Flavours
TASTE: SUCCESS

by sodexo
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Flavours
TASTE: SUCCESS
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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 819 822-9600 ext: 2340
e-mail us at catering@ubishops.ca

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.

[Icons]

GF = Gluten Free
VG = Vegan
PB = Plant Based
V = Vegetarian
BREAKFAST: Continental Buffets
CLASSIC CONTINENTAL BREAKFAST
12 guest minimum | $12.79 per guest

INCLUDES:
Fruit Platter
Coffee & Tea

CHEF’S CHOICE ASSORTED | 1.5 PC PER PERSON:
Apple Turnover
Oatmeal & Baked Apple Muffin
Banana Muffin
Classic Blueberry Muffin
Croissant
Homestyle Blueberry Scones
Brown Sugar Scone
Whipped Butter Cups

MINI CONTINENTAL BREAKFAST
12 guest minimum | $11.79 per guest

INCLUDES:
Fruit Platter
Coffee & Tea

CHEF’S CHOICE ASSORTED | 1.5 PC PER PERSON:
Assorted Mini Danish
Oatmeal & Baked Apple Mini Muffin
Banana Mini Muffin
Classic Blueberry Mini Muffin
Mini Butter Croissant
Mini Chocolate Croissant
Mini Blueberry Scone
Whipped Butter Cups

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

YOGURT BUFFET
12 guest minimum | $13.99 per guest

INCLUDES:
Assorted Sweet Bread – 1 slice per guest
Coffee & Tea

Yogurt Bar
Vanilla Yogurt
Fresh Strawberry
Fresh Raspberry
Fresh Blueberries
Honey
Granola

SMOOTHIE BUFFET
12 guest minimum – 50 Maximum | $11.79 per guest

INCLUDES:
Granola Bar – 1 pc per guest
Coffee & Tea

Smoothie 10 oz – 2 types per order/1 per guest
Strawberry Banana
Strawberry, Banana, Yogurt
Mango Pineapple
Mango, Pineapple, Yogurt
Apple Cranberry
Apple Sauce, Cranberry Juice
Mixed Berries
Blueberry, Raspberry, Strawberry, Yogurt
Honeydew Pear
Honeydew, Pear, Yogurt
Mango Strawberry
Mango, Strawberry, Almond Milk

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

12 guest minimum | $18.49 per guest

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

INCLUDES:
Fruit Platter
Coffee & Tea

Pastries

CHEF’S CHOICE ASSORTED | 1.5 PC PER PERSON:

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Mini Danish</td>
<td>V</td>
<td>(1 danish</td>
</tr>
<tr>
<td>Oatmeal &amp; Baked Apple Mini Muffin</td>
<td>V</td>
<td>(1 muffin</td>
</tr>
<tr>
<td>Banana Mini Muffin</td>
<td>V</td>
<td>(1 muffin</td>
</tr>
<tr>
<td>Classic Blueberry Mini Muffin</td>
<td>V</td>
<td>(1 muffin</td>
</tr>
<tr>
<td>Mini Butter Croissant</td>
<td>V</td>
<td>(1 croissant</td>
</tr>
<tr>
<td>Mini Chocolate Croissant</td>
<td>V</td>
<td>(1 croissant</td>
</tr>
<tr>
<td>Buttermilk Biscuit</td>
<td>V</td>
<td>(1 biscuit</td>
</tr>
<tr>
<td>Whipped Butter Cups</td>
<td>GF V</td>
<td>(1 pc</td>
</tr>
</tbody>
</table>

BREAKFAST POTATOES

CHOICE OF ONE:

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Fried Potatoes</td>
<td>GF PB VG</td>
<td>(5 oz</td>
</tr>
<tr>
<td>Diced potatoes caramelized with onions, salt and pepper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roast Yukon Gold Potatoes</td>
<td>GF PB VG</td>
<td>(5 oz</td>
</tr>
<tr>
<td>Oven roasted Yukon gold potatoes seasoned with extra virgin olive oil, salt and pepper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Simply Roasted Sweet Potatoes</td>
<td>GF PB VG</td>
<td>(5 oz</td>
</tr>
<tr>
<td>Oven roasted sweet potatoes seasoned with olive oil, kosher salt and pepper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sautéed Hash Browns</td>
<td>GF PB VG</td>
<td>(5 oz</td>
</tr>
<tr>
<td>Griddled shredded potatoes seasoned with salt and pepper</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

BREAKFAST PROTEINS (EXTRA)

CHOICE OF ONE:

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon Slice</td>
<td>GF</td>
<td>(3 slices</td>
</tr>
<tr>
<td>Sausage Links</td>
<td></td>
<td>(2 links</td>
</tr>
<tr>
<td>Vegan Sausage</td>
<td>PB VG</td>
<td>(1 sausage</td>
</tr>
<tr>
<td>Turkey Bacon</td>
<td>GF</td>
<td>(3 slices</td>
</tr>
</tbody>
</table>

EGG DISHES

CHOICE OF ONE:

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seasoned Scrambled Eggs</td>
<td>GF</td>
<td>(4 oz</td>
</tr>
<tr>
<td>Light and fluffy scrambled eggs seasoned with salt and pepper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scrambled Tofu</td>
<td>GF PB VG</td>
<td>(4 oz</td>
</tr>
<tr>
<td>High protein vegan alternative</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**BREAKFAST SANDWICH BUFFET**

*12 guest minimum | $20.49 per guest*

Additional Oatmeal or Parfait - $3.59  
Additional Breakfast Sandwich - $5.59

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**INCLUDES:**

- Fruit Platter  
- Coffee & Tea

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**OATMEAL BOWLS / PARFAITS**

**CHOICE OF ONE:**

- **Cinnamon Brown Sugar Steel Cut Oatmeal**  
  Steel cut oatmeal topped with cinnamon and brown sugar  
  *(1 bowl | 390 cal)*

- **Cranberry Chocolate Steel Cut Oatmeal**  
  Steel cut oatmeal topped with dried cranberries and chocolate chips  
  *(1 bowl | 340 cal)*

- **Chocolate Covered Cherry Parfait**  
  Greek yogurt layered with dark cherry compote, granola and dark chocolate shaving  
  *(1 parfait | 220 cal)*

- **Strawberry Yogurt Parfait**  
  Vanilla low fat yogurt with strawberries and crunchy granola  
  *(1 parfait | 110 cal)*

- **Blueberry Yogurt Parfait**  
  Vanilla low fat yogurt with blueberries and crunchy granola  
  *(1 parfait | 240 cal)*

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**BREAKFAST POTATOES**

**CHOICE OF ONE:**

- **Home Fried Potatoes**  
  Diced potatoes caramelized with onions, salt and pepper  
  *(5 oz | 190 cal)*

- **Mexican Breakfast Potatoes**  
  Oven roasted potatoes and onions seasoned with chili pepper, cumin and fresh cilantro  
  *(5 oz | 120 cal)*

- **Roast Yukon Gold Potatoes**  
  Oven roasted Yukon gold potatoes seasoned with extra virgin olive oil, salt and pepper  
  *(5 oz | 210 cal)*

- **Simply Roasted Sweet Potatoes**  
  Oven roasted sweet potatoes seasoned with olive oil, kosher salt and pepper  
  *(5 oz | 130 cal)*

- **Sauteed Hash Browns**  
  Griddled shredded potatoes seasoned with salt and pepper  
  *(5 oz | 200 cal)*

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**HOT BREAKFAST SANDWICHES**

**CHOICE OF ONE:**

- **Bacon, Egg & Cheese Biscuit**  
  Fried 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**  
  Fried egg and cheese on a buttermilk biscuit  
  *(1 sandwich | 450 cal)*

- **Bacon, Egg & Cheese Bagel**  
  Cage free fried egg, crisp bacon and American cheese on a bagel  
  *(1 sandwich | 530 cal)*

- **Ham, Egg & Cheese Bagel**  
  Fried cage free egg, smoked ham and American cheese on a bagel  
  *(1 sandwich | 500 cal)*

- **Bacon, Egg & Cheese Bagel**  
  Turkey bacon with a fried cage free egg and cheddar cheese on a bagel  
  *(1 sandwich | 460 cal)*

- **Egg & Cheese Croissant**  
  Butter croissant with scrambled eggs and cheese  
  *(1 sandwich | 430 cal)*

- **Bacon, Egg & Cheese Croissant**  
  Butter croissant with scrambled eggs, bacon and cheese  
  *(1 sandwich | 470 cal)*

- **Ham, Egg & Cheese Croissant**  
  Butter croissant with scrambled eggs, ham and cheese  
  *(1 sandwich | 460 cal)*

- **Sausage, Egg & Cheese Croissant**  
  Butter croissant with scrambled eggs, sausage and cheese  
  *(1 sandwich | 580 cal)*
## BREAKFAST SANDWICH BOX

*12 guest minimum | $16.99 per guest*

*Additional Breakfast Sandwich - $5.59*

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Fruit</td>
<td>(1 pc</td>
<td>50-90 cal)</td>
</tr>
<tr>
<td>Seasonal whole fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual Yogurt</td>
<td>(100 g pc</td>
<td>90 cal)</td>
</tr>
<tr>
<td>CHOICE OF ONE:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smoked Salmon &amp; Cucumber on a Bagel</td>
<td>(1 sandwich</td>
<td>430 cal)</td>
</tr>
<tr>
<td>Bagel with smoked salmon, everything cream cheese and cucumber</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smoked Ham &amp; Swiss Croissant</td>
<td>(1 sandwich</td>
<td>480 cal)</td>
</tr>
<tr>
<td>Smoked ham, Swiss cheese, fresh spinach and honey mustard served on a croissant</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BLT &amp; Avocado Bagel</td>
<td>(1 sandwich</td>
<td>610 cal)</td>
</tr>
<tr>
<td>Bagel sandwich with bacon, lettuce, tomato, avocado and mayonnaise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHOICE OF ONE:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minute Maid Orange Juice</td>
<td>(355 mL</td>
<td>170 cal)</td>
</tr>
<tr>
<td>Minute Maid Cranberry</td>
<td>(355 mL</td>
<td>180 cal)</td>
</tr>
<tr>
<td>Minute Maid Apple Juice</td>
<td>(355 mL</td>
<td>170 cal)</td>
</tr>
<tr>
<td>Oasis Orange Juice</td>
<td>(355 mL</td>
<td>170 cal)</td>
</tr>
<tr>
<td>Oasis Apple Juice</td>
<td>(355 mL</td>
<td>170 cal)</td>
</tr>
</tbody>
</table>
BREAKFAST: À la carte

REGULAR BAKED GOODS - Platters

Assorted Muffins (dozen)

- Mini - $23.49 (1 muffin | 280 cal)
- Big - $27.39 (1 muffin | 325 cal)

Assorted Pastries (dozen)

- Mini - $23.99 (1 pastry | 1.5 oz | 240 cal)
- Big - $30.99 (1 pastry | 2.5 oz | 380 cal)

Assorted Sweet Bread (dozen)

- $32.99 (1 slice | 360 cal)

Assorted Cookies (dozen)

- $21.99 (1 cookie | 220 cal)

Croissants (dozen)

- Mini - $23.99 (1 pastry | 1.5 oz | 240 cal)
- Big - $30.99 (1 pastry | 2.5 oz | 380 cal)

Chocolatines (dozen)

- Mini - $23.49 (1 pastry | 1.5 oz | 240 cal)
- Big - $30.99 (1 pastry | 2.5 oz | 380 cal)

REGULAR BAKED GOODS - Individual

Oatmeal & Baked Apple Muffin

- $2.29 (1 muffin | 370 cal)

Banana Muffin

- $2.29 (1 muffin | 300 cal)

Classic Blueberry Muffin

- $2.29 (1 muffin | 280 cal)

Banana & Chocolate Chip Bread

- $2.59 (1 slice | 360 cal)

Marble Bread

- $2.59 (1 slice | 360 cal)

Chocolate Chip Cookie

- $1.95 (1 cookie | 200 cal)

Macadamia Cookie

- $1.95 (1 cookie | 220 cal)

Double Chocolate Cookie

- $1.95 (1 cookie | 220 cal)

Oatmeal & Raisin Cookie

- $1.95 (1 cookie | 190 cal)

Oatmeal & Cranberry Cookie

- $1.95 (1 cookie | 190 cal)
SMOOTHIES - $5.29

Strawberry Banana Smoothie  <GF> <V>  (8 fluid oz | 110 cal)
A smooth and creamy blend of low-fat yogurt, strawberries and bananas

Mixed Berry Smoothie  <GF> <V>  (8 fluid oz | 100 cal)
A smooth and creamy blend of low-fat yogurt, strawberries, blueberries, and raspberries

Peach Smoothie  <GF> <V>  (8 fluid oz | 100 cal)
A smooth and creamy blend of low-fat yogurt and sweet juicy peaches

Pineapple Peach Oat Smoothie  <PB> <VG>  (8 fluid oz | 100 cal)
A refreshing peach and honeydew smoothie with Greek yogurt and a hint of mint

Grape Blueberry Banana Smoothie  <GF> <PB> <VG>  (8 fluid oz | 130 cal)
A beautiful sweet purple smoothie with hints of banana

Orange Strawberry Smoothie  <GF> <V>  (8 fluid oz | 110 cal)
A light, slightly sweet, slightly tart strawberry orange smoothie

Mango Pineapple Smoothie  <GF> <V>  (8 fluid oz | 120 cal)
A smooth and creamy blend of low-fat yogurt, mango and pineapple
LUNCH: Cold Buffets
LUNCH

12 guest minimum | $18.59 per guest

Additional Salad - $2.59
Additional Sandwich - $3.59
Add Soup - $2.59

STARTER SALAD

CHOICE OF ONE:

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

Super Bean Salad Mix (GF V) (1/2 cup | 220 cal)
Black eyed peas, black beans and edamame blended with cilantro balsamic vinaigrette

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

Carolina Slaw (GF PB VG) (1/2 cup | 80 cal)
Cabbage, green pepper, carrots, red onion in a mustard, brown sugar and apple cider vinaigrette

Traditional Side Garden Salad (GF PB VG) (1 salad | 10 cal)
Romaine lettuce topped with homestyle croutons, shredded parmesan

Traditional Caesar Side Salad (V) (1 salad | 170 cal)
Romaine lettuce topped with Caesar dressing

CHOICE OF ONE:

Creamy Caesar Dressing (2 oz | 300 cal)

Balsamic Dressing (2 oz | 180 cal)

SANDWICHES

CHOICE OF 2 – 1 SANDWICH PER PERSON

Turkey & Cheese Sandwich (1 sandwich | 420-450 cal)
Thinly sliced turkey breast, cheddar cheese and lettuce on wheat or white bread

Egg Salad Sandwich (V) (1 sandwich | 430-450 cal)
Freshly prepared egg salad with celery and lettuce on wheat or white bread

Roast Beef & Cheese Sandwich (1 sandwich | 430-450 cal)
Thinly sliced roast beef, cheddar cheese and lettuce on wheat or white bread

Ham & Cheese Sandwich (1 sandwich | 420-450 cal)
Deli ham, cheddar cheese and lettuce on wheat or white bread

Tuna Salad Sandwich (1 sandwich | 340-360 cal)
Freshly prepared deli tuna salad with lettuce on wheat or white bread

Chickpea of the Sea (GF PB VG) (1 sandwich | 140-170 cal)
Freshly prepared chickpea salad with lettuce on wheat or white bread

SANDWICHES

Smoked Ham & Swiss Croissant
Smoked ham, Swiss cheese, fresh spinach and honey mustard on a croissant

(1 sandwich | 480 cal)

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

(1 sandwich | 590 cal)

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

(1 sandwich | 530 cal)

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

(1 sandwich | 580 cal)

Roast Beef & Cheddar Baguette
Roast beef with cheddar cheese, lettuce, tomato, red onion, and horseradish mayonnaise on a baguette

(1 sandwich | 530 cal)

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

(1 sandwich | 520 cal)

Grilled Garden Pesto Pita
Pita stuffed with grilled zucchini, yellow squash and eggplant, fresh mozzarella, tomatoes and basil pine nut pesto

(1 sandwich | 490 cal)

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

(1 wrap | 550 cal)

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

(1 wrap | 600 cal)

Twisted Turkey Wrap
Roast turkey, cranberry sauce, bistro sauce, spinach, tomato, flax seed and herb blend

(1 wrap | 350 cal)

Tuna Salad Wrap with Red Pepper Pesto
A fresh twist to traditional tuna salad with roasted red pepper pesto and spring mix

(1 wrap | 690 cal)
## DESSERTS

### Mixed Fruit Salad
A assortment of Melons, Pineapple, Grapes, or Oranges

### Platter of Assorted Desserts – 2 Types
A mix of Assorted Cake, Tartlets, Squares, or Cookies

## SOUP & CRACKER - ADD ON

<table>
<thead>
<tr>
<th>Soup Name</th>
<th>Calories</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetarian Chili</td>
<td>220 cal</td>
<td>GF PB VG</td>
</tr>
<tr>
<td>Classic chicken noodle soup with onions, carrots, celery, noodles and chunks of chicken seasoned with fresh thyme</td>
<td>140 cal</td>
<td>GF PB VG</td>
</tr>
<tr>
<td>Butternut Squash &amp; Sweet Potato Soup</td>
<td>130 cal</td>
<td>GF PB VG</td>
</tr>
<tr>
<td>Cream of Mushroom &amp; Wild Rice Soup</td>
<td>210 cal</td>
<td>V</td>
</tr>
<tr>
<td>Butternut squash, yams, leeks and seasoned with ginger, nutmeg and sherry</td>
<td>130 cal</td>
<td>GF PB VG</td>
</tr>
<tr>
<td>Creamy vegetable broth simmered with butternut squash, yams, leeks and seasoned with ginger, nutmeg and sherry</td>
<td>210 cal</td>
<td>V</td>
</tr>
<tr>
<td>Carrots and leeks simmered in gluten free vegetable broth with curry, fresh ginger and potatoes</td>
<td>60 cal</td>
<td>GF PB VG</td>
</tr>
<tr>
<td>Meatballs, orzo pasta and kale simmered in chicken broth with Italian seasonings</td>
<td>150 cal</td>
<td>GF PB VG</td>
</tr>
<tr>
<td>Scratch tomato soup with fresh vegetables and basil</td>
<td>60 cal</td>
<td>GF V</td>
</tr>
</tbody>
</table>
BOXED LUNCH: Entrées Salads, Bowls
BOX MEAL - Salads
12 guest minimum | $17.59 per guest

Dinner Roll (1 roll | 110 cal)
French Roll (GF | V)
Whipped Butter Cups (1 pc | 45 cal)
Whipped butter
Whole Fruit (GF | PB | VG) (1 pc | 50-90 cal)
Seasonal whole fruit

Desserts
Chef’s Choice

SALADS
CHOICE OF TWO PER ORDER, ONE SALAD PER PERSON:

Caesar Salad with Grilled Chicken (1 salad | 430 cal)
Romaine lettuce topped with grilled chicken, homestyle croutons, shredded parmesan, served with Caesar dressing

Garden Salad (GF | PB | VG) (1 salad | 90 cal)
Romaine lettuce and spring mix topped with grape tomatoes, cucumbers and shredded carrots

Garden Salad with Grilled Chicken (GF) (1 salad | 210 cal)
Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers and shredded carrots

Asian Rice Noodle Salad (V) (2 cups | 480 cal)
Rice noodles tossed with carrots, red peppers and green onions with sesame oil and soy sauce

BLT Salad with Green Goddess Dressing (GF) (1 salad | 180 cal)
Iceberg lettuce topped with crispy bacon and grape tomatoes, served with green goddess dressing

Greek Salad (GF | V) (1 salad | 280 cal)
Classic Greek salad of firm tomatoes, cucumbers, red onion, kalamata olives and feta drizzled with a light vinaigrette

BEVERAGES
CHOICE OF ONE:

Coke (355 mL | 140 cal)
Diet Coke (355 mL | 0 cal)
Sprite (355 mL | 150 cal)
Iced Tea (355 mL | 140 cal)
Gingerale (355 mL | 70 cal)
Sparkling Water (355 mL | 0 cal)
Lemon Sparkling Water (355 mL | 0 cal)
BOX MEAL - Sandwiches
12 guest minimum | $16.99 per guest

Additional Salad - $2.59

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

POTATO CHIPS
Assorted Potato Chips

Desserts
Chef's Choice

SANDWICHES

CHOICE OF TWO PER ORDER, ONE SANDWICH PER PERSON:

Caribbean Jerk Shrimp Mango Wrap
Grilled caribbean jerk shrimp, sweet and spicy mango chutney, shredded lettuce and spicy jerk mayo

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

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

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

Basil Aioli Tuna Salad Sandwich
Tuna salad, lettuce, tomato, provolone cheese and basil aioli on sourdough bread

Grilled Chicken & Mango Chutney
Grilled chicken topped with a tangy chutney and peanut slaw, fresh arugula and sliced mango on a ciabatta

SANDWICHES (CONTINUED)

Roast Beef & Arugula Baguette (1 sandwich | 660 cal)
Roast beef, arugula, balsamic red onions and fresh mozzarella with black pepper mayonnaise on a baguette

Beef Swiss Pub Wrap (1 wrap | 630 cal)
Deli roast beef, Swiss cheese, lettuce, red onion and horseradish sauce in a tortilla wrap

Provencal Roasted Vegetable Baguette (1 sandwich | 320 cal)
Roasted eggplant, zucchini, squash and red peppers layered on a baguette with olive, mushroom and artichoke tapenade

Avocado Kale Caesar Wrap (1 wrap | 650 cal)
Fresh kale and romaine tossed in an avocado Caesar dressing with quinoa and sunflower seeds

Chicken Caesar (1 wrap | 690 cal)
Grilled chicken breast, chopped romaine lettuce, parmesan cheese caesar dressing in a flour
**BEVERAGES**

**CHOICE OF ONE:**

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coke</td>
<td>(355 mL</td>
</tr>
<tr>
<td>Diet Coke</td>
<td>(355 mL</td>
</tr>
<tr>
<td>Sprite</td>
<td>(355 mL</td>
</tr>
<tr>
<td>Iced Tea</td>
<td>(355 mL</td>
</tr>
<tr>
<td>Gingerale</td>
<td>(355 mL</td>
</tr>
<tr>
<td>Sparkling Water</td>
<td>(355 mL</td>
</tr>
<tr>
<td>Lemon Sparkling Water</td>
<td>(355 mL</td>
</tr>
</tbody>
</table>

**ADD ON SALADS**

<table>
<thead>
<tr>
<th>Salad</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Quinoa Cucumber Salad</strong></td>
<td>(1/2 cup</td>
</tr>
<tr>
<td>Quinoa mixed with cucumbers, red onions, red peppers, dill and garlic</td>
<td></td>
</tr>
<tr>
<td><strong>Greek Salad</strong></td>
<td>(1/2 cup</td>
</tr>
<tr>
<td>Tomatoes, Cucumbers, Feta, Onions and Olives mixed with a Greek Olive oil Dressing</td>
<td></td>
</tr>
<tr>
<td><strong>Super Bean Salad Mix</strong></td>
<td>(1/2 cup</td>
</tr>
<tr>
<td>Black eyed peas, black beans and edamame blended with cilantro balsamic vinaigrette</td>
<td></td>
</tr>
</tbody>
</table>
LUNCH - Hot Buffet
12 guest minimum | $24.59 per guest

Additional Salad - $2.59
Additional Main Entrée - $6.99
Add Soup - $2.59

STARTER SALAD
CHOICE OF ONE:

Traditional Garden Salad served with Orange Balsamic Dressing
Mixed greens with tomato, cucumber, carrots and sweet bell pepper

Traditional Caesar Salad served with Creamy Caesar Dressing
Romaine lettuce topped with homestyle croutons, shredded parmesan

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

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

Super Bean Salad Mix
Black eyed peas, black beans and edamame blended with cilantro balsamic vinaigrette
MAIN ENTRÉE

CHOICE OF ONE:

**Balsamic Garlic Chicken Breast GF**
Grilled balsamic vinaigrette marinated chicken breast

**Baked Chicken Marsala**
Oven roasted chicken served with mushroom marsala sauce

**Chicken Thigh Biryani GF**
Curried chicken cooked with cinnamon and cardamom

**Classic Roasted Turkey Breast GF**
Lean and juicy breast of turkey, roasted with garlic, pepper and salt

**Braised Beef Short Ribs GF**
(4 oz ribs + sauce | 220 cal)
Beef short ribs marinated with shallots, carrots, leeks, and a splash of orange juice, braised to perfection

**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

**Caribbean Jerk Chicken Breast with Chili Garlic Corn Salsa GF**
Baked marinated jerk chicken breast

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

**Breaded Pork Cutlet with Pineapple BBQ**
(1 cutlet | 490 cal)
Lean and tender pork chop with a crispy crust and our pineapple chipotle barbecue sauce

**Miso Glazed Pork Tenderloin**
(1 serving | 290 cal)
Pan seared miso glazed pork tenderloin drizzled with korean sauce

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

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

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

**Carrot Osso Buco with Creamy Polenta GF PB VC**
(1 serving | 170 cal)
Braised carrots, cremini mushrooms, red wine, lemon juice, curry spices, vegan polenta

**Citrus & Herb Crusted Salmon GF**
(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 GF**
(1 fillet | 210 cal)
Fresh haddock pan roasted with only extra virgin olive oil, salt and black pepper
### VEGETABLE SIDES

**CHOICE OF ONE:**

<table>
<thead>
<tr>
<th>Item</th>
<th>GF</th>
<th>PB</th>
<th>VG</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Zucchini with Coriander</td>
<td></td>
<td></td>
<td></td>
<td>(4 oz</td>
</tr>
<tr>
<td>Charred Carrots</td>
<td></td>
<td></td>
<td></td>
<td>(1/2 cup</td>
</tr>
<tr>
<td>Sautéed Root Vegetables</td>
<td></td>
<td></td>
<td></td>
<td>(1/2 cup</td>
</tr>
<tr>
<td>Grilled Ratatouille</td>
<td></td>
<td></td>
<td></td>
<td>(4 oz</td>
</tr>
<tr>
<td>Garlic Roasted Mushrooms</td>
<td></td>
<td></td>
<td></td>
<td>(4 oz</td>
</tr>
</tbody>
</table>

### STARCH SIDES

**CHOICE OF ONE:**

<table>
<thead>
<tr>
<th>Item</th>
<th>GF</th>
<th>PB</th>
<th>VG</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steamed Brown Rice</td>
<td></td>
<td></td>
<td></td>
<td>(4 oz</td>
</tr>
<tr>
<td>Wild Rice Pilaf</td>
<td></td>
<td></td>
<td></td>
<td>(4 oz</td>
</tr>
<tr>
<td>Oven Roast Garlic Red Potatoes</td>
<td></td>
<td></td>
<td></td>
<td>(4 oz</td>
</tr>
<tr>
<td>Whipped Turmeric Sweet Potatoes</td>
<td></td>
<td></td>
<td></td>
<td>(1/2 cup</td>
</tr>
<tr>
<td>Whipped Fresh Potatoes with Butter</td>
<td></td>
<td></td>
<td></td>
<td>(1/2 cup</td>
</tr>
</tbody>
</table>

### DESSERTS

**Includes**

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Platter</td>
<td></td>
</tr>
<tr>
<td>Seasonal cut fruit</td>
<td></td>
</tr>
</tbody>
</table>

**CHOICE OF ONE:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon Meringue Pie</td>
<td>(1 slice</td>
</tr>
<tr>
<td>Southern Pecan Pie</td>
<td>(1 slice</td>
</tr>
<tr>
<td>Apple Pie</td>
<td>(1 slice</td>
</tr>
<tr>
<td>Double Chocolate Layer Cake</td>
<td>(4x6</td>
</tr>
<tr>
<td>Tiramisu</td>
<td>(1 cut - 3x4 HP</td>
</tr>
<tr>
<td>Iced Carrot Layer Cake</td>
<td>(4x6</td>
</tr>
</tbody>
</table>
Pizza
## DESSERTS

**Assorted Cookies**
(2 cookies (1 oz) | 250 - 280 cal)
Assortment of chocolate chip, oatmeal raisin, double chocolate, peanut butter

### PIZZA PARTY - BUFFET

*20 guest minimum | Must be ordered in quantity of 20 | $14 per guest*

### Starter Salad

Choice of One:

- **Traditional Garden Salad served with Balsamic Dressing**
  Mixed greens with tomato, cucumber, carrots and sweet bell pepper

- **Traditional Caesar Salad served with Creamy Caesar Dressing**
  Romaine lettuce topped with homestyle croutons and shredded parmesan

### Pizza

Choice of 5 pizzas for party of 20 people:

- **Pepperoni Pizza**
  Cheese pizza with mozzarella, parmesan and pepperoni
  $19.80

- **2 Cheese Pizza**
  Cheese pizza with mozzarella and parmesan
  $23.50

- **Meatlovers Pizza**
  Bacon, pepperoni, smoked ham, Italian sausage and ground beef with parmesan cheese
  $24.59

- **Grilled Vegetable Pizza**
  Cheese pizza with mozzarella, parmesan, tomato and fresh basil
  $24.20

- **Cauliflower & Sundried Tomato Pizza**
  (GF, V)
  Vegetable pizza topped with spinach, mushrooms, red onions with mozzarella and parmesan cheese
  $24.20

### Pizza - Individual

- **Pepperoni Pizza**
  Cheese pizza with mozzarella, parmesan and pepperoni
  (2 slices | 580 cal)

- **2 Cheese Pizza**
  Cheese pizza with mozzarella and parmesan
  (2 slices | 540 cal)

- **Meatlovers Pizza**
  Bacon, pepperoni, smoked ham, Italian sausage and ground beef with parmesan cheese
  (2 slices | 780 cal)

- **Grilled Vegetable Pizza**
  (V)
  (2 slices | 680 cal)

- **Cauliflower & Sundried Tomato Pizza**
  (PB, VG)
  Vegetable pizza topped with spinach, mushrooms, red onions with mozzarella and parmesan cheese
  (2 slices | 600 cal)
PLATED MEALS
**PLATED MEALS**

*12 guest minimum | $26.99 per guest*

| Dinner Rolls | French dinner rolls | (1 roll | 110 cal) |
|--------------|---------------------|----------------|
| Whipped Butter Cups | Whipped butter | (1 pc | 45 cal) |

### SOUP

**CHOICE OF ONE:**

<table>
<thead>
<tr>
<th>Choice</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Old Fashioned Chicken Noodle Soup</strong></td>
<td>Classic chicken noodle soup with onions, carrots, celery, noodles and chunks of chicken seasoned with fresh thyme</td>
</tr>
<tr>
<td><strong>Butternut Squash &amp; Sweet Potato Soup</strong></td>
<td>Creamy vegetable broth simmered with butternut squash, yams, leeks and seasoned with ginger, nutmeg and sherry</td>
</tr>
<tr>
<td><strong>Curried Carrot Soup</strong></td>
<td>Carrots and leeks simmered in gluten free vegetable broth with curry, fresh ginger and potatoes</td>
</tr>
<tr>
<td><strong>Tomato Basil Soup</strong></td>
<td>Scratch tomato soup with fresh vegetables and basil</td>
</tr>
</tbody>
</table>

### INDIGENOUS SOUP

<table>
<thead>
<tr>
<th>Choice</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Three Sisters Soup</strong></td>
<td>Vegetable soup loaded with butternut squash, sweet corn and green beans</td>
</tr>
<tr>
<td><strong>Mohawk Minestrone</strong></td>
<td>Traditional blend of corn, beans, tomatoes</td>
</tr>
</tbody>
</table>

### SALAD

**CHOICE OF ONE:**

<table>
<thead>
<tr>
<th>Choice</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Traditional Garden Salad served with Orange Balsamic Dressing</strong></td>
<td>Mixed greens with tomato, cucumber, carrots and sweet bell pepper</td>
</tr>
<tr>
<td><strong>Traditional Caesar Salad served with Creamy Caesar Dressing</strong></td>
<td>Romaine lettuce topped with homestyle croutons, shredded parmesan</td>
</tr>
<tr>
<td><strong>Romaine Wedge Salad</strong></td>
<td>Wedges of baby romaine topped with egg, tomato, chickpeas and a house made balsamic vinaigrette</td>
</tr>
<tr>
<td><strong>BLT Salad with Green Goddess Dressing</strong></td>
<td>Iceberg lettuce topped with crispy bacon and grape tomatoes, served with green goddess dressing</td>
</tr>
<tr>
<td><strong>Mixed Italian Salad</strong></td>
<td>Arugula and radicchio with broccolini, red radish, garbanzo beans, toasted pecans and Italian dressing</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dinner Rolls</strong></td>
<td>(1 roll</td>
</tr>
<tr>
<td><strong>Whipped Butter Cups</strong></td>
<td>(1 pc</td>
</tr>
<tr>
<td><strong>Traditional Garden Salad</strong></td>
<td>(1 salad</td>
</tr>
<tr>
<td><strong>Traditional Caesar Salad</strong></td>
<td>(1 salad</td>
</tr>
<tr>
<td><strong>Romaine Wedge Salad</strong></td>
<td>(1 salad</td>
</tr>
<tr>
<td><strong>BLT Salad</strong></td>
<td>(1 salad</td>
</tr>
<tr>
<td><strong>Mixed Italian Salad</strong></td>
<td>(1 salad</td>
</tr>
</tbody>
</table>
POULTRY

Classic Roasted Turkey Breast (GF)
Lean and juicy breast of turkey, roasted with garlic, pepper and salt

Hoisin Glazed Chicken
Seared chicken breast coated with a spicy hoisin and soy sauce, ginger glaze

(1 breast | 180 cal)

PORK

Apple Cider Glazed Pork Tenderloin (GF)
Rosemary, orange and ginger pork tenderloin poached in apple cider broth

(4 oz + 2 oz sauce | 170 cal)

Pork Loin with Mango Chipotle Glaze (GF)
Oven-roasted pork loin rubbed with chipotle chiles, mango, garlic, lime and cilantro

(4 oz + 1 oz glaze | 300 cal)

VEGETARIAN / VEGAN

Pea Cakes, Feta & Pea Shoots (V)
Spring pea cakes with feta and pea shoots

(8 oz | 420 cal)

Almond, Barley & Mushroom Risotto (V)
Wild mushrooms, creamy almond butter and Barley risotto

(1 bowl | 200 cal)

Ginger Miso Tofu (GF V)
Tofu seared with ginger, miso, mirin, green onions and red chile

(4 oz | 210 cal)

BEEF

Braised Beef Short Ribs (GF)
Beef short ribs marinated with shallots, carrots, leeks, and a splash of orange juice, braised to perfection

(4 oz + sauce | 220 cal)

FISH / SEAFOOD

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

(1 fillet | 110 cal)

Parmesan Panko Crusted Tilapia
Tilapia baked with a parmesan, chili powder and panko topping

(1 fillet | 170 cal)

Haddock Loin with Red Pepper Sauce
Fresh haddock pan roasted with only extra virgin olive oil, salt and black pepper

(1 fillet | 210 cal)
### VEGETABLE SIDES

**CHOICE OF ONE:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grilled Zucchini</strong></td>
<td>Grilled fresh zucchini seasoned with coriander</td>
<td>(4 oz</td>
</tr>
<tr>
<td><strong>Charred Carrots</strong></td>
<td>Pan charred carrots tossed in red wine vinegar and olive oil</td>
<td>(1/2 cup</td>
</tr>
<tr>
<td><strong>Sautéed Root Vegetables</strong></td>
<td>Sautéed seasonal root vegetables with butter and olive oil</td>
<td>(1/2 cup</td>
</tr>
<tr>
<td><strong>Grilled Ratatouille</strong></td>
<td>Grilled zucchini, eggplant, onions, yellow squash, tomatoes tossed with fresh basil, parsley and balsamic vinaigrette</td>
<td>(4 oz</td>
</tr>
<tr>
<td><strong>Garlic Roasted Mushrooms</strong></td>
<td>Roasted garlic marinated fresh mushrooms</td>
<td>(4 oz</td>
</tr>
</tbody>
</table>

### STARCH SIDES

**CHOICE OF ONE:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Steamed Brown Rice</strong></td>
<td>Steamed brown rice seasoned with extra virgin olive oil, salt and black pepper</td>
<td>(4 oz</td>
</tr>
<tr>
<td><strong>Wild Rice Pilaf</strong></td>
<td>Long grain and wild rice blend simmered with seasonings and butter</td>
<td>(4 oz</td>
</tr>
<tr>
<td><strong>Oven Roast Garlic Red Potatoes</strong></td>
<td>Hand sliced red potatoes oven roasted with olive oil, kosher salt and pepper</td>
<td>(4 oz</td>
</tr>
<tr>
<td><strong>Whipped Fresh Potatoes with Butter</strong></td>
<td>Steamed potatoes whipped with hot milk, melted butter seasoned with salt</td>
<td>(1/2 cup</td>
</tr>
</tbody>
</table>

### DESSERTS

**CHOICE OF ONE:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lemon Meringue Pie</strong></td>
<td>Zesty lemon pie topped with lightly toasted meringue</td>
<td>(1 slice - cut 8</td>
</tr>
<tr>
<td><strong>Southern Pecan Pie</strong></td>
<td>Southern pecan pie</td>
<td>(1 slice - cut 8</td>
</tr>
<tr>
<td><strong>Chocolate Tres Leches Cake</strong></td>
<td>Chocolate cake soaked with coffee flavoured three milks, topped with chocolate ganache</td>
<td>(1 slice</td>
</tr>
<tr>
<td><strong>Creme Brulée</strong></td>
<td>Creamy egg custard with caramelized brown sugar crust</td>
<td>(1 ramekin</td>
</tr>
<tr>
<td><strong>Irish Cream Cheesecake</strong></td>
<td>Delicious dark chocolate cheesecake jazzed up with a dash of Irish cream</td>
<td>(1 slice</td>
</tr>
<tr>
<td><strong>Flourless Chocolate Torte</strong></td>
<td>Extra rich, decadent, and chocolatey, topped with fresh raspberries and powdered sugar</td>
<td>(1 slice</td>
</tr>
<tr>
<td><strong>Fresh Fruit Tart</strong></td>
<td>Fresh berries, mandarin oranges and kiwi over pastry cream in a graham cracker crust</td>
<td>(1 tart</td>
</tr>
</tbody>
</table>
BREAKS & PLATTERS

A perfect addition to a reception, meeting or lunchon. 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 PLATTER- $4.99 per guest (3 oz | 70 cal)

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

ANTIPASTO PLATTER - $6.99 per guest (3 oz | 100 cal)

Antipasto platter with roasted red peppers, capicola, prosciutto, mozzarella, artichokes, banana peppers and olives

CHEESE PLATTERS

Local Cheese Platter - $4.99 per guest (2 oz | 190 cal)
Locally sourced Cheese, Grapes, Sliced Bread

Cheddar Cheese Platter – $3.99 per guest (2 oz | 190 cal)
Cheddar Cheese, Grapes, and Sliced Bread

CHEESE & CHARCUTERIE - $7.99 per guest
A mix of Cheddar Cheese and Cold Cuts

HUMMUS PLATTER – $5.99 per guest
Platter of Hummus, Cucumbers, Peppers and Pita

MEDITERRANEAN PLATTER– $5.99 per guest
Tortilla Chips, Guacamole, Salsa, Tzatziki, and Olives

SANDWICHES - $5.99 per guest

3 TYPES PER ORDER – 1 SANDWICH PER PERSON

Chef’s Choice - Meat
Turkey
Ham
Chicken
Tofu
Hummus
Veggie Paté

Chef’s Choice – Bread
Multigrain
Ciabatta
Tortilla
Baguette
Pretzel Bun
Kaiser
TRIAL MIX & NUTS - $3.99 per guest

Trail Mix  
Yummy, nutty, chocolatey trail mix

Candied Cinnamon Pecans  
Pecans candied with cinnamon and sugar

Spiced Walnuts  
Walnuts, sugar, cinnamon, nutmeg, cloves and ginger

Seeded Trail Mix  
Mix of nuts and seeds

GRANOLA BARS - $2.99 per guest

CHEF'S CHOICE ASSORTED:

Nature Valley Granola Bar  
(1 bar | 400 cal)

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

Nutrigrain Bars Assorted  
(1 bar | 370 cal)

DESSERTS  
12 guest minimum

SQUARES - $3.99 per guest

CHEF’S CHOICE ASSORTED | 1.5 PC PER PERSON:

Rice Krispie Bar  
Marshmallow cream combined with rice krispies cereal

Raspberry Square  
Raspberry flavored square

Date Square  
A chewy date bar

Blueberry Square  
Blueberry flavored square

Strawberry Square  
Strawberry flavored square

Brownies  
Iced chocolate brownie
CUPCAKES - $3.99 per guest

CHOICE OF TWO | 1 PC PER PERSON:

Carrot Cake Cupcakes
Moist carrot cake topped with sweet vanilla frosting and crushed walnuts

Tiramisu Cupcakes
Coffee infused cupcake topped with coffee cream icing and a sprinkle of cocoa

Belgian Style Chocolate Cupcake
Double chocolate cupcake topped with chocolate cream cheese frosting

Caramel Apple Cupcake
Spiced cupcake batter baked with caramelized apples and topped with caramel cream cheese icing

Confetti Cupcake
Rainbow sprinkle cupcake with vanilla cream cheese frosting

Ginger Spice Cupcake
Ginger spice cake topped with a swirl of creamy ginger frosting and chopped pecans

Red Velvet & Oreo Cupcake
Red velvet cupcake topped with vanilla cream cheese frosting and oreo pieces

FRUIT SALAD - $3.99 per guest

Mixed Fruit Salad (GF) (PB) (VG)
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)

TRUFFLES
Unit: $2.08
Dozen: $25.00

MACARONS
Unit: $1.75
Dozen: $21.00
**COCKTAIL**

**HORS D’OEUVRES / CANAPE**

*Price per dozen*

$30 per dozen

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Calories</th>
<th>Dietary Restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chicken Diablo Empanadas</strong></td>
<td>Chicken, cheddar jack, tomato habanero salsa stuffed empanadas with chipotle ranch dressing</td>
<td>230 cal</td>
<td></td>
</tr>
<tr>
<td><strong>Beef &amp; Shiitake Roll</strong></td>
<td>Sushi rice wrapped in seaweed with asian beef, shiitake mushroom, green onion and Japanese mayonnaise</td>
<td>155 cal</td>
<td></td>
</tr>
<tr>
<td><strong>Mini Cocktail Meatballs of: Barbecue or Sweet &amp; Sour</strong></td>
<td>Baked ground beef meatballs seasoned with onion and garlic served with your choice of sauce</td>
<td>60 cal</td>
<td></td>
</tr>
<tr>
<td><strong>Asian Pork Balls</strong></td>
<td>Spicy pork meatballs made with ginger, garlic and hot sauce</td>
<td>50 cal</td>
<td>GF</td>
</tr>
<tr>
<td><strong>Crab &amp; Risotto Balls</strong></td>
<td>Crispy Italian style rice balls garnished with crab meat and served with three mustard sauce</td>
<td>80 cal</td>
<td>GF</td>
</tr>
<tr>
<td><strong>Spanakopita</strong></td>
<td>Baked flaky pastry triangles filled with spinach and feta cheese</td>
<td>45 cal</td>
<td>V</td>
</tr>
<tr>
<td><strong>Blackened Beef Crostini</strong></td>
<td>Crostini brushed with basil mustard aioli topped with Cajun blackened tri tip and bleu cheese crumbles</td>
<td>50 cal</td>
<td></td>
</tr>
<tr>
<td><strong>Mini Burger Vegan</strong></td>
<td>Mini Marinated Tofu Burger, topped with a Tangy Mustard</td>
<td>50 cal</td>
<td>VG</td>
</tr>
<tr>
<td><strong>Tomato, Vidalia Onion &amp; Goat Cheese Tart</strong></td>
<td>Free form pastry crust topped with creamy goat cheese, caramelized onions and sundried tomatoes</td>
<td>130 cal</td>
<td></td>
</tr>
<tr>
<td><strong>Mini Spring Rolls</strong></td>
<td>Crispy vegetarian spring roll</td>
<td>80 cal</td>
<td></td>
</tr>
<tr>
<td><strong>Falafel with Parsley Lemon Tahini</strong></td>
<td>Crispy warm falafel made from chickpeas, garlic and a blend of coriander, cumin and red pepper</td>
<td>130 cal</td>
<td>GB, PB, VG</td>
</tr>
<tr>
<td><strong>Fig &amp; Goat Cheese Crostini</strong></td>
<td>Toasted crostinis with a sweet fig jam and goat cheese</td>
<td>40 cal</td>
<td></td>
</tr>
<tr>
<td><strong>Curried Chicken &amp; Golden Raisin Tartlets</strong></td>
<td>Savoury chicken curry with raisins and apricots in a pineapple cream sauce, served in a crispy phyllo cup</td>
<td>130 cal</td>
<td></td>
</tr>
<tr>
<td><strong>Chicken Salad Roll &amp; Peanut Hoisin Sauce</strong></td>
<td>Salad roll with lemongrass chicken, cucumbers, mint, rice noodles and peanut hoisin sauce</td>
<td>140 cal</td>
<td></td>
</tr>
<tr>
<td><strong>Goat Cheese &amp; Honey Phyllo Cups</strong></td>
<td>A sweet mascarpone and goat cheese mixture served in a crispy phyllo cup</td>
<td>100 cal</td>
<td></td>
</tr>
</tbody>
</table>
HORS D’OEUVRES / CANAPE
Price per dozen

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

Asian Beef Satay Canape
Skewered beef marinated with ginger, garlic and sesame, skewered, charbroiled, and served with hoisin sauce

BBQ Pork Slider
Hawaiian slider roll topped BBQ pulled pork and chopped slaw

Cilantro Garlic Shrimp Skewers
Skewered shrimp marinated in ginger, garlic and cilantro, served with a sweet tomato jam

Blini with Smoked Salmon & Chive Cream
Fresh blini topped with slivered smoked salmon and chive sour cream

Prosciutto Wrapped Asparagus Charred
Tender asparagus rolled in shaved prosciutto

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

Chicken Satay with Peanut Sauce
Thai chicken with spicy peanut sauce

Mini Beef Wellington
Puff pastry stuffed with beef and mushroom duxelle

Lamb Seekh Kebab with Tomato Jam
Roasted Indian lamb croquette flavoured with ginger, jalapeno, cilantro and spices, served with tomato jam

Bacon Wrapped Scallops
Scallops wrapped in bacon

Pita and Cucumber Bites
Mini Pitas topped with Hummus and Cucumber
COLD BEVERAGES

À la carte

- **Milk** $3.00
- **Chocolate Milk** $3.75
- **Soft Drink** $2.75
- **Juice Bottle** $2.75
- **Sparkling Water** $3.25

Dispenser

- **Water** – 1 to 50 guests $15.00
- **Water** – 50 guests and more $30.00
- **Juice** – Serves 10 $20.00
- **Flavored Water** – Serves 10 $16.50

HOT BEVERAGES

- **Brewed FairTrade Coffee**
  - Serves 10: $25.00
  - Serves 20: $44.00
- **Brewed Decaf Coffee**
  - Serves 10: $25.00
- **Hot Water & Tea/Herbal Tea**
  - Serves 10: $16.50
  - Serves 20: $26.00
- **Fair Trade Hot Chocolate**
  - Serves 10: $28.00
  - Serves 20: $52.00
Planning Your Event

Flavours by Sodexo has exceptional culinary skills and extensive capabilities to satisfy a wide range of catering needs. Use this information to understand processes, procedures and expectations as we work together to achieve a smoothly executed and memorable catered event. Our experienced event planning specialists are very consultative and are happy to answer your questions and assist you in planning every detail. We look forward to serving you!

HOW TO CONTACT US

When you have a catered event in mind, please contact us as soon as possible. Even if you are not sure of all details such as exact date, location and number of guests, planning early ensures a smooth process.

Event Spaces: Please reserve your event space prior to scheduling catering. Event space reservations must be placed with Bishop Conference: mcouture@ubishops.ca

Contact:
Phone Number: (819) 822-9600 Ext: 2340
Email: catering@ubishops.ca
Address: 2600 College Street, Sherbrooke, QC
Office Location: Dewhurst Dining Hall

Seating, Facilities, Audio Visual: Please reserve tables, chairs, and trash receptacles needed for your event.

Tables and chairs: Work Order with Buildings & Grounds

Flavours Catering: It’s easy to get in touch with Flavours about your catering needs.
Send us an Email: You may email us at catering@ubishops.ca
Give us a Call: You may speak with an event planning specialist by calling (819) 822-9600 Ext: 2340
Schedule a Consultation: An event consultation is recommended for complex events or events with complex logistics. Contact our office to schedule a consultation or site visit.
MENU PLANNING AND PRICING

Our menus feature offerings to meet a wide range of preferences and dietary needs including Sodexo’s healthy, award-winning Mindful menus. Please advise the catering coordinator of all dietary restrictions that require accommodation.

Note: Flavours is not an allergen free facility; guests with severe allergies should be alerted to maintain safety. Every effort will be made to accommodate all dietary issues while maintaining seamless service.

List pricing includes eco-friendly serviceware; a quote can be provided for alternate serviceware. Prices are subject to change based on meeting guest minimums and product availability. Prices reflect services available during normal business days in accordance with the university/college calendar. Please contact the catering office for pricing for events held on campus holidays and breaks.

We are proud of our stewardship in providing fresh sustainable offerings and purchasing seasonal regionally sourced ingredients whenever possible. Please discuss your menu preferences with our event specialists; a quote will be provided upon request for a chef-designed menu focusing on local, seasonal ingredients.

CONFIRMATIONS, REVISIONS & CANCELLATIONS

Confirmations: A catering confirmation is provided upon placing an order. Please review the confirmation for accuracy including the date, times, menu selections, guest attendance and additional details.

Revisions: Please request an online revision or contact us immediately to update needed information. Final revisions are due 48 business hours prior to the event.

Cancellations: Cancellations are due a minimum of 48 business hours prior to the event. Cancellation of custom items may be billed should the expense be incurred.

Weather Cancellations: Please be in touch if a weather event may impact a planned event. If the University/College closes or delays due to inclement weather, all impacted catering events are automatically canceled. Weather impacted cancellation of custom items may be billed for expenses incurred.

GUEST COUNTS & GUARANTEES

A guest attendance estimate is provided upon booking an event. The guaranteed or final guest count is due 72-business hours prior to the event. If no guarantee or final guest count is provided, your estimated attendance becomes your guarantee. Final billing is based on your guarantee or actual guest attendance, whichever is greater.

Last minute event needs are inevitable, and we make every effort to accommodate your requests. Menus and list pricing are based on minimum guest counts and meeting our planning deadlines. Your final event confirmation will include requested revisions and pricing may be updated to accommodate your needs.

EVENT PAYMENT

Payment must be received prior to the execution of your catered event. Accepted forms of payment include University/College department accounts, Visa, Master Card, American Express, Discover, check and cash.

If you are a tax-exempt organization:
You must submit a copy of your tax-exemption certificate prior to the date of your scheduled event.
DELIVERY FEES

Standard deliveries and pickups are made at your convenience. Please reserve spaces at least 30 minutes (before and after) guest arrival and departure for delivery and pick up and plan a minimum of 2 hours (before and after) for attended receptions and meals. Please arrange for building and room availability for deliveries and pickups to include access to special access locations. There is no delivery fee for catering services held within Dewhurst Hall Dining Hall. Deliveries outside the building/venue will be subject to a $20.00 delivery charge for all orders below 150$ before tax.

SERVICE STAFF

Catering staff will be provided for all served meals and added to the event order. One server per twenty guests is the standard for staffing for served meals. Additional servers are available for an additional fee. Continental breakfasts, breaks, buffets and receptions are priced for self-service; servers may be added for an additional fee.

The charge for each staff member for a one or two-hour function is:

Attendants/Wait staff $23.00 per wait staff (minimum 3 hours); $23.00 per each additional hour per waitstaff
Bartenders $25.00 per bartender (minimum 4 hours); $25.00 per each additional hour per bartender

CATERING EQUIPMENT

We offer a full range of catering equipment to provide a professional image while serving your event. A quote for rental equipment can be provided for any service items not available through our department. All event equipment must be picked up at the conclusion of your event. Replacement fees will be applied for any damaged or missing equipment upon event pick up.

CHINA SERVICEWARE

We provide eco-friendly serviceware unless otherwise requested.

The following locations have chinaware, glassware, silverware included: Dewhurst Dining Hall, Paterson Hall Common Room, Janyne Hodder Hall Common Room, Mc Greer Cleighom, Mc Greer 100, Gait, and Centennial Lobby.

China service may be added at the below rates. The addition of china and glassware may require the addition of service staff; a quote will be provided.

Full Meal China, Glassware and Silverware $3.00 per guest
Coffee or Beverage China Service $2.00 per guest
Full Bar Glass Service $2.00 per guest
Reception China and Silverware $2.00 per guest
LINENS

Our signature service includes complimentary linens for all food service tables. Complimentary house linens for guest seating tables accompany all plated breakfasts, lunches and dinners. Additional house linens can be rented; rental rates are provided.

House Linens:
81” x 81” Tablecloth $8.00 per linen
54” x 120” Tablecloth $8.00 per linen
Napkin $0.50 per napkin

BAR SERVICES

Bars are provided following university/college policies and state law.

All alcoholic beverages must be provided and served by Flavours ServeSafe and TIPS trained personnel and consumed in designated areas. Guest proof of age will be required. Flavours reserves the right to refuse service of alcoholic beverages to any person. Shots or pitchers of alcohol are not available for events hosted on campus.

Responsible hosting requires the addition of non-alcoholic beverages and food provided by Flavours catering for the duration of alcohol service. Bar service ceases 30 minutes prior to the end of the event.

Bar Service Packages are available within the catering menu.

GUEST ACCOMMODATION

Flavours is not an allergen free facility; guests with severe allergies should be alerted to maintain safety. Every effort will be made to accommodate all dietary requests while maintaining seamless service. Dietary restrictions are requested a minimum of one (1) week in advance. Questions about dietary accommodations should be directed to the catering coordinator, manager or chef in advance of the event.

Please advise of any guests requiring mobility accommodation for proper set up for safety and comfort.

FLOWERS AND DECOR

We are happy to recommend floral and décor services by our local vendor partnerships or provide you with a quote based on your décor preferences.

We look forward to collaborating with you to create a memorable event and welcome your guests.