

BUFFET & FAMILY STYLE

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.



Salads

-   QUINOA TABOULEH
Yellow Quinoa, Cucumbers, Tomato, Pickled Onions, Chickpea Hummus, Mint, Parsley
-  "CAPRESE"
Fire Roasted Cherry Tomatoes, Ontario Heirlooms, Fior di Latte, Basil Pesto, Vincotto
-  ARUGULA
Maple Pecans, Green Apple, Shaved Grana Padano
-   MEXICANA
Avocado, Charred Corn, Grape Tomatoes, Black Beans, Chopped Romaine, Crispy Corn Tortillas, Cilantro
-  HORIATIKI
Sheep's Milk Feta, Tomato, Cucumber, Red Onion, Kalamata Olives, First Cold Pressed Oil
-  KALE CAESAR
Shredded Black Kale, Crispy Lentils, Caesar Dressing, Manchego
-  POTATO SALAD
Chopped Egg, Red Onion, Celery, Scallions, Parsley



Vegetables

-   CUMIN ROASTED CAULIFLOWER
Pomegranate Seeds, Chopped Pistachio, Capers, Raisins, Mint Chimichurri
-   SAUTÉED RAPINI
Anaheim Chilies, Garlic, Lemon, Olive Oil
-   STICKY BEETS
Slightly Dehydrated & Roasted Red Beets, Swiss Chard, Pumpkin Seeds
-   HERB ROASTED VEGETABLES
Brussels, Fennel, Parsnips, Heirloom Carrots, Rosemary, Thyme
-   GRILLED SWEET POTATOES
Maple Chipotle, Sunflower Seeds
-   SPRING VEG
Asparagus, Green Peas, Artichoke Slivers, Peppers, Basil
-   CORN ON THE COB
Mayonnaise, Grated Cotija, Tajin



Proteins

-  BAKED SALMON
Honey Mustard, Lemons, Dill
-  GRILLED HANGER STEAK
Mixed Mushrooms, Chimichurri
-  CHICKEN THIGHS
Confit Garlic, Pimentón, Pebre Sauce
-  GAVIN'S JERK CHICKEN LEGS
Green Mango Slaw
-  GRILLED BABY OCTOPUS
Fried Potatoes, Red Bell Peppers
-  CHORIZOS
Green & Red, Onion, Peppers, Fennel
- JAMON CROQUETTES
Salsa Roja



Starchy Sides

-   LEMON LENTILS
Du Puy Lentils, Kale
-   POTATO MILLEFEUILLE
Garlic, Thyme, Romesco
-  VEGETABLE FRIED RICE
Egg, Peas, Carrots, Green Onion
-   WHITE BEAN STEW
Shallots, Garlic, Broken Tomato, Pistou
-  POTATO BAKE
Spinach, Mozzarella, Mashed Potatoes
- LEMON RICOTTA RAVIOLI
Saffron Bechamel, Peas, Pistachios, Basil
- RIGATONI
Pomodoro or Bolognese, Grated Parm



Desserts

- THREE MILK CAKE
Tonka Bean Chantilly, Flambéed Gooseberries, Caramel, Lemon Balm
-  CHOCOLATE MOUSSE
Fresh Pomegranate, Hazelnuts, Burnt Meringue
-  COCONUT ALFAJORES
Dulce de Leche, Sea Buckthorn, Sour Sop, Pisco Jelly
- KEY LIME PIE
Graham Cracker, Blueberry & Lovage Coulis, Meringue
-   COMPRESSED FRUIT PLATTER
-  STRAWBERRY PAVLOVA
Whipped Cream, Macerated Berries, Vincotto



MOSO Catering & Events, 2019

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