



STATE OF MIND

Our Commitment to our **EARTH** and its **PEOPLE**

Our menu is a reflection of our **FOSL** philosophy (Fresh, Organic, Sustainable, Local). In respecting the Earth that gives birth to our food and to the Artisans & Farmers who bring to the market the many products we enjoy, our menu offers all that is fine, fresh & wholesome, paying homage to food, land and its people. Enjoy!

Fresh

Recently made, produced, or harvested; not stale or spoiled: fresh bread. Having just arrived; straight: salmon fresh from the catch

We at Carmens Catering of Oakville adhere as much as possible to the 100 mile radius program ensuring that only the freshest available foods reach your table. Getting the freshest of local ingredients translates into the best tasting foods. Building relationships with these local purveyors guarantees freshness and quality. We are committed to supporting all Foodland Ontario farmers, growers and products.

Or-gani-ic

Raised or conducted without the use of drugs, hormones, or synthetic chemicals: organic chicken; organic cattle farming.

Organic implies simplicity, healthful choices and being closer to nature. We purchase only items from producers and purveyors that respect the land and waters of our great country. Whenever possible, certified organic products are used. An effort is always made to ensure that only wholesome products ever reach your table.

Sus-tain-a-ble

Capable of being continued with minimal long-term effect on the environment: sustainable agriculture

Most of our produce, meats and fish come from locals and Canadian farmers and purveyors that practice ecologically sound agriculture and harvesting. Ensuring that a conscience effort to respect the environment is made from both the producer and the purchaser is key to long term sustainability of food we eat.

Lo-cal

Of, relating to, or characteristic of a particular place: a local custom; the local slang. Of or relating to a city, town, or district rather than a larger area: state and local government.

Our mentality of supporting our own is always first on our agenda when purchasing product. Most of what we purchase is done through the 100-mile radius program, by definition as local as you can get. In addition, we can boast that 95% of our products are truly Canadian in origin, harvested, produced, and grown from coast to coast.

We are proud supporters of Homegrown, Foodland Ontario and Ocean Wise. We only use 100% Bio Degradable Disposables at all our events and functions.





PRE-DINNER

Hot Passed

Spinach Samosa
Panir Tikka
Vegetable Spring Rolls
Assorted Pakora
Chicken Tandore Skewers



APPETIZERS

Choice of (1)

Bocconcino & Tomato Napoleon

Home-Grown Buffalo Mozzarella | Vine Ripened Tomatoes | Grilled Zucchini | Pesto | Basil Oil | Aged Balsamic | "Beamsville Bench" Baby Arugula

"Holland Marsh" Spinach Salad

Spiced Pecans | "Niagara" Apples | Baby Sprouts | "Ermitte Bleu" | Maple-Dijon Vinaigrette

Wild Mushroom Bisque

Mushrooms from "Milton" | Truffle Oil | Chive Cream | "Woolwich" Goatcheese Crouton

Cream of Asparagus (Seasonal)

Spring Asparagus | Creme Fraiche



ENTREES

Guest Choice of (Split Menu)

Surf & Turf | Bacon-Wrapped Beef Tenderloin & Garlic Shrimp

Pan-Seared Tenderloin (5oz) | Butterflied Shrimp | Baco Noir Reduction
Seasonal Vegetables | "Boursin" Scalloped Potato

Or/

Butter Chicken

Pan-Braised Chicken Supreme | Makhani Sauce | Rice Pillaw | Raita | Pickles | Nan

Or/

Vegetable Kabobs & Lemon Dhal

Okra | Pickles | Nan



DESSERT

Combo

Dark Chocolate Ganache

Ginger Creme Anglaise | Strawberry Compote

&

Gulab Jamun

Platters to the tables

