



BOX MENU CATERING

PRE-BOXED BREAKFASTS

(minimum requirement 6 of each box option)

Cost: \$8.95

Cheese and Crackers, Hard Boiled Egg, Mixed Nuts, Berry Bowl

Cheese Scone, Hard Boiled Egg, Chia Seed, Granola and Blueberry Yogurt Parfait

Carrot Loaf, Whole Fruit, Yogurt Parfait with Granola and Yogurt

Everything Bagel, Cream Cheese and Smoked Salmon, Berry Bowl

Pumpernickel Bagel, Herb Cream Cheese and Sliced Cucumber, Berry Bowl

Plain Bagel, Peanut Butter and Apricot Jam, Berry Bowl

PRE-BOXED BREAKFASTS

(minimum requirement 6 of each box option)

Cost: \$10.95

Belgian Waffles, Pork or Turkey Breakfast Sausages, Maple Syrup, Berries

Savoury Crepe Box (1 flavour choice)

Ham, Gruyere and Bechamel

Mixed Mushroom and Asparagus, Goat Cheese and Zaatar

Butter Croissant, Fresh Cut Fruit

Breakfast Sandwich Box (1 flavour choice)

Pea meal Bacon or Goat Cheese, Caramelized Onion, Fig Compote and Baby Arugula



*Scrambled Egg, Mushroom, Baby Spinach and Feta Cheese on Whole wheat Wrap or
Egg Frittata, Cheddar Cheese and Turkey Sausage Round on English Muffin
Roast Turkey, Apple Compote, Pecan and Camembert on Brioche Bun
Chocolate Banana Muffin, Fresh Cut Fruit*

*Quiche Box (1 flavour choice)
Ham, Bacon, Swiss, Scallions and Green Pepper
Mixed Mushrooms and Goat Cheese
Caramelized Onions and Brie
Chocolate Croissant, Fresh Cut Fruit*

*Egg Bites (3 Bites – 1 flavour choice)
Bacon, Scallion and Cheddar
Goat Cheese and Chives
Garlic Mushroom
Breakfast Turkey Sausage
Potato Hash with Peppers and Scallions
Whole Fruit*

*Frittata Box (1 flavour choice)
Smoked Salmon, Cream Cheese and Dill.
Broccoli and Cheddar
Bacon, Potato, Rosemary and Parmesan
Mini Potato Pancakes (3), Fresh Fruit Cup*



PRE-BOXED LUNCHES

(minimum requirement 6 of each box option)

Cost: \$15.00

Zemra Club on Baguette or Flour Tortilla

Grilled Chicken, Lettuce, Tomato, Avocado and Garlic Mayo;

Mixed Greens, Julienne Vegetables, Balsamic Vinaigrette

Steak Sandwich on Calabrese or Flour Tortilla

Grilled Steak, Caramelized Onions, Blue Cheese, Lettuce, Tomato, and

Mayo; Mixed Greens, Julienne Vegetables, Balsamic Vinaigrette

Pesto Chicken on Baguette or Flour Tortilla

Grilled Chicken Breast, Prosciutto, Sundried Tomato, Baby Arugula and Pesto Mayo;

Mixed Greens, Julienne Vegetables, Balsamic Vinaigrette

Pulled Piri Piri Chicken on Portuguese Sour Dough Bun

Lettuce, Tomato, Baby Arugula and Mayo;

Mixed Greens, Julienne Vegetables, Balsamic Vinaigrette

Pork Schnitzel on Pada Bun

Lettuce, Tomato, Baby Arugula and Piri Piri Aioli;

Mixed Greens, Julienne Vegetables, Balsamic Vinaigrette

Veggie Grill on Focaccia or Flour Tortilla (Vegetarian)

Grilled Zucchini, Mushroom, Peppers and Red Onion, Goat Cheese and

Basil Pesto; Mixed Greens, Julienne Vegetables, Balsamic Vinaigrette

Falafel Wrap (Vegan)

Roasted Peppers, Pickled Turnips, Baby Arugula, Cilantro and Spicy Mayo; Mixed Greens,

Julienne Vegetables, Balsamic Vinaigrette

Grilled Chicken Souvlaki (1 skewer)

Pita, Tzatziki; Quinoa Greek Salad with Garden Vegetables, Chickpeas, Black Olives and Feta Cheese



Grilled Veggie Souvlaki (1 skewer)

Pita, Tzatziki; Quinoa Greek Salad with Garden Vegetables, Chickpeas, Black Olives and Feta Cheese

Pulled Beef Burrito

Mixed Peppers and Spanish Onions, Refried Beans, Zesty Cheese Mix, Mexican Rice and Sour Cream; Black Bean, Corn and Pepper Salad with Cilantro Lime Vinaigrette

Quesadilla (Vegetarian)

Seasoned Roasted Sweet Potato, Grilled Poblano Peppers, Black Beans, Cilantro and Queso; Salsa, Sour Cream; Black Bean, Corn and Pepper Salad with Cilantro Lime Vinaigrette

Rustic Kale and Romaine Caesar

Grilled Chicken Breast, Herb Croutons, Grilled Prosciutto

Fattoush Salad

Grilled Chicken Breast or Shrimp; Mixed Lettuces, Garden Vegetables, Pita Croutons, Sumac and Mint Lemon Vinaigrette

Tortilla Cobb Salad

Grilled Chicken Breast; Mixed Lettuces, Garden Vegetables, Avocado, Corn, Black Bean and Crunchy Tortilla Chip Croutons; Jalapeno Lime Vinaigrette

Niçoise Salad

Smoked Salmon; Bibb Lettuce, Boiled Egg, Green Beans, Cherry Tomato, Black Olives and Baby Potatoes, Shallot, Dijon and Herb Vinaigrette; Bread Roll and Butter

Above Include Beverage:

Coke/ Diet Coke / Ginger Ale/ Sprite / Nestea / Bottled Water / Apple Juice / Orange Juice / Cranberry Juice and

1 Lunch Box Accompaniment

Bag of Chips, Chocolate Chip Cookie , Oatmeal Raisin Cookie
Brownie , Dried Fruit and Nuts , Whole Fruit: Apple, Orange, Banana



PRE-BOXED Dinners

(minimum requirement 6 of each box option)

Cost: \$17.25

Fig and Oregano Chicken Breast
Wild Rice Pilaf; Seasonal Vegetables

Balsamic Chicken Breast
Herb and Garlic Roast Potato; Sauteed Garlic Rapini, Mushroom and Peppers

Balsamic Portobello Mushroom Steak (Vegan)
Herb and Garlic Roast Potato; Sauteed Garlic Rapini, Mushroom and Peppers

Jerk Chicken Breast
Mango Chutney, Rice and Peas; Nutty Caribbean Slaw with Coconut and Almonds

Jerk Grilled Cauliflower (Vegan)
Mango Chutney, Rice and Peas; Nutty Caribbean Slaw with Coconut and Almonds

Lentils and Rice (Vegan)
Caramelized Onion; Roasted Cauliflower and Heirloom Carrots, Orange Blossom Tahini Drizzle; Tomato Salad with Lemon Herb Vinaigrette

Roasted Pomegranate Zaatar Chicken Thighs
Saffron Basmati Rice; Roasted Cauliflower and Heirloom Carrots with Orange Blossom Tahini Drizzle; Tomato Salad with Lemon Herb Vinaigrette

Salmon Teriyaki
Jasmine Rice, Vegetable Stir Fry, Baby Bok Choy

Veal or Chicken Parmigiana in Tomato Sauce
Pesto Linguini and Roasted Vegetables



Sweet Potato Shepherd's Pie

Layer of Ground Beef, Layer of Buttered Vegetables Topped Roasted Sweet Potato Mash and Seasoned Crumbs, Garden Salad, Balsamic Vinaigrette

Beef Lasagna

5 layers of Fresh lasagna noodles, Meat Sauce, topped with Mozzarella, Parmesan and Fiore Di Latte; Garden Salad, Balsamic Vinaigrette

Vegetarian Lasagna

5 layers of Fresh Lasagna Noodles, Tomato Sauce, layered with Baby Spinach, Ricotta and Mushroom; topped with Mozzarella and Parmesan and Fiore Di Latte; Garden Salad, Balsamic Vinaigrette

Lobster and Bacon Macaroni and Cheese

Secret Cheese Blend and topped with Seasoned Breadcrumbs, Zesty Cabbage Slaw

Fried Chicken and Waffles

Boneless Skinless Chicken, Belgian Waffle, Maple Syrup and Creamy Coleslaw

Butter Chicken

Butter Chicken, Aromatic Basmati Rice, Cucumber Raita and Naan

Caribbean Sweet Potato, Chickpea and Spinach Curry (Vegan)

Rice and Peas, Fried Plantain

Red Thai Curry Seafood (Spicy)

Shrimp, Calamari Rings, Green Beans and Oyster Mushrooms; Jasmine Rice; Vegetarian Spring Roll

Red Thai Vegetarian Curry (Spicy)

Tofu, Green Beans and Oyster Mushrooms; Jasmine Rice
Vegetarian Spring Roll

Above Dinners Includes Beverage:

Coke/ Diet Coke / Ginger Ale/ Sprite / Nestea / Bottled Water / Apple Juice / Orange Juice / Cranberry Juice



ADD ON \$1.50

Accompaniments -- select 1

Chocolate Chip Cookie

Oatmeal Raisin Cookie

Brownie or Blondie

Mixed Berries

Whole Fruit: Apple, Orange, Bananna

PRE-BOXED Dinners

(minimum requirement 6 of each box option)

Cost: \$19.95

PARPADELLE BOLOGNESE

Ground Beef, Herbs, Mixed Vegetables Hearty Tomato Sauce; Garlic Crustini;
Baby Caprese Salad: Baby Bocconcini, Basil, Heirloom Cherry Tomato, Olive Oil, Balsamic Glaze

ZEMRA LINGUINI

Pancetta, Chicken Breast, Baby Spinach, Roast Garlic Olio; Crustini
Baby Caprese Salad: Bocconcini, Basil, Heirloom Cherry Tomato, Pickled Onion Olive Oil, Balsamic Glaze

SPICY SEAFOOD PENNE

Shrimp, Scallop, Sweet Pepper, Red Onion, Sundried Tomato, Spicy Avocado Rose Sauce; Crustini; Baby Caprese Salad: Baby Bocconcini, Basil, Heirloom Cherry Tomato, Olive Oil, Balsamic Glaze

LEMONY PASTA (VEGAN)

Garlic, Capers, Cauliflower, Chickpeas and Baby Arugula in a Lemon Olio; Garlic Crustini; Mixed Greens, Julienne Vegetables, Balsamic Vinaigrette

BEEF AND MUSHROOM BROCHETTE

Lemon Rice, Roast Potato, Grilled Vegetables, Garlic Tahini Sauce and Flatbread



LAMB CURRY

Aromatic Basmati Rice, Cucumber Raita; Samosa and Tamarind Sauce

PESTO and GOAT CHEESE STUFFED CHICKEN BREAST

Herb and Garlic Roast Potato; Grilled Mushrooms and Asparagus

WILD MUSHROOM, SUN DRIED TOMATO AND ASIAGO STUFFED CHICKEN BREAST

Herb and Garlic Roast Potato; Grilled Mushrooms and Asparagus

WILD MUSHROOM, SUN DRIED TOMATO, GOAT CHEESE AND
ASIAGO STUFFED PORTOBELLO MUSHROOM

Herb and Garlic Roast Potato; Grilled Asparagus and Peppers

SAFFRON GRILLED CHICKEN KEBAB

Jeweled Rice; Roasted Cauliflower; Yogurt and Cucumber Dip; Tomato Herb Salad

JERK SALMON FILET

Mango Chutney, Rice and Peas; Fried Plantains; Nutty Caribbean Slaw with
Coconut and Almonds

PANKO CRUSTED HALIBUT

Charred Brussel Sprouts, Kale and Potato Hash, Baby Bok Choy and Cherry Tomato

Above Dinners Includes Beverage:

Coke/ Diet Coke / Ginger Ale/ Sprite / Nestea / Bottled Water / Apple Juice / Orange Juice /
Cranberry Juice

ADD ON \$1.50

Accompaniments -- select 1

Chocolate Chip Cookie

Oatmeal Raisin Cookie

Blondie

Chocolate Brownie

Mixed Berries

Whole Fruit: Apple, Orange, Bananna

PRE-BOXED Desserts

(minimum requirement 6 of each box option)

Cost: \$2.95

Danish:

Cream Cheese

Blueberry Cream Cheese

Apple

Cost: \$3.95

Tarts – 3"

Apple Crumble

Triple Berry Crumble

Peanut butter Fudge Euro Tart

Key Lime Tart

Cinnamon Bun

Cranberry Orange Bundt Cake

Filled Cupcake: Strawberry Shortcake or Devil's Raspberry

Cookie Trio: Chocolate Chip, Oatmeal Raisin, Dark Chocolate

Biscotti Trio: Double Chocolate, Orange Cranberry, Lemon Poppyseed



PRE-BOXED Desserts

(minimum requirement 6 of each box option)

Cost: \$6.95

Tiramisu

Sticky Toffee Cake

Cheesecake:

New York Style Plain

Caramel Pecan Fudge

Raspberry New York Style

Mixed Mini Pastries (4 pieces)

NOTES: Zemra is always at your service.

*Zemra will gladly create custom boxed meals according to what clients want.... Let us know and we will create your unique box for you... that is tasty and delicious at a competitive price.

* Zemra is able to do multiple shipments at a discounted rate

***Delivery and Pick Up is \$30.00 in GTA HST
is additional.***

Call 416 937-9080 Or Email: nadia@zemra.ca for more details.