



GALLANTS & CO.  
CATERING  

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BRIEF 2023



# Nice to Meet you!...

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## 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, 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 and 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](mailto:gallantspeifood@gmail.com)



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**Christine Murnaghan**  
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*Rock Bottom Never Tasted So Good!*

# Breakfast/Coffee Break Minimum order \$1,500 +HST for delivery Char'twn

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## 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- \$25.00 per person +hst +grat

- Eggs - you choose scrambled, boiled, frittata, etc.
- Breakfast Meats – you choose bacon, ham, or sausage, etc.
- PEI Potato Hash Browns
- Toast Station - Sourdough, wholewheat, white, bagels - Butters/Jams
- Pancake, waffle, French (your choice)

Additions (individually packaged)

- 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, 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.
- Assorted Muffins - \$3.75 ea.
- Chilled canned beverages and juices – 2.00 ea.

# Lunch Menu: Cold Minimum order \$300 +HST for delivery Charlottetown

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\$25.00 +hst +grat

Boxed lunch (individually packaged)

## Option 1

- Smoked Meat Sandwich
- (Wholewheat, Montreal smoked meat, ADL cheddar, horseradish cream, and organic greens)
- Side Garden OR Beet & feta salad
- Mini energy cookie
- Covered bridge potato chips

## Option 2

- Crispy Chicken Vegetable Wrap
- Larkin brothers' chicken, house made aioli, tomato jam, greens, cucumber, pickled onion, carrot.
- Side Garden OR Beet & Feta Salad
- Mini energy cookie
- Covered bridge potato chips

## Option 3

- Chicken Breast & Large Organic Greens Salad- house made vinaigrette, fresh chopped island vegetables, cooked chicken breast.
- Energy cookie

## Option 4 (Vegan/GF)

- Vegan quinoa salad with Asian vinaigrette & marinated tofu
- Side Garden Salad
- Almond & Oat Energy Ball

## Option 5 (Vegan/GF)

- Summer Fresh Rolls- rice paper, fresh mango, cucumber and carrot, organic greens and vegan aioli
- Side Quinoa Salad
- Almond & Oat Energy Ball

# Lunch Menu: Hot

*Minimum order \$300 +HST for delivery Charlottetown. Pick up Option available at 18 Superior Crescent under \$300*

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\$30.00 +hst +grat 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, royal, toffee sauce)
- Cinnamon Roll

# Individual pricing:

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Minimum order \$300 +HST for delivery Charlottetown. Pick up Option available at 18 Superior Crescent under \$300

Entrée:

- Mini Chicken Pot Pie \$15
- 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:

- 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 \$300 +HST for delivery Charlottetown. Pick up option available at 18 Superior Crescent under \$300*

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Classic Tea Sandwiches: 3/4 of a sandwich per person - \$9.00 Per person +Hst +grat 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 +grat 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, some delivery fee may apply.*



# Hors D'oeuvres Catering Menu

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## ***Minimum Order of \$1,500 +Hst +Grat15%.***

We provide this type of service for large gatherings, corporate events, and weddings. Minimum limit of 10 piece per item.  
GF = Gluten Friendly (we are not a certified gluten free facility and do work with flour on a daily basis)

### 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)
- Lobster Dumplings – \$6.50 ea.
- Scallop ceviche – popcorn, citrus, sweet pepper, pickled onion, fresh herbs - \$6.00 ea. **(GF)**

### Veggie:

- Butternut squash wellington basil pesto \$5.75 ea.
- Mini Veggie Burgers Sliders, tomato Jam, lettuce, tomato, pickled onion \$5.50 ea.
- 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 Bluda Deviled Eggs with Smoked Sea salt-\$4.00 ea (veg) **(GF)**
- Veggie Fresh Rolls – mango, carrot, cucumber, vermicelli, rice paper, greens-\$4.50 **(GF)**
- Chanterelle Mushroom Toast – Local mushrooms, sourdough, olive oil, parmesan - \$5.00ea.

### Meat:

- Mini Beef Wellingtons, horseradish cream - \$6.25
- 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)**

### 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

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\$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 Fresh Island Grown Vegetables and Roasted Shallot Vinaigrette*
- *Curried Carrot Coconut Soup*
- *Roasted Red Skinned Potatoes with Garlic and Herbs*
- *Seasonal Vegetables with Herb Butter*

## 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 with Red Wine Demi-Glace*
  - *Grilled Salmon fillets with Maple Cream Sauce*
  - *Baked Haddock with Herb & Lemon Chimichurri Sauce*
- \*\*Vegetarian & Vegan Upon Request\*\**

### *For Buffet and Hors D'oeuvres party catering services*

*Payment Policy:* We will require 50% of the total bill paid 10 days prior to the event (should you/organizer decide to cancel your event, this portion of the payment is non-refundable) and the remaining 50% can be paid up to 48 hours prior to the event. (Should you/organizer decide to cancel your event, this portion of the payment is non-refundable). We accept the following forms of payment, cheque, e transfer, cash, debit, or credit. Please make all cheques payable to Gallant's Shellfish & Seafood.

### *Cancelation Policy:*

General Cancellation: If you choose to cancel your event ...Please refer to the payment policy.

Storm or Weather Cancellations: With the unpredictability of stronger weather systems that are occurring more frequently, you as the organizer may want to think about booking in a storm date with us and securing a suitable indoor venue. Should a government or emergency organization put out weather warning, alerts, or Do Not Travel Advisories, we as your service team may not be able to get to your location, please keep this in mind when making alternate arrangements around rapidly evolving weather systems in your planning process.

# Chefs Desserts

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*\$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, cream cheese
- Apple Crumble – cinnamon, oat crumble, molasses