

Select
sandwich co.

taste above all

CORPORATE & HOME CATERING



FREE
MEETING
AND EVENT
PLANNING
GUIDE
SEE INSIDE!

STILL FRESH AFTER THREE DECADES.

The difference is our dedication.

At Select Sandwich, we pride ourselves on our dedication to our customers, to our product, but above all, to great taste. It's what has consistently set us apart from our competition for the past 30 years. And it's a formula we're not about to change. In a world that seems to have forsaken old-fashioned values you can still count on us to go the extra mile when it comes to quality, service, and great taste. Whether it's quality ingredients you won't find anywhere else or our commitment to your complete satisfaction, Select Sandwich comes through time and time again.

Select Service Values

Free Lunch – Select Service Difference No. 1
Who says there is no such thing as a free lunch? With Select Sandwich you get just that! Tired of ordering delicious catering for meetings you are not part of? Now when you place a meeting catering order over \$60 we'll treat you to one of our classic sandwiches or wraps as our way of saying thanks.

Free Ride – Select Service Difference No. 2
There's always a free ride at Select Sandwich. Because when you order catering from any of our convenient locations, delivery is absolutely FREE. Within our trading area of course.

Interest Free – Select Service Difference No. 3
Prefer to be invoiced for your catering? Select Sandwich is pleased to provide Interest Free accounts for catering customers. Contact your nearest location to find out more about this unheard of offer.

Outta Time? – Select Service Difference No. 4
Running out of time? Relax, just call any one of our locations by 10:30 am for a last minute order, and we will work with you to ensure your guests are enjoying their lunch in no time.

Call. Click. Fax. Eat.

BREAKFAST



Egg Wrap Platter



Smoked Salmon Platter



Rise & Shine Platter

Rise & Shine Platter

Freshly baked assorted bagels, muffins and danishes accompanied with whipped butter, jam and cream cheese. \$5.99 pp (min 8 servings)
Add juice \$0.50 pp

Egg Wrap Platter

A selection of egg wraps made with canadian farm fresh grade A eggs. Assortment includes: The Canadian Wrap (peameal bacon drizzled with maple syrup and cheddar cheese), The Hawaiian (ham, cheddar and pineapple), The Hearty Wrap (bacon and swiss), The Southwestern (salsa, salami and jalapeño cheese) and The Potato Wrap (hash brown potatoes, herbs and mozzarella). Ideal for breakfast or brunch. \$6.49 pp (min 8 servings)

Continental Breakfast

Freshly baked assorted bagels, muffins and danishes accompanied with whipped butter, jam and cream cheese. Available with a variety of chilled fruit juices, freshly brewed coffee and an assortment of fresh fruit. \$9.99 pp (min 8 servings)

Dairy Platter with Bread Tray

Mounds of tuna salad, salmon salad, egg salad and cream cheese on a bed of lettuce with slices of tomatoes and cucumbers to complete the perfect sandwich (served with an assortment of breads and buns). \$8.99 pp (min 8 servings)

Breakfast Bagel Platter

A delightful assortment of bagels served with tomatoes, cream cheese and various cheeses (swiss, cheddar, mozzarella and monterey jack). \$5.99 pp (min 8 servings)

Smoked Salmon Platter

Smoked salmon served with cream cheese, fresh bagels, tomatoes, cucumbers, red onions and lemon wedges. (2 oz smoked salmon per person.) \$8.99 pp (min 8 servings)

We also offer many hot breakfast options. Contact your local Select Sandwich catering specialist.

Breakfast Bagel Platter



APPETIZERS & HORS D'OEUVRES



Satay Sampler



Jumbo Shrimp Feast



Savoury Pinwheel
Hors D'oeuvres

Satay Sampler

A mouthwatering display of grilled chicken satay with an assortment of dipping sauces. \$11.99/10 pcs (min 50 pcs)

Hors D'oeuvres

An appetizing mix of phyllo-encrusted vegetable hors d'oeuvres. Varieties include spinach & feta, mushroom & leek and asparagus & cheese. **48 hour notice required.** \$20.99/doz (min 5 doz)

Chicken Fingers

Tender white meat chicken breast, lightly breaded and oven baked. Served with plum and BBQ sauces. Serves 5 pieces per person. \$8.99 pp (min 10 servings)

Jumbo Shrimp Feast

Quality cooked prime jumbo shrimp (16-20 ct/lb), served with a zesty cocktail sauce. Approximately 4 oz of jumbo shrimp per person! \$9.49 pp (min 10 servings)

Vegetable Dip Platter

Crisp bite-sized vegetables – always a hit! Your choice of blue cheese or ranch dip. Sm (10) \$32.99
Med (15) \$42.99
Lrg (20) \$52.99
\$4.99/bowl (extra dip)

Party Sandwiches

An attractive display of party sandwiches: fingers and triangles. Fillings include: tuna, cream cheese, salmon salad and egg salad. Garnished with lettuce and cherry tomatoes. **24 hour notice required.** \$6.99/doz (min 6 doz)

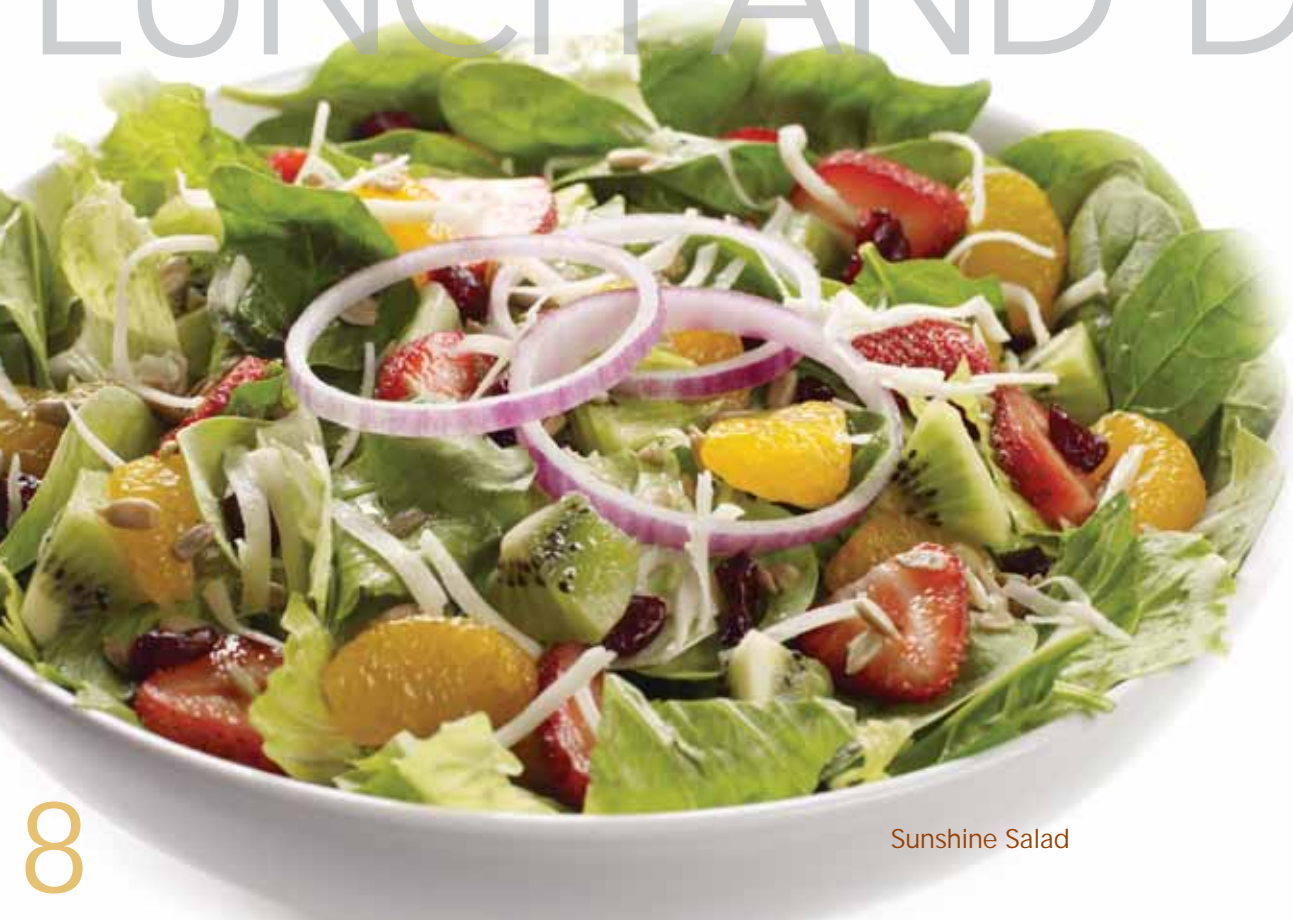
Savoury Pinwheel Hors D'oeuvres

An assortment of miniature tortilla pinwheels attractively displayed for any office or home occasion. Assortment includes:
• Smoked salmon & capers
• Asiago roast beef
• Ham & brie with red pepper cream cheese
• Grilled veggies & hummus
• Turkey & cranberry cream cheese
\$11.99/doz (min 4 doz)



Vegetable
Dip Platter

LUNCH AND DINNER SALADS



Sunshine Salad



Garden Salad



Classic Caesar Salad

Garden Salad

Mixed greens with a medley of seasonal vegetables and your choice of dressing.

Sm (6-9) \$23.99
Med (10-15) \$31.99
Lrg (20-25) \$51.99

Classic Caesar Salad

Romaine lettuce, parmesan cheese, crumbled bacon bits and croutons tossed with our creamy caesar dressing.

Sm (6-9) \$23.99
Med (10-15) \$31.99
Lrg (20-25) \$51.99

Sunshine Salad

A bit of sunshine all year round! Fresh baby spinach, romaine, red onion rings, kiwi, strawberries, dried cranberries, mandarin oranges, grated mozzarella and sunflower seeds.

Sm (6-9) \$26.49
Med (10-15) \$34.99
Lrg (20-25) \$54.99

Classic Greek Salad

Feta cheese, black kalamata olives and red onions mixed with crispy romaine and tossed with our gourmet greek dressing.

Sm (6-9) \$26.49
Med (10-15) \$34.49
Lrg (20-25) \$54.99

Side Salads

Classic side salads – a welcome addition for any occasion.

- Pasta
- Potato
- Coleslaw

Sm (6-9) \$16.49
Med (10-15) \$21.49
Lrg (16-20) \$31.49

Salad Entrées

Asian Chicken Salad

An individual meal of crisp spring lettuce, bean sprouts, green onion, snow peas and crispy chow mein noodles tossed in our sesame ginger teriyaki dressing. Served with a 6 oz baked Asian chicken breast. 9.99 ea (individual serving, min 8)

Southwest Chicken Salad

An individual meal of crisp romaine and spring lettuce, red kidney beans, corn, cherry tomatoes and avocado tossed in a creamy southwestern dressing. Served with a 6 oz baked chicken breast. 9.99 ea (individual serving, min 8)



Classic Greek Salad

LUNCH AND DINNER SANDWICHES



10 Gourmet Grilled Panini



Dairy Platter with Bread Tray



Wrap Platter



My Select Sandwich Platter

Wrap Platter

Giant whole wheat, pesto and sun-dried tomato wraps stuffed with quality meats and mixes and topped with fresh vegetables. \$7.99 ea (min 8 servings)

Classic Sandwich Platter

Made on a variety of freshly baked breads, stuffed with quality meats and mixes and topped with fresh vegetables. \$6.99 ea (min 8 servings)

Sandwich & Wrap Platter

The perfect combination of our classic sandwiches and wraps. \$7.49 ea (min 8 servings)

Dairy Platter with Bread Tray

Mounds of tuna salad, salmon salad, egg salad and cream cheese on a bed of lettuce with slices of tomatoes and cucumbers to complete the perfect sandwich (served with an assortment of breads and buns). \$8.99 pp (min 8 servings)

My Select Sandwich Platter

Excite your taste buds and your guests with an assortment of our gourmet sandwiches made on freshly baked baguettes, focaccia and multi-grain buns.

Includes:

- Asiago Roast Beef
- Turkey Cranberry
- Grilled Vegetable
- Chicken, Bacon & Feta
- Smoked Salmon

\$8.99 pp (min 8 servings)

Boxed Lunches

The perfect easy meal for those small or informal meetings. Any classic sandwich or wrap, a can of pop, a piece of fruit or chef salad and our famous comfort cookie for dessert. Individually packaged.

\$11.99 ea (min 8)

Gourmet Grilled Panini

An assortment of our gourmet grilled paninis including:

- Grilled Brie & Ham
- Tangy Red Pepper Roast Beef
- Smoked Turkey Dijon Aioli
- Zesty Baked Chicken Caesar
- Mediterranean Grilled Veggie
- Cuban Midnight Panini

\$9.99 pp (min 8 servings)

Mini Sandwiches

Fresh soft mini buns filled with lettuce, tomatoes and an assortment of meats and mixes. Attractively garnished and includes a pickle bowl. Provides 2 sandwiches per person.

24 hour notice required.

7.49 pp (min 10 servings)



Mini Sandwiches

HOT ENTRÉES

Hot entrées require 24-36 hours notice. Not all selections are available at all locations on all days. Contact your local Select Sandwich for more information. All hot entrées are sold in minimum quantities of eight (8) portions unless otherwise noted.



Louisiana
Green Fire Chicken



Stuffed Peppers

SELECT FAVOURITES

Quiche

Fresh baked pastry with your choice of seafood, ham, cheese or vegetarian fillings. With house or caesar salad.
Lunch \$9.99 pp
Dinner \$10.99 pp

Shepherd's Pie

Hearty favourite with ground beef, vegetables and mashed potato served in portions of 9. With house or caesar salad.
Lunch \$10.99 pp
Dinner \$11.99 pp

Chicken Stir Fry

Stir fried chicken and vegetables on rice or pasta. With house or caesar salad.
Lunch \$12.99 pp
Dinner \$14.99 pp

Stuffed Peppers

Baked sweet bell peppers stuffed with Italian style filling. With house or caesar salad.
Lunch \$8.99 pp
Dinner \$9.99 pp

Roast Chicken Leg

Served with roasted herb potatoes. With house or caesar salad.
Lunch \$9.99 pp
Dinner \$11.99 pp



Salmon Entrée

Meatloaf Wellington

Tasty meatloaf covered in a buttery pastry crust. With rice or mashed potato and house or caesar salad.
Lunch \$10.99 pp
Dinner \$12.99 pp

Salmon Entrée

Wild salmon in creamy dill or lemon sauce. With rice or mashed potato and house or caesar salad.
Lunch \$12.99 pp
Dinner \$14.99 pp

Roast Turkey Dinner

Roasted turkey, stuffing, cranberry sauce, mashed potato and gravy, vegetables, rolls and butter. With house or caesar salad.
Uncarved \$16.99 pp
Carved \$17.99 pp

Souvlaki

Tender pieces of marinated meat grilled to perfection. Served with rice, tzatziki and house or caesar salad.
Pork or Chicken Lunch \$11.99 pp
Pork or Chicken Dinner \$13.99 pp

Tuscan Chicken

Chicken breast sautéed with sweet peppers, tomatoes, mushrooms and fresh basil. Served with roast potato, seasonal veggies and house or caesar salad.
Lunch \$10.99 pp
Dinner \$12.99 pp

Upgrade complimentary
House or Caesar Salad to
Greek or Sunshine Salad
Add \$1.49 per person

HOT ENTRÉES

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Cajun Beef Stew



Beef Stew with Broccoli

STEWES

ALL STEWS ARE SERVED WITH RICE OR EGG NOODLES & FRESH ASSORTED ROLLS

Cajun Beef Stew

Beef & vegetables in a spicy cajun gravy.

Lunch \$9.99 pp
Dinner \$11.99 pp

Beef Stew with Broccoli

Hearty and filling, this is a favourite anytime.

Lunch \$9.99 pp
Dinner \$11.99 pp

Beef Stroganoff

Sautéed beef in a creamy european-style sauce.

Lunch \$8.99 pp
Dinner \$10.99 pp

Upgrade complimentary
House or Caesar Salad to
Greek or Sunshine Salad
Add \$1.49 per person

Beef Goulash

Tasty chunks of beef and vegetables mixed with spices in a rich Hungarian stew.

Lunch \$8.99 pp
Dinner \$10.99 pp



Butter Chicken

ASIAN DISHES

Butter Chicken

Tender bite sized chicken in a mild sauce. With rice and house or caesar salad.

Lunch \$12.99 pp
Dinner \$14.99 pp

Tandoori Chicken

Flavour of india with mild spices and succulent meat. With rice and house or caesar salad.

Lunch \$12.99 pp
Dinner \$14.99 pp

Curry Chicken and Vegetables

Sliced chicken breast and fresh vegetables in indian curry sauce. With rice and house or caesar salad.

Lunch \$12.99 pp
Dinner \$14.99 pp

Tandoori Chicken Wrap

Mild tandoori spices, rice and chicken. With house or caesar salad.

\$9.49 pp

Teriyaki Beef Wrap

Beef and grilled vegetables in a sweet teriyaki sauce. With house or caesar salad.

\$9.49 pp



Curry Chicken and Vegetables

HOT ENTRÉES

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Upgrade complimentary House or Caesar Salad to Greek or Sunshine Salad
Add \$1.49 per person

Lasagna



Tortellini



Louisiana Jambalaya

PASTAS

ALL PASTA SERVED WITH HOUSE OR CAESAR SALAD AND GARLIC BREAD

Mushroom Penne Alfredo
Hearty penne pasta in our creamy mushroom alfredo sauce.
Lunch \$9.99 pp
Dinner \$11.99 pp

Pasta & Meatballs Marinara Sauce
Always a classic with your choice of pasta.
Lunch \$10.99 pp
Dinner \$12.99 pp

Pasta Chicken Rosé
Pasta and grilled chicken breast tossed in our creamy rosé sauce.
Lunch \$10.99 pp
Dinner \$12.99 pp

Lasagna
Served in portions of 9. Layers of lasagna, meat and our special cheese blend. Your choice of meat or vegetable.
Lunch \$11.99 pp
Dinner \$12.99 pp

Cannelloni
Pasta stuffed with a savoury cheese filling in tomato sauce.
Lunch \$10.99 pp
Dinner \$12.99 pp

Tortellini
Pasta filled with velvety cheese smothered in alfredo or marinara sauce.
Marinara Lunch \$10.99 pp
Marinara Dinner \$12.99 pp
Alfredo Lunch \$11.99 pp
Alfredo Dinner \$13.99 pp

Pasta with Veal or Chicken Parmigiana
Your choice of pasta served with tender veal or chicken, tomato sauce and mozzarella.
Lunch \$12.99 pp
Dinner \$14.99 pp

Rotini with Tomato Sauce
Simple but comforting.
Lunch \$8.99 pp
Dinner \$10.99 pp

SPICE UP YOUR LIFE

Louisiana Jambalaya
Taste of new orleans – spicy mix of meat, veggies, rice and spices. With house or caesar salad.
Lunch \$12.99 pp
Dinner \$14.99 pp

Chicken and Sausage
Lunch \$12.99 pp
Dinner \$14.99 pp
Chicken, Sausage and Shrimp
Lunch \$14.99 pp
Dinner \$16.99 pp

Fajitas
As fun to make as they are to eat – tortillas, fajita mix, veggies and cheese served separately-build to own taste. With house or caesar salad.
Beef \$9.99 pp
Chicken \$9.99 pp

Enchiladas
Spicy meat and rice mix wrapped in a tortilla then baked with tomato sauce and cheese. With house or caesar salad.
Beef \$9.99 pp
Chicken \$9.99 pp

Chicken Quesadilla
A mexican favourite on tortilla with sour cream. With house or caesar salad.
\$9.99 pp

Louisiana Green Fire Chicken
Chicken breast marinated in a spicy mayo sauce, lightly breaded and baked. With rice or mashed potato & house or caesar salad.
Lunch \$10.99 pp
Dinner \$12.99 pp

Jerk Chicken
Authentic jerk spiced chicken served with jamaican rice and peas. With house or caesar salad.
Lunch \$10.99 pp
Dinner \$12.99 pp

Andouille Spicy Sausage
Smoked cajun sausage served with fried onions. With rice or mashed potato & house or caesar salad.
Lunch \$9.99 pp
Dinner \$11.99 pp

LUNCH AND DINNER SOUPS



Tomato Roasted Red Pepper Bisque



Amaize'n Chicken Chipotle Chowder



Moroccan Style Nine Vegetable Soup

Our premium soups are sold in multiples of 8 servings only. Served with a whole baguette. Includes disposable bowls, spoons and serving utensils. \$4.99 pp

Amaize'n Chicken Chipotle Chowder

A zesty fusion of five peppers including jalapeño and chipotle, savoury chicken, corn, rice and cumin in a bold chowder.

Tomato Roasted Red Pepper Bisque

A delightfully creamy, satin bisque of tomatoes and roasted red peppers.

Moroccan Style Nine Vegetable Soup

A fragrant vegetable broth infused with ginger and lemon – bursting with a vibrant palette of nine vegetables, chickpeas and lentils.

Lobster Bisque

An elegant marriage of lobster, cream and wine, enhanced with a delicate touch of herbs de provence.

Wicked Thai Soup With Chicken

An exotic blend of chicken, rice, peppers and aromatic spices including lemongrass, enhanced with the flavour of coconut in a spicy broth.



Lobster Bisque

Classic Chicken Noodle

Seasoned chicken broth full of diced chicken, large spiral noodles, carrots and celery.

Cream of Mushroom

Sliced mushrooms in a rich creamy base.

Italian Wedding

Meat balls, spinach and mini pasta balls with fine herbs, in a light chicken broth.

Split Pea/Ham

Split green peas and chunks of ham, garnished with carrots, celery and onions.



Wicked Thai Soup With Chicken

PLATTERS



Deluxe Sliced
Fruit Platter



Buffet Deli Platter



Vegetable Dip Platter

Buffet Deli Platter

An assortment of premium meats consisting of roast beef, pastrami, corned beef, ham, salami and turkey. Accompanied with an assortment of breads and buns and garnished with a pickle bowl, tomato and cucumber slices, hot peppers, olives and lettuce. Served with your choice of pasta salad or coleslaw. \$9.99 pp (min 10 servings)

Cheese Platter

A variety of cheese (cheddar, swiss and mozzarella) and crackers garnished with seasonal fruit.
Sm (10-15) \$49.99
Lrg (20-25) \$82.99

Deluxe Cheese Platter

Our regular cheese (cheddar, swiss and mozzarella) accompanied by monterey jack, jalapeño and a brie wheel. Served with assorted crackers and garnished with seasonal fruit.
Sm (10-15) \$61.99
Lrg (20-25) \$94.99



Cheese Platter

Deluxe Sliced Fruit Platter

A mouthwatering display of sliced melons, strawberries, grapes, kiwi and oranges. This platter is a visual masterpiece perfect for any occasion.
Sm (10-15) \$44.99
Med (20-25) \$64.99
Lrg (30-40) \$84.99

Fruit & Cheese

A fine selection of imported and domestic cheeses including monterey jack, cheddar, swiss and mozzarella. Sharing the platter is freshly cut pineapple, honeydew, strawberries and other fresh seasonal fruit. Served with an assortment of crackers.
Sm (10-15) \$64.99
Med (20-25) \$84.99
Lrg (30-40) \$99.99

Smoked Salmon Platter

Smoked salmon served with cream cheese, fresh bagels, tomatoes, cucumbers, red onions and lemon wedges. (2 oz smoked salmon per person) \$8.99 pp (min 8 servings)

Vegetable Dip Platter

Crisp bite-sized vegetables - always a hit! Your choice of blue cheese or ranch dip.
Sm (10) \$32.99
Med (15) \$42.99
Lrg (20) \$52.99
\$4.99/bowl (extra dip)

AFTERNOON SNACKS & DESSERTS



Our Famous
Dessert Platter



Pastry Tray

Dessert Loaf Platter

Break the boardroom fatigue with a fancy dessert loaf display. Great for any afternoon break or dessert. Assortment includes banana, banana chocolate, blueberry raspberry and lemon poppyseed.
\$44.99 (12 servings)
(additional \$4.49 pp)

Comfort Cookies

Try our "Just like Mom's" homemade cookies. Freshly baked daily.
\$17.99/doz
(each additional cookie \$1.49 ea)

Deluxe Sliced Fruit Platter

A mouthwatering display of sliced melons, strawberries, grapes, kiwi and oranges. This platter is a visual masterpiece perfect for any occasion.
Sm (10-15) \$44.99
Med (20-25) \$64.99
Lrg (30-40) \$84.99

Dessert
Loaf Platter

Pastry Tray

Great for dessert or afternoon snack. Delicate, tender pastries and buttery croissants make up this sinfully delicious platter. Includes an assortment of maple pecan, cheese, vanilla, apple, cinnamon and raspberry pastries with choco-hazelnut, almond and butter croissants. 2 pieces per person.
\$42.99/tray (10 servings)
(additional \$4.19 pp)



Gourmet Biscotti

Bite-Size Cookies

Just like the others but this time bite-size. Four dozen mini assorted cookies. Freshly baked to order.
\$24.99 (4 doz)

Savoury Pinwheel Wrappers

An assortment of tortilla pinwheels attractively displayed for any office or home occasion. Assortment includes:

- Smoked salmon & capers
- Asiago roast beef
- Ham & brie with red pepper cream cheese
- Grilled veggies & hummus
- Turkey & cranberry cream cheese

\$11.99/doz (min 4 doz)

Gourmet Biscotti

Treat yourself with our array of assorted biscotti including: praline almond, chocolate dip, chocolate almond, cranberry almond and Skor™ chocolate dip.
\$25.99/doz (additional \$2.49 pp)

Our Famous Dessert Platter

An assortment of mouthwatering gourmet desserts composed of brownies, carrot cake, fruit squares, nanaimo bars and tarts.
Sm (6-9) \$31.99
Med (10-15) \$53.99
Lrg (16-20) \$65.99

EXECUTIVE PACKAGES

INDIVIDUALLY PACKAGED MEALS
FOR YOUR VIP GUESTS.

Hot entrées require 24-36 hours notice. Not all selections are available at all locations on all days. Contact your local Select Sandwich for more information. All hot entrées are sold in minimum quantities of eight (8) portions unless otherwise noted.



Shrimp Linguini



Gourmet
Grilled Panini



Meat Lasagna

A Taste of Italy

- Tortellini or lasagna
 - Caesar salad
 - Choice of drink, dessert or fruit
- \$15.99 pp (multiples of 9)

Shrimp Linguini

- 4 premium jumbo shrimp
 - Linguini
 - Caesar salad
 - Choice of drink
 - Fruit
- \$19.99 pp (min 10 servings)

The Sandwich Board

- Classic sandwich or classic wrap
 - Choice of salad
 - Choice of drink
- \$12.99 pp (min 10 servings)

The Executive

- My Select Sandwich or Grilled Panini
 - Choice of salad
 - Choice of drink
- \$14.99 pp (min 10 servings)

To convert any hot entrée to an executive package, speak with your local Select Sandwich catering specialist.



Classic Sandwich

BEVERAGES



Soft Drinks
\$1.49 Can
\$2.19 Bottle

Juices
\$1.49 Regular
\$2.19 Deluxe
\$2.99 Premium

Bottled Water
\$1.79 Bottle

Iced Teas
\$2.19 Bottle

Boxed Coffee or Tea
Enjoy Select Sandwich's custom roasted coffee – regular, decaf or flavoured – or your choice of assorted teas. Includes cups, stir sticks, milk, cream, sugar and sweetener. Serves up to eight 12 oz cups.
\$19.99



SPECIAL EVENTS, BBQ's AND BUFFETS



Sirloin Steak

We cater thousands of large business gatherings and parties. Please contact our catering specialist at [416-391-1244](tel:416-391-1244) for information on buffets, BBQ's, and formal events.

Linens, china, silverware, wait staff, bar service and chefs are available for your events.

Sample Menus

Southern BBQ

- 1/4 southern BBQ chicken
- Grilled vegetables or corn on the cob, or baked potato
- Garden salad
- Assorted rolls
- Pop, juice or water

Backyard BBQ

- One hamburger
- One hot dog
- Choice of coleslaw, garden, potato or pasta salad
- Pop, juice or water


Sirloin Steaks

- 8 oz grilled sirloin steaks
- Baked potato or rice
- Choice of salad
- Assorted rolls
- Assortment of drinks
- Dessert or fruit



BBQ Chicken

*Meeting and Event
Planning Guide.*



Important clients require the utmost attention. For one-on-one meetings, treating them to a deluxe lunch works just fine, but what about larger groups? If you've got a major board meeting or sales pitch coming up, you might want to consider having the food brought right to your offices.

With corporate catering, you can get high-quality meals for your clients without the fuss of visiting a restaurant. When it comes to the food, corporate catering is a great way to provide meal options that everyone will love. With your buffet-style lunch, you can have a myriad of options which appeal to even the most discerning clients. You can even set up hot and cold stations for your food.

Corporate catering also works well for in-house meetings. If you have a major training for your executive staff coming up, why not treat them to a nice lunch to break up the day? It's also great for staff appreciation events, holiday celebrations and special occasion parties to celebrate a staff member's retirement or anniversary with the company.

Corporate catering also works for evening events should you have them. Many companies have an annual party, whether it's for the holidays, a fundraiser or a meeting of shareholders. We know that appearance, food quality and great service are all extremely important when it comes to these events, so why not provide the best catering services for your affair?

If you're considering having a business event catered soon, contact your local Select Sandwich to inquire about our corporate catering experience.

Visit our website for meeting and event tips, ideas, sample menus and more.
www.selectsandwich.com



Breakfast is being served

A good breakfast meeting can be productive and motivating. But they take planning like any good meeting. Here are a few quick tips that can help.

Send out an agenda.

This helps people prepare for the meeting and gives them confidence that work will be done.

Serve coffee and breakfast before the meeting starts. This gives people a chance to say hello, catch up and get comfortable. It also gives added incentive to attendees to get there before the official meeting begins.

Make the food memorable. A good start to the day makes one more productive.

Set a firm start time for the meeting and stick to it. Nothing disrupts meetings like late arrivals. Don't wait around for everyone to arrive. Start on time. After one or two meetings, people will understand you are serious and get there on time.

End the meeting on time. Everyone has a busy day planned and overly long meetings are simply inconsiderate. Limit the meeting to a set time. Start on time, stick to the agenda and end on time. People will appreciate your punctuality and focus.

The menu. Breakfast does not have to be boring. Start the day off right with one of the many hot or cold menu options from Select Sandwich.



Visit our website for meeting and event tips, ideas, sample menus and more.
www.selectsandwich.com



Before you start:

- Offer at least two choices of entrées
- Offer three or more salad dressing options
- Serve all condiments on the side
- Offer two dessert options: one very indulgent, one healthy

Select a menu that fits the event schedule

- Boxed Lunches: best if you have 30 minutes or are on the go
- Plated Meals: usually require at least 1.5 hours
- Buffets: may be finished in about 1 hour
- Cocktail receptions: require a minimum of 1 hour before dinner

Anticipate special needs

- Food allergies
- Religious requirements
- Dietary restrictions

Allow for comfortable room setup

Choose an appropriate room layout, one that supports your event objectives.

- Boardroom setup for a maximum of 15 guests
- U-shape and rectangle table layout to promote discussion
- Classroom style is great for a presentation
- Banquet style promotes small group discussions

Menu Guidelines:

Appetizers:

If you're having an evening function with no dinner, plan on at least 10-15 pieces per person. Order a bit extra, especially if it's going to be served buffet style, as people tend to eat more from a buffet than if a tray is passed. If you're serving pre-dinner appetizers, plan on 3-5 pieces per person, and choose lighter food options, as dinner will follow. If you're having a mid-day function with a meal following, offer 1-3 pieces per person.

Beverages:

Plan on about 3 beverages per person, with coffee drinkers consuming on average one cup every 1.3 hours.

Breakfast:

People usually drink 2 beverages on average – either juice, coffee, tea, etc. Plan on a main entrée (about 5 oz) per person, along with two sides, including bread. Fruit makes an excellent breakfast dessert. Estimate about 3-5 pieces of cut fruit per person, or one cup or less of fruit salad. If you're serving pastries only, plan on 2 pieces per person.

Lunch:

For hors d'oeuvres, plan on 2-4 per person. Offer a main entrée (about 5 oz) with 2-3 sides, including a starch and a dessert. Offer a selection of drinks, including pop, juice, lemon water, etc. If you're having sandwiches, allow for 1-2 per person.

Dinner:

Have 3-5 hors d'oeuvres per person, depending on the number of courses. Plan on a main entrée (5-7 oz) and 2-3 sides, either veggies, beans, pasta, etc. Offer small portions of bread, salad, or soup. Always have water, along with other beverages.

Desserts:

Plan on 1-2 servings per person. Offer one slice of cake, tart or pastry, or offer an assortment of items on platters. Coffee consumption peaks after dessert is served.



Visit our website for meeting and event tips, ideas, sample menus and more.
www.selectsandwich.com

Tips for planning your successful event.

While we can take care of your corporate and business catering needs, we can also cater your personal events. Birthday, sporting event, bridal shower, anniversary, movie night, girl's night, any night! Call us for all your catering needs.

Start Early: There is no such thing as having too much time to plan an event. For large-scale events, start planning four to five months in advance. For smaller events, one to two months is reasonable.

Make a Plan: Start with the day of the event, and create a detailed list backtracking every task that needs to happen, assigning each a firm deadline. Use it as the master reference checking things off as they get accomplished. Put together a simple binder with all of your vendor contracts, extra copies of the floor plan, and a cheat sheet of contact information for easy reference.

Coordinate with Vendors: Before a conversation with a vendor, make a list of everything you need from them. Go through the proposal with a fine-tooth comb. Ask for help! Assign portions of the event to individual friends or family members. If everyone has ownership of a piece of the puzzle, details are less likely to slip through the cracks and everyone will feel more involved.

Have a Plan B: Anticipate which aspects will more significantly affect your event and create backup plans for each.

Do a Mental Walk-Through: About two weeks before the event, mentally walk through every minute of the event, from set-up to break down. You'll be surprised how many last minute tasks you catch.

Take Pictures! Pictures are the best way to illustrate an event's success. If there's room in the budget, hire a photographer or assign a friend or family member to the task.

The Gift of Giving: For a smaller special occasion or dinner party, ensure that a small gift for each guest is at the dinner table (i.e. handmade Christmas ornaments, chocolates, etc).

Remain Stress Free on the Big Day: Don't get anxious about any event where you're the entertainer. Parties are supposed to relieve stress, so make sure that you stay as cool as you want your party to be.



To find our meeting and event planning guide complete with sample menus, please visit our website at www.selectsandwich.com where you will find a wide range of tools to simplify and streamline the process and make planning your next party painless.

Be part of the discussion.
Submit your tips to us and watch
for them on Twitter!



No Alcohol? No Problem!

Papaya and Mango Punch Recipe:

Place 1 cup of sliced mango and 1 cup of sliced papaya into a blender. Cover, and puree until smooth; add 1 cup of orange juice, ¼ cup of lime juice, sugar, 1 teaspoon of grated orange zest, and 4 cups of water. Add sugar to taste. Blend well. Serve over crushed ice.



taste above all

selectsandwich.com



Scan here to find a location near you.

Call. Click. Fax. Eat.

And don't forget, delivery is free within most areas of the GTA!

For more catering information contact the store below or Head Office at:

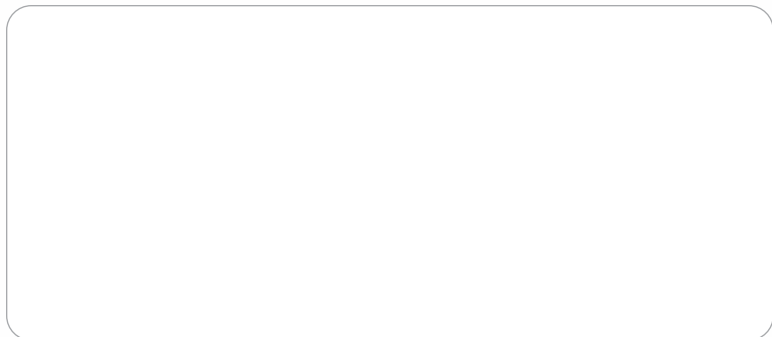
T: 416.391.1244

F: 416.391.5244

Toll Free: 1.866.567.5648

FRANCHISES AVAILABLE

For more information contact Head Office.



Although Select Sandwich strives for accuracy in both copy and photography, items herein contained are for display purposes only. All items are delivered and served in disposable trays and containers unless otherwise arranged with our catering specialist 1-866-567-5648. Select Sandwich reserves the right to correct any errors and revise pricing information.

All prices effective October 1st, 2011.

