

CONFERENCE, MEETINGS & EVENTS
CATERING MENU

MARCH 2026

MANULIFE
DINING & HOSPITALITY
200 BLOOR ST E • TORONTO ON

TASTE | QUALITY | SERVICE



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BREAKFAST



BREAK-the-FAST

Buffet-Made-Just-For-You

Minimum 20 order

FRESH START | $15

Pastry Bites VEG
Croissant, bran muffin, seasonal breakfast scones
(Gluten-Free options available)

Berry Parfait Mini Jar NG
Greek yogurt, gluten-free granola, berry compote, fresh berries

Sliced Fruit & Berries NG V
Seasonal fruit

Cold Pressed Juice NG V
by Juice Concepts

HIGH PROTEIN – LOW CARB | $32

Herbed Flat Bread

Cold Meats
Sliced of smoked ham, turkey and Montreal smoked meat

Hard and Soft Cheese
Aged cheddar, brie, gouda

Smoked Salmon
Dill-cream cheese, red onion, cucumber, capers, lemon

Sliced Fruit & Berries
Seasonal fruit

Peeled Hard-Boiled Egg

Cold Pressed Juice
by Juice Concepts

TRADITIONAL | $30

served with whipped butter and jam preserves

Pastry Bites VEG
Croissant, bran muffin, seasonal breakfast scones
(Gluten-Free options available)

Scrambled Eggs NG VEG
Local free-run scrambled eggs, infused with chives

Egg White Frittata NG VEG
Feta, spinach, tomato, mushroom

Crispy Bacon & Breakfast Pork Sausage

Herbed-Seasoned Home Fries ND VEG

Sliced Fruit & Berries
Seasonal fruit

Cold Pressed Juice
by Juice Concepts

Breakfast Enhancements

Griddle Classics | $8/guest

minimum 20 order per item
served with maple syrup and whipped cream

Buttermilk Pancake VEG
Fluffy pancakes made with buttermilk

French Toast VEG
Thick slices brioche soaked in a rich egg custard

Protein Platter

serves 20 people

Cheese | $45
hard and soft cheese selection

Cold Meats | $45
Montreal smoked beef, turkey breast, black forest ham

Smoked Salmon | $65
Cucumber, tomatoes, capers, red onion, lemon

Wrap Lovers $8/each

Minimum order 10, cut in half

Canadian
Local Free-run scrambled eggs, hash brown, smokey bacon, mayo, aged cheddar

Mexican VEG
Local free-run scrambled eggs, mixed greens, pico de gallo, queso cotija, black beans

Santa Fe VEG
Egg White Scrambled eggs, black beans, cheddar cheese, corn, mixed greens, salsa

House Made Loaf | $18/ea *(8-10 slices)*

Zucchini | Banana | Carrot

(Gluten-Free options available)

Egg Bites

set minimum order

$18/dz 2oz min 2 dz per order
$36/dz 3.5oz min 1 dz per order

- Local free-run eggs, brie, bacon, caramelized onion, chives
- Cage-free egg white, spinach, mushroom, zucchini VEG ND NG

NG NON-GLUTEN ND NON-DAIRY CN CONTAINS PEANUTS/NUTS VEG VEGETARIAN V VEGAN H HALAL



START THE DAY YOUR WAY!

Breakfast Stations

Group of 25 or more

Steel Cut Oatmeal | $7

Organic oatmeal, berries, banana, brown sugar, maple syrup, milk, oat milk (NG)

Berry Wild Parfait | $8

Greek yogurt, GF granola, berry compote, fresh berries (VEG) (NG)

Waffles & Berries | $9

Baked on site, with bananas, berries, syrups and whipped cream

Chef attended min. 2 hours @ $45 per hour

Dim Sum | $7

A lively, steamer-filled station featuring 2 meat and 1 vegetable dumplings, sauces and all served fresh from bamboo baskets

Congee | $7

A warm, comforting rice porridge with savory toppings and condiments, letting guests build anything from a simple bowl to a richly layered one (ND) (NG)

Smoothies | $6

A vibrant selection of pre-blended smoothies by Juice Concepts made with fresh fruits and wholesome ingredients, nutrient-packed start to the day

Build Your Own

Minimum 20 per order **$30 per person**

Baked Goods — Step 1

Choose One:

House Made Loaf
Banana | Carrot | Zucchini
(Gluten-Free options available)

Pastry Bites
Croissant, bran muffin, seasonal breakfast scones
(Gluten-Free options available)

Healthy Petite Jars — Step 2

Choose One:

Yogurt Parfait: Greek yogurt, GF granola, berry compote, berries (NG) (VEG)

Chia Pudding: organic chia, coconut milk, mango compote, pineapple, blueberries, toasted coconut, coconut sugar (NG) (V)

Egg-licious — Step 3

Choose One:

Western-Style Scrambled
Ham, green and red bell peppers, cheddar, onions

Egg Bites (3oz)
Local free-run eggs, brie, caramelized onion, chives (VEG) (NG)

Bacon or Breakfast Sausage — Step 4

Choose One

Home Fries or Hash Brown — Step 5

Choose One

Sliced Fruit & Berries — *Included*

Seasonal fruit

Cold Pressed Juice

by Juice Concepts

Morning Beverages

Meeting Package

Half Day Coffee & Tea Service | $5/guest
Starbucks Verona, Decaf, Teavana Teas

All Day Coffee & Tea Service | $10/guest
Starbucks Verona, Decaf, Teavana Teas

Add on –
Full Day Barista Bar Access | $6/guest
*Coffee, Tea & Espresso-Based beverages only

Cold Beverages

Perrier 330ml | $3/ea
Soft Drinks 355ml | $2/ea
Oasis Juice 300ml | $2.75/ea
Tropicana Juice 325ml | $3.50/ea
Premium Juices 355ml | $6/ea
Cold Pressed by Juice Concepts

Complimentary Citrus-Infused Water

(NG) NON-GLUTEN (ND) NON-DAIRY (CN) CONTAINS PEANUTS/NUTS (VEG) VEGETARIAN (V) VEGAN (H) HALAL



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LUNCH

GOURMET WRAPS

served on premium tortilla

Kale Caesar Chicken (H)
Roasted marinated chicken breast, baby kale, aged pecorino, creamy Caesar dressing

Korean BBQ Beef Bulgogi (ND) (H)
Thin-sliced marinated beef bulgogi, Asian slaw, scallions brown rice, cucumber, gochujang-mayo

Smoked Salmon & Dill Crème
Smoked salmon, capers, red onion, butter lettuce, dill cream fraiche

Falafel Shawarma (V)
Crispy falafel, shredded lettuce, tomato, cucumber, pickled turnip, fresh herbs, creamy tahini-garlic sauce

GREEN & GRAIN

Choose 2

GREEN SALAD

Baby Arugula & Iceberg (VEG)
Sliced pears, candied walnuts, blue cheese, poppy seed vinaigrette

Mixed Greens with Berries & Almonds (CN) (V)
Spring mix, strawberries, blueberries, toasted almonds, balsamic vinaigrette

Greens & Citrus (V)
Baby spinach, kale, mixed greens, orange segments, grapefruit, red onion, maple-apple cider vinaigrette

Butter Lettuce with Grapes & Pistachios (CN) (VEG)
Butter lettuce, red grapes, pistachios, feta, white wine vinaigrette

Baby Kale & Romaine Caesar
Baby kale, chopped romaine, herbed house made croutons, shaved parmigiano creamy Caesar dressing

GRAIN SALAD

Farro & Roasted Vegetable (V)
Farro, roasted squash, peppers, herbs, tahini lemon-dressing

Wild Rice & Cranberry (V) (NG)
Wild rice, dried cranberries, cucumber, mint-orange vinaigrette

Couscous Mediterranean (VEG)
Israeli couscous, olives, cucumbers, feta, oregano dressing

Quinoa & Grilled Corn (V)
Organic quinoa, grilled corn, cilantro, tomato, onions, peppers, lime vinaigrette

Orzo & Sundried Tomato (VEG)
Cherry tomatoes, cucumbers, red onion, bell peppers, kalamata olives, feta cheese, lemon-herb vinaigrette

DELUXE SANDWICHES

served on artisan bread – GF available

Chimichurri Beef Ciabatta (ND) (H)
Tender beef, roasted peppers, crispy onions, arugula, garlic aioli, chimichurri

Lemon-Herb Chicken Focaccia (H)
Marinated grilled chicken breast, sun-dried tomato pesto, fresh mozzarella, basil, mixed greens, balsamic glaze, rosemary focaccia

Grilled Halloumi Greek Style (VEG)
Halloumi cheese, roasted eggplant, tomato confit, olive tapenade, arugula, toasted sourdough

Mediterranean Roasted Veggie & Hummus (V)
Roasted zucchini, eggplant, peppers, creamy garlic hummus, olives, arugula

UPGRADE YOUR LUNCH – Soup Du Jour

*minimum 20 order| **$5 per person***

Mushroom & Barley (VEG)
Wild mushrooms, barley, leeks, garlic, thyme, vegetable stock, cream

Chicken & Wild Rice (H) (NG) (ND)
Chicken, wild rice, carrots, celery, onions, mushrooms, chicken broth, herbs

Beef & Vegetable (NG) (ND) (H)
Braised beef, potatoes, carrots, celery, onions, beef broth, rosemary

Thai Coconut Chicken
Coconut milk, chicken, lemongrass, galangal, lime leaves, mushrooms, lime juice, cilantro, wild rice, peppers, cream

Tomato Basil Bisque (VEG)
Roasted tomatoes, basil, garlic, onions, cream, vegetable stock, olive oil

Shrimp Tom Yum Soup (ND) (NG)
A spicy-sour Thai broth infused with lemongrass, galangal, and lime, mushrooms, tomatoes, and fresh herbs, fish sauce, rice noodles, shrimp

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WORKING LUNCH

Customize Your Sandwich Buffet!
Choose 2 salads & 3 sandwiches *or* wraps
Comes with sliced fruit platter

$25 per person *| Minimum 20 per order*
1.5 sandwich per person, cut in half



Customize Your Buffet | $55

Choose 2 proteins, 2 salads, 1 starch, 1 vegetable, 1 dessert
Served with assorted bread rolls & fruit platter
For a group of 25 or more

DELUXE LUNCH

PROTEINS

Choose 2

French Chicken Supreme (H*)
Chicken breast with winglet, mushroom-cream sauce

Grilled Flank Steak with Chimichurri (H* NG ND)
Flank steak seasoned with aromatics, chimichurri drizzle

Beef Bourguignon (NG)
Classic French stew of braised beef chuck, mirepoix, herbs

Piri Piri Chicken (H* NG ND)
Boneless chicken thigh, chimichurri, house-made hot sauce

Roast Salmon Filet – Choose Your Style*

- **Lemon-Herb:** Preserved lemons, cucumber, dill, garlic, olive oil (NG ND)
- **Teriyaki-Glazed:** Teriyaki sauce, ginger, garlic, sesame seeds, scallions (ND)
- **Mediterranean**: Cherry tomatoes, Kalamata olives, olive oil, capers, garlic, oregano, basil, lemon juice (NG ND)

Cajun Blackened Red Snapper (ND)
Red snapper fillets coated in Cajun spice, fresh parsley

UPGRADE TO PREMIUM PROTEINS

Madeira-Braised Beef Short Ribs | + $15
Slow-braised short ribs, mirepoix, Madeira wine & beef stock reduction (H* NG)

Herb-Crusted Prime New York Striploin | + $15
Roast whole striploin served sliced, with demi-glaze sauce (H* NG ND)

Chilean Seabass | + $15
Fried capers, beurre blanc, shallot (NG ND)

Miso-Glazed Black Cod | + $15 (ND)
Black cod marinated in white miso mixture

***Select* items will be refreshed July 1st to reflect seasonality, sustainability & current trends.**

GREEN & GRAIN

Choose 2

GREEN SALAD

Baby Arugula & Iceberg (VEG)
Pears, candied walnuts, blue cheese, poppy seed vinaigrette

Mixed Greens with Berries & Almonds (CN V)
Strawberries, blueberries, almonds, balsamic vinaigrette

Greens & Citrus (V)
Baby spinach, kale, mixed greens, orange segments, grapefruit, red onion, maple-apple cider vinaigrette

Butter Lettuce with Grapes & Pistachios (CN VEG)
Red grapes, pistachios, feta, white wine vinaigrette

Baby Kale & Romaine Caesar (VEG)
Herbed house-made croutons, shaved parmigiano, creamy Caesar dressing

GRAIN SALAD

Farro & Roasted Vegetable (V)
Farro, roasted squash, peppers, herbs, tahini lemon-dressing

Wild Rice & Cranberry (V NG)
Wild rice, dried cranberries, cucumber, mint-orange vinaigrette

Couscous Mediterranean (VEG)
Israeli couscous, olives, cucumbers, feta, oregano dressing

Quinoa & Grilled Corn (V)
Organic quinoa, grilled corn, cilantro, tomato, onions, peppers, lime vinaigrette

Orzo & Sundried Tomato (VEG)
Cherry tomatoes, cucumbers, red onion, bell peppers, kalamata olives, feta cheese, lemon-herb vinaigrette

STARCH & VEGGIE

Choose 2

STARCH

Truffle Parmesan Risotto (VEG)
Creamy Arborio rice, white wine, vegetable broth, truffle essence and aged Parmesan.

Lemon Herb Orzo (VEG)
Orzo pasta with fresh herbs, lemon zest, olive oil

Roasted Garlic Pomme Puree (NG VEG)
Potatoes, roasted garlic, butter

Saffron Basmati Rice (NG VEG)
Fragrant basmati rice infused with saffron threads

Creamy Polenta with Parmesan (VEG)
Polenta, parmesan, cream, butter, herbs

Lemon & Rosemary Baby Potatoes (NG V)
Roasted mini potatoes with lemon zest, rosemary

VEGGIE

Roasted Brussels Sprouts (ND)
Brussels sprouts, olive oil, salt, pepper, balsamic glaze

Maple-Glazed Heirloom Carrots (V)
Baby carrots, maple, thyme, parsley, salt

Roasted Cauliflower Gremolata (V NG)
Cauliflower florets, herbs, gremolata

Grilled Vegetable Medley (V NG)
Zucchini, peppers, onions, mushrooms, olive oil, herb

Honey-Lime Glazed Corn (VEG)
Kernels, honey, lime juice, butter, chili flakes, parsley

Thai Basil Stir-Fried Vegetables (V NG)
Peppers, snap peas, carrots, onions, chili, garlic

VEGETARIAN & PLANT-BASED

Choose 1 per event
15% portion allocated to main dish

Thai Green Curry Vegetables with Tempeh (ND NG V)
Coconut milk, green curry paste, bell peppers, carrots, eggplant, bamboo shoots, Thai basil, lime leaves onions, mushrooms

Moroccan Chickpea Tagine (ND NG V)
Chickpeas, tomatoes, carrots, raisins, cumin, coriander, cinnamon, turmeric, garlic, preserved lemon, cilantro. peppers, onions

Paneer Tikka Masala (NG)
Paneer cubes, tomato, onions, cream, garlic, ginger, garam masala, cumin, turmeric, chili powder, cilantro, crispy onions

Broccoli Pesto with Tofu
grilled tofu, nut-free pesto, roasted broccoli, oven-dried sun-dried tomato, sunflower seeds

SWEET TREATS

Choose 1

Lemon Meringue Tartlets (VEG)
Bright lemon curd topped with toasted meringue

Chocolate Ganache Bites (VEG)
Rich dark chocolate ganache in bite-size shells

Mini Tiramisu Verrines (VEG)
Layers of mascarpone cream and espresso-soaked ladyfingers

Mochi (VEG)
Assortment of traditional Japanese glutinous rice cake

Assorted Mini Bundt
Flavourful bundt cake assortment

Brownie Bites (NG ND)
Dense, fudgy squares dusted with cocoa

Gulab Jamun (VEG)
Rosewater syrup

Mini Baklava (CN)
A sweetened layered treat made of phyllo pastry and chopped nuts

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Standing Meal

$65 per person – *Group of 25 or more*

A chef-crafted selection of globally inspired small plates, individually presented for easy mingling and an elevated midday dining experience.

Mediterranean Mezze + Salad Cups (VEG) — Chef Led

A colorful assortment of small plates of dips

Baba ghanoush, hummus, labneh, tabouleh, marinated olives, pita wedges, assorted pickled vegetables

Chef attended min. 3 hours @ $ 50 per hour

Open-Faced Sandwich — Self Serve

Upscale, chef-built sandwiches with artisan breads

- Porchetta with salsa verde on ciabatta clusters
- Smoked salmon, dill crème fraîche, cucumber on pumpernickel
- Roasted vegetable focaccia with whipped honey-rosemary ricotta (VEG)

Entree Bites — Chef Led

A chef plates protein with gourmet sides

- Sliced beef bavette (H*), chimichurri and jalapeno corn bread bites
- Grilled Atlantic salmon with lemon-herb couscous (ND)
- Piri Piri boneless chicken thigh (H*), gremolata, house made Memphis sauce, smashed mini potato (ND)

Chef attended min. 3 hours @ $ 50 per hour

Tapas — Chef Led

Chef plates tapas-style dishes

- Gambas al ajillo (shrimp) with baguette
- Migas Extremenas (paella) with chorizo & pollo (NG)
- Lamb meatballs with mint yogurt (H*)

Chef attended min. 3 hours @ $ 50 per hour

Dessert Bites Table — Self Serve

Selection of sweet treats

- Mini maple creme brulee (NG)
- Bite-sized brownies and blondies (NG)
- Caramelized bananas with house-made ice cream (NG)

Lunch Collab

Guest Restaurants

Advanced booking required

Aramark collaborates with Toronto restaurateurs to offer an authentic small plate experience, infused with local flavours.

BAO MAMA

Baos are perfectly handmade, topped with Asian house slaw, green onions, and mama's specialty sauces.

THE ISLANDS

The Islands Caribbean Cookshop has introduced authentic Caribbean cuisine to Toronto foodies. Perfecting the art of fast, fresh, DELICIOUS Jamaican cuisine.

BASIL BOX

The Basil Box offers South-East Asian flavours, with North American influence.

SUSHI AGAIN

Authentic Japanese cuisine that offers Sushi, Maki & Poke.

Sushi Again is dedicated to making Japanese cuisine more accessible and enjoyable for everyone, by offering a diverse range of flavors and a delightful experience.

AH-SO KOREA

Ah-So Korea serves contemporary Korean cuisine with a harmony of Western techniques and Korean heritage flavours. At Ah-So Korea, tradition and modernity come together merging authentic Korean flavours with a creative flair.

BEAR STEAK

Premium, tender steak on a crisp-yet-pillowy Portuguese roll, finished with vibrant house-made chimichurri for bold, herbaceous depth and perfectly balanced flavour.

Pricing varies by minimum guarantee & menu selection – *Please inquire for more details.*

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LUNCH SMALL PLATES STATION

Handhelds | $15

served with Trail Mix + 6oz fruit cup, pop or water

choose 3, minimum 10 order

DELUXE SANDWICHES

served on artisan bread – GF available

Chimichurri Beef Ciabatta ND H
Tender beef, roasted peppers, crispy onions, arugula, garlic aioli, chimichurri

Lemon-Herb Chicken Focaccia H
Marinated grilled chicken breast, sun-dried tomato pesto, fresh mozzarella, basil, mixed greens, balsamic glaze on rosemary focaccia

Grilled Halloumi Greek Style VEG
Halloumi cheese, roasted eggplant, tomato confit, olive tapenade, arugula on toasted sourdough

Mediterranean Roasted Veggie & Hummus V
Roasted zucchini, eggplant, and peppers layered over creamy garlic hummus with olives, arugula

GOURMET WRAPS

served on premium tortilla

Kale Caesar Chicken H
Roasted marinated chicken breast, baby kale, aged pecorino, creamy Caesar dressing

Korean BBQ Beef Bulgogi ND H
Thin-sliced marinated beef bulgogi, Asian slaw, scallions brown rice, cucumber, gochujang-mayo

Smoked Salmon & Dill Crème
Smoked salmon, capers, red onion, butter lettuce, dill cream fraiche

Falafel Shawarma V
Crispy falafel, shredded lettuce, tomato, cucumber, pickled turnip, fresh herbs, creamy tahini-garlic sauce

Power Bowl | $15

To-go or dine in
minimum 10 order

A vibrant, nutrient-rich bowl layered with fresh greens, colorful vegetables, whole grains, and premium protein, finished with bright herbs, crunchy toppings, and a house-made dressing for balanced flavor and freshness in every bite.

Asian Fusion
Wild rice, baby spinach, roasted sesame-ginger sweet potatoes, blistered shishito peppers, pickled daikon & carrot, steamed edamame, sliced avocado, toasted sesame seeds, scallions, nori strip, citrus-miso drizzle

Mediterranean Glow
Farro, mixed baby greens, roasted sweet potatoes, roasted broccoli, cherry tomatoes, sliced cucumbers, shredded carrots, avocado slice, chickpeas, hemp hearts, lemon-tahini dressing

Piri-Piri Lover
Organic quinoa, charred corn, roasted sweet potato, baby kale, cherry tomatoes, cucumber, black beans, fresh cilantro, pickled red onions, toasted pumpkin seeds, house-made piri-piri sauce + lemon-garlic yogurt

Choose Your Protein

5oz (140g) per serving

Roasted Chicken Breast | $7 H
Grilled Salmon | $9
Garlic Shrimp | $9
Grilled Tofu | $6 V
Crispy Falafel | $6 V

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BOXES & BOWLS

Quick Eats - Quick Pick Up



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TASTE | QUALITY | SERVICE

SNACK PACKS

r e f u e l

SNACKS PACKS

Price per item - Minimum 1 dozen per order

Roasted Legumes| $1.35 NG V
15 g - assorted flavors by Three Farmers
Fava | Lentil | Chickpea
High in plant protein and fiber, packed with essential vitamins and minerals, and a source of antioxidants.

Roasted Edamame | $2.59 VEG
26 g - assorted flavors by go beanz
High in plant protein, rich in fiber, and packed with essential nutrients for steady energy and overall wellness.

Trail Mix Packs | $1.99 NG V
25 g - assortment fruit flavors by Healthy Crunch
Fruit & Seeds provides quick energy, healthy fats, fiber for fullness, and antioxidants to support overall wellness.

Super Foods | $2.99 NG V
40 g - dark chocolate covered fruits by Healthy Crunch
Offer antioxidants, provide a small boost of energy, and deliver vitamins and fiber.

Yoggies | $1.29 NG
20 g – strawberry coated yogurt
YOGGIE is loaded with dietary fiber and 2 billion probiotics. Probiotics support healthy digestion and contributes to overall immune wellness.

Seaweed & Rice | $1.29 VEG
30 g – rice crackers by Want-Want
Offers nutrition with minerals from seaweed, whole-grain energy from rice, and natural antioxidants.

Quinoa & Black Rice | $1.29 VEG
30 g – black rice crackers by Want-Want
Offer whole-grain energy, plant-based protein, fiber and antioxidants.

Crispy Apple Chips | $ 1.49 NG V
22 g – apple chips by Martin's
Apple chips offer natural sweetness with fiber for digestion and antioxidants supporting healthy cells.

POWER BITES

Price per dozen

Energy Shots | $36 NG VEG
3 oz – berry, spinach and collagen protein smoothies
Nutrient-dense energy shots, offer antioxidants from berries, vitamins and iron from spinach, and collagen to support skin and joint health.

Matcha Energy Balls | $25 V
1 oz Oats, dates, matcha, oats, coconut
Nutrient-dense bite, boosts energy, offer antioxidants and healthy fats.

Dark Chocolate Mini Bites | $8 CN NG
.5 oz Pistachio, almond, cranberry
Nutrient-dense bite offers natural energy, fiber, antioxidants and healthy fats.

Banana & Walnut Bars | $25 CN VEG
2 oz Oats, whole wheat flour, pumpkin spice
Banana and walnut deliver natural energy with potassium, fiber, and healthy fats.

Parmesan Herb & Cornmeal Loaf | $25 VEG
3 oz Grated parmesan, blend with parsley, rosemary, thyme, oregano
Parmesan-herb cornmeal loaf offers fiber, steady-energy carbs, and a boost of protein and calcium, with herbs adding natural antioxidants.

Oat & Raisin Cookie Bite | $15
1 oz
Oat and raisin cookies provide fiber for steady energy, natural sweetness with antioxidants.

Berries Mini Jar | $36 NG V
4 oz
Mixed berries are loaded with antioxidants, vitamin C and natural fiber, supporting immunity and digestion.

Carrots & Hummus Mini Jar| $25 NG V
4oz
Carrots with hummus offer fiber, plant protein, and antioxidants that support steady energy, digestion and satisfying snacking.

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LONGEVITY SNACKS

Tiny bites of feel-good fuel that pack antioxidants, steady energy, and all-day vibes into every crunch.



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COCKTAIL & RECEPTION



CLASSIC FARE

Seating is not a requirement.

Get ready to snack, stroll, and enjoy. Every bite brings you globally inspired flavours that are perfect for easy grazing and sharing. Just grab what you love, mingle, and keep the good vibes rolling.

Plated Service available. Please inquire for details.

SMALL PLATES & BOWLS

For a group of 25 or more

Composed Mini Bowls | Self-Serve
Two for $12 | Three for $16

Mini Mediterranean Grain Bowl (VEG)
Farro, cherry tomatoes, cucumbers, olives, feta, lemon-oregano vinaigrette

Caprese (VEG)
Mozzarella, basil, balsamic glaze, grape tomatoes

Asian Crunch Salad (V) (ND)
Napa cabbage, edamame, crispy wontons, sesame-ginger dressing

Compressed Watermelon & Burrata (VEG)
Basil oil, Maldon salt, aged balsamic pipette

Bites Appetizer | Chef Led
Two for $14 | Three for $19

Seared Scallop Spoon
Cauliflower purée, truffle oil, crispy capers

Beef Tartare Tartlet (H)
Dijon aioli, shallot confit, chive blossom

Wild Mushroom Arancini (VEG)
Parmesan espuma, black garlic drizzle

Charred Vegetable Bruschetta (VEG)
Whipped ricotta, rosemary crostini, microgreens

Chef attended min. 3 hours @ $ 50 per hour

Petite Entrées | Chef Led
Two for $18 | Three for $25

Teriyaki Salmon Bites (ND)
Micro greens, jasmine rice, lemon confit

Beef Bourgignon
Pearl onion, pomme puree

Lobster Truffle Mac & Cheese +$3
with Parmesan crumble

Duck Confit Tortellini
Parmesan velouté, thyme oil, shaved pecorino

Truffled Potato Gnocchi Cup (VEG)
Parmigiano cream, truffle oil, microgreens

Chef attended min. 3 hours @ $ 50 per hour

Sweet Spot | Self-Serve
Two for $10 | Three for $14

Mini Lemon Meringue Torches
Torched Italian meringue, Meyer lemon curd

Espresso Mini Crème Brûlée
Caramelized sugar

Caramelized Banana
Banana brûlée, dulce de leche, cocoa crumble

Berry Jar (V)
Berry Assortment

French Macaron (CN)
Assorted flavours

HORS D'OEUVRES

Minimum order 2 dozen per item

Vegetarian

Falafel Bites| $30/dz (NG) (V)
Za'atar spiced tahini

Mushroom Arancini | $36/dz (VEG)
Truffle aioli

Fig & Herb Goat Cheese Crostini | $30/dz (VEG)
Goat cheese, fig jam, thyme

Beyond Meat Pretzel Slider | $45/dz (V)
Plant-based aioli, arugula, balsamic onion

Watermelon & Feta | $24/dz (NG) (VEG)
Basil, balsamic glaze

Vietnamese Fresh Roll | $30/dz (V) (NG)
Sweet & sour sauce

Meat

Schnitzel Bites | $33/dz (H)
Crispy chicken, honey mustard sauce

Beef Tataki | $42/dz (NG) (H) (ND)
Soy-citrus dressing, pickled onions, green onions

Reuben Phyllo Cup | $33/dz
Pastrami beef, tangy sauerkraut, melted Swiss, thousand Island dressing

Chicken Tandoori Skewer | $33/dz (H)
Mint chutney

Buffalo Chicken Slider | $36/dz (H)
Lettuce, blue cheese, ranch, brioche

Smoked Duck Pot Pie | $36/dz
Root vegetables, mushrooms

Seafood

Tuna Tartare Cucumber Cup | $45/dz (ND)
Rare tuna, cucumber, lemon, red onion, sesame seeds, tamari soy

Tiger Shrimp Cocktail | $42/dz (ND)
Iceberg, grape tomato, cucumber, cocktail sauce

Salmon Rosti | $42/dz (NG)
Potato rosti, smoked salmon, dill cream cheese, herbs

Crab Cake | $42/dz
Old bay Aioli

Fresh Shrimp Spring Roll | $42/dz (NG)
shrimp, vermicelli noodles, GF rice wrap, vegetables, cilantro, mint

+Diversify Your Palate

Global Flavours | Chef Led
Two for $16 | Three for $21

Indian Butter Chicken Mini Bowls (H)
Drizzled raita, fried onion, coriander, saffron rice

Peruvian Ceviche Shot
Sea bass, leche de tigre, crispy smashed corn

Chef attended min. 3 hours @ $ 50 per hour

Thai Coconut Chicken Cups (H)
Kaffir lime, chili crunch, crispy shallots

Esquites (Mexican Street Corn) (VEG)
Queso-cojita, tajin, cilantro

(NG) NON-GLUTEN (ND) NON-DAIRY (CN) CONTAINS PEANUTS/NUTS (VEG) VEGETARIAN (V) VEGAN (H) HALAL



ALCOHOLIC BEVERAGES

BAR ON CONSUMPTION

WINE

House Wine | $35 btl

Santa Carolina Sauvignon Blanc
and Cabernet-Merlot

Premium Wine

Upon Request

LOCAL & IMPORTED BEER | $7.50ea

Ontario Craft Beer & Imported

SPARKLING

Cava | $50 btl
Spanish sparkling wine from Catalonia, made using traditional bottle fermentation

Champagne
Upon request

SPIRITS

Bar Rail | $7.50 gl
Selections of vodka, gin, rum & whisky

COCKTAIL ZONE

Add (1) feature cocktail to your bar.

Mango Mezcalita | $14
Smoky, tropical, and bold

Mezcal, fresh mango purée, lime juice, agave, tajín

Caramel Espresso Martini | $14
Rich, indulgent, & social-media friendly

Vodka, espresso, coffee liqueur, sea salt, salted caramel syrup

Blood Orange Paloma | $12
Bright, citrus-forward, & refreshing

Blanco tequila, blood orange juice, lime juice, agave, grapefruit soda

Lychee Cucumber Spritz | $12
Light, floral, and elegant

Gin, Lychee liqueur, cucumber juice, lemon juice, soda water

RECEPTION BAR PACKAGE

BEER & WINE PACKAGE

House Wine, Local & Imported Beer + Non-Alcoholic Beverages
2- Hour | $ 20 pp
3- Hour | $ 25 pp

FULL BAR PACKAGE

Bar Rail, House Wine, x1 Cocktail, Local & Imported Beer, + Non-Alcoholic Beverages
2- Hour | $30 pp
3- Hour | $35 pp



SPIRIT-FREE

MOCKTAILS

Spring Forward

Elderflower Pear Sparkler
Light, floral, and elegant
Elderflower syrup, fresh pear juice, fresh lemon juice, non-alcoholic prosecco, pear slice

Strawberry Rose Garden Spritz
Romantic and fresh with subtle florals
Fresh strawberry purée, rose water, lime juice, soda water, strawberry slice

Cucumber Mint White Grape Cooler
Clean, crisp, and spa-inspired
Fresh cucumber juice, white grape juice, mint leaves, lime juice, sparkling water, cucumber ribbon

Honey Citrus Thyme Refresher
Bright, herbal, and sophisticated
Fresh orange juice, fresh lemon juice, honey, thyme-infused water, lemon peel

Summer Breeze

Watermelon Lychee Crystal Fizz
Bright, juicy, and ultra-refreshing
Fresh watermelon juice, lychee juice, lime juice, sparkling water, lychee

Pineapple Yuzu Spritz
Tropical with a refined citrus edge
Cold pressed pineapple juice, yuzu soda, simple syrup, soda water, pineapple

White Peach & Jasmine Cooler
Delicate, aromatic, and elegant
White peach nectar, chilled Jasmine tea, lemon juice, sparkling water, peach slice

Cucumber Lime Matcha Spritz
Modern, clean, and wellness inspired
Fresh cucumber juice, lime juice, lightly sweetened matcha, sparkling water, lime wheel

Small Dispenser (25ppl) - $150 | **Large Dispenser (50ppl)** $250

NON-ALCOHOLIC

ZERO PROOF

0.0% Beer | $5.50
Local & Imported

0.0% Wine | $25 btl
Local & Imported

Sparkling Cider | $5.50
Local & Imported

Caffeinated Drinks
Brust Drinks – Protein Coffee **$3.85**

Nespresso Cart $6/guest | Attended
Espresso, Americano, Dairy-Based Coffee
for a group of 25 or more – Coffee attendant min. 3 hrs @ $45/hr

SODA, JUICE & WATERS

Sparkling Water | $3
Perrier 330ml

Soft Drinks | $2
Assorted 355ml

Sparkling Fruit Water | $3.50
San Pellegrino 355ml

Bottled Juice | $3.50
Tropicana 355ml

Premium Bottled Juice | $6
Greenhouse

Citrus-Infused Water Dispenser
Complimentary



GENERAL INFORMATION

Liquor Service

- **Permanent Liquor Sales License:** North Tower 9 and North Tower 12 (including terraces)
- **SOP Required**: All other areas; SOP fees are charged to the event
- **Security:** Required for all alcohol services. 4 hours minimum.
  - 1 week booking timeline – contact serviceline_toronto@manulife.com & pedro_rodrigues@manulife.com

Menu & Dietary Options

- **Menu Updates:** Select items refresh by the Executive Chef, focused on seasonality, sustainability and trends
- **Kosher:** Available with 72-hour advanced notice; COR-certified vendor
- **Vegan & Vegetarian:** 15% of buffet entrées allocated to plant-forward options
- **Custom Requests:** Special menus available with advance notice
- **Menu Confirmation & Final Guest Count:** For conference programs, 10 business days is required prior to the event to ensure product availability, logistics & staffing.

Staffing & Rentals

- Service staff differ based on guest count and event timeline
- Rental costs vary by guest count, service style, and required items.
  Once the menu is finalized, a rental estimate is obtained and shared with the client.

CONTACT

Email: choices_catering@manulife.com
Phone: 416-926-3054
Catering Manager: Maria Perez
Location: 200 Bloor St. E – Toronto, ON
Hours: Mon-Fri | 9am to 5pm



Lean Tabarangao
Executive Chef

Maria Perez
Catering Manager

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DINING & HOSPITALITY
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