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OUR PROPOSITION



Our goal is to treat all our events much like a restaurant experience, providing as much choice as possible and allowing for some surprise and intrigue along the way. We promote choice and the creation of custom menus beyond a cookie cutter package. MOSO will work harder just to deliver on these accounts.

MEET OUR TEAM



GAVIN KARPEL

Having worked for the past few years as an Expedition Chef in the Arctic, Gavin knows first hand what it takes to plan for success under any given circumstance, hurdling the unforeseen and delivering by any means necessary. Prior to these incredible voyages, Gavin was a sous chef at the Pusateris Food Hall inside Saks serving thousands of guests on the daily, and spent a few years at acclaimed Ontario restaurant Quatrefoil.



GUILLERMO RUSSO

Our Executive Chef has personally cooked over 300 weddings and has catered to an exclusive portfolio for the past 10 years. His experience is as broad internationally as it is at home here in Toronto; having worked events and private dinners at The Savoy Hotel in London, with Gordon Ramsay, as well as being Executive Chef at Malaparte, the award winning event space on the rooftop of the TIFF building. Chef Guillermo has also travelled the globe extensively. He is Canadian, but was born in Peru, and has lived in Brazil, New York, Hong Kong, London, Montreal, Ottawa, Toronto and has visited over 50 countries. He is on a constant search for inspiration.



BLAIR SILVA

Blair is an experienced event chef having worked many years with Chef Guillermo at Malaparte. Since then, he has traveled lots and worked at Astrid y Gaston (World's 50 Best Restaurants), locally at Alo and the Commodore, as well being a private Chef for the elite on Super Yachts through the Caribbean.



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.*

BREAKFAST

PRICES SHOWN ARE PER PERSON.



V GF SMOKED SALMON PLATTER\$8

Smoked Canadian Salmon
Dill & Chive Cream Cheese
Traditional Fixings
(Onions, Capers, Sliced Tomatoes, Sprouts)
Scones or Bagels

V COMPLETE CONTINENTAL\$13

Assorted Fresh Juices
Varied Selection of Muffins, Breakfast Breads,
Pain Au Chocolate, Pure Butter Croissants, etc.
Assorted Individual Yoghurts
Whole Fruit Platter

V WELLNESS\$13

Assorted Fresh Juices
Superfood Chia Puddings
Hard Boiled Eggs
Mixed Nuts & Dried Fruit
Fresh Fruit Platter

V GF HOT BREAKFAST BUFFET\$16

Assorted Fresh Juices
Assorted Whole Fruit Basket
Roasted Ham & Gruyere Frittata
Kale, Spinach & Feta Egg White Frittata
Roasted Potatoes w/ Onions, Bell Peppers & Parsley
Breakfast Sausages or Bacon

V A LA CARTE ADD-ONS

GF	Assorted Fresh	\$4 (\$3 Boxed Available)
GF	Squeezed Juices	
GF	Freedom Jar Yoghurt Parfaits	\$6
	Chia Puddings.....	\$4
	Bread Basket	\$5
GF	Frittata Sandwich	\$6
	Individual Yoghurts.....	\$2
GF	Assorted Mini Quiches	\$2
GF	Whole Fruit Basket.....	\$3
GF	Sliced Fruit Platter	\$4

TEA & COFFEE SETUP

10 Cup Self-Serve Thermos of Fresh **\$26**
Brewed Fair Trade Coffee
Assorted Organic Loose Leaf Teas **+\$3**
Includes Disposables, Milk, Sugar,
Sweetener, Cups, Stir Sticks

AM/PM BREAKS

PRICES SHOWN ARE PER PERSON.



CHIPS WITH THE DIP.....\$9

*Fresh Vegetable Crudités
Chickpea Hummus
Baba Ghanoush
Corn Tortillas, Chips & Flatbreads*

JUICE BAR.....\$9

A selection of market fresh fruit and vegetable juices, smoothies, iced tea blends and nut milks.

BRAIN FOOD.....\$15

*Premium mixed fruits and nuts.
Made Good cereal and Energy bars.
Freshly sliced fruit platter.
Chia & Fruit Puddings
Fresh Vegetable Crudités & Hummus*

MILK & COOKIES.....\$9

*Assorted Cookies, Brownies & Bars
Chocolate, 2% and Nut Milks*

TEA & COFFEE SETUP

*10 Cup Self-Serve Thermos of..... \$26
Fresh Brewed Fair Trade Coffee
Assorted Organic Loose Leaf Teas+\$3
Includes Disposables, Milk, Sugar,
Sweetener, Cups, Stir Sticks*

LUNCH

HOT OFFICE LUNCH BUFFET OR BOXED LUNCH FORMATS

LUNCH BUFFET FORMAT \$30 p/ person – Any 4 choices (maximum 2 proteins).

Additional dishes may be added à la carte based on the respective per serving cost
(\$6 salads and vegetables, \$8 proteins, \$4 desserts).

BOXED LUNCH FORMAT \$20 p/ person – Any 4 choices (maximum 1 proteins).



Salads



"CAPRESE"

Fire Roasted Cherry Tomatoes,
Ontario Heirlooms, Fior di Latte,
Basil Pesto, Vincotto



ARUGULA

Spinach, Farro, Pecans, Cranberries,
Green Apple, Crumbled Feta



POTATO SALAD

Chopped Egg, Red Onion, Celery,
Scallions, Parsley



SUPERFOOD QUINOA SALAD

White Quinoa, Kale, Pomegranate,
Pickled Onions, Cucumbers,
Sliced Almonds, Mint



VEGETARIAN COBB SALAD

Iceberg Lettuce, Hard Boiled Egg,
Avocado, Cherry Tomatoes,
Corn Kernels, Olives, Blue Cheese



QUINOA EMPANADAS

Organic Quinoa, Plantain, Lime,
Coriander



Vegetables & Legumes



SAUTÉED BROCCOLINI

Anaheim Chilies, Garlic, Lemon,
Olive Oil



STICKY BEETS

Slightly Dehydrated & Roasted Beets,
Swiss Chard, Pumpkin Seeds



HERB ROASTED VEGETABLES

Mixed Seasonal Vegetables, Rosemary



POTATO MILLEFEUILLE

Garlic, Thyme



WHITE BEAN STEW

Shallots, Garlic, Tomato Pistou



RIGATONI

Pomodoro or Bolognese,
Grated Parmesan



Proteins



GRILLED CANADIAN SALMON

Brussel Sprout & Walnut Vierge



BEEF STEW

Carrots, Potatoes, Green Peas



COD COCONUT CURRY

Lime Leaf, Butternut Squash,
Green Beans



JERK CHICKEN THIGHS

Mango Salsa



ROASTED PORK LOIN

Bacon, Onion, Peas, Cream Sauce



Desserts



CHOCOLATE MOUSSE

Raspberry Jelly, Hazelnuts,
Burnt Meringue



ESPRESSO ALFAJORES

Coffee Nibs, Coconut, Dulce de Leche



SLICED FRUIT PLATTER OR WHOLE FRUIT

POWER BOWLS & SALADS

ALL OPTIONS SHOWN ARE \$18 PER PERSON



KALE CAESAR

*Shaved Kale, Fried Lentils, Parmesan,
Caesar Dressing, Lemon Wedge*

SWEET POTATO

*Sweet Potato, Maple Pecans, Mixed Seeds,
Marinated Artichokes, Arugula,
Ancient Grain Mix*

GRILLED CHICKEN

*Grilled Chicken Breast, House Salad Mix,
Black Beans, Cherry Tomatoes, Corn,
Avocado, Tortillas, Chipotle Dressing*

STEAK SALAD

*Flank Steak, Ancient Grain Mix, Cashews,
Butternut Squash, Arugula, Fried Shallots,
Chimichurri*

GRILLED SHRIMP

*Mexican Shrimp, House Mix,
Organic Quinoa, Avocado, Cherry Tomatoes,
Apple Cider Vinaigrette*

JERUSALEM

*Spinach, Roasted Sunchokes & Cauliflower,
Hemp Seeds, Pomegranate, Tahini Vinaigrette*

BEETS BY GOAT

*Red Beets, Wheatberries, Spinach,
Goats Cheese Crumble, Pecans,
Green Grapes, Nicoise Dressing*

GRAZING STATIONS

PRICES SHOWN ARE PER PERSON.



ANTIPASTO VEGETABLES \$14

*Fresh Seasonal Vegetable Crudités
Chickpea Hummus & Baba Ghanoush
Marinated Artichokes, Sundried Tomatoes,
Eggplants and Olives
Flatbreads & Artisanal Bread Loaves*

CHEESE PLATTER \$15

*A Selection of Hard and Soft Canadian
Cheeses
Dried Fruits & Nuts
Fresh Fruits & Jams
Flatbreads & Artisanal Bread Loaves*

CHARCUTERIE PLATTER \$16

*Local & Internationally Cured Meats
Marinated Olives, Gherkins, Pickled Onions,
Grainy Mustards
Flatbreads & Artisanal Bread Loaves*

PLOUGHMAN'S PLATTER \$18

*A combination of all three platters with a few
add-ons like devilled eggs & smoked salmon.*

SWEET TREATS

OPTIONS SHOWN ARE \$4 PER PERSON



ALFAJORES
PASSION FRUIT MOUSSE
POTTED KEY LIME PIE
ASSORTED COOKIES
ASSORTED MINI DOUGHNUTS
ASSORTED CUPCAKES
BUTTER TARTS
BROWNIE SQUARES
BLONDIE SQUARES

FULL CONFERENCE DAY PACKAGES



PLANNING AN ALL DAY EVENT?

*Ask us about our \$40 / \$50 / \$60 platters
to accommodate your attendees for a whole day.*