

# SEATED

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.



## Appetizers

- V GF **GRILLED PEAR & QUINOA**  
*New Farm Greens, Yellow Quinoa, Grilled Pear, Roasted Sweet Potato, Maple Pecans, Watermelon Radish, Lemon Pesto*
- GF **HEIRLOOM TOMATO & CHEESE**  
*Charred Cherries, Ontario Heirlooms, Burrata, Celery Ribbons, Shallots, Garlic Croutons, Fresh Herb Vinaigrette*
- CAULIFLOWER CROQUETTE**  
*Squash Sag Aloo, Spinach, Fondant Leek Sauce*
- GF **BEET CURED HAMACHI**  
*Pickled Plums, Jalapeño, Ponzu Sauce, Crispy Roots, Shiso*
- CORN & LOBSTER**  
*Nova Scotia Lobster Chowder, Corn, New Potato, Double Smoked Bacon, Crispy Corn Tortillas, Old Bay Spice*
- GF **NORDIC SHRIMP**  
*Potato & Aji Amarillo Masa, Avocado, Egg, Alfonso Olive Emulsion, Marie Rose Sauce, Key Lime, Coriander*
- GF **GRILLED OCTOPUS**  
*Chorizo, Purple Potatoes, Huancaína, Sauce Vierge, Parsley*



## Mains

- GF **MOROCCAN SPICED BONELESS RIB EYE**  
*White Hominy, Heirloom Carrots, Pearl Onions, Herb & Caper Salad, Mushroom & Mustard Seed Jus*
- GF **ROAST CHICKEN SUPREME**  
*Brown Butter Sweet Potato Purée, Corn & Lentil Succotash, Lacinato Kale, Thyme Jus*
- GF **COCO BUTTER SEA BASS**  
*Parsnip Purée, Radish Cake, Fava Beans, Seasons Mushrooms, Charred Radicchio, Red Wine Jus*
- ONTARIO LAMB PRINTANIER**  
*Baby Turnips, Carrots Nantaise, Pommes Soufflés, Peas, Pearl Onions, Fennel Salad, Gaufrettes*
- CORN & SPINACH MEZZELUNE**  
*Saffron Purée, Fresh Green Peas, Hazelnuts, Parmeggiano Foam, Basil*
- V GF **ARTICHOKE BARIGOULE**  
*Celeriac Purée, Artichokes, Wild Mushrooms, Sliced Vegetables, Consommé, Pistou*
- GF **PAELLA STUFFED CRAB**  
*Squid Ink Rice, Seafood Paella, Piquillo Peppers, Marcona Almonds*



## Desserts

- THREE MILK CAKE**  
*Tonka Bean Chantilly, Flambéed Gooseberries, Caramel, Lemon Balm*
- GF **CHOCOLATE MOUSSE**  
*Fresh Pomegranate, Hazelnuts, Burnt Meringue*
- GF **COCONUT ALFAJOR**  
*Dulce de Leche, Sea Buckthorn, Sour Sop, Pisco Jelly*
- KEY LIME PIE**  
*Graham Cracker, Blueberry & Lovage Coulis, Meringue*
- V GF **COMPRESSED FRUIT BRUSCHETTA**  
*Vegan Cookie, Sponge Toffee, Fruit Purée*



MOSO Catering & Events, 2020

Toronto, Ontario | 416-998-8965 | info@mosocatering.com