



CHEF

O N T H E G O

LUNCH / DINNER

2025 MENU

INFO@CHEFONTHEGO.CA
(647)281-7090

SALADS

NF = NUT FREE | DF=DAIRYFREE | GF=GLUTEN FREE | VG=VEGETARIAN | V= VEGAN

SM. 3-4 GUESTS / MED. 5-8 GUESTS / LRG. 10-12 GUESTS



HERITAGE FIELD SALAD

heirloom grape tomato / cucumber / red onions / carrot / valentine radish / balsamic fig vinaigrette

\$38 / \$74 / \$104 – NF / GF / DF / VG / V



AHI TUNA SLAW

seared tuna tataki / shaved napa cabbage / cucumber / scallions / daikon / sprouts / fried taro / sesame dressing

\$72 / \$144 / \$216 – GF / DF / VG / NF



MEDITERRANEAN ORZO SALAD

cherry tomatoes / cucumber / feta / dill / kalamata olives / lemon- dill & lemon vinaigrette
(iceberg can be subbed for orzo)

\$42 / \$80 / \$118 – NF / GF / VG



KALE AND ROMAINE CAESAR

prosciutto chips / brioche croutons / shaved parmesan / creamy vinaigrette

\$40 / \$78 / \$108 – NF / VG – No prosciutto chips



GOATCHEESE FRITTER SALAD

spinach / chèvre fritter / shaved red onion / honey shallot dressing

\$48 / \$96 / \$144 – VG / NF



HEIRLOOM TOMATO PANZANELLA

vine ripened tomatoes / feta / baguette croutons / red onion / chiffonade of mint / red wine caper vinaigrette

\$40 / \$78 / \$108 – NF / VG



SESAME NOODLE SALAD

egg or rice noodle / julienned vegetables / edamame / toasted sesame seeds / peanut or sesame-ginger dressing

\$40 / \$78 / \$108 – DF / VG / GF (optional)



ARUGULA WINTER SALAD

roasted yams / cranberries / blueberries / candied walnuts / red wine vinaigrette

\$48 / \$96 / \$144 – DF / VG / GF (optional)

SANDWICH SELECTION

MINIMUM 10 GUESTS PER SELECTION

INCLUDES A SANDWICH ON A FRESHLY BAKED ARTISAN BUN / BREAD
ACCOMPANIED BY A MIXED GREENS SALAD W. BALSAMIC VINAIGRETTE
NF = NUT FREE | DF = DAIRY FREE | GF = GLUTEN FREE | VG = VEGETARIAN | V = VEGAN

INDIVIDUAL LUNCH BOXES OR PLATTERS AVAILABLE



GRILLED ROSEMARY CHICKEN BREAST

avocado / greenleaf / lemonaioli

\$22 – NF / DF



MONTREAL SMOKED MEAT

havarti / crispy fried onions/ sliced kosher dill / dijon aioli

\$22 – NF



PROSCIOUTTO AND PEPPERS

grilled peppers / provolone / arugula / fig jam

\$22 – NF



ALBACORE TUNA SALAD

greens / sliced tomato / sprouts / cucumber

\$20 – NF / DF



DILL SCENTED EGG SALAD

greens / sliced tomato / sprouts / cucumber

\$20 – NF / DF / VG



GRILLED TOFU AND VEGETABLE

fire grilled peppers / onions / micro greens / sun-dried tomato jam / chick pea puree

\$22 – NF / DF / VG / V



SESAME GINGER STEAK

teriyaki hangersteak/crispyshallots / baby arugula / garlic-ginger aioli

\$24 – NF / DF



CHICKEN SCHNITZEL

arugula / pickledcabbage / whole grain mustard aioli

\$22 – NF / DF

LUNCH BOWLS

MINIMUM 10 GUESTS PER SELECTION

NF = NUTFREE | DF=DAIRYFREE | GF=GLUTENFREE | VG=VEGETARIAN | V=VEGAN

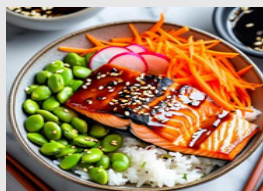
SERVED IN A TAKEOUT BOWL W. CUTLERY KIT



MEDITERRANEAN QUINOA BOWL

grilled chicken or falafel / quinoa tabbouleh / roasted harissa chickpeas / cucumber / cherry tomatoes / feta / tahini / lemon-herb dressing

\$25 – NF / GF / VG (falafel)



TERIYAKI SALMON BOWL

soy-glazed salmon / sushi rice / edamame / shredded carrots / radish / pickled ginger / toasted sesame seeds / ponzu dressing

\$25 / \$22 – NF / GF



CLASSIC CAESAR BOWL

grilled chicken or shrimp / romaine / shaved Parmesan / sourdough croutons / cherry tomatoes / creamy Caesar dressing

\$23 / \$25 – NF



GREEK ORZO BOWL

oregano chicken or salmon / orzo / kalamata olives / cherry tomatoes / cucumber / red onion / feta tzatziki dressing

\$23 / \$25 – NF



HOISIN NOODLE BOWL

hanger steak or chicken / egg or rice noodle / bean sprout / snow pea / carrot / valentine radish / ginger hoisin drizzle

\$26 / \$23 – NF / DF



ZA'ATAR CAULIFLOWER BOWL

spiced chickpeas / couscous / arugula / dried cranberry / pomegranate tahini dressing

\$23 – DF / NF / VG / V



TUNA POKE BOWL

sushi rice / edamame / shredded carrots / cucumber / bean sprouts / toasted sesame seeds / ginger sesame dressing

\$25 – NF / GF

LUNCH. DINNER. ENTREES.

MINIMUM 10 GUESTS PER SELECTION

SERVED HOT ROOM TEMPERATURE PLATTER

PAN SEARED CHICKEN SUPREME

thyme / black mission fig reduction NF / GF / DF
\$18

REVERSE SEARED SOUSVIDE HANGERSTEAK

choice of: teriyaki / chimichurri / Cajun NF / GF / DF
\$24

CARABBEAN JERK CHICKEN

grilled bone in leg / pineapple salsa
NF / GF / DF \$22

TORCHED ATLANTIC SALMON

pomegranate / pumpkin seed gremolata
NF / GF / DF
\$22

CHICKEN OR PORK SCHNITZEL

apple braised purple cabbage NF / DF
\$19

LAMB CHOPS

grilled Frenched rack (4 bone) / blueberry gastrique NF /
GF / DF \$60

GRILLED SHRIMP

choice of: cajun / garlic and herb / ginger lemongrass / jerk NF /
GF / DF
\$22

COFFEE CRUSTED TENDERLOIN

grilled aged tenderloin / smokey bourbon glaze
NF / GF / DF
\$36

PAN SEARED CHICKEN / VEAL PAILLARD

choice of chicken breast or veal / lemon caper sauce
NF / GF
\$22 / \$28

STUFFED ACORN SQUASH BAKE

mushrooms / zucchini / peppers / tomato / fresh basil pesto
NF / GF / DF / VG / V
\$20

EGGPLANT STACK

caramelized onion / spinach / mushroom / tomato ragu
NF / DF / VG
\$20

BITE. SAVOR. REPEAT.

SIDE DISH OPTIONS

PASTA

choice of penne / fusilli / fettuccini – GF available by request
sauces – rose / basil pesto (nut free) / house ragu / *Bolognese / **forest mushroom
NF / DF / VG / V / GF \$10 / *\$16 / **18

SMASHED POTATOES

garlic confit / butter / cream
GF / VG / NF \$8

RICE

choice of steamed / soy fried / Mexican / turmeric basmati
NF / GF / VG / V / DF \$6

BLACK GARLIC & CHILI BEANS

fine French beans / black garlic / chili flake
NF / GF / VG / V / DF \$8

HARISSA HEIRLOOM CARROTS

Ontario honey / harissa / cilantro
NF / GF / VG / V / DF \$8

VEGETABLE MEDLEY

peppers / zucchini / red onion / mushrooms / fresh herbs
NF / GF / VG / V / DF \$8

GARLIC & DILL POTATOES

roasted mini reds / garlic confit / dill
NF / GF / VG / V / DF \$6

GRILLED LEMON TRUFFLE ASPARAGUS

truffle oil / lemon zest / pink sea salt
NF / GF / VG / V / DF \$9

JERUSALEM COUSCOUS

seared tomatoes / zucchini / red onion / parsley
NF / VG / V / DF \$9

BITE. SAVOR. REPEAT.

DESSERT OPTIONS

EXOTIC & DOMESTIC FRUIT PLATTER

Reg. serves 5-8 guests / Lrg. 10-15 guests
\$48 / \$90

SEASONAL COOKIE PLATTER

Reg. serves 5-8 guests / Lrg. 10-15 guests
\$24 / \$45

MINI CRÈME BRULÉ

choice of classic/maple vanilla/espresso bean
\$60 per dozen

FRENCH MACARONS

choice of vanilla /tiramisu/ chocolate/espresso / strawberry
\$36 per dozen

PUMPKIN SPICED CHURRO BITES

caramel filled / pumpkin spiced sugar toss
\$6 per person

PETIT FOUR

assortment of cakes/ tarts /squares / profiter rolls
\$36 per dozen

CATERING. ETIQUETTE.

ORDERING

call 647-281-7090 or email info@chefonthego.ca
please inform us of any allergies or dietary restrictions

DEPOSITS & PAYMENT

a 20% non-refundable deposit due at booking; balance due
72 hours prior to the event

DELIVERY & PICKUP

delivery min.\$50 (based on location)
curb- side pickup available

ADDITIONAL CHARGES

18% service charge will be applied to all staffed events.
additional costs may apply due to fluctuating market costs
and tariff rates