



CATERING MENU



APPETIZER OPTIONS

APPETIZER OPTION - CHOICE OF 6 **22.50 /person**

APPETIZER OPTION - CHOICE OF 8 **30.00 /person**

APPETIZER OPTION - CHOICE OF 10 **37.50 /person**

APPETIZER OPTION - CHOICE OF 12 **45.00 /person**

APPETIZERS

BAKED GARLIC SHRIMP (DINE IN ONLY)

HOUSE-MADE GARLIC BUTTER & THREE CHEESE BLEND BAKED UNTIL GOLDEN BROWN.

BAKED GOAT CHEESE DIP

GOAT CHEESE DIP GARNISHED WITH HONEY & WALNUTS THEN BAKED TO PERFECTION.

BAKED PIZZA DIP

BAKED THREE-CHEESE BLEND WITH SALAMI, TOMATO SAUCE & FRESH GARLIC SERVED WITH TOASTED FLATBREAD FOR DIPPING.

BRUSCHETTA

FRESHLY MADE IN HOUSE & SERVED WITH TOASTED GARLIC FLATBREADS.

CHARCUTERIE PLATTER

A VARIETY OF SPECIALTY CHEESE, CURED & DELI MEATS SERVED WITH CRACKERS, FRESH BREAD, HOUSE-MADE OLIVE TAPENADE, RED PEPPER & CRANBERRY JELLY, FIG JELLY, ARTICHOKE HEARTS, SUNDRIED TOMATOES & FRESH FRUIT.

CHEESY STUFFED MUSHROOMS

MARINATED MUSHROOMS STUFFED WITH A GARLIC & RED PEPPER CREAM CHEESE FILLING TOPPED WITH MOZZARELLA & BAKED UNTIL GOLDEN BROWN.

FRUIT PLATTER

ASSORTED SEASONAL FRESH FRUIT.

FOUR-CHEESE SPINACH DIP

HOUSE-MADE SPINACH DIP MADE WITH A FOUR-CHEESE BLEND, FRESH SPINACH AND WATER CHESNUTS. SERVED WITH FRESH BREAD.

GARLIC BREAD

FRESH BAGUETTES SMOTHERED IN OUR HOUSE-MADE GARLIC BUTTER & THREE-CHEESE BLEND THEN BAKED GOLDEN BROWN.

HOUSE-MADE CHEESE BALLS

MADE WITH LOCAL CHEESE & SERVED WITH AN ASSORTMENT OF CRACKERS.

MUSHROOM & CHEESE FLATBREAD

SAUTÉED MUSHROOMS, ROASTED RED PEPPERS, ONION & GOAT CHEESE SERVED ON WARM FLATBREAD.

PROSCIUTTO WRAPPED PEARS WITH BALSAMIC DRIZZLE

BOSCH PEARS, ARUGULA & A PIECE OF ONTARIO BRIE WRAPPED WITH PROSCIUTTO AND DRIZZLED WITH A BALSAMIC REDUCTION.

RED PEPPER & BRIE FLATBREAD

TOPPED WITH BRIE CHEESE, HOUSE MADE RED PEPPER CRANBERRY JELLY & FRESH MINT.

ROSEMARY KABOBS

GRILLED CHICKEN SKEWERS, FRESH ROSEMARY, DICED TOMATO & PARMESAN CHEESE.

SWEET & SOUR MEATBALLS

PORK AND BEEF MEATBALLS MARINATED IN A HOUSE-MADE SWEET & SOUR SAUCE.

VEGAN CHARCUTERIE PLATTER

A VARIETY OF VEGAN CHEESE SELECTIONS WITH FRESH BREAD, CRACKERS, HOUSE-MADE TAPENADE, RED PEPPER JELLY & FIG JAM, FRESH & DRIED FRUITS, VEGETABLES & ASSORTED OLIVES.

VEGGIE PLATTER

A VARIETY OF SEASONAL VEGGIES WITH HOUSE-MADE DILL DIP & BEET HUMMUS.



DINNER OPTION No. 1 26.99/person

ALL DINNERS COME WITH BREAD & SEASONAL VEGETABLES.

APPETIZERS (1 CHOICE PER GROUP OF 30 PEOPLE)

BRUSCHETTA

FRESHLY MADE IN HOUSE & SERVED WITH TOASTED GARLIC FLATBREADS.

CHARCUTERIE PLATTER

A VARIETY OF SPECIALTY CHEESE, CURED & DELI MEATS SERVED WITH CRACKERS, FRESH BREAD, HOUSE-MADE OLIVE TAPENADE, RED PEPPER & CRANBERRY JELLY, FIG JELLY, ARTICHOKE HEARTS, SUNDRIED TOMATOES & FRESH FRUIT.

FOUR-CHEESE SPINACH DIP

HOUSE-MADE SPINACH DIP MADE WITH A FOUR-CHEESE BLEND, FRESH SPINACH AND WATER CHESNUTS. SERVED WITH FRESH BREAD.

HOUSE-MADE CHEESE BALLS

MADE WITH LOCAL CHEESE & SERVED WITH AN ASSORTMENT OF CRACKERS.

MUSHROOM & CHEESE FLATBREAD

SAUTÉED MUSHROOMS, ROASTED RED PEPPERS, ONION & GOAT CHEESE SERVED ON WARM FLATBREAD.

VEGGIE PLATTER

A VARIETY OF SEASONAL VEGGIES WITH HOUSE-MADE DILL DIP & BEET HUMMUS.

MAINS (CHOICE OF 1 PER GROUP UNLESS YOUR GROUP IS 30+)

OVEN ROASTED GARLIC ROSEMARY CHICKEN BREAST

ROASTED GARLIC, OLIVE OIL & FRESH ROSEMARY MARINATED CHICKEN BREAST COOKED TO PERFECTION IN A WHITE WINE, TOMATO & PARMESAN SAUCE.

LASAGNA

MADE WITH AN ASSORTMENT OF FRESH SEASONAL VEGETABLES, MARINARA SAUCE & LOCAL VEGAN CHEESE.

MARINATED MAPLE GLAZED ROASTED PORK LOIN

MARINATED IN SOYA SAUCE, THYME & MAPLE SYRUP THEN ROASTED WITH A MAPLE RED WINE GLAZE.

VEGETABLE PRIMAVERA

PENNE PASTA WITH A HERBED GARLIC OLIVE OIL SAUCE WITH SUNDRIED TOMATOES, MIXED PEPPERS, SNOW PEAS & ZUCCHINI.

PORKETTA

THIS SAVOURY DISH IS LOCALLY MADE & ROASTED IN HOUSE TO PERFECTION.

SIDES (CHOICE OF 2 PER GROUP)

LEMON HERBED RICE PILAF

QUINOA WITH GRILLED ONIONS AND PEPPERS

PENNE PASTA WITH TOMATO, CREAM OR ROSE SAUCE

BAKED POTATOES WITH GARLIC HERB BUTTER

80 ELGIN STREET, SUDBURY

tel. 705-675-1000

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 VEGETARIAN OPTION AVAILABLE  VEGAN OPTION AVAILABLE



DINNER OPTION No. 2 32.99/person

ALL DINNERS COME WITH BREAD & SEASONAL VEGETABLES.

APPETIZERS (1 CHOICE PER GROUP OF 30 PEOPLE)

BRUSCHETTA

FRESHLY MADE IN HOUSE & SERVED WITH TOASTED GARLIC FLATBREADS.

CHARCUTERIE PLATTER

A VARIETY OF SPECIALTY CHEESE, CURED & DELI MEATS SERVED WITH CRACKERS, FRESH BREAD, HOUSE-MADE OLIVE TAPENADE, RED PEPPER & CRANBERRY JELLY, FIG JELLY, ARTICHOKE HEARTS, SUNDRIED TOMATOES & FRESH FRUIT.

FOUR-CHEESE SPINACH DIP

HOUSE-MADE SPINACH DIP MADE WITH A FOUR-CHEESE BLEND, FRESH SPINACH AND WATER CHESNUTS. SERVED WITH FRESH BREAD.

HOUSE-MADE CHEESE BALLS

MADE WITH LOCAL CHEESE & SERVED WITH AN ASSORTMENT OF CRACKERS.

MUSHROOM & CHEESE FLATBREAD

SAUTÉED MUSHROOMS, ROASTED RED PEPPERS, ONION & GOAT CHEESE SERVED ON WARM FLATBREAD.

RED PEPPER & BRIE FLATBREAD

TOPPED WITH BRIE CHEESE, HOUSE MADE RED PEPPER CRANBERRY JELLY & FRESH MINT.

SWEET & SOUR MEATBALLS

PORK AND BEEF MEATBALLS MARINATED IN A HOUSE-MADE SWEET & SOUR SAUCE.

VEGGIE PLATTER

A VARIETY OF SEASONAL VEGGIES WITH HOUSE-MADE DILL DIP & BEET HUMMUS.

SALADS (CHOICE OF 1 PER GROUP)

ELGIN SALAD

MIXED GREENS, RED PEPPERS, BEETS, SWEET ONION, STRAWBERRIES, TOASTED ALMONDS, GOATS CHEESE, SUNFLOWER & PUMPKIN SEEDS WITH ITALIAN DRESSING.

GARDEN SALAD

MIXED GREENS, CUCUMBER, SHREDDED CARROTS, RADISH WITH ITALIAN DRESSING.

KALE CAESAR SALAD

MADE WITH LOCALLY GROWN KALE, HOUSE-MADE CESAR SALAD DRESSING, FRESHLY MADE CROUTONS, FRIED PROSCUTTO & PARMESAN CHEESE.

THAI PEANUT SALAD

SHREDDED PURPLE & GREEN CABBAGE, CRUSHED PEANUTS, MANGO SLICES, RED PEPPERS, CILANTRO, CARROTS & GREEN ONIONS SERVED WITH OUR IN-HOUSE MADE THAI PEANUT DRESSING & TOPPED WITH TOASTED SESAME SEEDS.

MAINS (CHOICE OF 1 PER GROUP UNLESS YOUR GROUP IS 30+)

OVEN ROASTED GARLIC ROSEMARY CHICKEN BREAST

ROASTED GARLIC, OLIVE OIL & FRESH ROSEMARY MARINATED CHICKEN BREAST COOKED TO PERFECTION IN A WHITE WINE, TOMATO & PARMESAN SAUCE.

LASAGNA

MADE WITH AN ASSORTMENT OF FRESH SEASONAL VEGETABLES, MARINARA SAUCE & LOCAL VEGAN CHEESE.

MARINATED MAPLE GLAZED ROASTED PORK LOIN

MARINATED IN SOYA SAUCE, THYME & MAPLE SYRUP THEN ROASTED WITH A MAPLE RED WINE GLAZE.

VEGETABLE PRIMAVERA

PENNE PASTA WITH A HERBED GARLIC OLIVE OIL SAUCE WITH SUNDRIED TOMATOES, MIXED PEPPERS, SNOW PEAS & ZUCCHINI.

MARINATED EYE OF THE ROUND ROAST WITH A RED WINE REDUCTION

PORKETTA

THIS SAVOURY DISH IS LOCALLY MADE & ROASTED IN HOUSE TO PERFECTION.

SIDES (CHOICE OF 2 PER GROUP)

LEMON HERBED RICE PILAF

QUINOA WITH GRILLED ONIONS AND PEPPERS

OVEN ROASTED HERB AND GARLIC POTATOES

PENNE PASTA WITH TOMATO, CREAM OR ROSE SAUCE

BAKED POTATOES WITH GARLIC HERB BUTTER



DINNER OPTION No. 3 38.99/person

ALL DINNERS COME WITH BREAD & SEASONAL VEGETABLES.

APPETIZERS (CHOICE OF 2 PER GROUP)

BAKED GARLIC SHRIMP (DINE IN ONLY)

HOUSE-MADE GARLIC BUTTER & THREE CHEESE BLEND BAKED UNTIL GOLDEN BROWN.

BAKED GOAT CHEESE DIP

GOAT CHEESE DIP GARNISHED WITH HONEY & WALNUTS THEN BAKED TO PERFECTION.

BRUSCHETTA

FRESHLY MADE IN HOUSE & SERVED WITH TOASTED GARLIC FLATBREADS.

CHARCUTERIE PLATTER

A VARIETY OF SPECIALTY CHEESE, CURED & DELI MEATS SERVED WITH CRACKERS, FRESH BREAD, HOUSE-MADE OLIVE TAPENADE, RED PEPPER & CRANBERRY JELLY, FIG JELLY, ARTICHOKE HEARTS, SUNDRIED TOMATOES & FRESH FRUIT.

FOUR-CHEESE SPINACH DIP

HOUSE-MADE SPINACH DIP MADE WITH A FOUR-CHEESE BLEND, FRESH SPINACH AND WATER CHESNUTS. SERVED WITH FRESH BREAD.

HOUSE-MADE CHEESE BALLS

MADE WITH LOCAL CHEESE & SERVED WITH AN ASSORTMENT OF CRACKERS.

MUSHROOM & CHEESE FLATBREAD

SAUTÉED MUSHROOMS, ROASTED RED PEPPERS, ONION & GOAT CHEESE SERVED ON WARM FLATBREAD.

RED PEPPER & BRIE FLATBREAD

TOPPED WITH BRIE CHEESE, HOUSE MADE RED PEPPER CRANBERRY JELLY & FRESH MINT.

SWEET & SOUR MEATBALLS

PORK AND BEEF MEATBALLS MARINATED IN A HOUSE-MADE SWEET & SOUR SAUCE.

VEGGIE PLATTER

A VARIETY OF SEASONAL VEGGIES WITH HOUSE-MADE DILL DIP & BEET HUMMUS.

SALADS (CHOICE OF 1 PER GROUP)

ELGIN SALAD

MIXED GREENS, RED PEPPERS, BEETS, SWEET ONION, STRAWBERRIES, TOASTED ALMONDS, GOATS CHEESE, SUNFLOWER & PUMPKIN SEEDS WITH ITALIAN DRESSING.

GARDEN SALAD

MIXED GREENS, CUCUMBER, SHREDDED CARROTS, RADISH WITH ITALIAN DRESSING.

KALE CAESAR SALAD

MADE WITH LOCALLY GROWN KALE, HOUSE-MADE CESAR SALAD DRESSING, FRESHLY MADE CROUTONS, FRIED PROSCIUTTO & PARMESAN CHEESE.

THAI PEANUT SALAD

SHREDDED PURPLE & GREEN CABBAGE, CRUSHED PEANUTS, MANGO SLICES, RED PEPPERS, CILANTRO, CARROTS & GREEN ONIONS SERVED WITH OUR IN-HOUSE MADE THAI PEANUT DRESSING & TOPPED WITH TOASTED SESAME SEEDS.

MAINS (CHOICE OF 1 PER GROUP UNLESS YOUR GROUP IS 30+)

OVEN ROASTED GARLIC ROSEMARY CHICKEN BREAST

ROASTED GARLIC, OLIVE OIL & FRESH ROSEMARY MARINATED CHICKEN BREAST COOKED TO PERFECTION IN A WHITE WINE, TOMATO & PARMESAN SAUCE.

LASAGNA

MADE WITH AN ASSORTMENT OF FRESH SEASONAL VEGETABLES, MARINARA SAUCE & LOCAL VEGAN CHEESE.

MARINATED MAPLE GLAZED SALMON (DINE IN ONLY)

BAKED SALMON IN A MAPLE SOY SAUCE WITH TOASTED SESAME SEEDS

MARINATED MAPLE GLAZED ROASTED PORK LOIN

MARINATED IN SOYA SAUCE, THYME & MAPLE SYRUP THEN ROASTED WITH A MAPLE RED WINE GLAZE.

VEGETABLE PRIMAVERA

PENNE PASTA WITH A HERBED GARLIC OLIVE OIL SAUCE WITH SUNDRIED TOMATOES, MIXED PEPPERS, SNOW PEAS & ZUCCHINI.

MARINATED EYE OF THE ROUND ROAST WITH A RED WINE REDUCTION

PORKETTA

THIS SAVOURY DISH IS LOCALLY MADE & ROASTED IN HOUSE TO PERFECTION.

SIDES (CHOICE OF 2 PER GROUP)

LEMON HERBED RICE PILAF

QUINOA WITH GRILLED ONIONS AND PEPPERS

OVEN ROASTED HERB AND GARLIC POTATOES

PENNE PASTA WITH TOMATO, CREAM OR ROSE SAUCE

BAKED POTATOES WITH GARLIC HERB BUTTER

PEROGIES WITH SOUR CREAM, GRILLED ONIONS & PROSCIUTTO



DESSERT OPTIONS

DESSERT OPTION No. 1 3.50/person

SELECTED DESSERT SQUARES & MIXED FRUITS

DESSERT OPTION No. 2 4.50/person

MASON JAR BREAD PUDDING

MASON JAR APPLE CRISP 

MASON JAR BAKED BROWNIE WITH WALNUTS 

DESSERT OPTION No. 3 6.50/person

MASON JAR CHEESE CAKE 

DESSERT OPTION No. 4 8.50/person

(ONLY UP TO 40 PEOPLE)

CHOCOLATE FONDUE SERVED WITH ASSORTED FRUIT

COFFEE & TEA SERVICE AVAILABLE
FOR AN ADDITIONAL 2.00/person

* FROMAGERIE HAS IMPLEMENTED A CAKE FEE IF YOU BRING IN

YOUR OWN DESSERTS ITS 1.50/person

UNLESS YOU ORDER WITH **DOUBLE FROSTED BAKERY 705 566-2839**

OR **DOUBLEFROSTEDBAKERY.WEBLY.COM**



* ASK US ABOUT OUR CHEESE WHEEL CAKES!

80 ELGIN STREET, SUDBURY

tel. 705-675-1000

  THEFROMO

WWW.THEFROMO.CA

 VEGETARIAN OPTION AVAILABLE  VEGAN OPTION AVAILABLE



CHARCUTERIE PLATTERS

ALL CHARCUTERIE PLATTERS COME WITH A VARIETY OF CHEESE INCLUDING BLUE, BRIE, CHEDDAR, HARD & SOFT (UNLESS SPECIFIED OTHERWISE) A VARIETY OF BREAD, CROSTINIS & CRACKERS, HOUSE-MADE OLIVE TAPENADE, HOUSE-MADE CRANBERRY RED PEPPER JELLY, FRESH & DRIED FRUITS, MIXED NUTS, VEGETABLE, OLIVES & CURRED DELI MEAT. PLATTERS ARE FOR DINE IN OR TAKE OUT.

CHARCUTERIE PLATTER \$60

• SERVING FOR 6 PEOPLE

CHARCUTERIE PLATTER \$80

• SERVING FOR 8 PEOPLE

CHARCUTERIE PLATTER \$100

• SERVING FOR 10 PEOPLE

CHARCUTERIE PLATTER \$120

• SERVING FOR 12 PEOPLE

CHARCUTERIE PLATTER \$140

• SERVING FOR 14 PEOPLE

CHARCUTERIE PLATTER \$160

• SERVING FOR 16 PEOPLE

CHARCUTERIE PLATTER \$180

• SERVING FOR 18 PEOPLE

CHARCUTERIE PLATTER \$200

• SERVING FOR 20 PEOPLE



GLUTEN-FREE & VEGAN CHARCUTERIE PLATTERS ALSO AVAILABLE.



DELIVERY AVAILABLE IN THE GREATER SUDBURY AREA FOR \$20



PLATTER BOARDS ARE AVAILABLE FOR RENT OR PURCHASE.



CUSTOM CHARCUTERIE ORDERS CAN BE PREPARED FOR UP TO 300 PEOPLE.



BOOK A WINE & CHEESE OR A BEER & CHEESE PAIRING EVENT WITH US & WE TAKE CARE OF IT ALL!

* ORDER ONLINE WWW.THEFROMO.CA OR VIA EMAIL VALERIE@THEFROMO.CA

* PLEASE ALLOW 24 HOURS NOTICE TO PREPARE YOUR ORDER.
FOR SAME DAY ORDERS, PLEASE SPEAK WITH FROMO STAFF FOR AVAILABILITY.

* CHEESE AMOUNTS WILL ALWAYS VARY DEPENDING ON INVENTORY OF CHEESE SELECTED AND THE PRICES OF EACH CHEESE.
PLEASE ALLOW OUR TRAINED STAFF TO SELECT YOUR CHEESE OPTIONS.



- * ALL PRICES ARE BASED ON BUFFET OR FAMILY STYLE SERVICE.
- * FOR PLATED SERVICE IT IS AN ADDITIONAL **\$2.00/person.**
- WE CAN ACCOMMODATE UP TO 50 PEOPLE FOR PLATED SERVICE.
- * MINIMUM OF **\$1500.00** FOR OFF SITE CATERING.
- * OUR OFF-SITE CATERING FEE IS **\$200.00.**
- * PRICES DO NOT INCLUDE TAX 13% OR GROUP GRATUITY 18%.
- * MINIMUM OF **\$1500.00** FOR PRIVATE EVENTS.
- * IF YOU REQUIRE STAFF FOR YOUR OFF SITE CATERING WE CHARGE **\$15.00** AN HOUR PER STAFF MEMBER.
- * LA FROMAGERIE HAS A **\$15.00** CORKING FEE FOR ANY OUTSIDE WINE.
- * **\$100.00** DEPOSIT IS REQUIRED TO HOLD YOUR DATE (NON-REFUNDABLE)

BOOK WITH US FOR:

WEDDINGS / SHOWERS / GRADUATIONS / RETIREMENT & CHRISTMAS PARTIES / ANNIVERSARIES
BIRTHDAYS / BACHELOR & BACHELORETTE PARTIES / STAG & DOES / REHEARSAL DINNERS
CORPORATE EVENTS / STAFF PARTIES / WINE & CHEESE PAIRING
BEER & CHEESE PAIRING / FONDU PARTY / ENGAGEMENT PARTIES

OPEN BAR DRINK SERVICES:

BAR RAIL (RYE, VODKA, RUM, GIN) **6.00/per drink**
WHITE OR RED HOUSE WINE BY THE GLASS **9.00** 9oz **23.00** BOTTLE
ALL DOMESTIC BEER **6.00**