

Modern Kosher Lunch Menu

What's for lunch? Well, a lot more than you'd expect. How about menus inspired by cuisines from every continent where people live, prepared kosher under strict supervision from the Kashruth Council of Canada (COR)?



on-perfect for an elegant, light kosher lunch.

Serve Up a Fantastistic Modern Kosher Lunch

Want to host a kosher luncheon in Toronto that everyone will remember for its great food? Take a look at what Mitzuyan Kosher Catering can do for you.

- Every luncheon we cater includes a starter course, an entrée, a dessert, and unlimited soft drinks and juices.
- Every table has its own bread basket filled with different kinds of artisan breads.
- Every table has three delicious dips for that bread: hummus and tahini, black olive tapenade, and roasted eggplant.
- Coffee and tea are served at each table.

Read on for details!

The Main Course: Light, Healthy, and Delicious

Lunch doesn't need to be complicated but it should be healthy, and preferably on the light side. And of course it should be nothing short of delicious.

Chicken and fish are popular choice for many luncheons. We offer these, too, but ours are created by an Executive Chef trained in European cuisine and with a strong interest in culinary traditions from around the world. So our chicken is from the breast, marinated with herbs in a white wine sauce. Our fish is Atlantic salmon, glazed with miso, a Japanese favourite. We serve both with a medley of vegetables and roasted potatoes.

The food is not just delightful, our customers tells us, we note that it's also healthy and balanced. Because it's lunch and you still have the rest of the day in front of you.

Starter Courses to Whet the Appetite

While we are very proud of our main dishes, we do pay a lot of attention to the starter course because that sets the tone for the rest of the meal. Typically, hosts like to offer a few different starters. Some people must have a salad, so we suggest a baby arugula and mixed green salad dressed with honey tarragon. Others might want soup, such as our maple butternut squash soup with roasted pear.

It does get warm enough in Toronto for some people to say it's "too hot for soup." We expect it will take us a bit longer than usual to thaw out from this past winter but we understand the sentiment. So we can offer a refreshing starter like penne pasta with sundried tomato and served in a pesto cream sauce. Or perhaps wild mushroom crêpes fit the bill.

Appetizers, Anyone?

Perhaps you'd prefer to serve appetizers to break the ice and let people mingle before they sit down at the tables, which by the way will be beautifully set with white linens and elegant china, flatware, and glassware.

Our chef can prepare hot or cold hor d'oeuvres. Hot choices include satays, samosas, empanadas, even latkes! We feature cold appetizers like plantain chips, bruschetta, and tacos like you've never had before, with smoked trout and lemon crème fraîche.

We actually offer a pretty large appetizer menu. Contact us using the form at the left and we'd be glad to send you the current list.

Dessert After Lunch? But of Course!

We can't imagine a luncheon without dessert so we create desserts meant to send people off to a wonderful rest of the day.

Our luncheon desserts won't erase the delicious meal your guests just finished, but complement it. They are light and on the healthy side.

We suggest a choice like a trio of our home-made gelato with fresh fruit, or a fruit crisp (also home-made) served with vanilla sorbet and berry compote. Coffee and tea are served along with dessert, regular and decaf.

Celebrate with a Glass of Wine

Not all luncheons are on workdays, and not all are related to work. Perhaps yours is celebrating something important like a birthday, or a wedding shower. Or maybe everyone's getting together for a reunion.

We can make arrangements for unlimited red and white wine and champagne mimosas for an additional \$5.00 per person. This may require obtaining a special event liquor license from the

[Liquor Control Board of Ontario.](#)

Additional Charges

- \$500.00 Mashgeach fee
- Prices subject to 13% tax and 15% gratuity

Please note that menu items are subject to change based on seasonal availability of certain foods.