

Beef Lasagna

(orders in multiples of eight only)
garlic and cheese breadsticks, grated parmesan on the side
\$15 / person | 530 Cals

Chicken Quesadilla

chicken carnitas, aged cheddar, peppers, onions, lettuce, salsa, guacamole, sour cream
\$13 / person | 270 Cals

BBQ Chicken Wings (mwg)

ten pieces served with crudité, fries, blue cheese dip
\$16.50 / person | 1500 Cals

Grilled Flat Iron Steak (mwg)

frites, green salad, demi-glace
\$25 / person | 750 Cals

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Classic Poutine

fries, bacon, cheese curds, chives, beef gravy, ketchup, Tabasco
(gluten free available upon request)

\$12 / person | 720 Cals

Additions:

Caesar, Greek, or Mesclun Greens

\$3.75 / person | 60 - 160 Cals

Canned Juice or Pop

\$2 / 355 mL can | 145 - 160 Cals

Sparkling Bottled Water

\$3 / 330 mL bottle | 0 Cals



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Vegetarian

Entrée packages include: assorted dessert squares, coffee and tea.
Priced per person - minimum 10 people.

Chickpea Chana Masala (v, mwg)

steamed basmati, cucumber raita, caramelized onions, Indian spices
\$10 / person | 630 Cals

Veggie Tacos (v)

six inch taco shells, cheddar cheese, black beans, peppers, onions,
lettuce, salsa, guacamole, sour cream
\$10 / person | 270 Cals

Butternut Squash Ravioli (v)

goat cheese, fresh watercress, sage, brown butter
\$14.25 / person | 445 Cals

Sweet n' Sour Stir Fried Tofu (vg)

steamed rice, broccoli, cauliflower, celery, onion, peppers, scallion,
ginger sauce
\$14 / person | 700 Cals

Goat Cheese and Leek Quiche (v)

individual sized 5" quiche with mesclun greens, grape tomato chutney
\$15 / person | 700 Cals

Stuffed Acorn Squash (vg, mwg)

stuffed with quinoa, peppers, herbs, spices, onions, pumpkin seeds,
basil tomato sauce
\$16 / person | 455 Cals

Entrée packages include: assorted dessert squares, coffee and tea.
Priced per person – multiples of eight only.

Vegetable Lasagna (v)

garlic and cheese breadsticks, grated parmesan on the side
\$15 / person | 570 Cals

Aged Cheddar Macaroni and Cheese (v)

parmesan and herb crusted, Sriracha ketchup
\$10 / person | 600 Cals

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Additions:

Caesar, Greek, or Mesclun Greens

\$3.75 / person | 60 - 160 Cals

Canned Juice or Pop

\$2 / 355 mL can | 145 - 160 Cals

Sparkling Bottled Water

\$3 / 330 mL bottle | 0 Cals

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Reception Fare





Nibbles and Nosh

Priced per person - minimum 10 people.

Tortilla Chips and Dips (v, mwg)

corn tortilla chips, salsa, sour cream, guacamole
\$5 / person | 315 Cals

Mixed Nuts (Salted) (vg, mwg)

\$4 / person | 595 Cals

Mediterranean Dips (v)

baba ghanoush, hummus, tzatziki, garnished with fresh parsley, smoked paprika and drizzled with olive oil. Served with pita bread.
\$6 / person | 335 Cals

Warm Marinated Olives (v)

olive oil, chili, garlic, rosemary, orange zest served with sliced baguettes
\$6 / person | 670 Cals

Afternoon Break (v)

coffee, tea and cans of juice, assorted KIND bars, cookies, whole fruit
\$12 / person | 525 Cals

Platters and Boards

Priced per person - minimum 10 people.

The Great Cheese (v)

Canadian and international cheeses, crackers, olives, dried fruit, grapes
\$9.50 / person | 410 Cals

Ultimate Charcuterie

cured meats, gherkins, duck pâté, olive tapenade, grainy mustard served with crackers and artisan bread
\$9.50 / person | 310 Cals

Ontario Beef Tenderloin

baby arugula, soft butter, horseradish, Dijon mustard served with soft rolls
\$14 / person | 180 Cals

Atlantic Smoked Salmon

cucumber, sliced red onion, gherkins, fresh dill, baby arugula, cream cheese, lemon wedge served with artisan bread
\$11.25 / person | 310 Cals

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Mediterranean Tapas (v)

artichoke hearts, cucumbers, roasted cherry tomatoes, roasted peppers, pickled eggplant, olives, grilled onions, feta cheese, hummus, baba ghanoush, tzatziki, served with pita wedges
\$9.50 / person | 445 Cals

Seasonal Fruit (vg, mwg)

an assortment of sliced fruits with grapes and fresh berries
\$4.50 / person | 100 Cals

Crudit  and Dip (v, mwg)

carrots, celery, broccoli, cauliflower, mushrooms, cucumber sticks, ranch dip
\$3.75 / person | 55 Cals

Canap s

Priced by the dozen - minimum 3 dozen per order.

Cold

Smokey Devilled Eggs (v, mwg)

preserved lemon, chive
\$30 / dozen | 130 Cals

Thai Mango Rice Paper Roll (vg, mwg)

rice noodles mango, bell pepper, basil, mint, sweet chili dip
\$36 / dozen | 45 Cals

Extra-Large Shrimp (mwg)

Sriracha cocktail sauce
\$72 / dozen | 45 Cals

Tomato Bocconcini Skewer (v, mwg)

basil pesto
\$45 / dozen | 60 Cals

Feta and Watermelon (v, mwg)

balsamic vinegar
\$51 / dozen | 60 Cals

Assorted Sushi

ginger, soy sauce, wasabi (mwg)
\$36 / dozen | 45 Cals



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Maki Vegetarian Sushi Rolls

ginger, soy sauce, wasabi (v, mwg)

\$36 / dozen | 45 Cals

Smoked Salmon

fresh cheese, dill on crostini

\$51 / dozen | 50 Cals

Hot

Brie, Pumpkin Arancini

marinara dip (v, mwg)

\$42 / dozen | 55 Cals

Spanakopita

sundried tomato pesto dip (v)

\$30 / dozen | 40 Cals

Veggie Spring Roll (vg)

plum sauce

\$33 / dozen | 25 Cals

Southern Fried Chicken Skewers

butter milk dip

\$36 / dozen | 90 Cals

Sugarcane Shrimp (mwg)

Sriracha ketchup

\$36 / dozen | 35 Cals

Chicken Satay (mwg)

sweet chili sauce, lime wheels, cilantro leaves

\$36 / dozen | 70 Cals

Beef Satay (mwg)

sweet chili sauce, lime wheels, cilantro leaves

\$36 / dozen | 40 Cals

Beef Sliders

BBQ onions, cheddar

\$36 / dozen | 250 Cals

Portobello Sliders (v)

chipotle mayo, fresh sprouts

\$36 / dozen | 140 Cals

Mini Mushroom Goat Cheese Quiche (v)

\$36 / dozen | 95 Cals

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Chef's Stations

These mouthwatering dishes are prepared to order onsite by a designated chef.* Priced per person - minimum 25 people.

Crisp Fried Cod Po-Boy Sliders

shredded iceberg lettuce, special sauce

\$4.75 / person | 245 Cals

Braised Beef Brisket Sandwiches

smoked cheddar, pickled onions, chili jam

\$11.25 / person | 360 Cals

Seared Tuna Sliders

kimchi, soy mayo, toasted black sesame

\$8.75 / person | 210 Cals

Lobster Poutine "Dauphinoise"

butter poached lobster, pommes dauphinoise, sauce thermidor, gruyere, preserved lemon, chives

\$19 / person | 365 Cals

*Additional staffing fees apply

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Sweet Treats





Desserts

Our mouthwatering desserts offer varying sweetness and selection. Gluten-free and vegan options available upon request. Priced per piece - minimum 5 people.

Cookies

assortment of chocolate chip, oatmeal raisin, macadamia
\$2 / person | 310 Cals

Bars

assortment of Nanaimo, brownie, almond shortbread, berry crumble
\$2.50 / person | 240 Cals

French Macarons

assortment of vanilla, chocolate, coffee, strawberry and pistachio
\$2 / person | 60 Cals

Petit Fours

assortment of Dufflet's mini dessert cakes
\$2.50 / person | 145 Cals

Mini Cupcakes

assortment of chocolate, vanilla
\$2.50 / person | 140 Cals

Cakes

Personalization available upon request, two business days lead-time required

Choice of:

- strawberry shortcake
- chocolate
- vanilla

Quarter Slab Cake (serves 20-25)

\$65 | 320 Cals

Half Slab Cake (serves 40-50)

\$105 | 320 Cals

Full Slab Cake (serves 80-100)

\$185 | 320 Cals

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Beverages





Beverages

Welcome guests with a selection of beverages set up buffet style.

Coffee, Tea Service

\$3.25 / person | 90-140 Cals

Coffee Service

\$2.50 / person | 90-140 Cals

Tea Service

\$2 / person | 90-120 Cals

Hot Chocolate

\$2 / person | 120 Cals

Pitcher of Juice

\$6 / pitcher | 150 Cals

Juice or Pop

\$2 / 355 mL can | 145 Cals

Sparkling Bottled Water

\$3 / 330 mL bottle | 0 Cals

Iced Water Service

Complimentary with purchase | 0 Cals

Bar Services

Bartender fees apply per hour for minimum four hours. Premium wines available upon request at an additional fee.

Red or White Wine

\$28 / 750 mL bottle | 135 - 200 Cals

Beer

\$6 / 355 mL can | 135 - 200 Cals

Juice or Pop

\$2 / 355 mL can | 145 Cals

Sparkling Water

\$8 / 750 mL bottle | 0 Cals

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Seasonal Menu

Whatever the reason or season, we're here to celebrate with you. Prices do not include service staff.
Halal option available upon request.





Spring and Summer: Outdoor BBQ

Take advantage of the season by hosting an outdoor event.

\$16.25 / person | 975 Cals*

Ontario Yukon Gold Potato Salad (vg, mwg)

Tossed Garden Salad (vg, mwg)

Assorted Sweets (v)

Nanaimo, brownie, almond shortbread, berry crumble

Ontario Whole Seasonal Fruit (vg)

Pop and Juice

Entree

Choose one of the following:

- Ontario beef hamburger
- Ontario chicken burger
- portobello mushroom burger with smoked gouda (v)
- jumbo all beef hot dog
- jumbo veggie dog (v)

Garnished with: homemade sauerkraut, diced onions, pickles, tomatoes, banana peppers, lettuce, homemade corn relish, ketchup, mustard, relish, mayonnaise

*Additional fees apply for BBQ and staffing

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Fall and Winter: Holiday Feast

Brrr! It's cold outside! Stay warm with our comforting buffet style feast.

\$38 / person | 1770 Cals*

Roast Turkey with Gravy (mwig)

Baked Salmon with Lemon Sauce (mwig)

Spinach and Gruyère Quiche (v)

Pommes Dauphinoise (v)

Roasted Sweet Potatoes (vg)

Leek and Apple Stuffing (v)

Green Beans (v)

Cranberry Sauce (vg)

Assorted Themed Sweets, Cookies, and Petit Fours

Coffee, Juice, Pop

**price does not include service staff*

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Contact Us

Ryerson Eats' catering has provided unprecedented quality food and service for Ryerson University and surrounding area since 1964. Our team of dedicated professionals will work with you to design and deliver a satisfying food service experience for your meetings and special events. We provide a variety of menu options and can arrange for service staff, bartenders and rentals to meet your catering needs. Connect with us today to transform your culinary vision into a delicious reality!

Ryerson University Campus at 350 Victoria Street

Silvana Babikian
Catering Manager, Ryerson Eats
Email: silvana.babikian@ryerson.ca
Office: POD 250B
Phone: 416-979-5000, ext. 6956

Mattamy Athletic Centre at 50 Carlton Street

Rory Gallagher
Assistant Catering Manager, Ryerson Eats
Email: rory.gallagher@ryerson.ca
Office: MAC 3101
Phone: 416-979-5000, ext. 3052