

# Sonny Langer's

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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 Without Lox  
Dairy Tray With Lox

**\$11.95 per person plus taxes**  
**\$16.95 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

## **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 Pepper, 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 Or Panko Served with Cucumber

Dill Sauce

Filet of Sole Almandine

Grilled Filet of Tilapia Encrusted with Potato Flakes or Panko

Filet of Tilapia Almandine

Seared Halibut with a Mango Salsa \*\*

Miso Alaskan Black Cod \*\*

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

**\*\*If Available\*\***



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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

Creme Brulee French Toast

***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

Broccoli and Cheddar

### ***CREPES (PER PIECE):***

Mushroom

Ratatouille

Mushroom and Caramelized Onion

Spinach or Broccoli with Cheddar

### ***BLINTZES (PER PIECE):***

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

### ***PUDDINGS (Serves 15-20 People):***

Sweet Noodle with Fruit

Cheese Noodle

**\*\*Some Items Based on Availability\*\***

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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 In Phyllo (Serves 5 People)

Mushroom Strudel in Phyllo (Serves 5 People)

Mushroom and Spinach Strudel in Puff Pastry (Serves 10 People)

### ***PATTIES (PER PIECE):***

Salmon Patties

Louisiana Crab Cakes (Mock Crab/Pollock) Served with a  
Yogurt/Dill Sauce

**\*\*Some Items Based on Availability\*\***



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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 Fingers 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  
(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 Ravioli with Rose Sauce

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 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

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 in Sesame Oil

**\*\*Some Pastas Based on Availability\*\***

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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 Shortbread
Fudge Brownies	Cookies

### ***Cakes:***

Sour Cream Coffee Cake

Apple Devine Coffee Cake

Cakes/Fancy Cakes

Slab Cakes (to feed 20+)

Apple Strudel

Apple Crumble

Fruit Crisp

### ***Fruit***

Seasonal Fresh Fruit Fresh Fruit Skewers

**\*\*Desserts Based on Availability\*\***

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## HORS D'OEURVE SELECTION

### ***HOT***

Mini Quiches  
Baked Brie  
Mini Gourmet Pizza  
Vegetable Spring Rolls  
Brie and Cranberry Purses  
Mushroom Purses  
Soup Shooters  
Sea Bass Skewers  
Asparagus Wrapped in Phyllo  
with Parmesan  
Mini Crab Cakes with Dill Sauce  
Dim Sum  
Roasted Cremini Mushroom Stuffed  
with Leek, Fennel and Goat Cheese

### ***Room Temperature***

Assorted Party Sandwiches  
Cheese Tortellini on Skewers  
Smoked Salmon on Pumpernickel  
Mini Grilled Vegetable Wraps  
Salmon Teriyaki on Skewers  
Homemade Potato Chips with Lox  
Mini Quesadillas  
Asparagus Wrapped with Lox  
Thai Salad Rolls with Peanut Dipping  
Sauce or Sweet Chili  
Belgium Endive with Goat Cheese,  
Pecan and Fig with Port Drizzle  
Seared Tuna on Rice Crackers  
Mini Latkes with Smoked Salmon



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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)***

- Assorted 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
- Salmon Trout
- Halibut - If Available
- Salmon
- Sea Bass - If Available
- Black Cod - If Available

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

**Minimum order 5 people**