



**MERCATINO
FRESH FOOD CO.**

CATERING MENU
+14036084269

catering@mercato-fresh.com

Our promise to you

Mercatino Fresh Food Co.



Welcome

Preparing for your upcoming catered event involves both big decisions and little details, and we're here to help you every step of the way. Mercatino we'll guide you through crafting the perfect menu and personalizing every detail of your special occasion. Whether your event is big or small, themed or traditional, and held in any location, we've got you covered.

We'll collaborate with you to create a custom menu tailored to your unique needs, ensuring that your gathering leaves a lasting impression on your guests. Our menus reflect Mercatino culinary philosophy—featuring authentic recipes made with the freshest, seasonal ingredients.

Mercatino - The Bow
Phone: (403) 608-4269
Email: catering@mercatino-fresh.com

Our Sustainability, Strategy & Promise

We are using this established framework to leverage well-developed channels that are further refined to address the localized needs for our partner accounts and guests.

Our sustainability strategy prioritizes social and environmental change that supports the large-scale objectives of our clients and guests, an approach informed by our parent company Compass PLC.

Our global climate Net Zero commitment – called Planet Promise – is our commitment to a sustainable future for all. It envelops our overall corporate sustainability strategy defined by three key priorities:

- **Health and well-being – Better nutrition choices, mental health, total well-being**
- **Environmental game changers – Food waste, reducing single use plastics, plant-forward meals**
- **Better for the world – Sourcing responsibly, enriching local communities, sustainable partnerships for big change**



Breakfast Packages

Minimum 10 guest, priced per person

Breakfast Sandwich **\$6.50**

Classic bacon, sausage, turkey sausage or vegetarian

Breakfast Sandwich Combo **\$9.95**

Breakfast sandwich and fresh fruit

Big Breakfast Buffet **\$15.95**

Scrambled eggs, bacon, pork breakfast sausage links, breakfast potato, and minted fruit salad

High Protein Wrap **\$7.95**

Egg, bacon, black beans, cheddar cheese, quinoa and bell peppers all wrapped in a whole wheat tortilla

Continental Breakfast **\$11.95**

Assorted pastry, fresh fruit, and juice or water



Bakery

Minimum 10 guest, priced per person

All platters to include butter & preserves

Mini Danishes \$4.00

Assortment of mini Danishes (V)

Muffins \$4.00

Assortment of mini muffins (V)

Croissants \$4.00

Assortment of freshly baked croissants (V)

Loaves \$4.00

Assortment of freshly baked loaves (V)

Assorted Pastries \$4.00

Danish, muffin, croissant, loaves (V)

Baker's Mini Pastries & Fruit Combo \$8.50

Assorted loaves, cinnamon rolls, muffins, croissants, Danishes or turnovers with butter and seasonal fresh fruits



A La Carte

Minimum 10 guest, priced per person



Cranberry Chia Pudding **\$7.50**

Chia seeds pudding and cranberry (VE)

Greek Yogurt & Berry Compote Parfait **\$5.95**

Parfait layered with Greek yogurt, berry compote and granola (V)

Cookies **\$2.50**

Assortment of freshly baked cookies (V)

Mercatino Energy Bites **\$5.00**

Oats, shredded coconut, milled flax, chocolate chips, honey, peanut butter, vanilla extract

Apps & Snacks

Small serves up to 8, Medium up to 14 & Large up to 24 guests



Platters

Cumin Spiced Hummus S \$21.00
 Served with crispy baked M \$36.00
 pita chips (VE) L \$68.00

Nacho Chips & Dip S \$36.00
 Served with salsa, sour cream M \$60.00
 and guacamole (V) L \$114.00

Samosas S \$64.00
 Vegetables samosas, served M \$108.00
 with sweet chili sauce (V) L \$205.00

Vegetable Spring Rolls S \$57.00
 Crispy mini vegetable spring rolls, M \$96.00
 served with sweet chili sauce (V) L \$182.00

Individual Snacks

House-fried Kettle Chips \$3.50
 Crispy kettle chips with ranch dip

Crudités \$4.50
 Seasonal vegetables with ranch dip

Seasonal Sliced Fruit \$4.50

Cheese, Crackers & Grapes \$8.95

Sweet N' Savoury Snacks

Chips \$2.50
 Candy cups \$2.75
 Chocolate bars \$2.75
 Granola bars \$3.00

Lunch Combo

Individually boxed or platter - Minimum 10 guest, priced per person

Classic Egg Salad \$13.75

Classic egg salad with green leaf lettuce (V)

Black Forest Ham \$13.75

Ham, aged cheddar cheese, mayonnaise, green leaf lettuce

Tuna Salad \$13.75

Tuna, mayonnaise, celery, red onion, green leaf lettuce (F+)

Roast Beef and Cheddar \$13.75

Roast beef, cheddar cheese, mayonnaise, green leaf lettuce

Roast Turkey and Cheese \$13.75

Turkey breast, Monterey jack cheese, mayonnaise, green leaf lettuce

Chicken Salad \$13.75

Chicken, mayonnaise, red onions, celery, red peppers, green onions, margarine, green leaf lettuce

Garden Vegetables with Cheese \$13.75

Cheddar cheese, lettuce, tomatoes, cucumber, mayonnaise, green leaf lettuce (V)

Traditional BLT \$13.75

Tomatoes, bacon, cheddar cheese, mayonnaise, lettuce



Each Sandwich Box includes:

- Vegetable and Dip
- House Baked Cookie

Signature Wraps

Individual or wrap box - Minimum 10 guest, priced per person

Buffalo Chicken **\$11.95**
Crispy chicken tenders, **\$16.95**
leaf lettuce, tomatoes, cheddar
cheese and creamy buffalo sauce

Chicken Caesar **\$11.95**
Your choice of crispy or grilled **\$16.95**
chicken with leaf lettuce, bacon,
parmesan cheese and creamy
Caesar dressing

Chicken Shawarma **\$11.95**
Mediterranean chicken, lettuce, **\$16.95**
tomatoes, pickles, onions,
banana peppers, cabbage and your
choice of house garlic sauce, sweet
sauce or hot sauce

California Chicken **\$11.95**
Grilled chicken with bacon, **\$16.95**
avocado, cheddar cheese, leaf
lettuce, tomatoes, and garlic aioli

Falafel Wrap **\$11.95**
Falafel, lettuce, tomatoes, **\$16.95**
pickles, onions, banana
peppers, cabbage and your
choice of house garlic sauce,
sweet sauce or hot sauce (V)

Donair **\$11.95**
Falafel, lettuce, tomatoes, **\$16.95**
pickles, onions, banana peppers,
cabbage and your choice of
house garlic sauce, sweet sauce
or hot sauce



Each Wrap Box includes:

- Vegetable and Dip
- House Baked Cookie

Wraps & Sandwiches

Platter, minimum 10 guest, priced per person

Classic Egg Salad \$13.75

Classic egg salad with green leaf lettuce (V)

Black Forest Ham \$13.75

Ham, aged cheddar cheese, mayonnaise, green leaf lettuce

Tuna Salad \$13.75

Tuna, mayonnaise, celery, red onion, green leaf lettuce (F+)

Roast Beef and Cheddar \$13.75

Roast beef, cheddar cheese, mayonnaise, green leaf lettuce

Roast Turkey and Havarti \$13.75

Turkey breast, Monterey jack cheese, mayonnaise, green leaf lettuce

Chicken Salad \$13.75

Chicken, mayonnaise, red onions, celery, red peppers, green onions, margarine, green leaf lettuce

Garden Vegetables with Cheese \$13.75

Cheddar cheese, lettuce, tomatoes, cucumber, mayonnaise, green leaf lettuce (V)

Traditional BLT \$13.75

Tomatoes, bacon, cheddar cheese, mayonnaise, lettuce



Check out our beverage offerings to upgrade your experience.



Mercatino Bowls

Minimum 10 guest, priced per person

'Rebel' with Falafel \$15.95

Falafel, kale, quinoa, red peppers, tomatoes, black beans, corn, hemp seeds, chipotle citrus ranch dressing (WG) (V)

'Eden' with Chili Lime Tofu \$15.95

Chili lime tofu, quinoa, cabbage, arugula, broccoli, chickpeas, carrot, cucumbers, green onion, sunflower seeds, balsamic dressing (WG) (VE)

'Ninja' with Lemon Roasted Chicken \$16.95

Chicken, brown rice, cabbage, spinach, carrots, cucumber, edamame, Mandarin oranges, crispy wontons, sesame seeds, sesame dressing (WG)



Check out our beverage offerings to upgrade your experience.

Chef's Signature Lunch

Individual or buffet style. Minimum 10 guest, priced per person

Mercatino Roast Chicken \$14.95

Served with roasted vegetables and potatoes

Taco Bowl \$14.95

Choice of taco seasoned chicken or beef, with lettuce, tomatoes, cheddar cheese, black beans, corn, bell peppers, salsa and sour cream. Topped with tortilla chips

Vermicelli Bowl \$14.95

Choice of satay chicken, or tofu with green leaf lettuce, carrots, cucumbers, cilantro, hoisin, fish sauce and hot sauce, over rice vermicelli.

Served with a veggie spring roll

Katsu Bowl \$14.95

Choice of crispy chicken or tofu, with sautéed mixed vegetables, topped with a teriyaki drizzle, pea shoots and sesame seeds, served over steamed rice

Poke Bowl \$14.95

Choice of ahi tuna or crispy tofu, kale, cucumbers, avocado, red cabbage, edamame, sesame seeds, sambal aioli. Served over sushi rice

Udon Bowl \$14.95

Choice of satay chicken, crispy chicken, or tofu served over sautéed vegetables and udon noodles (V)

Spring Rolls \$2.95

2 veggie spring rolls served with sweet chili sauce to compliment your favourite bowl



Meal Salads

Minimum 10 guest, priced per person

Greek Salad with Grilled Chicken \$13.75

Romaine lettuce, peppers, Feta cheese, tomatoes, onions, cucumbers and olives topped with grilled chicken, Greek dressing

Blackened Chicken Caesar Salad \$13.75

Romaine lettuce, bacon, croutons, top with blackened chicken, Caesar dressing

Healthy Cobb Salad \$13.75

Edamame, quinoa, chickpeas, cucumbers, eggs, Feta, Romaine, carrots and tomatoes, ranch dressing



Check out our beverage offerings to upgrade your experience.

Side Salads

Minimum 10 guest, priced per person



Caesar Salad

\$4.00

Romaine lettuce with Caesar dressing, croutons, parmesan cheese (no bacon)

Market Greens Salad

\$4.00

Romaine, shredded carrots, cucumber, tomatoes with balsamic dressing (VE)

Pasta Salad

\$4.00

Pesto, penne, broccoli, roasted peppers, sundried tomatoes, parmesan cheese, olive oil (F+)

Classic Greek

\$4.00

Romaine, Feta cheese, olives, tomatoes, cucumbers, red onions, bell peppers and Greek dressing (V) (F+)



Upgrade to large bowls for \$50.



Hot Buffet

Minimum 10 guests, priced per person

Mediterranean Mosaic \$17.50

Chicken Skewers

Marinated in a blend of spices

Greek Quinoa Salad

Quinoa, parsley, mint, tomatoes, lemon dressing (VE) (V)

Lemon Oregano Potato

Roasted with lemon and oregano (VE) (V)

Pita & Tzatziki

Soft pita bread served with tzatziki sauce (V)

Vegetarian Option:

Homemade falafel (VE) (F+)

Flavours of India \$17.50

Butter Chicken

Tender chicken in a creamy tomato-based sauce

Basmati Rice

Fragrant basmati rice (VE)

Naan Bread

Soft and fluffy naan bread (V)

Raita Sauce

Yogurt-based raita sauce (V) (F+)

Vegetarian Option:

Vegan chana masala (VE) (F+)

Platters

Minimum 10 guest, priced per person



Crudités S \$72.00
Assorted seasonal vegetables served with creamy ranch dip (V) M \$120.00
L \$228.00

Cheese & Cracker S \$72.00
Classic assortment of domestic cheeses with crisp crackers (V) M \$120.00
L \$228.00

Seasonal Sliced Fruit S \$50.00
Assorted sliced fruits (F+) (VE) M \$84.00
L \$159.00

Deluxe Sliced Fruit S \$72.00
Assorted sliced fruits, berries, served with yogurt dip (F+) (VE) M \$120.00
L \$228.00

Check out our beverage offerings to upgrade your experience.

Prices starting at \$2.25



Platters

Small serves up to 8, Medium up to 14 & Large up to 24 guests



Charcuterie

Prosciutto, capicola, and salami, baguette, whole almonds, fresh berries, compote, kalamata olives, and artichokes

S **\$64.00**
M **\$108.00**
L **\$205.00**

'At The Movies'

Doritos nacho cheese and hummus dip, pretzel thins, classic potato chips, and assorted chocolate bars (V)

S **\$57.00**
M **\$96.00**
L **\$182.00**

Check out our beverage offerings to upgrade your experience.

Prices starting at \$2.25



Canapés

Minimum order of one dozen each

Cold

Bruschetta \$48.00

Crispy crostini topped with Parmesan cheese and olive tapenade

Caprese Skewer \$48.00

Skewers of bocconcini cheese, cherry tomatoes, and basil drizzled with balsamic glaze (V) (F+)

Homemade Falafel \$48.00

Golden-brown falafel served with lemon aioli (V)

Hot

Fried Cauliflower \$72.00

Crispy cauliflower florets seasoned with curry spices, served with mojo picon sauce (V)

Southern BBQ Slider \$72.00

Mini beef & cheese sliders served with BBQ sauce and coleslaw

BBQ Jackfruit Slider \$96.00

(Vegan Pulled Pork)

Tender jackfruit cooked in BBQ sauce, served with rainbow coleslaw (V)



Sweets & Treats

Classic Desserts Platter **\$36**

Assorted freshly baked cookies and dessert squares. Serves up to 12 guests

Gourmet Cookies Platter **\$24**

Selection of freshly baked chocolate chip, oatmeal raisin, double chocolate, and white chocolate macadamia nut cookies. Serves up to 12 guests

Espresso Flavoured Mini Canoli **3/\$3.95**

Panna Cotta **5oz for \$4.15**

Tiramisu **\$5.25**

Mercatino Energy Bites **\$5.00**

Oats, shredded coconut, milled flax, chocolate chips, honey, peanut butter, vanilla extract



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Beverages

Minimum 10 guest, priced per person



Organic Coffee Tote \$30.00
10 cups

Organic Tea Tote \$30.00
10 cups

Bottled Water
Eska 500ml \$2.00
Aquafina 591ml \$2.50

Sparkling Flavoured Water
Bubly 355ml \$2.25
Perrier 500ml \$3.50

Soda \$2.25
Variety of carbonated soft drinks, 355ml

Juice \$2.25
Assorted Oasis Juices
Orange, Apple, Grapefruit
300ml - 350ml



Allergies & Dietary Info

Allergies

We attempt to provide nutrition and ingredient information that is as complete as possible. Products may change without our knowledge and menu items are prepared in close proximity to other ingredients that may result in cross-contact with ingredients not listed, including allergens.

Please reach out to rishi@mercantino-fresh.com to discuss any allergy concerns for your function.

Dietary Restrictions

As Canada's largest foodservice provider, we have a significant impact on the health and well-being of our guests. Our commitment to encouraging healthy living embraces the power of food and the empowerment of individuals to achieve their health goals. The icons are used throughout the menu to indicate menu items that are Vegetarian and Vegan and Whole Grain. Additionally, all our eggs are free run, cage free.



- **Identifies the most nutritious food choices on our menus**



- **Emphasizes plant-based foods but is not limited to them. Recipes contain no more than 2oz of animal-based ingredients and must contain at least 50% fruit, vegetables or grains by weight**



- **Does not contain any ingredients that come from animals**



- **Does not contain meat, poultry or fish but may, or may not, contain dairy, eggs and/or honey**



- **Made with or contains whole unprocessed grains**

Ordering Guidelines

Placing orders

We request that all orders are placed through online ordering system, two (2) business days prior to your delivery date and time. Specialty items may require additional notice, please give us a call to discuss. Every effort will be made to accommodate any orders placed after the deadline but is not guaranteed to be fulfilled. For orders over 100 people please provide minimum seven (7) business days notice.

Delivery Commitment

Every effort is made to exceed our clients' expectations, your order will be delivered as close to the time requested, however, should we need to adjust this time due to unforeseen circumstances a representative will call to let you know in a timely manner.

Delivery Minimums

We are currently requesting a 10-person minimum on any order, or a minimum spend of \$250 prior to delivery and applicable taxes however, if your event is less than the listed minimums, we do have catering vouchers available. We are thrilled to accommodate your group in our dining areas.

Cancelling Orders

Cancellations must be received in a timely manner; we understand that things happen and sometimes are out of your control. However, a minimum of 24 hours' notice must be given to avoid an associated charge. For functions over 100 people cancellation must be received within 3 business days.

Pricing Guidelines

All items are priced per person, except where indicated, and are based on a minimum of items per menu item. Multiple options and/or flavors can be chosen only when indicated. Adjustment to the amount of vegetarian and/or vegan options can be changed upon your request.

Contact

Mercatino, The BOW

Located on Plus-15 Level

210, 500 Centre St S, Calgary, AB

Phone: (403) 608-4269

Email: catering@mercatino-fresh.com

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