



CATERING

CORPORATE
BUFFET MENU



CORPORATE ORDERING POLICY

At HenryBlake Catering we are committed to providing exceptional food with a great focus on freshness, presentation and a seamless catering experience. Please review our ordering policy before placing your order with us.

- **Notice Requirement:** We require seven (7) days notice for corporate catering orders, you can submit your order by email at orders@henryblakecatering.ca.
- **Orders less than seven (7) days before the event date** will be considered a rush order and incur a rush fee of \$200. Rush orders are subject to availability.
- **Changes:** If you wish to modify your order please contact us at orders@henryblakecatering.ca within 24hrs before the event date, we will make every effort to accommodate order modification, however we cannot guarantee all last minute changes.
- **Cancellations:** Should you need to cancel your order please notify us within 48hrs of delivery date at orders@henryblakecatering.ca. There is a cancellation fee of \$300 that will be deducted from the service retainer paid at the time of booking confirmation.
- **Delivery:** The cost of delivery depends on the delivery location and will be included in your proposal.
- **Packaging:** Food is delivered in premium dinnerware and then beautifully displayed using elegant food raisers and service trays (black or white available). Disposable plates, napkins, forks, spoon and knives will be provided for an additional cost, if you do not require please inform your account manager.
- **Service Type:** Our corporate self-serve buffet includes stayed wait staff. This service includes buffet table set-up, refreshing food and juice stations, collecting all garbage from guest, tear down and clean up of food area.
- **Delivery Approval:** A member from your team must be present to sign the delivery checklist to ensure delivery of all ordered items.

BREAKFAST

Breakfast Buffet-Self Serve
10 person minimum

HOT BREAKFAST

Scramble Eggs
Crispy Maple Bacon
Pancake
Waffle
Toast
Rosemary Fry Potatoes



Eggs Supreme

Hard boiled egg white stuffed with bacon bits and Fry
Plantain

Scramble Egg & Potato Bowl

Herbs Fry Potatoes, Scramble Eggs, Crispy Maple Bacon
drizzle with Canadian Maple Syrup Topped with fresh Herbs

Stuff Croissant

Scramble Eggs, Lettuce and Tomato stuff in a Butter
Croissant

Ackee & Saltfish Croissant

Jamaican Style Ackee & Saltfish Stuff in a Butter Croissant

BEVERAGES ADD-ONS

Tea Service

Spice Hot Chocolate, Coffee or Tea
(Minimum 10 Cups)

Spiced Hot Chocolate

Regular and Decaffeinated Coffee

Assorted Herbal Teas

Brown Sugar, Milk, Cream, Honey

Fresh Made Orange Juice

OR

Fruit Punch

Water Dispenser

OR

Bottle Water

BREAKFAST

LIGHT BREAKFAST

Chia Pudding Jar

Chia Seeds Soaked with Almond Milk, Greek Yogurt,
Banana Slices,

OR

Mix Berries Puree

OR

Mango Puree and Drizzle with Honey

Overnight Oats Jar

Oats Soaked in Almond Milk, Sweeten with Honey and
Topped with Apples and a dash of Cinnamon

Rice Pudding Jar

Creamy Rice Porridge, mixed with Chia Seeds, drizzle
with Honey and topped with Fresh fruit

Mini Caesar Salad Wrap

Cesar Salad in a Whole Wheat Wrap, Creamy Sauce

Mini Egg Frittata Wrap

Scramble Eggs, Spinach, Tomato, basil, Cheese

Coconut Oats Protein Balls

Spiced Oats, Mince Dates, Toasted Coconut Rolled in
Balls and Coated with Coconut Flakes

BREAKFAST ADD-ONS

Fruit Platter

OR

Individual Fruits Shooters

Fry Plantain

Sweet Ripe Fry Plantain (3pcs)

Mini Bake Good

Muffins, Cupcake, Lemon Loaf, Banana
Bread

Yogurt Parfait

Creamy Greek Yogurt, Berries,
Coconut Oats Crumble

Jamaican Sweet Potato Pudding

Jamaican Sweet Potato, Spices



CORPORATE ORDERING POLICY

LUNCH MENU PRICING

Essential

1 Salad, 1 Protein, 1 Starch , Bread & Cheese
Chicken or Escovitch Fish (boned) - \$23.00 per person

Classic (A)

1 Salad, 1 Starch, 1 Protein, Vegetables , Crackers & Cheese
\$25 00 Per Person

Classic (B)

2 Salad, 1 Starch, 1 Premium Protein, 1 Vegetable, 1 Dessert, Crackers & Cheese
Grill Salmon or Wine Stew Beef - \$29.00 Per Person

Executive

1 Salad, 2 Starch, 1 Protein, 1 Premium Protein, 1 Vegetable,
1 Dessert, Crackers, Bread & Cheese
Chicken+Salmon - \$30 Per Person
Curry Goat+Fish - \$32.00 Per Person
Oxtail+Lamb - \$35.00 Per Person

FOR CLASSIC (A) CHOOSE 1 TYPE OF VEGETABLE SIDE

**FOR CLASSIC (B) CHOOSE 1 PREMIUM PROTEIN, 1 VEGETABLE SIDE AND 1
DESSERT**

**FOR EXECUTIVE CHOOSE 2 TYPE OF STARCH, 1 PREMIUM PROTEIN, 1 VEGETABLE
SIDE, AND 1 DESSERT**

LUNCH

PREMIUM PROTEIN

Slow Roast Lamb Leg

Overnight marinate lamb leg, slow roast on charcoal grill, deboned, then topped with our house made sauce and herbs

Jerk Oxtail

Marinated with Authentic Jamaican Jerk herbs and spices and grilled in a Jerk Pan

Grill Snapper Fillet

Salmon Fillet Grilled with rosemary and Herbs, and Pineapple

Pineapple Jerk Chicken Breast

Marinated Chicken Wings Fry and Tossed in our House-Made Coconut Rum Sauce

Oxtail & Lima Beans

Slow Cook Oxtail with Lima Beans

Curry Goat

Goat Meat seasoned and Slow Cooked in Curry and Spices

White Wine Garlic Herbs Shrimp

Succulent Shrimp Cooked in a White Wine Herbs Sauce

Maple Glaze Rib

Beef Short Ribs Slow Roasted in our House-Maple Maple Syrup Spicy Sauce

LUNCH BOWLS

Oxtail & Rice Bowl

Slow cooked Oxtail, Rice & Peas, Lettuce, Tomato

Garlic Roast Sweet Potato & Curry Shrimp Bowl

Roast Sweet Potato, Curry Shrimp, Chick Peas, Avocado, Tomato

Jerk Poutine Bowl

Deboned Jerk Chicken, Crispy Potato, Wedges, Tomato, Lettuce, cheese Churds, Jerk Sauce

SANDWICH

Jerk Chicken

Jerk Chicken Breast Stuffed in A Coco Bread Bun, With Tomato, Lettuce And Jerk Sauce

Oxtail

Slow-Braised Oxtail Deboned And Stuffed in A Coco Bread Bun, Topped With Tomato, Lettuce and Saute Bell Peppers

Tuna

Flaky Tuna Seasoned With Onions, Bell Peppers, Lettuce, Carrots, Cucumbers and Topped With Our House-Made Mayo

Corn Beef -Jamaica Style

Tin Corn Beef Seasoned With Onions, Peppers



LUNCH

PROTEIN

Jerk Chicken

Chicken Seasoned With Authentic Jamaican Jerk Herbs and Spices and Grill in a Jerk Pan Grill

Fry Chicken

Red Wine Stew Beef & Beans

Slow cook Beef, Simmer in Onions, Bell Peppers, Ginger, Spices, Herbs, String Beans

Kingston Chicken Wings

Marinated Chicken Wings Fry and Tossed in our House-Made Coconut Rum Sauce

Mushroom Lentils Stew

Slow cooked lentils in a herb marinara sauce with mushroom and vegetables

Escovitch Snapper

Jamaican Style Fry Fish, topped with Sautee Onions, Bells Peppers Herbs and Spices

BBQ Chicken

Rosemary Marinated Chicken Slow Roasted, then Topped with Our House-Made BBQ Pineapple Sauce

Curry Chicken

Season Chicken in slow cooked in Jamaican Curry and Spices

Jerk Pork

Canadian Pork Marinated in Authentic Jamaican Jerk Herbs

STARCH

Rosemary Roast Baby Potato

Baby Potato Seasoned with Garlic, Rosemary, Paprika, Sea Salt

Vegetable Quinoa

Cooked Quinoa is Sauteed with mushroom, asparagus, Onions, Bells Peppers, Scallion and other Herbs and Spices

Rice & Peas

Kidney Beans Slow Cooked in Coconut Milk, Basmati Rice and seasoned with Thyme, Scallion

White Wine Parmesan

Pasta Tossed in White Wine Parmesan Cheese

Vegetable Rice

White Basmati Rice, Bell Peppers, Squash, Green Beans, Carrot, Broccoli

Coconut and Herbs Boiled Corn

Sweet Corn cooked in a Coconut Milk And Herb

5 Cheese Vegetable Pasta

Pasta is Coated in our 5 Cheese sauce, top with Mixed Vegetables And Bake To Perfection

Garlic & Herbs Roast Sweet Potato

Sweet Potato, Garlic, Herbs, Butter

LUNCH

VEGETABLES

Stuff Mushroom

Cremeni, onions, Scallion, Herbs, Cheese

Steam Cabbage

Green Cabbage, Onions, Carrot,

Garlic Asparagus Mix

Asparagus, Garlic, Broccoli, Brussel Sprouts, Herbs

Satuee Mushroom

Mushroom,

Ocho Rios Chickpea

Chick Pea, Lettuce, Tomato, Cucumber, Avocado, Red Onions, Dressing

Steam Kale & Cabbage

Kale, Green Cabbage, Onions, Bell Peppers, Carrot

Grill Vegetables

Broccoli, Zucchini, Eggplant, Pineapple,

DESSERT

Lemon Loaf

Sweet & Salty Gourmet Popcorn

Dipped Strawberries (2ps)

Bourbon Fruit Cups

Assorted Fruits Soaked in Bourbon Spice Sauce

Mango Crumble

Mango Mousse, Coconut Crumble, Mango Chunks

SALAD

ST. MARY CABBAGE MIX

Cabbage, Carrot, Cucumber, Color Bell Peppers, Drizzle with Apple Cidear Vinegar Dressing

Greek Salad

Lettuce, Tomato, Olives, Cucumbers, Bell Peppers, Feta Cheese, olive oil

Caesar Kale Salad

Crispy Lettuce, Kale, Croutons, Fresh Parmesan Cheese, Tomato, Cucumber, Caesar Dressing, Avocado

Beet Quinoa

Colored Quinoa, Beets, Arugula, Grapes, Cucumber, Fresh Mint, Chick Pea, Avocado

LUNCH ADD-ONS

Jerk Board

Choose Between Authentic Jerk Chicken, Jerk Lamb or Jerk Ribs, Fry Plantain, Grill Pineapple, Grill Orange

Cheese And Crackers Platter

Assorted Cheese, Crackers, House-Made Fruit Spread, Jams, Bread Cubes,

Fry Plantain

Ripe Sweet fry Plantain

5 Cheese Macaroni Pie

Pasta, 5 cheese Blend, Creamy Alfredo Sauce, Onions, Bell Peppers, Bake to creamy Goodness

Fry Festival

Sweet Dough Fried Crispy Golden Brown