



GALLANTS & CO.
CATERING

BRIEF 2024



Nice to meet you!

Preparing local Prince Edward Island ingredients in a simple and convenient way!

Gallant's & Co. Island Food To Go is located on the outskirts of Charlottetown at 18 Superior Crescent. This accessible drop-in location is perfect for a quick lunch from the a la cart menu or a simple choice from the stocked Grab & Go fridge and freezer, perfect for a home cooked meal without the prep. If you need to pick up food for a parent, friend, or family, we have all kinds of options for you. Homemade soups, chowder, biscuits, crab cakes, mac N' cheese, dips, salads, desserts and more!

Tyler Gallant Chef/ Owner is a Red Seal Chef with over 25 years' experience in the culinary industry. Tyler started his culinary career in Nantucket MA, worked in several Caribbean islands, Victoria B.C, and Newfoundland. As many Islanders do, Tyler felt the need to move home and start proudly serving some of the world's best PEI seafood, meat, dairy, and produce in a traditional way we all enjoy. As Chef/Owner of Gallant's & Co., he strives to create fun twists on old favourites, to support local in a strong way. He believes that good food comes from quality ingredients.

Christine Murnaghan Chef/ COO was born and raised in Prince Edward Island. Being an Islander has given her a great appreciation for the culinary industry and all the wonderful raw materials that we have here to work with. She is a Red Seal Chef and has a Field to Table cooking certification from Tuscany, Italy where she worked on a self-sustainable property. She has worked on the east and west coasts of the United States, from California to Nantucket, MA. Her true passion lies in food and the people who enjoy it.

Contact us at: gallantspeifood@gmail.com



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Rock Bottom Never Tasted So Good!

Breakfast/Coffee Break

Minimum order \$1,500 +HST for delivery Charlottetown, Pick up option available at 18 Superior Crescent under \$600 or delivery fee may apply.

Coffee & Tea Service

\$5.50 per person. includes Island Roasted Caledonia House Coffee and Orange Peko Tea.
Includes: cups, stir sticks, cream, milk, sugar & sweetener

Hot Breakfast Buffet- \$30.00 per person +hst +15% gratuity

- Eggs - you choose scrambled, boiled, or frittata
- Breakfast Meats – you choose bacon, ham, or sausage
- PEI Potato Hash Browns
- Toast Station - sourdough, wholewheat, white, bagels - butters/Jams
- Pancake, waffle, french toast (your choice)

Continental Breakfast:

Minimum order \$600 +HST for delivery Charlottetown

- Blueberry yogurt parfait – with granola – GF \$6.00 ea.
- Fruit Cups – GF - \$7.00
- Island Maple & Banana Overnight Oats GF- \$5.00ea.
- Almond Butter & Oat Energy Balls GF - \$4.00 ea.
- Buttermilk Biscuits - \$3.00 ea.
- Blueberry Lemon Scones - \$3.75 ea.
- Cinnamon Rolls – 4.00 ea.
- Energy Cookies (dried fruit, nuts, seeds, hemp, chia, chocolate) – 4.50 ea.
- Ultimate Chocolate Chip – 3.00 ea.
- Coconut Oat Snaps- 3.00 ea.
- Ginger Sparkle Cookie – 3.00 ea.
- Assorted Muffins - \$3.75 ea.
- Chilled canned beverages and juices – 2.00 ea.

Lunch Menu: Cold Minimum order \$600 +HST for delivery Charlottetown.

Pick up Option available at 18 Superior Crescent under \$600 or delivery fee may apply

\$25.00 +hst +15% gratuity

Please Choose one from each category...

Sandwich/Entree Choices: (Gluten Free Bread available on request for addition \$3.00)

- Smoked Meat Sandwich on Whole Wheat -ADL Cheddar, horseradish cream, organic greens
- Ham & Cheddar Sandwich on Whole Wheat -Dijonaise, Greens, and Tomato
- Crispy Chicken Vegetable Wrap- tomato jam, aioli, onion, carrot, cucumber, greens (dark meat, breaded)
- Crispy Chicken Caesar Wrap- (dark meat, breaded)
- Chicken Salad Wrap (chicken breast, mild curry, mayo, sweet pepper, celery)
- Chicken BLT on Focaccia – Chicken Breast, aioli,
- Veggie Fresh Rolls (GF DF Vegan) – greens, mango, pickled onion
- Asian Tofu Quinoa Salad (GF, DF, Vegan)

Sides Choice:

- Side Garden salad GF, DF, Vegan)
- Side Beet and Feta Salad (GF, Veg)
- Side Caesar Salad
- Asian Quinoa Salad (GF, DF, Veg)
- Greek Pasta Salad (Veg)
- Mediterranean Chickpea Salad

Sweet Treat:

- Energy cookie
- Almond & Oat Energy Ball GF, DF, Veg
- Lemon Berry Parfait (GF available)
- Blueberry Cheesecake (GF available)
- Chocolate Brownie
- Ultimate Chocolate Chip Cookie (Belgian chocolate & ADL Butter)
- Cinnamon Roll

Chilled Lunch Bowls

Minimum order \$600 +HST for delivery Charlottetown. Pick up Option available at 18 Superior Crescent under \$600 or delivery fee may apply.

\$22.00 ea. +hst + 15% gratuity

Moroccan Chickpea with Lemon Garlic Chicken or Vegetarian (GF, DF)

Chickpea, tomato, cucumber, sweet pepper, olives, dried fruit, almond, cinnamon, cumin, greens, roasted red pepper vinaigrette.

Asian Quinoa Bowl with Tofu or Chicken (GF, DF)

Quinoa, pickled onion, pickled carrot, edamame, radish, celery, mushrooms, greens, cabbage, chili crisp, sesame ginger vinaigrette, choice of chicken or tofu.

Taco Rice Bowl with Ground Beef or Vegetarian (GF)

Rice, tomato, cucumber, corn, jalapeno, greens, cabbage, cheddar cheese, pico de gallo, chipotle lime sour cream.

Lunch Menu: Hot

Minimum order \$600 +HST for delivery Charlottetown.

Pick up Option available at 18 Superior Crescent under \$600 or delivery fee may apply.

\$38.00 +hst + 15% gratuity per person

(Everything is individually packaged, **please choose one** from each category)

Entree

- Gallant's Chicken Pot Pie-chicken breast, peas, carrot, potato, corn, white gravy, ADL butter crust
- Gallant's Seafood Chowder (haddock, clam, mussels, scallop) GF
- Smoked Salmon Bagel (House made bagel, lemon, caper, cream cheese, pickled red onion)
- Beef Shepherd's Pie – Island beef, carrot, onion, mashed potato, herbs

Sides

- Side Beet & Feta Salad (Island Beets, Organic Greens, feta, pumpkin seeds, maple shallot vinaigrette)- GF
- Side Garden Salad (Greens, house made dressing, pickled carrot onion, cucumber, tomato – GF DF
- Tomato & Herb Soup (Italian tomato, basil, oregano, onion) – GF DF
- Curried Carrot Coconut Soup -GF DF

Dessert

- Lemon Berry Parfait
- Blueberry Cheesecake
- Chocolate Brownie
- Ultimate Chocolate Chip Cookie (Belgian chocolate & ADL Butter)
- Maple Bread Pudding (PEI maple, toffee sauce)
- Cinnamon Roll

Individual pricing:

Minimum order \$600 +HST for delivery Charlottetown. Pick up Option available at 18 Superior Crescent under \$600 or delivery fee may apply.

Entrée:

- Mini Chicken Pot Pie \$18
- Beef Shepherd's Pie \$15
- Bowl Soup \$10 (daily feature) Vegan/ GF/ DF Available
- Bowl Seafood Chowder (GF) \$14
- Veggie Fresh Rolls (3) DF/ GF/ Vegan - \$12

Sandwiches: (Gluten Free Bread available on request for addition \$3.00)

- Chicken Vegetable Wrap \$9
- Crispy Chicken Caesar Wrap \$9
- Ham & Cheddar sandwich \$9
- Montreal smoked meat sandwich \$12
- BLT on Focaccia – Pressed - \$12
- Smoked Salmon Bagel - \$13

Sides:

- Side Garden salad \$8
- Side Beet and Feta Salad \$8
- Side Caesar Salad \$8
- Cup of Daily Soup – \$8
- Buttermilk Biscuit \$3.00
- Covered Bridge Chips \$3.00
- Asian Quinoa Salad \$5.50
- Greek Pasta Salad \$5.50
- Mediterranean Chickpea Salad \$5.50

Desserts:

- Cinnamon Rolls – \$4.00 ea.
- Energy Cookies (dried fruit, nuts, deeds, hemp, chia, chocolate) – \$4.50 ea.
- Ultimate Chocolate Chip – \$3.00 ea.
- Coconut Oat Snaps- \$3.00 ea.
- Ginger Sparkle Cookie – \$3.00 ea.
- Lemon Berry Parfait – \$6.50 ea.
- Blueberry Cheesecake – \$6.50 ea.

Chilled Beverages: 2.00 ea.

- Bottled Water
- Assorted flavoured soda water
- Soda- Pepsi, Coke, etc.
- Orange Juice
- Apple Juice

Sandwich Platters

Minimum order \$600 +HST for delivery Charlottetown. Pick up option available at 18 Superior Crescent under \$600 or delivery fee pay apply

Classic Tea Sandwiches: 3/4 of a sandwich per person - \$9.00 Per person +Hst +gratuity 15%
Assortment of three types.

- Ham & Cheddar
- Chicken Salad
- Egg Salad

All on a mixture of white and whole wheat bread.

Specialty Sandwiches: - 3/4 of a sandwich per person - \$12 per person +Hst +gratuity 15%

Please Choose from the following:

- Island BLT on House Made Focaccia
- Duck Confit, pear, apple jam, pickled onion on House-made Focaccia
- Crispy Chicken Caesar Wraps - buttermilk marinated chicken thigh, double smoked bacon, house made Caesar dressing.
- Crispy Chicken Veggie Wrap - buttermilk marinated chicken thigh, tomato jam, aioli, cucumber, pickled carrot, greens, pickled onion
- Montreal Smoked Meat Sandwich - Horseradish cream, cheddar, greens

Includes: Label signs, napkins, paper plates

Boards & Platters :

Crudité Platter – assorted fresh island vegetables with house-made roasted red pepper dip
\$5.00 per person +hst +15% gratuity

Charcuterie & Cheese Board – Cured meats and spreads, assorted cheeses, pickled vegetables, preserves, mustard, crostini, olives
\$8.50 per person +hst +15% gratuity

Assorted Cheese Board –house-made Island preserves, candied nuts dried fruits, fresh fruit
\$7.00 per person +hst +15% gratuity

Fresh Fruit Platter – Assorted melons, citrus, grapes, yogurt honey dip
\$ 5.00 per person +hst +15% gratuity

Smoked Fish & Seafood Platter – Assorted seafood; cold & hot smoked fish, poached shrimp, jarred bar clams, marinated mussels, pate, fresh lemon, crackers & crostini
\$8.50 per person +hst +15% gratuity



Hors D'oeuvres Catering Menu

Minimum Order of \$1,500 +Hst +Gratuity 15%.

We provide this type of service for large gatherings, corporate events, and weddings. **Minimum order limit of 25 piece per item.**

GF = Gluten Friendly (we are not a certified gluten free facility and do work with flour daily)

Seafood:

- PEI Oyster Bar -includes set up and shucker - \$375.00 for the 1st 100 oysters / \$2.25 for each additional oyster. **(GF)**
- Jumbo Scallops wrapped in smoked bacon \$4.75 ea. **(GF)**
- Mini smoked salmon bagels with caper, pickled red onion, fresh dill and lemon \$5.00 ea
- Cups of Seafood Chowder - \$10.00 ea. **(GF)**
- Crab Cakes - Rock crab from Belle River PEI, served with pickled onion and spicy aioli \$5.25 ea.
- Mini PEI Lobster Roll -Market Price (approximately \$10)
- Jumbo Shrimp Cocktail – \$4.50ea. **(GF)**
- Scallop ceviche – citrus, sweet pepper, pickled onion, fresh herbs - \$6.00 ea. **(GF)**

Veggie:

- Mac & Cheese Bites - Buffalo Sauce- \$4.50 ea.
- Arancini – Island cheese curds, risotto, San Marzano Tomato sauce-\$4.50 ea.
- Heirloom Tomato & Bocconcini Skewers – Balsamic, Chimichurri – \$5.25 ea. **(GF)**
- House made PEI potato chips with Chipotle Lime Dip- \$4.75 pp **(GF)**
- PEI Deviled Eggs with Feta & Smoked Sea salt-\$4.00 ea (veg) **(GF)**
- Veggie Fresh Rolls – mango, carrot, cucumber, vermicelli, rice paper, greens-\$4.50 **(GF)**
- Mushroom Toast – Local mushrooms, sourdough, olive oil, parmesan - \$5.00ea.
- PEI Potato Croquette – PEI potato, herb & cheddar, breadcrumbs - \$4.25
- Mini Falafel – pita, garlic sauce, pickled veg, - \$5.50

Meat:

- Mini Beef Sliders, sesame bun, pickle, aioli, ketchup, mustard -\$5.50 ea.
- Mini Crispy Chicken Slider, sesame bun, spicy aioli, lettuce \$5.50ea
- PEI Charcuterie cups - island cured meats and island cheeses, dried fruit, candied nuts. - \$6.25 ea
- Island Pork Dumplings – garlic soy dipping sauce \$ 4.75 ea.
- Duck Confit cherry compote on crostini – \$5.75
- Chicken, Pork, or Beef Satay – BBQ with chimichurri drizzle - \$5.75**(GF)**
- Moroccan Lamb Meat Ball – minted cucumber sauce – \$5.75 **(GF)**
- Duck Confit Ravioli – pesto, sunflower seeds, chili crisp, green onion -\$8.50 ea.
- PEI Beef Wellington – puff pastry, chanterelle mushroom, horseradish cream- \$8.75 ea.

Dessert:

- Blueberry Cheesecakes – wild PEI blueberry, graham crumbs, vanilla, cream cheese – \$5.50 ea.
- Lemon Berry Parfait –lemon curd, Island berries, ADL whipped cream Sweet Biscuit- \$5.50 ea.
- Maple Bread Pudding with toffee sauce - 5.50 ea.



Buffet Dinner Menu

\$70.00 PER PERSON + 15%GRATUITY +HST (Minimum 25 people)

We provide this type of service for large groups, events. Our culinary team will prepare, set up, and provide buffet style food service to you and your guests.

Pricing below does not include plates, cutlery, glassware, extra servers, or bartenders, tents, or additional equipment.

Buffet Side Dishes (all the listed items below are included)

- *Fresh Baked Breads, Biscuits, and Butters*
- *Organic Greens with Garden Vegetables and Roasted Shallot Vinaigrette*
- *Island tomato & bocconcini salad – fresh basil, balsamic, olive oil*
- *Roasted PEI Potatoes with Garlic and Herbs*
- *Roasted Seasonal Vegetables with Herbs*

Meats, Poultry & Fish (choose two from the list below)

- *Lemon and Thyme Roasted Chicken with a Natural Reduction*
- *Carved Pork Loin with Apple Cider Jus*
- *Slow Cooked Island Beef Brisket with rich Demi-Glace*
- *Grilled Salmon fillets with Maple Cream Sauce*
- *Baked Haddock with Herb & Lemon Chimichurri Sauce*

Vegetarian & Vegan options available upon request

Chefs Desserts

Individually portioned Buffet style; \$12.00 each +HST + 15%Gratuity

- Island Strawberry Shortcake – sweet biscuit, lemon curd, whipped cream.
- Sticky Date Pudding -brown sugar sauce
- Maple Bread Pudding -toffee sauce
- Lemon & Berry Parfait - with whipped cream, sweet biscuit, and fresh berries
- Double Chocolate Brownie – whipped cream or Ice cream
- Chocolate Espresso Mousse – ADL cream, local roast, Callebaut chocolate (GF)
- Cheesecake – graham cracker crumbs, vanilla
- Apple Crumble – cinnamon, oat crumble, molasses