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A PARTNERSHIP OF THE CITY OF TORONTO AND  
THE UNIVERSITY OF TORONTO SCARBOROUGH

# CATERING MENU

## PLACE AN ORDER

You can place an order by contacting our food and beverage team at:

[FANDB@TPASC.CA](mailto:FANDB@TPASC.CA)

## ORDER REQUIREMENTS

- **Minimum 8 people per order.**
- **Please place your final order three business days prior to your event. Late orders are subject to a 3% service charge.**
- **Please indicate any dietary restrictions when you place your order.**
- **All prices subject to applicable taxes.**
- **Please note that the Toronto Pan Am Sports Centre does not allow outside food.**

## BREAKFAST SELECTIONS

	Description	Price
<b>Bakery Platters</b>	Muffins, Croissants, Scones served with condiments and assorted preserves	<b>\$4.99 each</b>
<b>Flat Bread Platters</b>	Pita, Sesame, and Poppy Seed flat breads served with Herbed Cream Cheese, Roasted Vegetable Spread (tapenade) and Fresh Fruit Garnish	<b>\$3.50 each</b>
<b>Sweet Potato Quinoa Cakes</b>	Sweet Potato, Black Quinoa, Cinnamon, Parsley, Dried Cranberries, Smoked Paprika Sour Cream	<b>\$2.25 each</b>
<b>Assorted Power Breakfast Bowls</b>	Greek Yogurt, Fresh Berries, Granola, Maple Drizzle (160g)	<b>\$4.00 each</b>
	Chia Puddings (vanilla, cacao, chocolate banana) (160g)	<b>\$5.00 each</b>
	Chocolate Avocado Mousse	<b>\$5.00 each</b>
	Power Up Brittle (dark chocolate, shredded coconut, sliced almonds, maple syrup, dried cranberries (160g square)	<b>\$4.00 each</b>

### Breakfast Spread

Our gourmet bakery platter and fresh fruit accompanied by individual yogurt, fresh coffee and tea service. **\$9.99 each**

### Omelette Bar

Build your own omelette. Choose from a selection of toppings. Prepared by chef on site. **Minimum 10 persons.** Served with roasted home potatoes, artisan bread roll, and your choice of protein. **\$16.00 per person**

#### Toppings

- |  |  |  |                                       |
|--|--|--|---------------------------------------|
| <input type="checkbox"/> Sweet Peppers     | <input type="checkbox"/> Cheddar & Swiss Cheeses | <input type="checkbox"/> Scallions     | <input type="checkbox"/> Egg Whites   |
| <input type="checkbox"/> Caramelized Onion | <input type="checkbox"/> Smoked Ham              | <input type="checkbox"/> Goat Cheese   | <input type="checkbox"/> Feta Cheese  |
| <input type="checkbox"/> Mushrooms         | <input type="checkbox"/> Pulled Chicken          | <input type="checkbox"/> Smoked Turkey | <input type="checkbox"/> Baby Spinach |
| <input type="checkbox"/> Zucchini          | <input type="checkbox"/> Steamed                 | <input type="checkbox"/> Steamed Kale  |                                       |
| <input type="checkbox"/> Diced Tomato      | <input type="checkbox"/> Broccoli                |  |                                       |

#### Add Ons

3" or available in 10" pie shell that serves six.  
Small: **\$5 each** Large: **\$13 each**

#### Vegetarian Options

- |   |  |
|---|--|
| <input type="checkbox"/> Roasted Red Pepper & Goat Cheese | <input type="checkbox"/> Chicken, Mushroom & Chive |
| <input type="checkbox"/> Broccoli & Cheddar               | <input type="checkbox"/> Ham, Scallion, Cheddar    |
| <input type="checkbox"/> Mushroom and Brie                | <input type="checkbox"/> Turkey, Brie & Pear       |

#### Meat Options

### Grab & Go Breakfast

Breakfast Panini with your choice of one of 1) egg, ham, cheddar with a red pepper aioli or 2) egg, avocado aioli, and swiss cheese. Served with your choice of whole fruit and an individual yogurt or small juice. **\$12.00 each**

## BEVERAGES

	Description	Price
<b>Coffee and Tea Service</b>	Coffee and assorted herbal teas served with milk, cream, and sugar	Small (10-15 people) <b>\$24.00 each</b> Medium (20-25 people) <b>\$42.00 each</b> Large (40-50 people) <b>\$89.00 each</b>
	<b>Soft Drinks</b>	Assorted Cans <b>\$1.99 each</b>
	<b>Fruit Juice</b>	Assorted Flavours <b>\$1.99 each</b>
<b>Milk</b>	237 ml White or Chocolate	<b>\$1.50 each</b>
<b>Bottled Water</b>	500 ml Bottle	<b>\$2.50 each</b>

All orders are served with a complimentary pitcher of tap water.

## PARTY STARTERS

	Description	Price
<b>Spring Rolls</b>	Sweet Pepper, Carrot, Cucumber, Crisp Apple, Sprouts Served with a Thai Chili Sauce	Veggie: <b>\$2.00 each</b> Chicken: <b>\$2.50 each</b>
<b>Crab Cakes</b>	Sweet Peppers, Scallions, Garlic, Paprika, Cilantro Served with Guacamole	<b>\$3.00 each</b>
<b>Sweet Potato Quinoa Cakes</b>	Black Quinoa, Garlic, Cinnamon, Parsley, Dried Cranberries Served with a Smoked Paprika Sour Cream	<b>\$2.25 each</b>
<b>Risotto Rice Balls</b>	Italian Rice, Parmesan and Mozzarella Cheeses, Tomato Sauce, Panko Bread Crumbs	<b>\$2.50 each</b>
<b>Vegetarian Samosas</b>	Served with Sweet Chili Sauce	<b>\$2.25 each</b>
<b>Chicken Satays</b>	Served with a Teriyaki Sauce	<b>\$3.00 each</b>
<b>Lamb Satays</b>	Served with a Honey Yogurt Dip	<b>\$3.25 each</b>
<b>Caprese Spoons</b>	Vine Ripe Tomato, Fresh Basil, Bocconcini Cheese, Olive Oil, Balsamic Reduction	<b>\$3.25 each</b>
<b>Sliders</b>	Available in Chicken, Beef, Or Mushroom (Vegan). Served On A Mini Kaiser Bun with Condiments	Chicken: <b>\$2.75</b> Beef: <b>\$2.75</b> Vegan: <b>\$3.25</b>

### Party Starter Feature

Build and select your favorite 3 choices for **\$9.99 per person**

## PARTY PLATTERS

	Description		Price
<b>Assorted Cheese Platters</b>	Three Varieties and Served with Fruit Garnish and Artisanal Crostini and Flat Breads	Small (6-10 people)	<b>\$49.99</b>
		Medium (15-22 people)	<b>\$69.99</b>
		Large (25-40 people)	<b>\$99.99</b>
<b>Vegetable Crudités Platters</b>	Assorted Seasonal Vegetables Served with a Traditional Hummus Dip	Small (6-10 people)	<b>\$34.99</b>
		Medium (15-22 people)	<b>\$54.99</b>
		Large (25-40 people)	<b>\$79.99</b>
<b>Antipasto Platters</b>	European Olives, Pickled Vegetables, Roasted Peppers, Marinated Mushrooms, Sundried Tomatoes	Small (6-10 people)	<b>\$49.99</b>
		Medium (15-22 people)	<b>\$69.99</b>
		Large (25-40 people)	<b>\$99.99</b>
<b>Artisan Charcuterie Platters</b>	Dry Cured Meats, Assorted European Cheeses, Mixed Vegetable Garnish	Small (6-10 people)	<b>\$49.99</b>
		Medium (15-22 people)	<b>\$69.99</b>
		Large (25-40 people)	<b>\$99.99</b>
<b>Assorted Fruit Platters</b>	Assorted Seasonally Available Fruit	Small Platter (8-12 people)	<b>\$39.99</b>
		Medium Platter (12-18 people)	<b>\$59.99</b>
		Large Platter (25-40 people)	<b>\$84.99</b>

## SANDWICH SELECTIONS

(Gluten Free Options Available)

	Description	Price
<b>Smoked Turkey</b>	Olive Ciabatta Bun, Avocado Aioli, Greens, Swiss Cheese	<b>\$5.99/person</b>
<b>Black Forest Ham</b>	Multigrain Panini, Roasted Red Pepper Aioli, Greens, Gruyere Cheese	<b>\$5.99/person</b>
<b>Roast Beef</b>	Multigrain Panini, Whole Grain Mustard Aioli, Greens, Havarti Cheese	<b>\$5.99/person</b>
<b>Prosciutto</b>	Whole Grain Panini, Basil Pesto, Sliced Tomato, Arugula, Bocconcini Cheese	<b>\$5.99/person</b>
<b>Salami</b>	Whole Grain Panini, Whole Grain Mustard Aioli, Greens, Provelone Cheese	<b>\$5.99/person</b>
<b>Tuscan Chicken Wrap</b>	Whole Grain Tortilla, Basil Pesto, Sundried Tomato, Green Onion, Mayo, Greens	<b>\$5.99/person</b>
<b>Egg Salad Wrap</b>	Whole Grain Tortilla, Free Run Eggs, Green Onions, Whole Grain Mustard, Greens	<b>\$5.99/person</b>
<b>Tuna Salad Wrap</b>	Whole Grain Tortilla, Green Onions, Celery, Mayo, Greens	<b>\$5.99/person</b>
<b>Grilled Vegetable Wrap</b>	Whole Grain Tortilla, Grilled Zucchini, Peppers and Onion, Traditional Hummus, Greens	<b>\$5.99/person</b>
<b>Falafel Wrap</b>	Whole Grain Tortilla Wrap, Tomato, Red Onion, Greens, Tahini Aioli	<b>\$5.99/person</b>

## SANDWICH PLATTERS

Custom sandwich platters can be created from the available sandwich selections. Platter minimum is 8 sandwiches. **Price is equal to the sandwich cost multiplied by the number sandwiches required.**



## Salad and Sandwich

A selection of assorted sandwiches and wraps served with a single prepackaged salad or salad bowl choice for **\$10.99 per person**; add a second salad for only **\$12.99 per person**.

## PREPACKAGED SALADS

(170g Pack Size)

	Description	Price
<b>Mediterranean Quinoa</b>	Cucumber, Tomato, Onion, Peppers, Olives, Parsley, Feta, Lemon, Oregano	<b>\$4.00 each</b>
<b>Potato &amp; Sweet Potato Green Pea</b>	Peppers, Onions, Green Pea, Mayo, Apple Cider Vinegar, Parsley, Garlic	<b>\$4.00 each</b>
<b>Moroccan Cous Cous</b>	Peppers, Onion, Cilantro, Raisins, Lemon, Garlic, Olive Oil	<b>\$4.00 each</b>
<b>Rosemary Roasted Beet Chickpea</b>	Italian Parsley, Apple Cider Vinegar, Olive Oil, Feta Cheese	<b>\$4.00 each</b>
	Cucumber, Onion, Tomato, Cabbage, Apple Cider Vinegar, Olive Oil, Garlic	<b>\$4.00 each</b>
<b>Mexican Three Bean</b>	Red Kidney, Black Bean, White Bean, Onion, Carrot, Peppers, Jalapeno, Lime, Garlic, Grilled Corn	<b>\$4.00 each</b>
<b>Farfalle Caesar</b>	Bow Tie Pasta, Parmesan Cheese, Mayo, Kale, Red Onion, Radish, Lemon	<b>\$4.00 each</b>
<b>Penne Italiano</b>	Penne Pasta, Roasted Peppers and Onions, Chili, Garlic, Fresh Basil, Olive Oil, Parmesan Cheese	<b>\$4.00 each</b>

## SALAD BOWLS

(170-200g Pack Size)

	Description	Price
<b>Cobb salad</b>	Farmers Greens, Hardboiled Egg, Black Beans, Roasted Corn, Grilled Chicken, Lemon Herb Vinaigrette	<b>\$9.00 each</b>
<b>Julienne salad</b>	Farmers Greens, Smoked Ham, Smoked Turkey, Chicken, Sweet Peppers And Onions, Hardboiled Egg	<b>\$9.00 each</b>
<b>Traditional Greek</b>	Chopped Romaine, Sweet Peppers, Red Onions, Sliced Cucumbers, Cherry Tomatoes, Feta Cheese, Kalamata Olives, Lemon Oregano Dressing	<b>\$8.00 each</b>
<b>Traditional Caesar Salad</b>	Chopped Romaine, Creamy Garlic Dressing, Parmesan Cheese, Croutons, Fresh Lemon	<b>\$8.00 each</b>
<b>Spinach</b>	Blueberries, Toasted Almonds, Goat Cheese, Lemon Herb Vinaigrette	<b>\$9.00 each</b>
<b>Farmers Greens</b>	Cucumber, Sweet Peppers, Tomato, Carrots, Honey Balsamic Vinaigrette	<b>\$7.00 each</b>

## ENTREE SELECTIONS

### Dinner Option #1

Choice of 1 Entree, 1 Vegetable, 1 Starch, 1 Prepackaged Salad or Salad Bowl and Assorted Desserts & Fruit Platter served with Dinner Rolls & Butter, Coffee & Assorted Herbal Teas and Lemon & Lime Infused Water for **\$24.99 per person.**

#### MEAT / SEAFOOD ENTREE

	Description	Price
<b>Shepherd's Pie</b>	Canadian Ground Beef, Sweet Peas, Corn And Carrot, Gravy, Creamy Mash	<b>\$6.95/person</b>
<b>Beef Lasagna</b>	Traditional Beef Lasagna (Available Gluten Free)	<b>\$6.95/person</b>
<b>Slow Braised Roast Beef</b>	Slow Braised Roast Beef with Traditional Horseradish and Beef Jus	<b>\$9.99/person</b>
<b>Chicken Cacciatore</b>	Roasted Tomato, Zucchini, Onion, Peppers, and Mushrooms, Fine Herbs	<b>\$7.49/person</b>
<b>Oven Roasted BBQ Chicken</b>	○ Honey BBQ Glaze ○ Soya Honey Garlic Teriyaki	<b>\$7.49/person</b>
<b>Portuguese Piri Piri Chicken</b>	Smoked Paprika, Roasted Onion and Pepper, Black Olives	<b>\$7.49/person</b>
<b>Oven Baked Cod Fillet</b>	Maple Grainy Mustard Sauce	<b>\$9.99/person</b>
<b>Pan Seared Salmon</b>	Sweet Corn and Cranberry Salsa	<b>\$9.99/person</b>
<b>Rigatoni Baked Pasta</b>	Bolognese Sauce, Hardboiled Egg, Tomato Sauce, Mozzarella and Parmesan Cheeses (Available Gluten Free)	<b>\$7.95/person</b>
<b>Holiday Meatloaf</b>	Canadian Ground Beef, Dried Cranberries, Green Peas, Tomato, Onion, Creamy Mashed Potato	<b>\$6.95/person</b>
<b>Italian Meatballs</b>	Fine Herbs, Tomato, Onion, Ground Beef Veal, Pork, Garlic, Olive Oil	<b>\$6.95/person</b>

### Dinner Option #2

Choice of 1 Entree, 2 Vegetables, 1 Starch, 2 Prepackaged Salad or Salad Bowl and Assorted Desserts & Fruit Platter served with Dinner Rolls & Butter, Coffee & Assorted Herbal Teas and Lemon & Lime Infused Water for **\$27.99 per person.**

#### VEGETARIAN ENTRÉE

	Description	Price
<b>Eggplant Parmesan</b>	Tomato Sauce, Mozzarella and Parmesan Cheeses, Panko Breaded	<b>\$6.95/person</b>
<b>Vegetarian Lasagna</b>	Grilled Vegetables, Tomato Sauce, Mozzarella and Parmesan Cheese (Available Gluten Free)	<b>\$6.95/person</b>
<b>Thai Red Curry Tofu</b>	Sweet Potato, Peppers, Onions, Zucchini, Coconut Milk, Red Curry Paste, Semi Soft Tofu, Served With A Brown Rice Pilaf (Gluten Free)	<b>\$7.49/person</b>
<b>Root Vegetable Quinoa Bake</b>	Sweet Potato, Squash, Carrot, Black Quinoa, Cumin, Parsley (Gluten Free)	<b>\$7.49/person</b>
<b>Chickpea Ratatouille</b>	Braised Chickpeas, Zucchini, Tomatoes, Peppers, Onions, Garlic, Basil (Gluten Free)	<b>\$6.95/person</b>
<b>Gardeners Pie</b>	Sweet Potato, Squash, Carrot, Peas, Corn, Puff Pastry	<b>\$7.49/person</b>
<b>Singapore Style Rice Noodle Penne Pasta</b>	Peppers, Onion, Carrot, Mixed Greens, Sprouts, Ginger Soy Sauce (Gluten Free)	<b>\$7.49/person</b>
	Zucchini, Onion, Mushroom, Spinach, Sweet Peppers, Tomato Rose Sauce (Available Gluten Free)	<b>\$6.95/person</b>

Vegetable & Starch Sides		
○ Oven Roasted Mixed Vegetables	○ Marinated Mushrooms	
○ Middle Eastern Chickpea (Lem-on Tahini)	○ Double Baked Potato With Cheddar	
○ Roasted Root Vegetables	○ Assorted Grilled Seasonal Vegetables	
○ Dal Makani (Tomato Lentil Stew)	○ Hasselback Potatoes	
○ Candied Carrots	○ Roasted Wedged Beets	
○ Parmesan Crusted Potatoes	○ Scalloped Potatoes	
○ Chili Lemon Collard Greens	○ Mixed Vegetable Brown Rice Pilaf	
○ Steamed Garlic and Red Pepper Kale	○ Lemon Oregano Brown Rice	
○ Balsamic Braised Cabbage	○ Tomato Zucchini Quinoa	
○ Roasted Butternut Squash	○ Balsamic Caramelized Onion Quinoa	
○ Broccoli and Cauliflower Cheese Bake	○ Creamy Mashed Potato Or Sweet Potato	
○ Roasted Sweet Potato	○ Creamy Polenta With Parmesan Cheese	
○ Rosemary Roasted Potatoes		

## TRAINING MEAL PACKAGES

The Toronto Pan Am Sports Centre prides itself on offering healthy choices. We want everyone - from the high performance athlete to the person just looking to make better lifestyle choices - to have healthy eating options. We want people to know that when they train to their fullest in an atmosphere that brings world class accommodations to their fingertips, their nutritional needs are also being recognized! **Vegan and gluten free options from our menu.**

	Description	Price
<b>Elite Plan</b>	Choose 1 protein, 1 carbohydrate, 1 vegetable + protein smoothie (pre-training fuel + post training recover)	<b>\$39.99/person</b>
<b>Food Fuel Plan</b>	Choose 1 protein, 1 carbohydrate, 1 vegetable.	<b>\$26.99/person</b>
<b>Beginner Plan</b>	Choose 1 protein, 1 carbohydrate, 1 vegetable + protein smoothie (pre-training fuel)	<b>\$21.99/person</b>

## DESSERTS

	Description	Price
<b>Individual Cheesecake (180g)</b>	Choice of Flavour: ○ Strawberry ○ Blueberry ○ Chocolate Banana ○ Cookies and Cream	<b>\$6.00 each</b>
<b>Individual Tiramisu (180g)</b>	Coffee, Vanilla, Mascarpone Cheese, Whipping Cream	<b>\$6.00 each</b>
<b>Individual Strawberry Short Cake (180g)</b>	Vanilla Cake, Whipping Cream, Fresh Strawberries	<b>\$5.50 each</b>
<b>Individual Chocolate Avocado Mousse</b>	Cocoa, Fresh Avocado, Agave Nectar, Sea Salt	<b>\$6.50 each</b>
<b>IPower-Up Brittle (160g square)</b>	Dark Chocolate, Shredded Coconut, Sliced Almonds, Maple Syrup, Dried Cranberries	<b>\$5.50 each</b>
<b>Individual Apple Crumble</b>	Tart Apples, Brown Sugar, Caramel, Cinnamon	<b>\$6.00 each</b>
<b>Desert Platter</b>	Assortment of Sweet Macaroons, Butter Tarts and Dessert Squares with Fresh Fruit Garnish. Small: (15-25 people) Medium: (25-40 people) Large: (40-60 people)	<b>Small: \$69.99 Medium: \$89.99 Large: \$119.99</b>

**Toronto Pan Am Sports Centre**  
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