



CHEF MADE

IMPACT FOCUSED

LOVE CENTERED

UPWARD CATERING



WHEN FOOD FORGETS ITS PURPOSE

Catering is too often just a transaction. Trays arrive, people eat, and nothing meaningful happens. The food might be fine, but it's disconnected from your values, your guests, and the community you're part of.

CHEF LED FOOD, FOR A PURPOSE

We do things differently. At Upward, every dish is intentionally scratch-made by our team of real chefs using ingredients sourced from trusted local partners. For every tray in every order, we provide five hot, nutritious meals to people facing food insecurity. This is catering that feeds both your event and your impact.



THE SHIFT

Your event delivers elevated, aligned food but now, it does more. It becomes a force for good. Every tray you serve helps close the hunger gap, supports local producers, and reminds your guests that impact can be baked into every detail.



MENU

Every catering order will include an 18% service charge.

Every tray ordered automatically supplies five meal tokens, banked at our café. These tokens are used by community members for chef-made meals, no questions asked and no stigma attached. Impact is built into every order.



PORCHETTA SANDWICH

Half Tray — 15 pieces | \$195
 Full Tray — 30 pieces | \$310

Fennel-frond porchetta, slow-roasted and seasoned. Served on our house baked focaccia, dressed arugula and our signature bomba sauce



CHICKEN SANDWICH

Half Tray — 15 pieces | \$195
 Full Tray — 30 pieces | \$310

Tender roasted chicken, bomba, and arugula on our house focaccia. A juicy, flavour-forward alternative to the porchetta.



SQUASH SANDWICH

Half Tray — 15 pieces | \$160
 Full Tray — 30 pieces | \$280

Roasted squash layered with whipped black pepper ricotta, and fresh arugula tossed in beet vinaigrette. Bright, and satisfying with peppery notes.

VEGAN!



MUSHROOM BANH MI

Half Tray — 15 pieces | \$160
 Full Tray — 30 pieces | \$280

Maple & soy glazed local wild mushrooms, pickled valley carrots & radish, rich aquafaba mayo, fresh cilantro on our house made vegan baguette

BREAKFAST

Chef-made breakfast trays designed to start the day right, for meetings, events, or team mornings. While this section highlights our breakfast offerings, all items across the menu can be ordered together to suit your needs.



BREAKFAST SANDWICH

Full Tray — 24 pieces | \$220

Fluffy egg patty, caramelized onion, cheddar, and mayonnaise on a toasted 24 Carrots Bakery English muffin.



MORNING GLORY MUFFIN

Half Tray — 15 pieces | \$80
Full Tray — 30 pieces | \$120

Moist and warmly spiced with carrot, applesauce, banana, and seeds. Hearty, wholesome, and still feels like a treat.

VEGETARIAN! → CAN BE MADE VEGAN!



WILD MUSHROOM EGG BITES

Half Tray — 20 pieces | \$80
Full Tray — 40 pieces | \$120

Eggs folded with mushrooms, parmesan, and thyme. Aromatic with a balanced savoury flavour. A vegetarian option that stands on its own.



BACON & CHEESE EGG BITES

Half Tray — 20 pieces | \$80
Full Tray — 40 pieces | \$120

Eggs baked with bacon, cheddar, and fresh chives. Tender and savoury with a rich finish. Easy to serve and extremely satisfying.

DESSERT & COFFEE

Sweet finishes and locally roasted coffee to round out your gathering. From scratch-made classics to freshly brewed cups, everything is crafted with the same care and purpose as the rest of our menu.



CHOCOLATE CHIP COOKIES

Half Tray — 15 pieces | \$120
 Full Tray — 30 pieces | \$190

These cookies are packed with chocolate and finished with flaky sea salt. Rich, chewy, and unforgettable.



CARROT CAKE

Half Tray — 15 pieces | \$120
 Full Tray — 30 pieces | \$190

Moist, warmly spiced carrot cake topped with thick whipped cream cheese icing. Classic comfort with a bakery-fresh finish.



DATE SQUARES

Half Tray — 15 pieces | \$120
 Full Tray — 30 pieces | \$190

Buttery brown sugar oat crumble layered over rich house-made date paste. Soft, chewy, and deeply satisfying. A timeless classic made properly.



COFFEE

10 cups — 2 Tokens | \$40
 50 cups — 5 Tokens | \$200

Locally roasted and freshly brewed. Smooth, balanced, and bold enough to keep mornings moving.