

Sonny Langer's

DAIRY VEGETARIAN CATERERS

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DAIRY TRAY

Egg salad
White Albacore Tuna
Red Sockeye Salmon
Smoked Whitefish Salad
Cream Cheese
Assorted Hard Cheese
Slices of Tomato and Cucumber
Bagels

Minimum Order: 10 people

Dairy Tray
Add Lox

\$11.95 per person plus taxes
\$4.00 per person plus taxes

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GREEN SALADS

CITRUS AVOCADO

Baby Spinach with Wedges of Mixed Citrus Fruit, Avocado, Sliced Bermuda Onion and Red Peppers, Topped with Slivers of Toasted Almonds Tossed with Sesame Vinaigrette

SUMMER SALAD

Romaine with Sliced Strawberries, Mandarin Segments, Blueberries and Toasted Almonds with a Poppy Seed Dressing

CRISPY ASIAN SALAD

Shredded Napa Cabbage, Red Peppers, Green Onions, Carrots, Toasted Almonds and Sesame Vinaigrette

SENSATIONAL SPINACH

Baby Spinach, Rice Noodles, Crispy Purple Onions and Diced Eggs with Pear Vinaigrette

STRAWBERRY SALAD

Mixed Greens, Dried Cranberries, Strawberries, Mandarins and Candied Pecans in a Strawberry Vinaigrette (goat cheese optional)

SEARED FRUIT SALAD

Maple Seared Fruit (Pears, Peaches, Plums) Topped with Puffed Rice Noodles and Served with a Raspberry Vinaigrette

PEAR AND GOAT CHEESE SALAD

Romaine, Fresh Pears, Crumbled Goat Cheese, Candied Walnuts and Served with a Honey Mustard Vinaigrette

CAESAR SALAD

Romaine Lettuce, Croutons and Parmesan Cheese with a Caesar Dressing

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GREEN SALADS CONTINUED

GREEK SALAD

Romaine Lettuce, Feta Cheese, Egg, Black Olives, Cucumbers and Tomatoes with a Lemon Oregano Dressing

CAPRESE SALAD

Sliced Tomatoes, Cucumbers, Bocconcini Cheese, Marinated Olives with Basil Vinaigrette Dressing (Also Available as Chunky Salad)

PANZANELLA

Vine Ripened Tomatoes, Kalamata Olives, Italian Bread Croutons, Cucumber, Red Onion, Olive Oil, Red Wine Vinegar, Basil and Balsamic Dressing

BLUEBERRY-APPLE CRISPY

Mixed Greens with Blueberries, Goat Cheese, Feta Cheese and Oven Crispy Apple Slices with a Blueberry Citrus Chili Dressing

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SIDE STARCHES

BROWN RICE SALAD

Brown Rice Salad with Currants and Pine Nuts in Orange Vinaigrette

BASMATI AND WILD RICE SALAD

Wild and Basmati Rice Salad with Sun Dried Cranberries, Diced Peppers and Toasted Almonds

QUINOA

Quinoa Salad with Leeks and Mushrooms (Served Hot)

Quinoa Salad with Cherry Tomatoes, Baby Arugula, Edamame, Avocado, Pumpkin Seeds with Lemon Dressing (Room Temperature)

CHICK PEA AND LENTIL

Chick Pea and Lentil Salad with Green Onions in Lemon Vinaigrette

DRIED FRUIT COUSCOUS

Cous Cous Salad with Cranberries, Apricots, Green Onions, Lemon Juice, Orange Juice, Fresh Mint Cinnamon, Salt and Pepper

BLACK BEAN AND CORN

Black Bean and Corn Salad with Red and Yellow Peppers, Red Onion, Mexican Chili, Lemon, Oil, Garlic and Cilantro

ISRAELI COUSCOUS SALAD

Israeli Cous Cous with Maple Butternut Squash and Grilled Vegetables

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FISH

Poached Salmon Served with Cucumber Dill Sauce

Grilled Salmon with Cucumber Dill Sauce

Glazed Teriyaki Salmon (Also Available on Skewers)

Salmon on Cedar Plank with Mango Salsa

Miso Salmon

Grilled Filet of Sole Encrusted with Potato Flakes Served with Cucumber Dill

Sauce

Filet of Sole Almandine

Grilled Filet of Tilapia Encrusted with Potato Flakes

Filet of Tilapia Almandine

Searched Halibut with a Mango Salsa

D ~~Alaskan~~ Alaskan Black Cod

Chilean Sea Bass with Fresh Herbs, Bermuda Onion Relish or Tropical Fruit Salsa

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HOT CREATIONS

Challah French Toast with Maple Syrup

Belgium Waffles with Maple Syrup

Pancakes with Maple Syrup

Baked Challah Bread Strata Layered with Fruit and Maple Syrup

FRITTATAS/QUICHES: (Regular (8-10 people) Large Fluted (12-14 people)

Gruyere Cheese with Caramelized Onion

Goat Cheese and Asparagus

Mushrooms and Artichoke

Mushroom and Onion

Medley of Vegetables

Smoked Salmon

CREPES (PER PIECE):

Mushroom

Ratatouille

Mushroom and Spinach

Mushroom and Caramelized Onion

Spinach or Broccoli with Cheddar

Fresh Atlantic Salmon

Roasted Red Pepper

BLINTZES (PER PIECE):

Cottage Cheese Blintzes Served with Strawberry Sauce or Sour Cream
(Fruit Blintzes Also Available)

NOODLE PUDDINGS (Serves 15-20 People):

Salt and Pepper

Vegetable

Sweet with Fruit

Cheese

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HOT CREATIONS CONTINUED

SOUFFLÉS:

Cauliflower and Spinach Soufflés (can be dairy free)

Individual Ramekins
Regular Size

EGGPLANT PARMESAN

Lasagna Style Eggplant Parmesan

STRUDELS:

Vegetable Strudel (Serves 5 People)

Mushroom Strudel (Serves 5 People)

Mushroom and Spinach Strudel (Serves 10 People)

All Made with Phyllo Pastry or Puff Pastry

PATTIES (PER PIECE):

Salmon Patties

Louisiana Crab Cakes (Mock Crab/Pollock)

Served with a Yogurt/Dill Sauce

SIGNATURE SANDWICH (SERVES 10):

Our Homemade Strudel Pastry Baked with Artichokes, Goat Cheese, Peppers, Zucchini
Black Olives and Onions

QUESADILLAS:

Mexican Style Hot Sandwich Layered with White Tortillas, Cheddar Cheese and Vegetables

ENCHILADAS:

Multi Coloured Wraps with Seasoned Paper, Baby Corn, Bermuda Onions,
Zucchini and Baked with a Tomato-Herb Salsa and Cheddar Cheese

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COLD PLATTERS

CHEESE AND CRACKER PLATTER

Assorted International Cheeses Accompanied by Fresh Grapes and Gourmet Crackers

MEDITERRANEAN PLATTER:

Delicious Mediterranean Dips: Hummus and Babaganoush
Served with Vegetables and Pita Breads

CRUDITIE PLATTER

A Colourful Medley of Garden Fresh Vegetables Served with a Rich Homemade Dip

PARTY SANDWICHES (PER DOZEN):

Assortment of Triangles, Rectangles and Pinwheels with Egg, Tuna, Salmon,
Smoked Salmon and Cream Cheese
On Request: Peanut Butter, Peanut Butter and Jam or Banana

ASSORTED WRAPS (PER WRAP):

Grilled Vegetable, Egg or Tuna Prepared with Mixed Greens and a Variety of Spreads
(Black Bean, Hummus and Cream Cheese & Goats Cheese)
(Each wrap is 12" and cut into 4 pieces)

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PASTA

COLD PASTA SALADS:

Tortellini Mediterranean
Fusilli Primavera

HOT:

Sweet Potato or Mushroom Agnoloti with Sundried Tomato Rose Sauce
Tri-Coloured Cheese Tortellini with Mushrooms in a Rose Sauce
Farfalle with Smoked Salmon and Asparagus in a Vodka Cream Sauce
Potato Gnocchi with Mushrooms in a Spinach and Gorgonzola Cream Sauce
Fusilli Primavera with a Tomato Basil Sauce
Fusilli with Grilled Vegetables in a Tomato Sauce and Shaved Asiago Cheese
Penne with Mushrooms, Artichokes and Black Olives with Herbed Tomato Sauce
Penne with Mushrooms and Roasted Peppers in a Pesto Sauce
Fiori Goat Cheese, Spinach and Grilled Radicchio Nestled in a Pasta Rosette
Rotollo Rolls Stuffed with a Combination of Spinach, Ricotta Cheese and Roasted Sweet Potato
Cannelloni with a Variety of Fillings in a Tomato Sauce
Lasagna with Grilled Vegetables –or- Spinach with a Bechmael Sauce
Macaroni and Cheese Baked in 3 Cheeses Until Golden Brown
Casareccia Short Pasta with a Variety of Sauces

FOR VEGANS

Vegan Rice Noodles with Stir-Fried Vegetables, Seasoned Tofu and Seitan Sautéed in Sesame Oil

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DESSERTS

Cookies and Pastries

Assorted Biscotti	Lemon Squares
Assorted Cookies	Mini Lemon Tarts
Assorted Rogulah	Mini Cupcakes
Assorted Truffles	Mini Muffins
Blueberry Mountains	Mixed Berry Tarts
Butter Tarts	Painted Shortbread Hearts and Stars
Caramel Pecan Turtles	Pecan Chelsea Buns
Chocolate Pecan Tarts	Petit Fours
Fruit Crumble Tarts	Piped Shortbread Heats and Stars
Fruit Tarts	Raspberry Mountains
Fudge Brownies	Shortbread Cookies

Cakes:

Coffee Cakes
Regular Cakes (Chocolate etc)
Slab Cakes (to feed 20 or more)
Fancy Cakes
Apple Strudel
Apple Crumble
Fruit Crisp

Fruit

Seasonal Fresh Fruit
Fresh Fruit Skewers

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HORS D'OEURVE SELECTION

HOT

Mini Quiches
Baked Brie
Gourmet Pizza
Bruschetta
Spring Rolls
Beggar's Purses
Phyllo Purses stuffed with Brie and
Cranberry or Mushroom Mixture
Soup Shooters
Sea Bass on Skewers
Quesadillas Filled with Sautéed Peppers
Onion & Mozzarella Cheese
Asparagus and Parmesan Wrapped in
Phyllo
Louisiana Mock Crab Cakes
Dim Sum
Mushroom and Thyme with Truffle
Roasted Cremini Mushroom Stuffed with
Leek, Fennel & Goat Cheese

ROOM TEMPERATURE

Party Sandwiches
Cheese and Lox Rosette
Cheese Sticks
Cheese Tortellini on Skewers
Smoked Salmon on Pumpernickel
Mushroom Bundles (can be hot)
Mini Vegetable Wraps
Salmon Teriyaki on Skewers
Smoked Salmon Cilantro Cream
Cheese Pinwheel
Roasted Baby Potato with Smoked
Salmon and Crème Fraiche
Mini Quesadillas with Avocado,
Tomatoes, Purple Onion,
Cream Cheese and Coriander
Asparagus Wrapped with Lox
Cucumber Cup with Cream Essence
on Crostini
Thai Salad Rolls with Peanut
Dipping Sauce or Soy Sauce
Goat Cheese, Candied Pecan and Fig
on Belgium Endive with Port Drizzle

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Sonny Langer's is a full service catering company established in 1985. We cater any event and provide menu planning, rental equipment and professional waitstaff. We also have a 24-hour answering service for your convenience.

FUNERALS

Please let us help you arrange a meal for after the funeral. We can also provide waitstaff and rentals for your convenience.

SHIVA MEALS

We can cater for all Shiva meals. Some suggested meals are:

BREAKFAST

- Dairy Tray, fruit, mini muffins, chelsea buns and assorted juice
- Strata
- Blintzes

LUNCH (INCLUDES SALAD, BREAD AND DESSERT)

- Grilled Vegetable Wraps
- Quiche
- Crepes
- Quiche and Crepes
- Salmon Patties, Cheese Blintzes and Crab Cakes
- Ratatouille
- Vegetarian Chili

DINNER (INCLUDES SALAD, RICE, POTATO OR PASTA, CREPES, BREAD AND DESSERT)

- Sole
- Tilapia
- Orange Roughy
- Baked Trout
- Salmon Trout
- Halibut
- Salmon
- Sea Bass
- Black Cod

Italian Dinners include salad, choice of three pastas or pizza, salad, bread and dessert

Minimum order 5 people