

# Sonny Langer's

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DAIRY VEGETARIAN CATERERS

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## DAIRY TRAY OR BASKET

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

Minimum Order: 10 people

Dairy Tray  
Add Lox

**\$10.95 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***

Mixed Greens 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, Cilantro, 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***

California Baby Greens, 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***

Iceberg 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 Roasted Red Peppers, Green Onion, Sesame Oil and Cilantro (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, Pine Nuts, Green Onions, Lemon Juice, 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***

***Lemon Scented Toasted Israeli Cous Cous with Maple Butternut Squash,  
Golden Raisins and Caramelized Onions***

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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

Salmon Primavera

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

Filet of Sole Almandine

Baked Trout Stuffed with Julienne of Fresh Vegetables

Grilled Filet of Tilapia Encrusted with Potato Flakes, Thyme and Citrus Zest

Filet of Tilapia Almandine

Orange Roughy in a Light Egg and Flour Batter or Encrusted with Potato Flakes

Seared Halibut with a Mango Salsa

Pan Seared Alaskan Black Cod

Chilean Sea Bass with Fresh Herbs, Bermuda Onion Relish or Tropical Fruit Salsa  
Marinated with Hoisin, Ginger and Fresh Citrus Juices (Also Available on Skewers)

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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**