

Catering by Ryerson Eats

Ryerson Eats is committed to using local, seasonal, and sustainably-produced foods in our menu wherever possible.

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Ryerson Catering is committed to using local, seasonal and sustainably-produced foods in our menu offerings wherever possible.



Ordering Information

Connect with us at rucatering@ryerson.ca with questions/inquiries.

Ordering Guidelines

Delivery Fee

A delivery fee is applied to single orders of less than \$50.

Rentals and China

All rentals and china are available upon request at an additional charge.

Complimentary Disposables

Disposable tableware is complimentary with your order.

Staffing Charges

Additional fees apply for event staff.

Cancellation Policy

Orders cancelled less than two business days in advance will be charged the full estimated food and beverage costs.

Allergies and Dietary Restrictions

Ryerson Eats is happy to accommodate special dietary needs and allergen concerns.

Throughout the menu you will notice the following acronyms to denote these diets:

v - vegetarian

vg - vegan

mwg - made without gluten

Breakfast

Casual Breakfast

Each selection includes juice, water, coffee and tea.

Priced per person - minimum 10 people

Continental

Fresh mini pastries and muffins (v)

Jam and butter

Individual yogurts (v)

Assorted sliced fruits (vg, mwg)

\$8 / Person | 580-670 Cals

Light

Yogurt, fresh berries, granola (v)

\$6 / Person | 560-640 Cals

Hot Breakfast

Each selection includes juice, water, coffee and tea.

Priced per person - minimum 10 people

Scrambled Eggs (v)

Choice of: bacon, peameal bacon or breakfast sausage (mwg)

Yukon gold home fries with scallions (vg, mwg)

\$12 / Person | 620-810 Cals

Poached Eggs and Hollandaise

Two poached eggs, English muffin, hollandaise

Choice of: Spinach (v), ham, or smoked salmon

Green salad with balsamic vinaigrette (vg, mwg)

\$18 / Person | 640-940 Cals

Wild Mushroom Omelet

Baked omelet of button, cremini and portobello mushrooms and goat cheese (v)

Potato wedge fries (vg, mwg)

Green salad with balsamic vinaigrette (vg, mwg)

\$15 / Person | 750 Cals

Buttermilk Pancakes

Buttermilk pancakes, strawberries, maple syrup, butter, whipped cream (v)

Choice of bacon or sausage (mwg)

\$14 / Person | 710-850 Cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

Breakfast Sandwiches

Enjoy breakfast just the way you like it, served with Yukon Gold home fries.

Priced per person - minimum 10 people

Choose one of the following:

- Spinach, egg, cheddar cheese (v)
- Veggie breakfast burrito with warm-spiced potatoes, sautéed spinach, tomato chutney, sour cream (v)
- Fried egg breakfast burrito with sautéed onions, peppers, salsa, guacamole (v)

Choice of:

- Bacon (mwg)
- Sausage (mwg)

\$12 / Person | 650-1110 Cals

À la Carte Breakfast Items

Mini Muffins with Butter (v)

\$1.75 / Person | 180 Cals

Mini Danish (v)

\$1.75 / Person | 150 Cals

Mini Scones with Butter and Marmalade (v)

\$1.75 / Person | 290-310 Cals

Mini Croissants and Spreads (v)

\$1.75 / Person | 120-170 Cals

Yukon Gold Home fries (vg, mwg)

\$2.25 / Person | 210 Cals

Bacon or Breakfast Sausage (mwg)

\$2.25 / Person | 150-210 Cals

Individually Packaged Yogurts (mwg)

\$2 / Person | 90-120 Cals

Sliced Fruit Platter (vg, mwg)

\$4.50 / Person | 100 Cals

Whole Fruit (vg, mwg)

\$1.50 / Person | 50-100 Cals

KIND Bar: Dried Fruit and Nut Granola (v)

\$3.00 / Person | 200 Cals

Lunch

Soups

Our gourmet soup du jour is made with fresh seasonal ingredients, served with dinner rolls.

Items priced per 375 mL serving - minimum 10 people

Regular

\$7.50 / Person | 70-370 Cals

Vegan (vg)

\$5.75 / Person | 70-370 Cals

Vegetarian (v)

\$6.50 / Person | 70-370 Cals

Salads

Priced per person - minimum 10 people

Traditional Caesar (mwg)

Romaine, bacon, croutons, parmesan

\$6 / Person | 350 Cals

Classic Greek (v, mwg)

Romaine, grape tomatoes, kalamata olives, cucumber, bell peppers, feta, Greek vinaigrette

\$7 / Person | 400 Cals

Tossed Garden (vg, mwg)

Baby greens, grape tomatoes, sliced cucumber, shredded carrots, balsamic vinaigrette

\$7 / Person | 190 Cals

Yukon Gold Potato (v, mwg)

Scallions, celery, lemon, dill, parsley, mayonnaise

\$4.25 / Person | 290 Cals

Arugula & Quinoa (vg, mwg)

Arugula, quinoa, red peppers, tomatoes, black beans, dill, citrus vinaigrette

\$7.25 / Person | 130 Cals

Pasta Salad (vg)

Pasta, red peppers, yellow peppers, olives, green onions, parsley, mint, sundried tomato pesto dressing

\$4.25 / Person | 220 Cals

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3 Bean Salad (vg, mwg)

Red beans, white beans, chickpeas, red onion, tomato, mint, parsley, dill vinaigrette

\$4.25 / Person | 185 Cals

Add Protein

Add one of our delicious grilled proteins to your salad. Halal options available upon request.

Priced per person - minimum 10 people

Boneless, skinless chicken breast

\$7.50 / Person | 160 Cals (mwg)

Canadian salmon

\$16.75 / Person | 300 Cals (mwg)

Marinated tofu

\$6.75 / Person | 280 Cals (vg, mwg,)

Sandwiches

Made in-house with artisan breads garnished with olives, tomatoes and gherkin pickles. Gluten free bread is available upon request.

Priced per person - minimum 10 people

Roast Beef and Cheddar

Arugula, tomato, Dijon, mayonnaise, butter on an artisan bun
\$10.75 / Person | 490 Cals

Roasted Vegetables (vg)

Cucumber, tomato, artichoke, leaf lettuce, hummus on ciabatta
\$8.75 / Person | 330 Cals

Smoked Turkey

Tomato, pickles, leaf lettuce, basil mayo on focaccia
\$10.75 / Person | 680 Cals

Roasted Chicken

Tomatoes, lettuce, mayo on bun
\$10.75 / Person | 360 Cals

Ham and Cheddar

Arugula, grainy mustard, honey butter on an artisan bun
\$10.75 / Person | 570 Cals

Tuna Salad

Scallions, diced celery, minced gherkins, mayonnaise on sliced whole grain bread
\$7.50 / Person | 370 Cals

Egg Salad (v)

Scallions, diced celery, leaf lettuce, mayonnaise on sliced whole grain bread
\$7 / Person | 360 Cals

Wraps

All sandwiches may be substituted for choice of spinach, sundried tomato or plain wraps.

Lunch Package

The “one stop shop” lunch package.

\$17.50 / Person | 950 Cals - minimum 10 people

Choose from the above selection of assorted sandwiches (one sandwich per person).

Choice of salad:

- Traditional Caesar
- Classic Greek
- Mesclun Greens

In addition, you will receive:

- Assorted squares
- Coffee, tea, water and pop

Sandwich and Soup Combo

The “one stop shop” lunch package.

\$18.50 / Person | 950 Cals - minimum 10 people

Choose from the above selection of assorted sandwiches (one sandwich per person).

- Chef’s choice of soup (vegan/vegetarian or meat options available)
- Assorted squares
- Coffee, tea, water and pop

Afternoon Break (v)

Coffee, tea and cans of juice, assorted KIND bars, cookies, whole fruit

\$12 / Person | 525 Cals

Hot Dishes

Entrées

Entrée packages include: assorted dessert squares, coffee and tea.

Priced per person - minimum 10 people

Ontario Beef Tenderloin (mwg)

Herb roasted with garlic mashed potatoes, seasonal Ontario vegetables, demi-glace

\$40 / Person | 710 Cals

Ontario Chicken (mwg)

Roasted chicken au jus, seasonal Ontario vegetables, pommes dauphinoise

\$27 / Person | 850 Cals

Moroccan Chicken (mwg)

Marinated and roasted bone-in, served with scallion and sultana raisin couscous, seasonal Ontario vegetables

\$25 / Person | 1620 Cals

Canadian Salmon (mwg)

Grilled and served with wild rice pilaf, seasonal Ontario vegetables, green pea puree, grain mustard & maple glaze

\$28.50 / Person | 710 Cals

Beef Lasagna

(orders in multiples of eight only)

Garlic and cheese breadsticks, grated parmesan on the side

\$15 / Person | 530 Cals

BBQ Chicken Wings (mwg)

Ten pieces served with crudité, French fries, blue cheese dip

\$16.50 / Person | 1500 Cals

Additions

Caesar, Greek, or green salad

\$3.75 / Person | 60-160 Cals

Canned juice or pop

\$2 / Person | 145-160 Cals

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Vegetarian

Entrée packages include: assorted dessert squares, coffee and tea.

Priced per person - minimum 10 people

Vegetable Lasagna (v)

(orders in multiples of eight only)

Garlic and cheese breadsticks, grated parmesan on the side

\$15 / Person | 570 Cals

Aged Cheddar Macaroni and Cheese (v)

(orders in multiples of eight only)

Parmesan and herb crusted, Sriracha ketchup

\$12 / Person | 600 Cals

Chickpea Chana Masala (v, mwg)

Steamed basmati, cucumber raita, caramelized onions, Indian spices

\$12 / Person | 630 Cals

Butternut Squash Ravioli (v)

Goat cheese, fresh watercress, sage, brown butter

\$14.50 / Person | 445 Cals

Sweet n' Sour Stir Fried Tofu (vg)

Steamed rice, broccoli, cauliflower, celery, onion, peppers, scallion, ginger sauce

\$14 / Person | 700 Cals

Goat Cheese and Leek Quiche (v)

Individual sized 5" quiche with mesclun greens, grape tomato chutney

\$15 / Person | 700 Cals

Stuffed Acorn Squash (vg)

Stuffed with quinoa, peppers, herbs, spices, onions, pumpkin seeds, basil tomato sauce

\$16 / Person | 455 Cals

Additions

Caesar, Greek, or green salad

\$3.75 / Person | 60-160 Cals

Canned juice or pop

\$2 / Person | 145-160 Cals

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Reception Fare

Priced per person - minimum 10 people

Tortilla Chips and Dips (v, mwg)

Corn tortilla chips, salsa, sour cream, guacamole

\$5 / Person | 315 Cals

Mediterranean Dips (v)

Baba ghanoush, hummus, tzatziki, garnished with fresh parsley, smoked paprika and drizzled with olive oil. Served with pita bread.

\$6 / Person | 335 Cals

Warm Marinated Olives (v)

Olive oil, chili, garlic, rosemary, orange zest served with sliced baguettes

\$6 / Person | 670 Cals

Platters and Boards

Priced per person - minimum 10 people

The Great Cheese (v)

Canadian and international cheeses, crackers, olives, dried fruit, grapes

\$9.50 / Person | 410 Cals

Ultimate Charcuterie

Cured meats, gherkins, duck pâté, olive tapenade, grainy mustard served with crackers and artisan bread

\$9.50 / Person | 310 Cals

Mediterranean Tapas (v)

Artichoke hearts, cucumbers, roasted cherry tomatoes, roasted peppers, pickled eggplant, olives, grilled onions, feta cheese, hummus, baba ghanoush, tzatziki, served with pita wedges

\$9.50 / Person | 445 Cals

Sliced Fruit (vg, mwg)

An assortment of sliced fruits with grapes and fresh berries

\$4.50 / Person | 100 Cals

Crudit  and Dip (v, mwg)

Carrots, celery, broccoli, cauliflower, mushrooms, cucumber sticks, ranch dip

\$3.75 / Person | 55 Cals

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Canapés

Priced per person - minimum 3 dozens per order per appetizer

Cold

Antipasto Skewer (vg)

Rice noodles mango, bell pepper, basil, mint, sweet chili dip

\$36 / dozen | 45 Cals

Tomato Bocconcini Skewer (v, mwg)

Basil pesto

\$40 / dozen | 60 Cals

Chipotle Chicken Taco Cup

\$36 / dozen | 90 Cals

Assorted Sushi

Ginger, soy sauce, wasabi (mwg)

\$36 / dozen | 45 Cals

Maki Vegetarian Sushi Rolls (v)

Ginger, soy sauce, wasabi (v, mwg)

\$36 / dozen | 45 Cals

Shrimp Salad on Cucumber

\$36 / dozen | 50 Cals

Goat Cheese and Fig Truffle in Tulip (v)

\$36 / dozen | 60 Cals

Mini Pita Tabbouleh (v)

\$36 / dozen | 70 Cals

Hot

Spanakopita

Sundried tomato pesto dip (v)

\$30 / dozen | 40 Cals

Vegetable Spring Roll (vg)

Plum sauce

\$30 / dozen | 25 Cals

Southern Fried Chicken Skewers

Buttermilk dip

\$33 / dozen | 90 Cals

Hawaiian Shrimp (mwg)

\$36 / dozen | 35 Cals

Chicken or Beef Satay (mwg)

Sweet chili sauce

\$36 / dozen | 70 Cals

Empanada, Beef, Chicken or Vegetable (mwg)

Sweet chili sauce

\$33 / dozen | 40 Cals

Beef Sliders

BBQ onions, cheddar

\$36 / dozen | 250 Cals

Portobello Sliders (v)

Chipotle mayo, fresh sprouts

\$36 / dozen | 140 Cals

Mini Mushroom Quiche (v)

\$33 / dozen | 95 Cals

Chicken Firecracker

\$36 / dozen | 45 Cals

Lentil and Corn Croquette (vg)

\$33 / dozen | 35 Cals

Panko Crusted Fish Cake

\$36 / dozen | 50 Cals

Mushroom Mozzarella Arancini (v)

\$36 / dozen | 55 Cals

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Sweet Treats

Our mouthwatering desserts offer varying sweetness and selection.

Gluten-free and vegan options available.

Priced per person - minimum 5 people

Cookies

Assortment of chocolate chip, oatmeal raisin, macadamia

\$2 / Person | 310 Cals

Bars

Assortment of Nanaimo, brownie, almond shortbread, berry crumble

\$2.50 / Person | 240 Cals

Cakes

Personalization available upon request, two business days lead-time required

Choice of:

- Carrot
- Chocolate Mousse
- Lemon Vanilla
- Red Velvet
- Strawberry Shortcake
- Vanilla Custard
- Tiramisu

Flavors are subject to change based on availability

Half Slab Cake (serves 40 to 50)

\$175 | 320 Cals

Full Slab Cake (serves 80 to 100)

\$250 | 320 Cals

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Beverages

Welcome guests with a selection of beverages set up buffet style.

Coffee and Tea Service

\$3.25 / Person | 90-140 Cals

Coffee Service

\$2.50 / Person | 90-140 Cals

Tea Service

\$2 / Person | 90-120 Cals

Hot Chocolate

\$2 / Person | 120 Cals

Juice

\$2 / Person | 160 Cals

Cans of Pop

\$2 / Person | 145 Cals

Bottled Water

\$2 / Person | 0 Cals

Bar Services

Bartender fees apply per hour for minimum four hours.

Red or White Wine

\$28 / Bottle | 135-200 Cals

Red or White Wine

\$6 / Glass | 135-200 Cals

Beer

\$6 / Glass | 135-200 Cals

Juice or Pop

\$2 / Can | 145 Cals

Bottled Water

\$2 / Bottle | 0 Cals

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Seasonal Menus

Whatever the reason or season, we're here to celebrate with you. Prices do not include service staff. Halal options available upon request.

Spring and Summer: Outdoor BBQ*

Take advantage of the season by hosting an outdoor event.

Ontario Yukon Gold Potato Salad (v)

Tossed Garden Salad (vg)

Assorted Squares (v)

Nanaimo, brownie, almond shortbread, berry crumble

Ontario Whole Seasonal Fruit (vg)

Pop and Juice

BBQ mains

Choose one of the following:

- Ontario beef hamburger
- Ontario chicken burger
- Veggie burger
- Jumbo all beef hot dog
- Jumbo veggie dog (v)

Garnishes

Diced onions, pickles, tomatoes, lettuce, ketchup, mustard, relish, mayonnaise

\$16.25 / Person | 975 Cals - minimum 25 people

*Additional fees apply for BBQ and staffing.

Fall and Winter: Holiday Feast*

Brrr! It's cold outside! Stay warm with our comforting buffet style feast.

Roast Turkey with Gravy (mwg)

Baked Salmon with Lemon Capers and Roasted Peppers (mwg)

Tofu & Quinoa Stuffed Pepper with Roasted Tomato Sauce (vg, mwg)

Pommes Dauphinoise (v)

Leek and Apple Stuffing (v)

Green Beans (v)

Cranberry Sauce (vg)

Assorted Themed Sweets, Cookies, and Petit Fours

Coffee, Juice, Pop

\$38 / Person | 1770 Cals - minimum 25 people

*Additional fees apply for staffing.

Contact Us

Ryerson Eats Catering has provided unprecedented quality food and service for Ryerson University and surrounding area since 1964. Our team of dedicated professionals will work with you to design and deliver a satisfying food service experience for your meetings and special events. We provide a variety of menu options and can arrange for service staff, bartenders and rentals to meet your catering needs. Connect with us today to transform your culinary vision into a delicious reality!

Ryerson University's Campus at 350 Victoria Street

Email: rucatering@ryerson.ca

Phone: 416-979-5000, ext. 557881

Mattamy Athletic Centre at 50 Carlton Street

Email: maccatering@ryerson.ca

Phone: 416-979-5000, ext. 553489

Phone calls may be delayed in response times