



Flavours

TASTE: SUCCESS

by *sodexo**

*sodexo**



Table of Contents

About	3
Breakfast: Continental	4
Buffets Breakfast: Buffets	7
Breakfast Box	12
Breakfast: À la carte	13
Lunch: Cold Buffets	16
Boxed Lunch:	
Entrées Salads, Bowls	25
Lunch: Hot Buffets	29
Themed Buffet	34
Plated Meals	38
Breaks & Platters	43
Cocktail	48
Beverage	51
Planning your Event	52

Flavours

TASTE: SUCCESS

by *sodexo**

Flavours is about more than great food. It's about a team of dedicated professionals who are united by a common passion to deliver a successful catering experience. Building on a legacy of hospitality excellence, we leverage our vast expertise to create engaging events that exceeds the expectations of everyone we serve. We accomplish this by focusing on service, performance and guest satisfaction throughout the entire Flavours experience.


This Flavours guide will take you through the planning process for your catered event. We will be happy to meet with you to create a signature selection that meets your specific needs.

Contact us by phone at **(insert phone number)**, email us at **(insert email address)** or visit our website: **(insert web address)**.

From the on-trend creations of our talented chefs to the interactive support of our management team to the attentive service of our well-trained staff, Flavours delivers fulfillment, enjoyment and peace of mind.

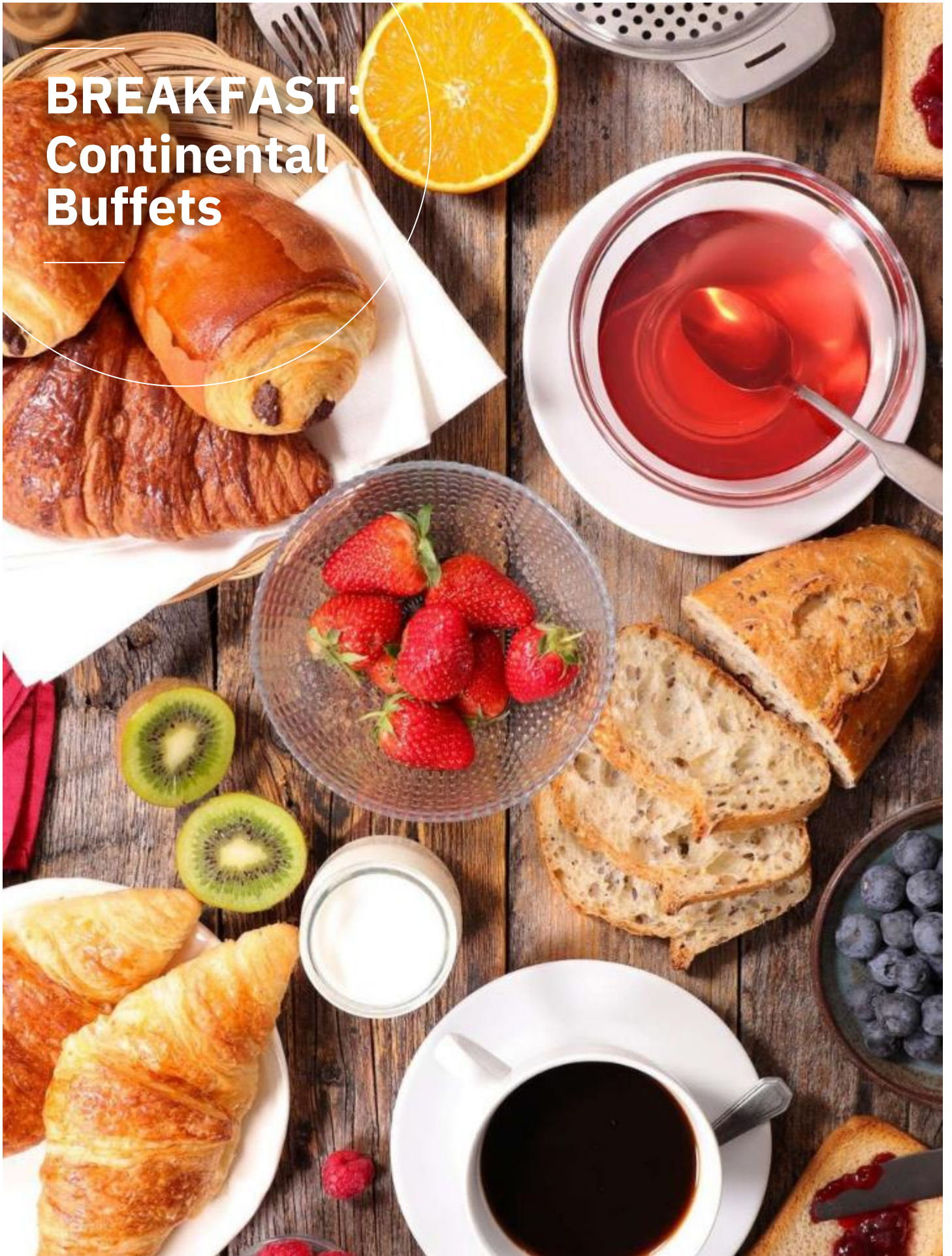
 = Gluten Free

 = Plant Based

 = Vegan

 = Vegetarian

BREAKFAST: Continental Buffets



Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up

CLASSIC CONTINENTAL BREAKFAST

12 guest minimum | \$11.29 per guest

INCLUDES:

Fruit Platter  (3 oz | 35 cal)
Seasonal Cut fruit


CHEF'S CHOICE ASSORTED Freshly baked | 1.5 PC Per Person
Freshly baked

Assorted Mini Danish  (1 danish | 31 g | 110 cal)

Oatmeal & Baked Apple Muffin  (1 muffin | 280 cal)

Banana Muffin  (1 muffin | 320 cal)

Chocolate Chip Muffin  (1 muffin | 370 cal)

Classic Blueberry Muffin  (1 muffin | 300 cal)

Croissant  (1 croissant | 2.5 oz | 240 cal)

Homestyle Blueberry Scones  (1 scone | 150 cal)

Brown Sugar Scone  (1 scone | 240 cal)


Whipped Butter Cups  (1 pc | 45 cal)

Assorted jams  (1 pc | 10 mL | 35 cal)

UPGRADE TO PREMIUM PASTRIES 1.5 PC Per Person:

\$1.59 per guest  (1 slice | 370 cal)

Banana Chocolate Chip Bread

Homestyle loaf slice with morsels of chocolate  (1 slice | 360 cal)

Lemon Poppyseed Bread

Homestyle loaf slice speckled with many poppyseeds

MINI CONTINENTAL BREAKFAST

12 guest minimum | \$10.29 per guest

INCLUDES:

Fruit Platter  (3 oz | 35 cal)
 Seasonal cut fruit

CHEF'S CHOICE ASSORTED | 1.5 PC per person:

(1 danish | 31 g | 110 cal)

Freshly baked Minis:

Assorted Mini Danish  1 danish | 31 g | 110 cal)


Oatmeal & Baked Apple  (1 muffin | 90 cal)

Banana Mini Muffin  (1 muffin | 110 cal)

Chocolate Chip Mini Muffin  (1 muffin | 120 cal)

Classic Blueberry Mini Muffin  (1 muffin | 100 cal)

Mini Butter Croissant  (1 croissant | 80 cal)

Mini Chocolate Croissant  (1 croissant | 110 cal)

Mini Blueberry Scone  (1 scone | 60 cal)

Mini Brown Sugar Scone  (1 scone | 105 cal)

Whipped Butter Cups  (1 pc | 45 cal)

Assorted Jams  (1 pc | 10 mL | 35 cal)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

HEALTHY START CONTINENTAL

12 guest minimum | \$15.29 per guest

INCLUDES:

- Fruit Platter** Seasonal cut fruit (3 oz | 35 cal) GF PB VG
- Greek Yogurt Steel Cut Oatmeal** (100 g pc | 90 cal) GF V
- Cinnamon Brown Sugar Topping** (8 oz ladle | 180 cal) PB VG
- Chocolate Chips** (1 tbsp | 55 cal) GF PB VG
- Craisins Sweetened Dried Cranberries** (1 tbsp | 60 cal) GF V
- Candied Pecans** (1 tbsp | 30 cal) GF V
- Strawberry Compote** (1 tbsp | 85 cal) GF PB VG
- Blueberry Compote** (1 oz | 20 cal) GF PB VG
- Cage Free Hard Cooked Eggs** (1 oz | 25 cal) GF V
- Nature Valley Granola Bars** (1 egg | 70 cal) GF V
- Nature Valley Granola Bars** (1 bar | 400 cal) V

BAGEL CONTINENTAL BREAKFAST

12 guest minimum | \$15.29 per guest

INCLUDES:

- Fruit Platter** (3 oz | 35 cal) GF PB VG
Seasonal cut fruit

CHEF'S CHOICE ASSORTED | 1 PC Per Person

- Everything Bagel** (1 bagel | 4 oz | 350 cal) V
- Plain Bagel Sesame** (1 bagel | 4 oz | 290 cal) V
- Bagel Whole Wheat** (1 bagel | 4 oz | 320 cal) V
- Cream Cheese** (1 pc | 18 g | 70 cal) GF V
- Whipped Butter Cups** (1 pc | 45 cal) GF V
- Assorted Jams** (1 pc | 10 mL | 35 cal) GF V

UPGRADE TO PREMIUM SPREAD:

\$1.59 per guest

- Herb Cream Cheese** (2 tbsp | 90 cal) GF V
- Honey Cinnamon Cream Cheese** (2 tbsp | 90 cal) GF V

PLANT POWERED CONTINENTAL BREAKFAST

12 guest minimum | \$15.99 per guest

INCLUDES:

- Fruit Platter** (3 oz | 35 cal) GF PB VG
Seasonal cut fruit
- Farmer's Market Breakfast Bowl** (1 bowl | 370 cal) GF PB VG
Hash browns, quinoa, scrambled tofu, kale, avocado and green onions
- Grape Tomato Salad** (1/2 cup | 150 cal) GF PB VG
Fresh grape tomatoes tossed with shallots garlic, dill and extra virgin olive oil



**BREAKFAST:
Buffets**

CLASSIC BREAKFAST BUFFET

12 guest minimum / \$16.99 per guest

Additional Side Potatoes - \$1.59 Additional Side Proteins - \$2.59 Additional Egg Dish - \$2.29

Fruit Platter

Seasonal cut fruit  (3 oz | 35 cal)

PASTRIES: Chef's Choice assorted | 1.5 PC PER PERSON:

Freshly baked:

Assorted Mini Danish  (1 danish | 31 g | 110 cal)

Buttermilk Biscuit  (1 biscuit | 110 cal)

Mini Butter Croissant  (1 croissant | 80 cal)

Mini Chocolate Croissant  (1 croissant | 110 cal)

Mini Muffins

Oatmeal & Baked Apple  (1 muffin | 100 cal)

Banana  (1 muffin | 90 cal)

Chocolate Chip  (1 muffin | 120 cal)

Classic Blueberry  (1 muffin | 110 cal)

Whipped Butter Cups  (1 pc | 45 cal)

Assorted Jams (1 pc | 10 mL | 35 cal)

BREAKFAST PROTEINS

CHOICE OF ONE:

Bacon Slice  (3 slices | 120 cal)

Sausage Links (2 links | 210 cal)


Vegan Sausage Patty  (1 patty | 120 cal)

Canadian Bacon Slices  (2 oz | 80 cal)

Turkey Sausage (2 links | 40 cal)

EGG DISHES

CHOICE OF ONE:

Scrambled Eggs  (4 oz | 190 cal)
Light and fluffy scrambled eggs seasoned with salt and pepper

Scrambled Tofu  (4 oz | 180 cal)
High protein vegan alternative

BREAKFAST POTATOES

CHOICE OF ONE:

Home Fried Potatoes  (5 oz | 190 cal)

Diced potatoes caramelized with onions, salt and pepper

Mexican Breakfast Potatoes  (5 oz | 120 cal)

Oven roasted potatoes and onions seasoned with chili pepper, cumin and fresh cilantro

Roast Yukon Gold Potatoes  (5 oz | 210 cal)

Oven roasted Yukon gold potatoes seasoned with extra virgin olive oil, salt and pepper

PICTURE

BREAKFAST SANDWICH BUFFET

20 guest minimum / \$18.99 per guest

Additional Oatmeal or Parfait - \$3.59

Additional Breakfast Sandwich - \$5.59

Fruit Platter

Seasonal cut fruit



(3 oz | 35 cal)

PARFAITS (Choice of one)

Chocolate Covered Cherry Parfait

Greek yogurt layered with dark cherry compote, granola and dark chocolate shaving



(1 parfait | 230 cal)

Strawberry Yogurt Parfait

Vanilla low fat yogurt, strawberries and crunchy granola



(1 parfait | 110 cal)

Blueberry Yogurt Parfait

Vanilla low fat yogurt with blueberries and crunchy granola



(1 parfait | 240 cal)

HOT BREAKFAST SANDWICHES

CHOICE OF ONE:

Bacon, Egg & Cheese Biscuit

Cage free egg, crisp bacon and cheese on a buttermilk biscuit

(1 sandwich | 480 cal)

Sausage, Egg & Cheese Biscuit

Fried cage free egg, sausage and cheese on a buttermilk biscuit

(1 sandwich | 510 cal)

Ham, Egg & Cheese Biscuit

Fried cage free egg, smoked ham, cheese on a buttermilk biscuit

(1 sandwich | 470 cal)

Egg & Cheese Biscuit

Cage free egg and cheese on a buttermilk biscuit

(1 sandwich | 450 cal)

BREAKFAST POTATOES

CHOICE OF ONE:

Home Fried Potatoes Diced potatoes caramelized onions.



(5 oz | 190 cal)

Mexican Breakfast Potatoes

Oven roasted potatoes onions with chili pepper, cumin and fresh cilantro



(5 oz | 120 cal)

Roast Yukon Gold Potatoes

Oven roasted Yukon gold potatoes extra virgin olive oil, salt and pepper



(3 oz | 35 cal)

PREMIUM SANDWICHES

Upgrade \$1.59 per person

Bacon, Egg & Cheese Bagel

Cage free fried egg, bacon and American cheese on a bagel

(1 sandwich | 530 cal)

Ham, Egg & Cheese Bagel

Cage free egg, smoked ham and American cheese on a bagel

(1 sandwich | 500 cal)

Egg & Cheese on a Bagel

Fried egg and cheese on a bagel

(1 sandwich | 470 cal)

Turkey, Egg & Cheese Bagel

Turkey bacon, a cage free egg and cheddar cheese on a bagel

(1 sandwich | 460 cal)

Egg & Cheese Croissant

Butter croissant scrambled eggs and cheese

(1 sandwich | 430 cal)

Bacon, Egg & Cheese Croissant

Butter croissant scrambled eggs, bacon and cheese

(1 sandwich | 470 cal)

Ham, Egg & Cheese Croissant

Butter croissant scrambled eggs, ham and cheese

(1 sandwich | 460 cal)

Sausage, Egg & Cheese Croissant

Butter croissant scrambled eggs, sausage and cheese

(1 sandwich | 580 cal)

BREAKFAST BURRITO BUFFET

20 guest minimum | \$18.99 per guest

Additional Potatoes - \$2.59

Additional Burrito - \$6.29

Fruit Platter    (3 oz | 35 cal)

Seasonal cut fruit

CHEF'S CHOICE ASSORTED MINI PASTRIES

1.5 PC PER PERSON:

Assorted Mini Danish  (1 danish | 31 g | 110 cal)

Oatmeal & Baked Apple Muffin  (1 muffin | 90 cal)

Banana Muffin  (1 muffin | 110 cal)

Chocolate Chip Muffin  (1 muffin | 120 cal)

Classic Blueberry Muffin  (1 muffin | 100 cal)

utter Croissant  (1 croissant | 80 cal)

Chocolate Croissant  (1 croissant | 110 cal)

Whipped Butter Cups   (1 pc | 45 cal)

Assorted Jam   (1 pc | 10 mL | 35 cal)

BREAKFAST POTATOES

CHOICE OF ONE:

Home Fried Potatoes    (5 oz | 190 cal)

Diced potatoes caramelized salt and pepper

Mexican Breakfast Potatoes    (5 oz | 120 cal)

Oven roasted potatoes, onions chili pepper, cumin and fresh cilantro

Roast Yukon Gold Potatoes    (5 oz | 210 cal)

Oven roasted Yukon gold potatoes extra virgin olive oil, salt and pepper

BURRITOS

CHOICE OF ONE:

Rajas & Chorizo Breakfast Burrito (1 burrito | 560 cal)

Roasted poblano, corn, crema, cotija with chorizo and scrambled eggs in a flour tortilla

Beef Carne Asada Breakfast Burrito (1 burrito | 570 cal)

Carne asada with scrambled eggs, fresh roasted salsa, cotija cheese, white onion and cilantro in a flour tortilla

Roasted Vegetable Breakfast Burrito  (1 burrito | 490 cal)

Roasted vegetables with scrambled eggs home fried potatoes, cheddar cheese and cilantro in a flour tortilla

Egg, Cheese & Potato Breakfast Burrito  (1 burrito | 570 cal)

Scrambled eggs with cheddar cheese and home fried red potatoes in a flour tortilla



BREAKFAST BOX

BAKERY BOX

12 guest minimum / \$13.99 per guest

Whole Fruit  (1 pc | 50-90 cal)

Seasonal whole fruit

Choice of one for all boxes

Croissant  (1 croissant | 2.5 oz | 240 cal)

Classic Blueberry Muffin  (1 muffin | 300 cal)
(1 bar | 400 cal)

Nature Valley Granola Bar  (100 g pc | 90 cal)
(1 pc | 45 cal)

Greek Yogurt 

Whipped Butter Cups 

CHOICE OF ONE:

Spring Water  (330 mL | 0 cal)

Apple Juice  (355 mL | 170 cal)

Orange Juice  (355 mL | 180 cal)

BREAKFAST SANDWICH BOX

20 guest minimum / \$16.99 per guest

Additional Breakfast Sandwich - \$5.59

Whole Fruit  (1 pc | 50-90 cal)

Seasonal whole fruit

CHOICE OF ONE:

Smoked Salmon & Cucumber on a Bagel

Smoked salmon, everything cream cheese and cucumber (1 sandwich | 430 cal)

Smoked Ham & Swiss Croissant

Smoked ham, Swiss cheese, fresh spinach and honey mustard served on a croissant (1 sandwich | 480 cal)

BLT & Avocado Bagel

Bagel sandwich with bacon, lettuce, tomato, avocado and mayonnaise (1 sandwich | 610 cal)

Greek Yogurt  (100 g pc | 90 cal)

CHOICE OF ONE:

Spring Water  (330 mL | 0 cal)

Apple Juice  (355 mL | 170 cal)

Orange Juice  (355 mL | 180 cal)

BREAKFAST: À la carte

Minimum order 1 dozen per item



FRESHLY BAKED each

Oatmeal & Baked Apple Muffin V 2.29
(1 muffin | 280 cal)

Banana Muffin V 2.29
(1 muffin | 320 cal)

Chocolate Chip Muffin V 2.29
(1 muffin | 370 cal)

Classic Blueberry Muffin V 2.29
(1 muffin | 300 cal)

Croissant V 2.59
(1 croissant | 2.5 oz | 240 cal)

Buttermilk Biscuit V 3.29
(1 biscuit | 280 cal)

Banana Chocolate Chip Bread V 3.29
Homestyle loaf slice with chunks of chocolate
(1 slice | 370 cal)

Lemon Poppyseed Bread V 3.29
Homestyle loaf slice speckled with poppyseeds
(1 slice | 360 cal)

INCLUDED WITH PASTRIES

Whipped Butter Cups V
Whipped butter (1 pc | 45 cal)

Assorted Jams (1 pc | 10 mL | 35 cal)

GREEK YOGURT

Non Fat Greek Yogurt GF V 1.99
(100 g pc | 80 cal)

Greek Yogurt GF V 1.99
(100 g pc | 90 cal)

FRESH FRUIT

Fruit Platter GF PB VG \$3.99

Seasonal cut fruit
(3 oz | 35 cal)

Assorted Whole Fruit GF PB VG (1 fruit | 50-90 cal)
\$1.59

GREEK YOGURT BAR

5.29

CHEFS CHOICE OF TWO:

Non Fat Greek Yogurt

(100 g pc | 80 cal)



Honey Greek Yogurt

(100 g pc | 90 cal)



Greek Yogurt

(100 g pc | 80 cal)



Plain Greek Yogurt

(1/2 cup | 90 cal)

INCLUDED WITH YOGURT:

Low Fat Granola

(1 tbsp | 25 cal)

Blueberry Compote

(1 oz | 25 cal)

Raisins

(1 tbsp | 25 cal)

Craisins Sweetened Dried

(1 tbsp | 30 cal)

Cranberries

(1 tbsp | 40 cal)

Toasted Almonds

(1 tbsp | 60 cal)

Pumpkin Seeds (Pepitas)

(1 tbsp | 50 cal)

Walnut Pieces

YOGURT PARFAITS - \$7.29 MIN 12 CHOOSE 1

Raspberry Chocolate Yogurt

(1 parfait | 280 cal)

Vanilla low fat yogurt with raspberries, chocolate chips and crunchy granola

Chocolate Covered Cherry

(1 parfait | 230 cal)

Greek yogurt layered with dark cherry compote, granola and dark chocolate shaving

Strawberry Yogurt

(1 parfait | 220 cal)

Vanilla low fat yogurt, strawberries and crunchy granola

Blueberry Yogurt

(1 parfait | 140 cal)

Vanilla low fat yogurt, blueberries and crunchy granola



SMOOTHIES *MIN 12 CHOOSE 1* 5.29

Strawberry Banana Smoothie   (8 fluid oz | 110 cal)

A smooth and creamy blend of low-fat yogurt, strawberries and bananas

  (8 fluid oz | 100 cal)

Mixed Berry Smoothie

A smooth and creamy blend of low-fat yogurt, strawberries, blueberries and raspberries (8 fluid oz | 100 cal)

Peach Smoothie   (8 fluid oz | 100 cal)

A smooth and creamy blend of low-fat yogurt and sweet juicy peaches

Orange Strawberry Smoothie   (8 fluid oz | 130 cal)

A light, slightly sweet, slightly tart strawberry orange smoothie

Mango Pineapple Smoothie   (8 fluid oz | 120 cal)

A smooth and creamy blend of low-fat yogurt, mango and pineapple

POWER BITES \$13.77 per dozen

MIN 12 PER CHOICE

Cherry Pie Power Bites  (4 bites | 210 cal)

Vanilla chia and oat power bites with blanched almonds, dates and maraschino cherries

Coconut Date Power Bites  (4 bites | 280 cal)

Energy packed bites of cashews, dried dates, honey and shredded coconut

Lemon Poppy Seed Power Bites   (4 bites | 270 cal)

Blended cashews, honey, chia seeds, lemon zest, poppy seeds and shredded coconut

Cranberry Almond Power Bites  (4 bites | 230 cal)

Almond and cranberry bites with dates, oats and dark chocolate

Apricot & Coffee Bliss Ball  (4 balls | 290 cal)

Oat, sesame, apricot and ginger rolled with honey, sweet spices and orange zest lightly flavored with dark espresso

Cashew & Coconut Bliss Ball  (4 balls | 100 cal)

Bliss ball with coconut, cashew, oats, honey and pineapple






LUNCH: Cold Buffets




COLD LUNCH BUFFET CHOICES



STARTER SALAD

CHOICE OF ONE:

Quinoa Cucumber Salad    (1/2 cup | 160 cal)
Quinoa mixed with cucumbers,
red onions, red peppers, dill and garlic


Wild Rice, Quinoa & Lentil Salad  (1/2 cup | 180 cal)
Wild rice, red quinoa and black lentils
seasoned with ginger tamari vinaigrette

Chickpea Chaat Salad    (4 oz | 70 cal)
Chickpeas, red grapes, cucumbers,
onions, jalapenos and tomatoes

Country-Style Potato Salad   (1/2 cup | 180 cal)
Boiled potatoes, hard cooked eggs,
celery, onions and red peppers in a creamy
mayonnaise dressing

Traditional Side Salads

Side Garden Salad    (1 salad | 10 cal)

Caesar Side Salad  (1 salad | 170 cal)
Romaine lettuce topped with homestyle croutons,
shredded parmesan

CHOICE OF ONE:

Creamy Caesar Dressing

Orange Balsamic Dressing

DESSERTS

CHOICE OF ASSORTED COOKIES OR ASSORTED SQUARES: 2 choices

Chocolate Chip Cookie  (2 cookies (1 oz) | 250 cal)
Beloved by everyone,

Date Square  (1 square | 6x8 FS | 440 cal)
A chewy date bar

Oatmeal Raisin Cookie  (2 cookies (1 oz) | 220 cal)
Delicious oatmeal raisin cookies
served fresh from the oven

White Chocolate Macadamia Nut Cookies  (2 cookies (1 oz) | 260 cal)
Delicious white chocolate
macadamia nut cookies

Double Chocolate Cookie  (2 cookies (1 oz) | 240 cal)
Double chocolate cookies loaded
with chocolate chips

Shortbread Cookies  (2 cookies (1 oz) | 280 cal)
Buttery rich traditional cookie

LUNCH – Traditional

12 guest minimum | \$15.99 per guest

TRADITIONAL SANDWICHES

CHEF'S CHOICE | ONE SANDWICH PER PERSON CUT IN QUARTERS:

Turkey & Cheese Sandwich

Thinly sliced turkey breast, cheddar cheese and lettuce on wheat or white bread

(1 sandwich | 420-450 cal)

Chicken Salad Sandwich

Freshly prepared deli chicken salad with lettuce on wheat or white bread

(1 sandwich | 360-390 cal)

Egg Salad Sandwich

Freshly prepared egg salad, with celery and lettuce on wheat or white bread

(1 sandwich | 430-450 cal)

Ham & Cheese Sandwich

Deli ham, cheddar cheese and lettuce on wheat or white bread

(1 sandwich | 430-460 cal)

Tuna Salad Sandwich

Freshly prepared deli tuna salad with lettuce on wheat or white bread

(1 sandwich | 420-450 cal)

Chickpea of the Sea

Freshly prepared chickpea salad with lettuce on wheat or white bread

(1 sandwich | 340-360 cal)

ADD to your buffet

Additional Traditional Sandwich - \$3.59

Additional Salad - \$2.59

Add Soup - \$2.59



LUNCH - Signature Sandwiches

12 guest minimum | \$18.59 per guest

CHOICE OF THREE, ONE SANDWICH PER PERSON CUT IN HALF:

SIGNATURE SANDWICHES

Smoked Ham & Swiss Croissant

(1 sandwich | 480 cal)

Smoked ham, Swiss cheese, spinach and honey mustard on a croissant

Smoked Turkey BLT

(1 sandwich | 590 cal)

Ciabatta piled with hickory smoked turkey, crisp bacon, leaf lettuce, tomatoes with garlic aioli

Rustic Italian Baguette

(1 sandwich | 530 cal)

Prosciutto, capicola, salami and mozzarella topped with fresh basil leaves in a baguette bread

Ham & Swiss Turkey Ciabatta

(1 sandwich | 540 cal)

Smoked ham, turkey breast, swiss cheese, tomatoes piled in a Ciabatta roll with a yellow mustard spread

Mediterranean Baguette

(1 sandwich | 490 cal)

Roasted eggplant rings with hummus and roasted red peppers on a baguette

ADD to your buffet

Additional Salad - \$2.59

Additional Signature Sandwich - \$5.59

Add Soup - \$2.59

LUNCH - Wrap Sandwiches

12 guest minimum | \$18.59 per guest

CHOICE OF THREE, ONE SANDWICH PER PERSON CUT IN HALF:

Chicken & Quinoa Wrap

(1 wrap | 550 cal)

Cumin chicken breast, black bean hummus, roasted corn, quinoa, pico de gallo and sour cream

Grilled Vegetable Hummus Wrap

(1 wrap | 520 cal)

Balsamic grilled vegetables, lettuce, tomato and creamy hummus in a tortilla wrap

Smoked Turkey & Bean Pesto Wrap

(1 wrap | 300 cal)

White bean pesto, spring mix, roasted beets, pickled carrots and sliced turkey wrapped in a tortilla.

Turkey Club Wrap

(1 wrap | 600 cal)

A rolled-up club of turkey, bacon, iceberg lettuce and tomatoes with a spread of mayo

Tuna Salad Wrap with Red Pepper Pesto

(1 wrap | 690 cal)

A fresh twist to traditional tuna salad with roasted red pepper pesto and spring mix

Brazilian Vegetable & Quinoa Wrap

(1 wrap | 430 cal)

Roasted vegetables, Brazilian-style quinoa, black beans, tomatoes and chimichurri sauce

ADD to your buffet

Additional Salad - \$2.59

Additional Wrap Sandwich - \$5.59

Add Soup - \$2.59



LUNCH – Premium Selection Sandwiches

20 guest minimum / \$19.59 per guest

CHOICE OF THREE, ONE SANDWICH PER PERSON CUT IN HALF:

Pastrami & Swiss

Pastrami and Swiss with carolina slaw on a ciabatta with a whole grain mustard spread

(1 sandwich | 600 cal)

Shrimp Salad Sandwich

Lemon chive shrimp salad with spring mix and tomato on sourdough bread

(1 sandwich | 430 cal)

Turkey, Apple Chutney & Bacon Ciabatta Sandwich

Turkey, tomatoes, lettuce, crisp bacon, apple chutney and creamy mayo

(1 sandwich | 500 cal)

Basil Aioli Tuna Salad Sandwich

Tuna salad, lettuce, tomato, provolone cheese and basil aioli on sourdough bread

(1 sandwich | 500 cal)

Hummus & Veggie Focaccia

Focaccia layered with fresh carrot, onion salad, hummus-chickpea spread, almonds, kale, arugula

(1 sandwich | 410 cal)

ADD to your buffet

Additional Salad - \$2.59

Additional Premium Signature Sandwich - \$6.59

Add Soup - \$2.59

LUNCH - Premium

20 guest minimum / \$19.59 per guest

CHOICE OF THREE, ONE SANDWICH PER PERSON CUT IN HALF:

Miso Chicken, Brown Rice & Ginger Wrap

(1 wrap | 570 cal)

Tortilla wrapped with grilled miso chicken, jalapeno, cabbage slaw, brown rice, cilantro and ginger

Caribbean Jerk Shrimp Mango Wrap

(1 wrap | 570 cal)

Grilled Caribbean jerk shrimp, sweet and spicy mango chutney, shredded lettuce and spicy jerk mayo

Beet, Falafel, Carrot & Quinoa Wrap

(1 wrap | 760 cal)

Smashed falafels, roasted beets, quinoa, carrots, edamame, pickled red onion and cilantro

Mediterranean Turkey & Feta Wrap

(1 wrap | 700 cal)

Roasted turkey, baby spinach, feta cheese, roasted red peppers and a layer of olive tapenade

Tandoori Cauliflower & Pepper Wrap

(1 wrap | 360 cal)

Tandoori spiced cauliflower, roasted red pepper mayo, baby spinach and red peppers in a flour tortilla

Enhance you lunch

Additional Salad - \$2.59

Additional Premium Signature Sandwich - \$6.59

Add Soup - \$3.99



ADD SOUP SELECTION

Vegetarian Chili



A simmered stew of beans, tomatoes, vegetables and spices

(8 oz | 220 cal)

Moroccan Vegetable Soup



Cauliflower, lentils and garbanzo beans simmered in vegetable broth seasoned with spices finished with raisins and cilantro

(8 oz ladle | 70 cal)

Old Fashioned Chicken Noodle Soup

Classic chicken noodle soup with onions, carrots, celery, noodles and chunks of chicken seasoned with fresh thyme

(8 oz ladle | 140 cal)

Farro, White Bean & Tomato Soup

Low sodium vegetable broth simmered with celery, carrots, onions, tomatoes, white beans, farro, saffron and thyme

(8 oz ladle | 100 cal)

Butternut Squash & Sweet Potato Soup



Creamy vegetable broth simmered with butternut squash, yams, leeks and seasoned with ginger, and nutmeg

(8 oz ladle | 130 cal)

Cream of Mushroom & Wild Rice Soup



Fresh mushrooms, onions, thyme, and tarragon simmered in vegetable broth and finished with cream and a wild rice blend

(8 oz ladle | 210 cal)

Curried Carrot Soup



Carrots and leeks simmered in gluten free vegetable broth with curry, fresh ginger and potatoes

(8 oz ladle | 60 cal)

Italian Wedding Soup

Meatballs, orzo pasta and kale simmered in chicken broth with Italian seasonings

(8 oz ladle | 150 cal)

Tomato Basil Soup



Scratch tomato soup with fresh vegetables and basil

(8 oz ladle | 60 cal)

BOX MEALS



Build your meal

- 1) Select meal.
- 2) Select beverage
- 3) Select dessert
- 4) Add a soup

For your selection


DESSERTS

CHOICE OF ASSORTED COOKIES OR ASSORTED SQUARES: 2 choices

Chocolate Chip Cookie


Beloved by everyone,

Oatmeal Raisin Cookie

Delicious oatmeal raisin cookies  served fresh from the oven


(2 cookies (1 oz) | 220 cal)

Double Chocolate Cookie

Double chocolate cookies loaded with  chocolate chips

(2 cookies (1 oz) | 240 cal)

Brownies Dutch Deep

Iced chocolate brownie baked with  chocolate chips

(1 square | 6x8 FS | 440 cal)

Rice Krispie Bar

Marshmallow cream combined with rice krispies cereal

(1 cut - 6x8 FS | 290 cal)

BEVERAGES

CHOICE OF ONE:

Spring Water



(500 mL | 0 cal)

Coke



(355 mL | 140 cal)

Diet Coke



(355 mL | 150 cal))

Sprite



(355 mL | 140 cal)

Gingerale



(355 mL | 70 cal)

BOX MEAL - Entrée Salads

12 guest minimum / \$17.59 per guest

Assorted House Baked Dinner Rolls  (1 roll | 110 cal)

Assorted French, and wheat dinner rolls

Whipped Butter Cups   (1 pc | 45 cal)

Whole Fruit    (1 pc | 50-90 cal)

Seasonal whole fruit

ENTRÉE SALADS CHOICE OF TWO, ONE SALAD PER PERSON:

Caesar Salad with Grilled Chicken

(1 salad | 430 cal)

Romaine lettuce topped with grilled chicken, homestyle croutons, shredded pamesan, served with Caesar dressing

Caesar Salad with Portobello

(1 salad | 450 cal)

Romaine lettuce topped with sliced portobello, homestyle croutons, shredded pamesan, served with Caesar dressing



(1 salad | 90 cal)

Garden Salad

Romaine lettuce and spring mix topped with grape tomatoes, cucumbers and shredded carrots



(1 salad | 210 cal)


Garden Salad with Grilled Chicken

Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers and shredded carrots



(2 cups | 480 cal)

Asian Rice Noodle Salad

Rice noodles tossed with carrots, red peppers and green onions with sesame  and soy sauce

(1 salad | 180 cal)

BLT Salad with Green Goddess Dressing

Iceberg lettuce topped with crispy bacon and grape tomatoes, served with green goddess dressing

(1 salad | 530 cal)

Antipasto Salads

Mixed greens tossed with smokey ham, savoury pepperoni, black olives, mozzarella, crunchy croutons and caesar dressing



(1 salad | 280 cal)

Greek Salad

Classic Greek salad of firm tomatoes, cucumbers, red onion, kalamata olives and feta drizzled with a light vinaigrette

BOX MEAL - Entrée Bowls

20 guest minimum / \$18.59 per guest

Assorted House Baked Dinner Rolls  (1 roll | 110 cal)
Assorted French, and wheat dinner rolls


Whipped Butter Cups   (1 pc | 45 cal)




Whole Fruit    (1 pc | 50-90 cal)
Seasonal whole fruit




ENTRÉE BOWLS CHOICE OF TWO, ONE SALAD BOWL PER PERSON:

Harvest Rainbow Vegetable Bowl   (1 bowl | 300 cal)
Tender farro, roasted butternut squash, braised red cabbage and arugula with chili mojo sauce and sesame seeds

Chicken & Black Bean Buddha Bowl  (1 bowl | 400 cal)
Chipotle chicken, quinoa, arugula, black beans, salsa cruda, Monterey jack cheese and cilantro chili yogurt dressing

Falafel Grain Bowl    (1 bowl | 570 cal)
Falafels served with quinoa, cucumbers, tomatoes, cilantro and a citrus parsley tahini dressing


Teriyaki Tofu Poke Bowl  (1 bowl | 410 cal)
Baby spinach topped with teriyaki tofu, pineapple, quinoa, carrots, edamame, red onion, sesame seeds and sriracha yogurt



BOX MEAL - Sandwiches

12 guest minimum | \$16.99 per guest

Additional Salad - \$3.99

Whole Fruit    (1 pc | 50-90 cal)

Seasonal whole fruit

POTATO CHIPS

Assorted Potato Chips  (1 bag | 40 g | 210 cal)

SANDWICHES

CHOICE OF TWO, ONE SANDWICH PER PERSON:

Smoked Turkey BLT

Ciabatta piled with hickory smoked turkey, crisp bacon, leaf lettuce and tomatoes with garlic aioli

(1 sandwich | 590 cal)

(1 wrap | 700 cal)

Mediterranean Turkey & Feta Wrap

Roasted turkey, baby spinach, feta cheese roasted red peppers and a layer of olive tapenade

(1 sandwich | 530 cal)

Rustic Italian Baguette

Prosciutto, capicola, salami and mozzarella topped with fresh basil leaves in a baguette bread

(1 sandwich | 540 cal)

Ham & Swiss Turkey Ciabatta

Smoked ham, turkey breast, swiss cheese, tomatoes piled in a Ciabatta roll with a yellow mustard spread

(1 sandwich | 500 cal)

Basil Aioli Tuna Salad Sandwich

Tuna salad, lettuce, tomato, provolone cheese and basil aioli on CIABATTA bread

(1 sandwich | 320 cal)

Provençal Roasted Vegetable Baguette

Roasted eggplant, zucchini, squash and red peppers layered on a baguette with olive, mushroom and artichoke tapenade

Hummus & Veggie Focaccia

Focaccia layered with a fresh carrot and onion salad, hummus-chickpea spread, almonds, kale, arugula

(1 wrap | 650 cal)

Grilled Chicken Caesar

Grilled chicken breast, chopped romaine, parmesan cheese and caesar dressing in a tortilla wrap

(1 wrap | 690 cal)

DESSERTS

CHOICE OF ASSORTED COOKIES OR ASSORTED SQUARES: 2 choices


Chocolate Chip Cookie

Beloved by everyone,  (2 cookies (1 oz) | 250 cal)

Oatmeal Raisin Cookie

Delicious oatmeal raisin cookies served fresh from the oven  (2 cookies (1 oz) | 220 cal)

Double Chocolate Cookie

Double chocolate cookies loaded with chocolate chips  (2 cookies (1 oz) | 240 cal)

Brownies Dutch Deep

Iced chocolate brownie baked with chocolate chips  (1 square | 6x8 FS | 440 cal)

Rice Krispie Bar

Marshmallow cream combined with rice krispies cereal (1 cut - 6x8 FS | 290 cal)


BEVERAGES

CHOICE OF ONE:


Spring Water

   (500 mL | 0 cal)

Coke

   (355 mL | 140 cal)


Diet Coke

   (355 mL | 150 cal))

Sprite

   (355 mL | 140 cal)

Gingerale

   (355 mL | 70 cal)

ADD SALADS

Quinoa Cucumber Salad    (1/2 cup | 160 cal)

Quinoa mixed with cucumbers, red onions, red peppers, dill and garlic

(1/2 cup | 180 cal)

Wild Rice, Quinoa & Lentil Salad 

Wild rice, red quinoa and black lentils seasoned with ginger tamari vinaigrette

(4 oz | 70 cal)

Chickpea Chaat Salad   

Chickpeas, red grapes, cucumbers, onions, jalapenos and tomatoes

(1/2 cup | 220 cal)



LUNCH: Hot Buffets



LUNCH - Hot Buffet

20 guest minimum | \$24.59 per guest

Additional Salad - \$2.59

Additional Main Entrée - \$6.99

Add Soup - \$2.59

Upgrade to Premium Entrée - \$3.99

Upgrade to Premium Salad - \$1.59

ROLLS

Assorted House Baked  (1 roll | 110 cal)

Dinner Rolls

Assorted French, and wheat dinner rolls



Whipped Butter Cups   (1 pc | 45 cal)

STARTER SALAD

CHOICE OF ONE:

Traditional Garden Salad served with Orange Balsamic Dressing   (1 salad | 80 cal)
Mixed greens with tomato, cucumber, carrots and sweet bell pepper

Traditional Caesar Salad served with Creamy Caesar Dressing (1 salad | 510 cal)
Romaine lettuce topped with homestyle croutons, shredded parmesan


Greek Salad   (1 salad | 140 cal)
Classic Greek salad of firm tomatoes, cucumbers, red onion, kalamata olives and feta drizzled with a light vinaigrette

PREMIUM SALADS

Quinoa Cucumber Salad    (1/2 cup | 160 cal)
Quinoa mixed with cucumbers, red onions, red peppers, dill and garlic

Wild Rice, Quinoa & Lentil Salad  (1/2 cup | 180 cal)
Wild rice, red quinoa and black lentils seasoned with ginger tamari vinaigrette


Chickpea Chat Salad    (4 oz | 70 cal)
Chickpeas, red grapes, cucumbers, onions, jalapenos & tomatoes

Mandarin Orange Spinach Salad  (1/2 cup | 220 cal)
Tender baby spinach leaves and lettuce blend topped with segmented mandarin oranges, thinly slice red onion with choice side dressing (1 salad | 240 cal)




MAIN ENTRÉE

CHOICE OF ONE:

Balsamic Garlic Chicken Breast  (1 breast | 140 cal)
balsamic vinaigrette marinated chicken breast

Baked Chicken Marsala (2 - 9 cut | 350 cal)
Oven roasted chicken served with mushroom marsala sauce

 **Chicken Thigh Biryani** (8 oz | 410 cal)
Curried chicken layered with aromatic basmati rice, cooked with cinnamon and cardamom

Classic Roasted Turkey Breast  (4 oz | 120 cal)
and juicy breast of turkey, roasted with garlic, pepper and salt

Beef Meatloaf with Gravy (5 oz + 2 oz gravy | 300 cal)
Hot home-style hearty beef meatloaf smothered in rich gravy

Homestyle Meat Lasagna with Garlic Bread (4x6 | 1 slice | 540 cal)
Hearty home-style meat lasagna with creamy mozzarella cheese

Honey & Five Spice Pork Loin (5 oz | 320 cal)
Roasted pork loin coated with honey, soy sauce, sesame oil, fresh garlic, ginger and five spice powder


Parmesan Panko Crusted Tilapia (1 fillet | 170 cal)
Tilapia baked with a parmesan and chili powder panko breadcrumb topping

Miso Glazed Pork Tenderloin (1 serving | 200 cal)
Pan seared miso glazed pork tenderloin drizzled with korean sauce


Vegetable Lasagna & Marinara  (4x6 | 1 slice | 480 cal)
Sauce with Garlic Bread
Lasagna noodles layered and baked with spinach, cottage cheese, marinara, mozzarella and parmesan

Ginger Miso Tofu (4 oz | 210 cal)
Tofu seared with ginger, miso, mirin, green onions and red chile

PREMIUM PROTEINS

Caribbean Jerk Chicken Breast with Chili Garlic Corn Salsa  (1 breast + 2 oz salsa | 220 cal)
Baked marinated jerk chicken breast

Braised Pot Roast (1 serving | 370 cal)
Beef roast braised with carrots and onions, served with natural pan juices

Citrus & Herb Crusted Salmon  (1 fillet | 110 cal)
Salmon marinated in orange and lemon juice, roasted in a crust of citrus zest, fresh oregano, rosemary and thyme

Haddock Loin with Red Pepper Sauce  (1 fillet | 210 cal)
Fresh haddock pan roasted with only extra virgin olive oil, salt and black pepper



VEGETABLE SIDES

CHOICE OF ONE:

Grilled Zucchini (GF) (PB) (VG) (4 oz | 20 cal)

with Coriander

Grilled fresh zucchini seasoned with coriander

Charred Carrots (GF) (PB) (VG) (1/2 cup | 70 cal)

Pan charred carrots tossed in red wine vinegar and olive oil

Maple Glazed Brussels Sprouts (GF) (V) (4 oz | 110 cal)

Tender brussels sprouts glazed with sweet maple syrup

Sauteed Root Vegetables (GF) (V) (1/2 cup | 90 cal)

Sauteed seasonal root vegetables with butter and olive oil

Sauteed Fresh Green Beans (GF) (PB) (VG) (4 oz | 70 cal)

Sauteed green beans with fresh garlic and salt

Grilled Ratatouille (GF) (PB) (V) (4 oz | 80 cal)

Grilled zucchini, eggplant, onions, yellow squash, tomatoes tossed with fresh basil, parsley and balsamic vinaigrette

Sesame Shiitake Bok Choy (GF) (1/2 cup | 60 cal)

Stir-fried bok choy and shiitake mushrooms with oyster sauce, sesame oil, ginger, garlic and scallions

Garlic Roasted Mushrooms (GF) (PB) (VG) (4 oz | 100 cal)

Roasted garlic marinated fresh mushrooms

STARCH SIDES

CHOICE OF ONE:

Steamed Brown Rice (GF) (PB) (VG) (4 oz | 60 cal)

Steamed brown rice seasoned with extra virgin olive oil, salt and black pepper

Sesame Lemongrass Jasmine Rice (GF) (PB) (VG) (1/2 cup | 100 cal)

Jasmine rice steamed with lemongrass, sesame oil and scallions

Wild Rice Pilaf (V) (4 oz | 110 cal)

Long grain and wild rice blend simmered with seasonings and butter

Oven Roast Garlic Red Potatoes (GF) (PB) (VG) (4 oz | 140 cal)

Hand sliced red potatoes oven roasted with olive oil, kosher salt and pepper

Whipped Turmeric Sweet Potatoes (GF) (PB) (VG) (1/2 cup | 170 cal)

Sweet Potatoes

Sweet potatoes whipped with butter, brown sugar and a hint of turmeric

Whipped Fresh Potatoes with Butter (GF) (V) (1/2 cup | 100 cal)

Steamed potatoes whipped with hot milk, melted butter seasoned with salt

Citrus Couscous (V) (1/2 cup | 160 cal)

Couscous flavored with orange juice, curry, cayenne pepper, thyme and sauteed almonds



DESSERTS

CHOICE OF ONE:

Lemon Meringue Pie (V) (1 slice - cut 8 | 290 cal)

Zesty lemon pie topped with lightly toasted meringue

Southern Pecan Pie (V) (1 slice - cut 8 | 490 cal)

Southern pecan pie

(GF)

Apple Pie (V) (1 slice - cut 8 | 480 cal)

Just baked dutch apple pie

Iced Carrot Layer Cake (V) (4x6 | 1 slice | 450 cal)

Carrot cake layered with carrots, walnuts, pineapples and spices topped with cream cheese icing

Double Chocolate Layer Cake (V) (4x6 | 1 slice | 430 cal)

Double layer chocolate cake with chocolate icing

Tiramisu (V) (1 cut - 3x4 HP | 340 cal)

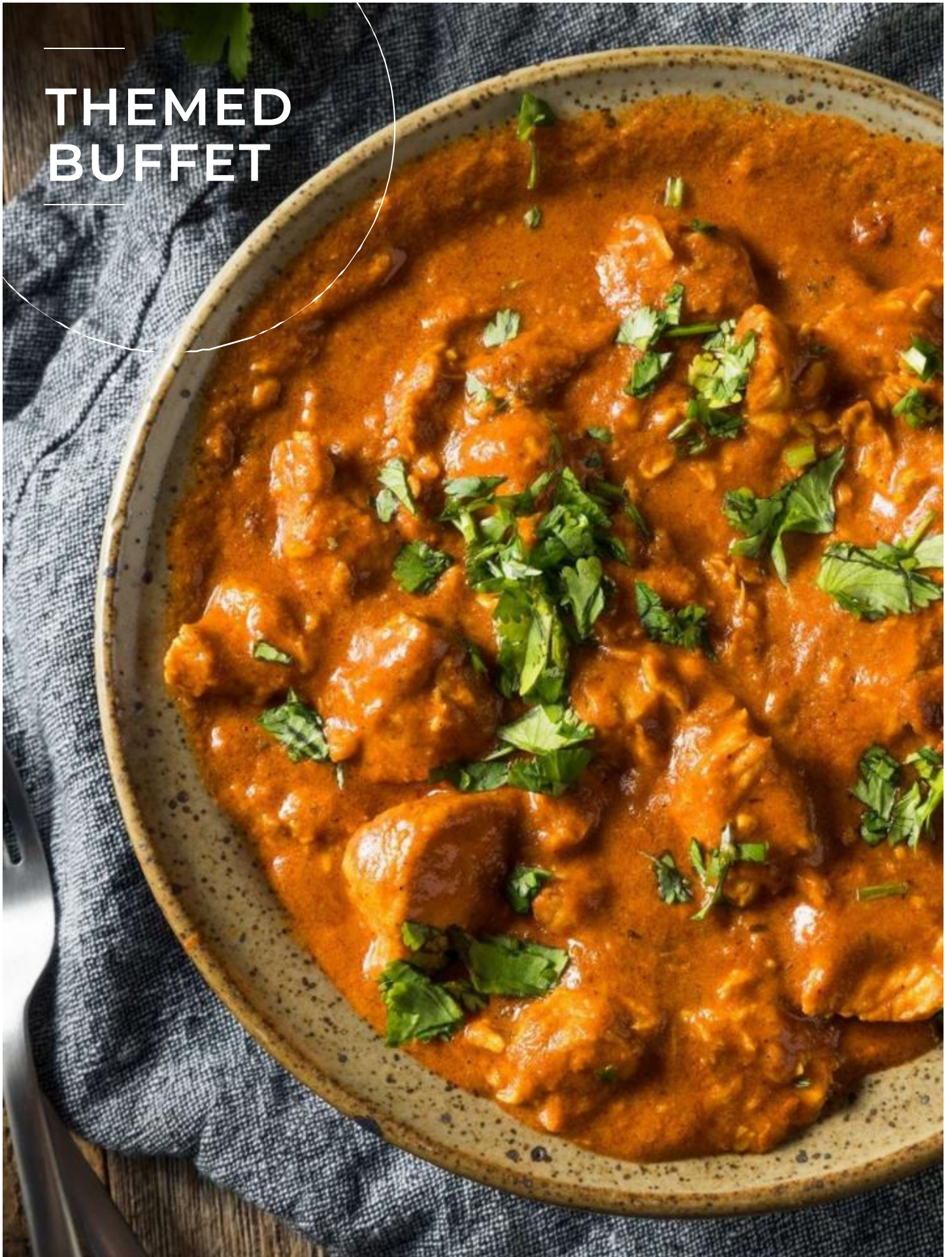
Coffee liqueur soaked lady fingers layered with mascarpone cheese mousse, topped with cocoa powder and chocolate shavings

Fruit Platter (GF) (PB) (VG) (3 oz | 35 cal)


Seasonal cut fruit



THEMED BUFFET



SOUTH EAST ASIAN

25 guest minimum  / \$22.59 per guest (4 oz | 160 cal)

Tofu Pad Thai

Tofu stir fried with rice noodles, bok choy, jalapenos and peanuts in a pad Thai sauce

Ginger Chicken Satay (3 skewers + 3 oz sauce | 300 cal)

Skewered chicken breast marinated with ginger and curry. Served with coconut peanut sauce

Jasmine Rice with Green Onion (1/2 cup | 120 cal)

Steamed Chinese-style sticky rice topped with slice green onions

Asian Slaw with Red Quinoa (1/2 cup | 90 cal)

Red quinoa, oranges, red cabbage, snap peas, carrots, and mango in orange sesame dressing



Asian Rice Noodle Salad (1/2 cup | 120 cal)



Rice noodles tossed with carrots, red peppers and green onions with sesame oil and soy sauce




INDIAN




25 guest minimum / \$24.59 per guest


Chicken Tikka Masala  (1 cup | 510 cal)
Tandoori roasted chicken
simmered with creamy tomato
masala curry sauce


Madras Cabbage & Peas   (1/2 cup | 70 cal)
Green cabbage sautéed with peas,
onion, ginger, curry leaves, mustard
seeds, coconut and jalapeno peppers

Alu Gobi Matar   (1/2 cup | 100 cal)
Cauliflower, potatoes and peas slowly
roasted with ginger, paprika and turmeric

Dal Tarka    (1/2 cup | 120 cal)
Red and yellow lentils simmered
with turmeric, onion, ginger, jalapeno
and exotic Indian spices

Pulao Rice    (1/2 cup | 110 cal)
Basmati rice simmered with cinnamon,
cumin and cloves

Vegetable Samosas   (1 samosa | 270 cal)
A pastry filled with potatoes and peas

Naan Bread  (2 quarters | 150 cal)

House baked Indian flatbread
Cilantro Chutney    (1 tbsp | 5 cal)



A spicy condiment of fresh cilantro
and mint pureed with jalapeno, ginger,
onions and lemon juice


SOUTHERN ITALY


25 guest minimum / \$26.59 per guest

Orecchiette Puttanesca   (1 cup | 200 cal)
Orecchiette pasta tossed with an olive
caper tomato sauce


Calabrian Chile  (5 oz | 250 cal)
Roasted Chicken
Roasted chicken breast with grilled
lemon and Calabrian chile vinaigrette

Eggplant Caponata    (2 oz | 50 cal)
Sliced eggplant sautéed with garlic,
onion, fennel and stewed tomatoes

Navy Beans with Tomato    (4 oz | 110 cal)
& Rosemary
White beans stewed with olive oil,
tomato, garlic and fresh rosemary

Fennel, Arugula (3 oz | 90 cal)
& Parmesan Salad 

Baby arugula and shaved
fennel tossed in a lemon
vinaigrette, garnished with
shredded parmesan cheese

Herb Focaccia Bread  (1 cut | 3x4 | 270 cal)
Thick cut focaccia bread baked
with oregano, rosemary, basil, garlic,
black pepper and fresh parsley



TEX MEX

25 guest minimum / \$22.59 per guest

6" Pressed Flour Tortillas (V) (2 tortillas | 6" | 190 cal)

5.5" White Corn Table Tortillas (GF) (PB) (VG) (2 tortillas | 5.5" | 110 cal)

Beef Taco Meat (GF) (3 oz | 160 cal)

Ground beef seasoned with chili, cumin, coriander, garlic, and tomatoes

Cumin Grilled Chicken (GF) (3 oz | 80 cal)

Chargrilled chicken breast rubbed with cumin, fresh lime juice, onions, garlic, and cilantro

Tex Mex Veggies (GF) (PB) (VG) (3 oz | 45 cal)

Zucchini, squash, eggplant, peppers and red onions roasted with garlic, cumin, chili pepper, and cinnamon

Spanish Rice (GF) (PB) (VG) (4 oz | 80 cal)

Spanish seasoning flavoured steamed rice

Shredded Lettuce (GF) (PB) (VG) (1/4 cup | 0 cal)

Fresh White Onions (GF) (PB) (VG) (1 tbsp | 5 cal)

Pico De Gallo (GF) (PB) (VG) (1 tbsp | 0 cal)

Chunky house salsa made from fresh tomatoes, cilantro, jalapeno peppers and lime juice

Sour Cream (GF) (V) (2 tbsp | 50 cal)

Shredded Cheddar Cheese (GF) (V) (2 tbsp | 60 cal)

Western Style Guacamole (GF) (PB) (VG) (2 tbsp | 40 cal)

Sliced Jalapeno Peppers (GF) (PB) (VG) (2 tbsp | 10 cal)




BREAKS & PLATTERS

A perfect addition to a reception, meeting or luncheon. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

PLATTERS

12 guest minimum


CRUDITÉ - \$4.99 per guest

Crudité Platter  (3 oz | 70 cal)
Garden vegetables arranged on a platter with a light ranch style dip

ANTIPASTO - \$6.99 per guest

Italian Antipasto Platter  (3 oz | 100 cal)
Antipasto platter with roasted red peppers, capicola, prosciutto, mozzarella, artichokes, banana peppers and olives

CHEESE PLATTER - \$5.99 per guest

Imported & Domestic Cheese Platter  (2 oz | 190 cal)
Wedges of imported and domestic cheeses with clusters of grapes and assorted crackers

MEZZ PLATTER - \$5.99 per guest

Pita Chips   (2 oz | 170 cal)

Baked pita bread

Tabouleh Salad   (1 oz | 10 cal)

Bulgur combined with ripe tomatoes, fresh parsley and mint, lemon juice and olive oil

Classic Hummus    (1 oz | 50 cal)

Garbanzo beans and tahini with olive oil, garlic, lemon and cumin

Baba Ghanoush    (1 oz | 30 cal)

Roasted eggplant blended with sesame tahini, garlic, lemon and fresh parsley

Fresh English Cucumber    (1 tsp | 0 cal)

Kalamata Olives    (1 olive | 0 cal)

Feta Cheese   (1 tsp | 5 cal)



DIPS & CHIPS - \$6.99 per guest

Crudité Platter (GF) (PB) (VG) (3 oz | 20 cal)

Garden vegetables arranged on a platter with a light ranch style dip

Housemade Tortilla Chips (GF) (PB) (VG) (12 chips | 70 cal)

Crispy fried yellow tortilla chips, lightly salted

Pita Chips (PB) (VG) (2 oz | 170 cal)

Baked pita bread

CHEF'S CHOICE:

Assorted Potato Chips (V) (1 bag | 40 g | 210 cal)

Classic Hummus (GF) (PB) (VG) (2 oz | 110 cal)

Pureed garbanzo beans and tahini with olive oil, garlic, lemon and cumin

Baba Ghanoush (GF) (PB) (VG) (2 oz | 60 cal)

Roasted eggplant blended with sesame tahini, garlic, lemon and fresh parsley

Dijon Ranch Dip (GF) (V) (2 tbsp | 180 cal)

Onion Cheese Dip (V) (2 tbsp | 70 cal)

Buffalo Chicken Blue Cheese Dip (2 tbsp | 50 cal)

DESSERTS

12 guest minimum

COOKIES - \$19.74

CHEF'S CHOICE ASSORTED |

Chocolate Chip Cookie (V) (2 cookies (1 oz) | 250 cal)

Beloved by everyone, the chocolate chip cookie, fresh from our kitchen to you!

Oatmeal Raisin Cookie (V) (2 cookies (1 oz) | 220 cal)

Delicious oatmeal raisin cookies served fresh from the oven

Peanut Butter Cookie (V) (2 cookies (1 oz) | 240 cal)

Just baked super scrumptious fresh peanut butter cookies

White Choco Macadamia Nut Cookies (V) (2 cookies (1 oz) | 260 cal)

Delicious white chocolate macadamia nut cookies served fresh from the oven

Double Chocolate Cookie (V) (2 cookies (1 oz) | 240 cal)

Double chocolate cookies loaded with chocolate chips

Shortbread Cookies (V) (2 cookies (1 oz) | 280 cal)

Buttery rich traditional cookie baked to golden brown

SQUARES - \$3.99 per guest

CHEF'S CHOICE ASSORTED | 1.5 PC PER PERSON:

Nanamio Bar (V) (1 bar | 250 cal)

Chocolatey, graham cracker-coconut base, a sweet cream filling

Rice Krispie Bar (1 bar | 290 cal)

Marshmallow cream combined with rice krispies cereal

Lemon Dessert Bar (V) (1 bar | 270 cal)

Lemonicious - Nothing more to say

Date Square (V) (1 square | 300 cal)

A chewy date bar

Brownies Dutch Deep (V) (1 square | 440 cal)

Iced chocolate brownie



TRIAL MIX & NUTS - \$3.99 per guest

Trail Mix (GF) (V) (1 oz | 160 cal)

Yummy, nutty, chocolatey trail mix

Candied Cinnamon Pecans (GF) (PB) (VG) (1 oz | 170 cal)

Pecans candied with cinnamon and sugar

Spiced Walnuts (GF) (PB) (VG) (1 oz | 180 cal)

Walnuts, sugar, cinnamon, nutmeg, cloves and ginger

Seeded Trail Mix (GF) (PB) (VG) (2 tbsp | 90 cal)

Mix of nuts and seeds

GRANOLA BARS - \$2.99 per guest

CHEF'S CHOICE ASSORTED:

Nature Valley Granola Bar (V) (1 bar | 400 cal)

Kellogg's GF Dark Chocolate Granola Bar (V) (1 bar | 505 cal)

Nutrigrain Bars Assorted (V) (1 bar | 370 cal)

SEASONAL CUT FRUIT -

\$3.99 per guest (GF) (PB) (VG) (3 oz | 35 cal)

Seasonal cut fruit

WHOLE FRUIT - \$1.99 per guest

CHEF'S CHOICE ASSORTED:

Granny Smith Apples (GF) (PB) (VG) (1 apple | 100 ct | 90 cal)

Banana (GF) (PB) (VG) (1 banana | 90 cal)

Orange (GF) (PB) (VG) (1 orange | 88 ct | 60 cal)

CHIPS & PRETZELS - \$1.99 per guest

CHEF'S CHOICE ASSORTED:

Assorted Potato Chips (V) (1 bag | 40 g | 210 cal)

Assorted Baked Chips (V) (1 bag | 32 g | 170 cal)

Pretzels (PB) (VG) (1 bag | 47 g | 180 cal)

Assorted Sun Chips (V) (1 bag | 40 g | 190 cal)



COCKTAIL

HORS D'OEUVRES / CANAPE

Price per dozen (Minimum order 3 dzn)

LEVEL ONE PRICING - \$28 per dozen

Thai Chicken Spring Roll

(1 pc | 80 cal)

Chicken spring roll flash fried and served with chinese sweet & sour sauce

Mini Cocktail Meatballs of: Barbecue or Sweet & Sour

(1 pc | 60 cal)

Baked ground beef meatballs seasoned with onion and garlic served with your choice of sauce

Asian Pork Balls

(1 pc | 35 cal)

Spicy pork meatballs made with ginger, garlic and hot sauce

Spanakopita

(1 pc | 45 cal)

Baked flaky pastry triangles filled with spinach and feta cheese

Tomato, Vidalia Onion & Goat Cheese Tart

(1 pc | 100 cal)

Free form pastry crust topped with creamy goat cheese, caramelized onions and sundried tomatoes

Mini Spring Rolls

(1 pc | 80 cal)

Crispy vegetarian spring roll

Mac Cheese Balls

(1 pc | 135 cal)

Perfect blend of cheddar, monterey jack, swiss and mozzarella cheeses with classic elbow macaroni; crispy on the outside, cheesy and creamy on the inside

Falafel with Parsley Lemon Tahini

(1 pc | 130 cal)

Crispy warm falafel made from chickpeas, garlic and a blend of coriander, cumin and red pepper

Shrimp Cocktail with Cajun Remoulade

(1 pc | 40 cal)

Seasoned shrimp with a spicy dip

Caramelized Onion & White Bean Crostini

(1 pc | 20 cal)

Crunchy French bread toasts topped with rosemary garlic and onion white bean spread, balsamic syrup and mesclun green

(1 pc | 120 cal)





HORS D'OEUVRES / CANAPE

Price per dozen (Minimum order 3 dzn)

LEVEL TWO PRICING - \$35 per dozen

Chicken Wings with Assorted Dipping Sauce

(1 pc | 130 cal)

Fried or oven baked with your choice of dipping sauces

Blackened Chicken Sliders

(1 pc | 130 cal)

Blackened chicken sliders with chimichurri sauce, leafy lettuce and sliced plum tomato on white wheat rolls

Cilantro Garlic Shrimp Skewers GF

(1 pc | 15 cal)

Skewered shrimp marinated in ginger, garlic and cilantro, served with a sweet tomato jam

Blini with Smoked Salmon & Chive Cream

(1 pc | 70 cal)

Fresh blini topped with slivered smoked salmon and chive sour cream

Prosciutto Wrapped Asparagus Charred

(1 pc | 45 cal)

Tender asparagus rolled in shaved prosciutto

Peaches Wrapped In Prosciutto GF

(1 pc | 60 cal)

Peaches rolled with chevre in a strip of prosciutto

Curried Chicken & Golden Raisin Tartlets

(1 pc | 130 cal)

Savoury chicken curry with raisins and apricots in a pineapple cream sauce, served in a crispy phyllo cup

Brie & Raspberry Chutney V Phyllo Timbales

(1 pc | 120 cal)

Brie and sweet raspberry chutney served in a crispy phyllo cup

Chicken Salad Roll & Peanut Hoisin Sauce

(1 pc | 140 cal)

Salad roll with lemongrass chicken, cucumbers, mint, rice noodles and peanut hoisin sauce

Phyllo Cups V

(1 pc | 100 cal)

A sweet mascarpone and goat cheese mixture served in a crispy phyllo cup



HORS D'OEUVRES / CANAPE

Price per dozen (Minimum order 3 dzn)

LEVEL THREE PRICING - \$40 per dozen

(1 pc | 100 cal)

Ginger Chicken Satay



Skewered chicken breast marinated with ginger and curry, served with coconut peanut sauce

(1 pc | 70 cal)

SAMOSAS

A blend of potatoes, peas, onions, carrots and spices served with a tamarind sauce.

(1 pc | 110 cal)

Mini Beef Wellington

Puff pastry stuffed with beef and mushroom duxcelle

Beef Satay with Sweet & Spicy Sauce



Teriyaki marinated beef tenderloin skewers served with a sweet and spicy dipping sauce

(1 pc | 130 cal)

Lamb Seekh Kebab with Tomato Jam



Roasted Indian lamb croquette flavoured with ginger, jalapeno, cilantro and spices, served with tomato jam

(1 pc | 20 cal)

Bacon Wrapped Scallops

Scallops wrapped in bacon

BEVERAGE



COLD BEVERAGES

À la carte

Spring Water    (500 mL | 0 cal)

\$1.99

Canned Pop (Coke, Sprite)    (355 mL | 140-150 cal)

\$2.29

Milk (2% or Skim)   (237 mL | 90 -130 cal)

\$2.29

Earth's Own Oat Milk   (250 mL | 130 cal)

\$3.99

HOT BEVERAGES

10 Cup Fair Trade Coffee   

\$28.00

25 Cup Fair Trade Coffee

\$70.00

50 Cup Fair Trade Coffee

\$140.00

10 Cup Tea

\$28.00

25 Cup Tea

\$70.00



Flavours

TASTE: SUCCESS

by *sodexo*

Contact Name

- Contact Title
- Contact Phone Number
- Contact E-mail Address
- Website Address
- Catertrax Address