



Kissthecookcatering.com

BOXED LUNCH MENU

LIVE THE MOMENT

LOVE THE FOOD



INDIVIDUALLY BOXED LUNCH MENU

At Kiss the Cook Catering we have always upheld the highest standards of health and safety. Since Covid-19 we have become hypervigilant and implemented new measures to keep our staff and clients safe during these unprecedented times. Our featured Boxed Lunch Menu contains individually packaged meals to ensure you have healthy, nourishing food options available to enjoy.

KITCHEN PROTOCOLS

- Training on heightened food safety protocols
- Staff undergo temperature checks on entering and leaving our facility
- Provision of gloves and face masks to all employees to be worn throughout each shift
- Provision of hand sanitizer to all employees
- Staggering shifts and keeping workers a minimum of 2 meters apart
- Frequent cleaning of utensils and kitchen surfaces throughout each shift
- Deep cleaning and sanitizing of the facility, bathrooms, common touch points and equipment daily
- Signage reinforcing frequent handwashing and good respiratory hygiene
- All menu items are to be individually packaged and labelled

DELIVERY PROTOCOLS

- Training on heightened food safety protocols
- Provision of sanitary wipes, hand sanitizer, gloves and tissues in all Kiss the Cook Catering company vehicles
- Prior to entering a company vehicle, drivers will use sanitary wipes to disinfect all high touch points associated with the delivery vehicle including exterior and interior door handles, steering wheels and gear shifts
- Upon arrival, delivery and service team members will wear gloves and face masks during the unloading process.
- Contactless delivery can be arranged with the client in advance

Additional information:

-8 person order minimum

-Prices listed are subject to HST

-Dietary restrictions will be accomodated upon request

FREE DELIVERY SPECIAL!

DELIVERIES MONDAY THRU FRIDAY from 9am-4pm

West of Morningside Rd. to East of Parkside drive, and south of Steeles Ave are FREE!

Please inquire for delivery fees outside of these parameters and times.



Deli Sandwiches & Wraps

Prices are per serving
Minimum order of 8

INDIVIDUALLY BOXED DELI SANDWICH OR WRAP LUNCH

Enjoy a wide selection of our famous deli sandwiches and wraps including:

- Tuna salad; celery, green onion, mayo
- Egg salad, green onion, celery, mayo v
- Grilled chicken Caesar wrap, romaine, Caesar dressing
- BBQ chicken, tomato, lettuce, mayo
- Black forest ham, Swiss cheese, lettuce, tomato & mustard
- Oven roasted turkey, Havarti, lettuce, tomato, mayo
- Roast beef, Cheddar, mustard, lettuce, tomato
- Corned beef, Swiss, lettuce, tomato, mustard
- Grilled seasonal vegetables, hummus Ve D
- Cheddar, Swiss, lettuce & tomato v

Dietary restrictions?

Gluten free, dairy free, vegetarian, vegan or other dietary restrictions can be packaged separately and labelled upon request

A la Carte \$9

Individually wrapped & labelled by type

COMBO OPTIONS:

Combo #1 \$12

Includes your choice of fruit skewer or dessert
(jumbo cookie OR Baker's daily selection of dessert squares)

Combo #2 \$16

Includes your choice of 1 salad (pg. 4),
fruit skewer or dessert (jumbo cookie OR Baker's daily
selection of dessert squares)

Combo #3 \$18

Includes your choice of 2 salads (pg. 4),
fruit skewer or dessert (jumbo cookie OR Baker's daily
selection of dessert squares)

***All boxed sandwich & wrap lunches will
be labelled by type**





Gourmet Sandwiches & Wraps

Prices are per serving
Minimum order of 8

INDIVIDUALLY BOXED GOURMET SANDWICH OR WRAP LUNCH

Enjoy a wide selection of our famous gourmet sandwiches and wraps including:

- Pulled BBQ chicken, mozzarella, lettuce, tomato
- Grilled chicken, Swiss, roasted red peppers, black olive tapenade
- Crispy chicken Caesar, bacon, Parmesan cheese, Creamy Caesar dressing
- Egg salad, pesto, mixed greens v
- Smoked salmon, cream cheese, capers, black olives, red onion, tomato, mixed greens
- Prosciutto, provolone, mixed greens
- Reuben; corned beef, Swiss, sauerkraut, mustard, thousand islands
- Grilled steak, caramelized onions, roasted peppers, chipotle and smoked Gouda
- Avocado, cream cheese, lettuce, tomato wrap v
- Grilled vegetable, goat cheese, hummus v

Dietary restrictions?

Gluten free, dairy free, vegetarian, vegan or other dietary restrictions can be packaged separately and labelled upon request

A la Carte \$11

Individually wrapped & labelled by type

COMBO OPTIONS:

Combo #1 \$14

Includes your choice of fruit skewer or dessert
(jumbo cookie OR Baker's daily selection of dessert squares)

Combo #2 \$18

Includes your choice of **1 salad: Garden, Greek, Caesar, Kale & Sweet Potato or Greek Pasta,** fruit skewer or dessert *(jumbo cookie OR Baker's daily selection of dessert squares)*

Combo #3 \$20

Includes your choice of **2 salads: Garden, Greek, Caesar, Kale & Sweet Potato or Greek Pasta,** fruit skewer or dessert *(jumbo cookie OR Baker's daily selection of dessert squares)*

***All boxed sandwich & wrap lunches will be labelled by type**





Hot Sandwich Combos

Prices are per serving
Minimum order of 8

All hot sandwiches are individually wrapped and served warm

PANINI PANINI PANINI **\$17**

House baked focaccia with premium fillings, grill pressed including;

- Grilled steak with smoked Gouda, roasted red peppers and chipotle
- Grilled chicken breast with mozzarella, roasted red peppers and pesto
- Grilled eggplant, zucchini and peppers with goat cheese & black olive tapenade v

PHILLY STEAK **\$17**

Fresh baked Italian buns with sautéed shaved sirloin steak, bell peppers, onions, mushrooms, and melted mozzarella

MONTREAL SMOKED MEAT **\$17**

Montreal smoked meat piled high on rye bread with French's Mustard and Kosher dill

BURRITOS **\$16**

10-inch soft tortillas filled with your choice of grilled chicken, steak, or vegetarian black beans, Mexican rice, cheddar cheese and salsa. Guacamole in 2 ounce individual grab and go containers

CHICKEN PARMESAN **\$16**

Authentic Italian chicken, or vegetarian eggplant Parmesan on a house baked Kaiser topped with mozzarella, sautéed peppers and onions

MEATBALL SUB **\$16**

Homemade jumbo meatballs in house marinara, mozzarella, grilled peppers, Calabrese bun

GRILLED CHEESE v **\$15**

Mozzarella, Smoked Gruyere, Cheddar, Swiss, Pesto on fresh baked focaccia

SIDE SOUPS **\$5**

Tomato v

OR

Chicken Noodle

*individual containers with lids, must be rewarmed by client

All hot sandwich combos include your choice of:

1 salad: Garden, Greek, Caesar, Sweet Potato & Kale or Greek Pasta

1 fruit skewer or dessert (*jumbo cookie OR Baker's daily selection of dessert squares*)

SALAD & DESSERT WILL BE PACKAGED SEPARATELY FROM HOT SANDWICHES

***A La Carte prices range \$10-12 per sandwich**





Grilled & Chilled Entrées

Minimum 8 per kind
All served at room temperature

GRILLED & CHILLED COMBOS

*Packages are individually boxed for grab & go
All proteins are gluten & dairy free

GRILLED CHICKEN COMBO **\$18**

Boneless breast of chicken, marinated and glazed in your choice of BBQ, Jerk or Pesto. Grilled vegetables and your choice of 1 salad: Garden, Greek, Caesar, Kale and Sweet Potato or Greek Pasta. Choice of fruit skewer or dessert (*jumbo cookie or Baker's daily selection of dessert squares*)

GRILLED STEAK COMBO **\$20**

Tender striploin steak is seasoned with steak spice and grilled to medium rare. Grilled vegetables and your choice of 1 salad: Garden, Greek, Caesar, Kale & Sweet Potato or Greek Pasta. Choice of fruit skewer or dessert (*jumbo cookie or Baker's daily selection of dessert squares*)

GRILLED SALMON COMBO **\$22**

Grilled salmon filet with your choice of mango salsa or fresh lemon & dill. Grilled vegetables and your choice of 1 salad: Garden, Greek, Caesar, Kale & Sweet Potato or Greek Pasta. Choice of fruit skewer or dessert (*jumbo cookie or Baker's daily selection of dessert squares*)

GRILLED VEGAN COMBO **\$16** Ve

Grilled vegetables and tofu with your choice of 1 salad: Garden, Greek, Caesar, Kale & Sweet Potato or Greek Pasta. Choice of fruit skewer or dessert (*jumbo cookie or Baker's daily selection of dessert squares*)

BUDDHA BOWLS

*Packages are individually boxed for grab & go
All proteins are gluten & dairy free

FAJITA BOWL **\$18**

Romaine lettuce topped with choice of grilled chicken or steak, diced tomato, black beans, corn, red peppers, olives, shredded cheddar, 2 ounce container of Ranch dressing & Guacamole

GREEK BOWL **\$18**

Romaine lettuce topped with grilled chicken souvlaki, diced tomato, cucumber, red peppers, Feta cheese, kalamata olives, 2 ounce container of Greek dressing

INDIAN BOWL **\$18**

Romaine lettuce, Tandoori chicken, cucumber, spiced chickpeas, shredded carrot, raisin, cashews, 2 ounce container of curried poppyseed dressing

COBB BOWL **\$20**

Romaine lettuce, hard boiled egg, chicken, bacon, cherry tomato, cucumber, feta, avocado, 2 ounce container with your choice of balsamic, ranch or blue cheese dressing





Hot Boxed Lunches

All grilled & chilled menus are served at room temperature

Salads will be boxed separately from hot food

LASAGNA **\$20**

Kiss The Cook Lasagna, and choice of Caesar or Garden salad with balsamic dressing, garlic bread

CHICKEN SOUVLAKI **\$22**

Chicken Souvlaki, Greek Lemon Roasted Potatoes, Grilled Vegetables and choice of Greek or Garden salad with balsamic dressing, grilled pitas

HERB ROASTED CHICKEN **\$22**

Rosemary Chicken au Jus, Herb Roasted Mini Potatoes, Steamed Vegetables and choice of Caesar, Greek or Garden salad with balsamic dressing, dinner roll & butter

CHICKEN PARMESAN **\$22**

Chicken Parmesan served over a nest of linguine, steamed vegetables and choice of Caesar or Garden salad with balsamic dressing

CHICKEN SCHNITZEL **\$22**

Chicken Schnitzel, cheese & potato pierogies with caramelized onions, steamed vegetables, Garden salad with balsamic dressing and 2 ounce of sour cream for pierogies

Vegetarian / Vegan alternatives are available, please inquire

SPAGHETTI & MEATBALLS **\$20**

Jumbo all beef meatballs served over a nest of spaghetti, topped with slow roasted tomato sauce, and choice of Caesar or Garden salad with balsamic dressing, garlic bread

BBQ CHICKEN **\$22**

Hickory BBQ glazed chicken, herb roasted potatoes, grilled vegetables and choice of Caesar, Greek or Garden salad with balsamic dressing, dinner roll & butter

CANNELLONI **\$20**

2 pieces of homemade cannelloni (ricotta & spinach or beef), topped with slow roasted tomato sauce, choice of Caesar or Garden salad with balsamic dressing, garlic bread

ADD DESSERT **+\$3**

To be packaged with the salad:

Jumbo fresh baked cookie

OR

Fruit skewer

OR

Triple chocolate brownie

