

OFFICE HOT LUNCH

\$30 per person - Any 4 choices (maximum 2 proteins)

Additional dishes may be added à la carte based on the respective per serving cost.

GF GLUTEN-FREE V VEGAN

Many of our options can be customized to suit Gluten Free and

Vegan guests. We list the items that are explicitly so, but please

inquire should you require us to accommodate dietary restrictions.



Salads

- GF "CAPRESE"
Fire Roasted Cherry Tomatoes, Ontario Heirlooms,
Fior di Latte, Basil Pesto, Vincotto
- GF ARUGULA
Spinach, Farro, Pecans, Cranberries, Green Apple,
Crumbled Feta
- GF POTATO SALAD
Chopped Egg, Red Onion, Celery, Scallions, Parsley
- GF SUPERFOOD QUINOA SALAD
White Quinoa, Kale, Pomegranate, Pickled Onions,
Cucumbers, Sliced Almonds, Mint
- GF VEGETARIAN COBB SALAD
Iceberg Lettuce, Hard Boiled Egg, Avocado, Cherry Tomatoes,
Corn Kernels, Olives, Blue Cheese
- GF QUINOA EMPANADAS
Organic Quinoa, Plantain, Lime, Coriander



Proteins

- GF GRILLED CANADIAN SALMON
Brussel Sprout & Walnut Vierge
- GF BEEF STEW
Carrots, Potatoes, Green Peas
- GF COD COCONUT CURRY
Lime Leaf, Butternut Squash, Green Beans
- GF JERK CHICKEN THIGHS
Mango Salsa
- GF ROASTED PORK LOIN
Bacon, Onion, Peas, Cream Sauce



Vegetables & Legumes

- V GF SAUTÉED BROCCOLINI
Anaheim Chilies, Garlic, Lemon, Olive Oil
- V GF STICKY BEETS
Slightly Dehydrated & Roasted Beets, Swiss Chard,
Pumpkin Seeds
- V GF HERB ROASTED VEGETABLES
Mixed Seasonal Vegetables, Rosemary
- V GF POTATO MILLEFEUILLE
Garlic, Thyme
- V GF WHITE BEAN STEW
Shallots, Garlic, Tomato Pistou
- RIGATONI
Pomodoro or Bolognese, Grated Parmesan



Desserts

- GF CHOCOLATE MOUSSE
Raspberry Jelly, Hazelnuts, Burnt Meringue
- GF ESPRESSO ALFAJORES
Coffee Nibs, Coconut, Dulce de Leche
- V GF SLICED FRUIT PLATTER



MOSO Catering & Events, 2019

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