



# Flavours

TASTE: SUCCESS

by *sodexo*\*

*sodexo*\*





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# Flavours

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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**  
email us at [catering@ubishops.ca](mailto: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.

 = Gluten Free

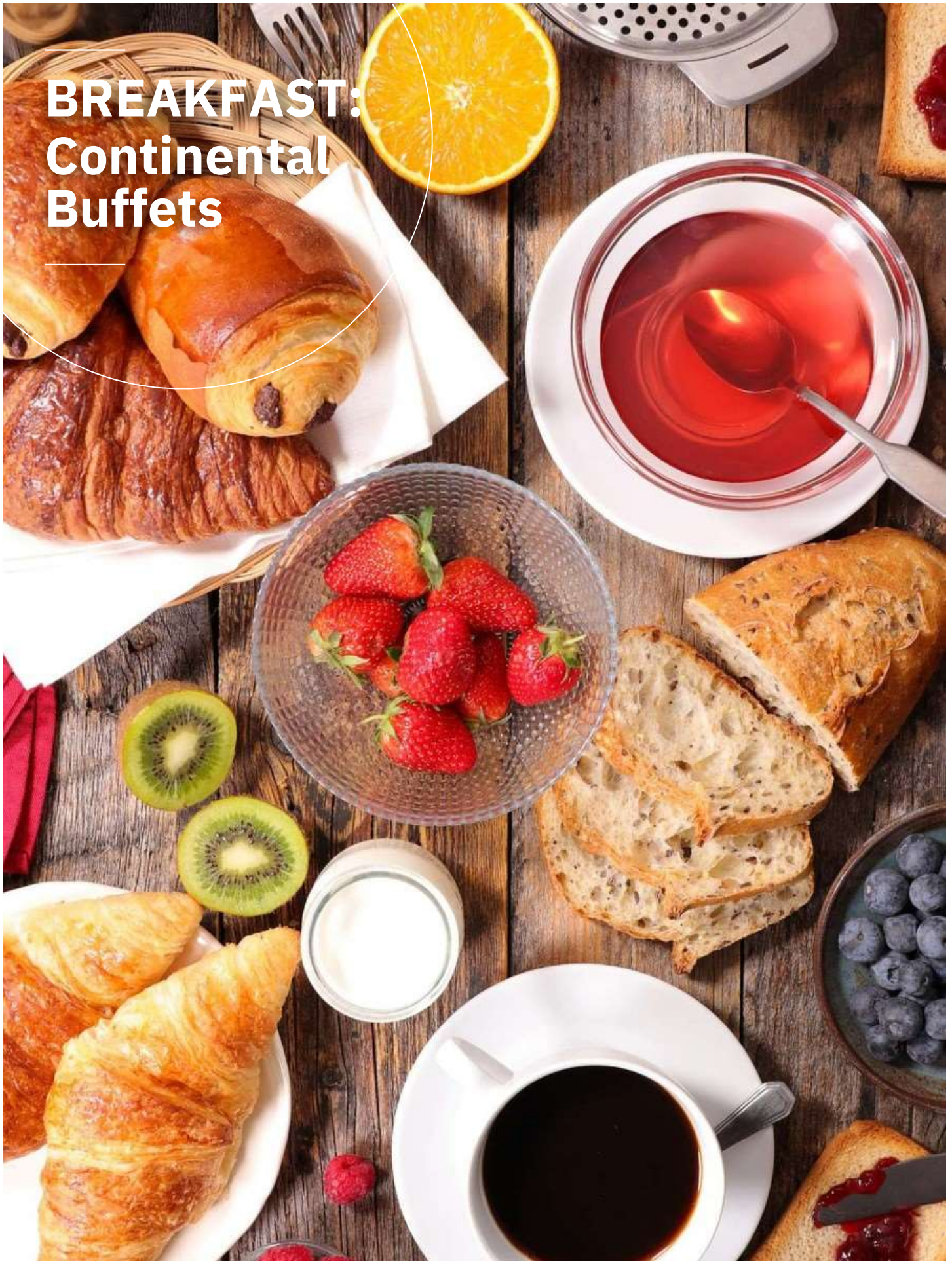
 = Plant Based

 = 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 / \$12.79 per guest

INCLUDES:

Fruit Platter (3 oz | 35 cal)

Coffee & Tea

CHEF'S CHOICE ASSORTED / 1.5 PC PER PERSON:

Apple Turnover (V) (1 danish | 31 g | 110 cal)

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

Banana Muffin (V) (1 muffin | 320 cal)

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

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

Homestyle Blueberry Scones (V) (1 scone | 150 cal)

Brown Sugar Scone (V) (1 scone | 240 cal)

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

# MINI CONTINENTAL BREAKFAST

12 guest minimum / \$11.79 per guest

INCLUDES:

Fruit Platter (3 oz | 35 cal)

Coffee & Tea

CHEF'S CHOICE ASSORTED / 1.5 PC PER PERSON:

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

Oatmeal & Baked Apple Mini Muffin (V) (1 muffin | 110 cal)

Banana Mini Muffin (V) (1 muffin | 120 cal)

Classic Blueberry Mini Muffin (V) (1 muffin | 100 cal)

Mini Butter Croissant (V) (1 croissant | 80 cal)

Mini Chocolate Croissant (V) (1 croissant | 110 cal)

Mini Blueberry Scone (V) (1 scone | 60 cal)

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



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

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## YOGURT BUFFET

*12 guest minimum / \$13.99 per guest*

### INCLUDES:

**Assorted Sweet Bread – 1 slice per guest** (V)

**Coffee & Tea**

### **Yogurt Bar** (V)

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** (V)

#### **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

# 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:**

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

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

**Banana Mini Muffin** (V) (1 muffin | 110 cal)

**Classic Blueberry Mini Muffin** (V) (1 muffin | 100 cal)

**Mini Butter Croissant** (V) (1 croissant | 80 cal)

**Mini Chocolate Croissant** (V) (1 croissant | 110 cal)

**Buttermilk Biscuit** (V) (1 biscuit | 110 cal)

**Whipped Butter Cups** (GF) (V) (1 pc | 45 cal)

## BREAKFAST POTATOES

CHOICE OF ONE:

**Home Fried Potatoes** (GF) (PB) (VG) (5 oz | 190 cal)

Diced potatoes caramelized with onions, salt and pepper

**Roast Yukon Gold Potatoes** (GF) (PB) (VG) (5 oz | 210 cal)

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

**Simply Roasted Sweet Potatoes** (GF) (PB) (VG) (5 oz | 130 cal)

Oven roasted sweet potatoes seasoned with olive oil, kosher salt and pepper

**Sauteed Hash Browns** (GF) (PB) (VG) (5 oz | 200 cal)

Griddled shredded potatoes seasoned with salt and pepper

## BREAKFAST PROTEINS (EXTRA)

CHOICE OF ONE:

**Bacon Slice** (GF) (3 slices | 120 cal)

**Sausage Links** (2 links | 210 cal)

**Vegan Sausage** (PB) (VG) (1 sausage | 120 cal)

**Turkey Bacon** (GF) (3 slices | 40 cal)

## EGG DISHES

CHOICE OF ONE:

**Seasoned Scrambled Eggs** (GF) (4 oz | 190 cal)

Light and fluffy scrambled eggs seasoned with salt and pepper

**Scrambled Tofu** (GF) (PB) (VG) (4 oz | 180 cal)

High protein vegan alternative

# BREAKFAST SANDWICH BUFFET

12 guest minimum / \$20.49 per guest

Additional Oatmeal or Parfait - \$3.59

Additional Breakfast Sandwich - \$5.59

## INCLUDES:

Fruit Platter

Coffee & Tea

## OATMEAL BOWLS / PARFAITS

CHOICE OF ONE:

**Cinnamon Brown Sugar Steel Cut Oatmeal** (PB) (VG) (1 bowl | 390 cal)

Steel cut oatmeal topped with cinnamon and brown sugar

**Cranberry Chocolate Steel Cut Oatmeal** (V) (1 bowl | 340 cal)

Steel cut oatmeal topped with dried cranberries and chocolate chips

**Chocolate Covered Cherry Parfait** (V) (1 parfait | 220 cal)

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

**Strawberry Yogurt Parfait** (V) (1 parfait | 110 cal)

Vanilla low fat yogurt with strawberries and crunchy granola

**Blueberry Yogurt Parfait** (V) (1 parfait | 240 cal)

Vanilla low fat yogurt with blueberries and crunchy granola

## BREAKFAST POTATOES

CHOICE OF ONE:

**Home Fried Potatoes** (GF) (PB) (VG) (5 oz | 190 cal)

Diced potatoes caramelized with onions, salt and pepper

**Mexican Breakfast Potatoes** (GF) (PB) (VG) (5 oz | 120 cal)

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

**Roast Yukon Gold Potatoes** (GF) (PB) (VG) (5 oz | 210 cal)

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

**Simply Roasted Sweet Potatoes** (GF) (PB) (VG) (5 oz | 130 cal)

Oven roasted sweet potatoes seasoned with olive oil, kosher salt and pepper

**Sauteed Hash Browns** (GF) (PB) (VG) (5 oz | 200 cal)

Griddled shredded potatoes seasoned with salt and pepper

## HOT BREAKFAST SANDWICHES

CHOICE OF ONE:

**Bacon, Egg & Cheese Biscuit** (1 sandwich | 480 cal)

Fried cage free egg, crisp bacon and cheese on a buttermilk biscuit

**Sausage, Egg & Cheese Biscuit** (1 sandwich | 510 cal)

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

**Ham, Egg & Cheese Biscuit** (1 sandwich | 470 cal)

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

**Egg & Cheese Biscuit** (V) (1 sandwich | 450 cal)

Fried egg and cheese on a buttermilk biscuit

**Bacon, Egg & Cheese Bagel** (1 sandwich | 530 cal)

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

**Ham, Egg & Cheese Bagel** (1 sandwich | 500 cal)

Fried cage free egg, smoked ham and American cheese on a bagel

**Bacon, Egg & Cheese Bagel** (1 sandwich | 460 cal)

Turkey bacon with a fried cage free egg and cheddar cheese on a bagel

**Egg & Cheese Croissant** (V) (1 sandwich | 430 cal)

Butter croissant with scrambled eggs and cheese

**Bacon, Egg & Cheese Croissant** (1 sandwich | 470 cal)

Butter croissant with scrambled eggs, bacon and cheese

**Ham, Egg & Cheese Croissant** (1 sandwich | 460 cal)

Butter croissant with scrambled eggs, ham and cheese

**Sausage, Egg & Cheese Croissant** (1 sandwich | 580 cal)

Butter croissant with scrambled eggs, sausage and cheese





# BREAKFAST BOX

## BREAKFAST SANDWICH BOX

12 guest minimum | \$16.99 per guest

Additional Breakfast Sandwich - \$5.59

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

**Individual Yogurt** GF V (100 g pc | 90 cal)

CHOICE OF ONE:

**Smoked Salmon & Cucumber  
on a Bagel** (1 sandwich | 430 cal)

Bagel with smoked salmon, everything  
cream cheese and cucumber

**Smoked Ham & Swiss  
Croissant** (1 sandwich | 480 cal)

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

**BLT & Avocado Bagel** (1 sandwich | 610 cal)

Bagel sandwich with bacon, lettuce,  
tomato, avocado and mayonnaise

CHOICE OF ONE:

**Minute Maid Orange Juice** GF PB VG (355 mL | 170 cal)

**Minute Maid Cranberry** GF PB VG (355 mL | 180 cal)

**Minute Maid Apple Juice** GF PB VG (355 mL | 170 cal)

**Oasis Orange Juice** GF PB VG (355 mL | 170 cal)

**Oasis Apple Juice** GF PB VG (355 mL | 170 cal)

# BREAKFAST: À la carte

## REGULAR BAKED GOODS - Platters

### Assorted Muffins (dozen) V

Mini – \$23.49 (1 muffin | 250 cal)

Big – \$27.39 (1 muffin | 325 cal)

### Assorted Pastries (dozen)

Mini - \$23.99 V (1 pastry | 1.5 oz | 240 cal)

(Chocolatine, Croissant, Danishes)

Big - \$30.99 (1 pastry | 2.5 oz | 380 cal)

(Apple Turnover, Chocolatine, Croissant)

### Assorted Sweet Bread (dozen) V

(1 slice | 360 cal)

\$32.99

### Assorted Cookies (dozen) V

(1 cookie | 220 cal)

\$21.99

### Croissants (dozen) V

Mini – \$23.99 (1 pastry | 1.5 oz | 240 cal)

Big – \$30.99 (1 pastry | 2.5 oz | 380 cal)

### Chocolatines (dozen) V

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 V (1 muffin | 280 cal)

\$2.29

### Banana Muffin V (1 muffin | 370 cal)

\$2.29

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

\$2.29

### Banana & Chocolate Chip Bread V (1 slice | 360 cal)

\$2.59

### Marble Bread V (1 slice | 360 cal)

\$2.59

### Chocolate Chip Cookie V (1 cookie | 200 cal)

\$1.95

### Macadamia Cookie V (1 cookie | 220 cal)

\$1.95

### Double Chocolate Cookie V (1 cookie | 220 cal)

\$1.95

### Oatmeal & Raisin Cookie V (1 cookie | 190 cal)

\$1.95

### Oatmeal & Cranberry Cookie V (1 cookie | 190 cal)

\$1.95



## 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

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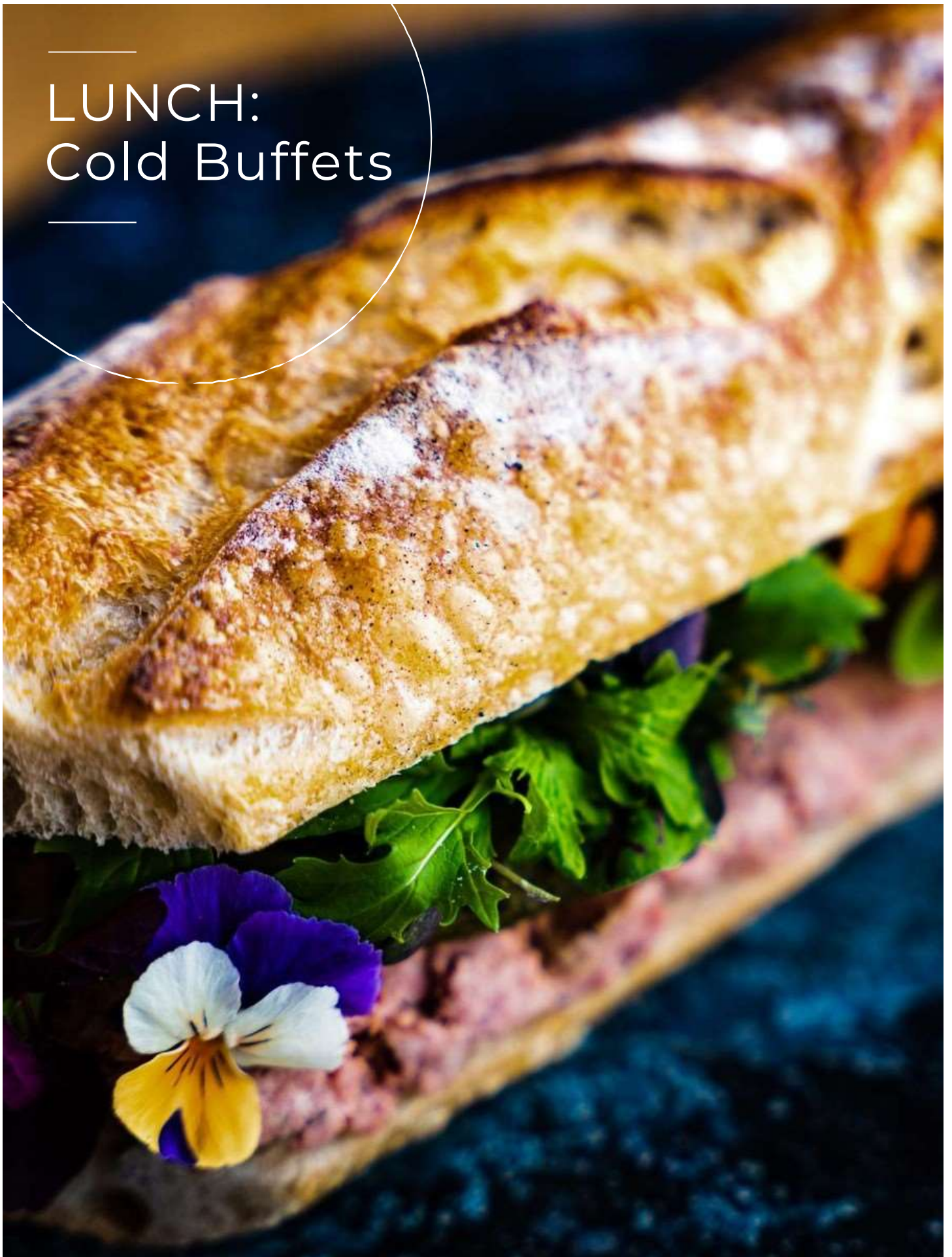


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# LUNCH:

## Cold Buffets

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# 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, carrot, red onion in a mustard, brown sugar and apple cider vinaigrette

**Traditional Side Garden Salad** (GF) (PB) (VG) (1 salad | 10 cal)

**Traditional Caesar Side Salad** (V) (1 salad | 170 cal)

Romaine lettuce topped with homestyle croutons, shredded parmesan

CHOICE OF ONE:

**Creamy Caesar Dressing** (2 oz | 300 cal)

**Balsamic Dressing** (GF) (V) (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** (PB) (VG) (1 sandwich | 140-170 cal)

Freshly prepared chickpea salad with lettuce on wheat or white bread

## SANDWICHES

**Smoked Ham & Swiss Croissant** (1 sandwich | 480 cal)

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

**Smoked Turkey BLT** (1 sandwich | 590 cal)

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

**Roast Beef & Cheddar Baguette** (1 sandwich | 580 cal)

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

**Provencal Roasted Vegetable Baguette** (V) (1 sandwich | 320 cal)

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

**Grilled Garden Pesto Pita** (V) (1 sandwich | 520 cal)

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

**Mediterranean Baguette** (PB) (VG) (1 sandwich | 490 cal)

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

## WRAPS

**Chicken & Quinoa Wrap** (1 wrap | 550 cal)

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

**Turkey Club Wrap** (1 wrap | 600 cal)

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

**Twisted Turkey Wrap** (1 wrap | 350 cal)

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

**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

## 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

### Vegetarian Chili GF PB VG

(8 oz | 220 cal)

A simmered stew of beans, tomatoes, vegetables and spices

### Old Fashioned Chicken Noodle Soup

(8 oz ladle | 140 cal)

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

### Butternut Squash & Sweet Potato Soup GF PB VG

(8 oz ladle | 130 cal)

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

### Cream of Mushroom & Wild Rice Soup V

(8 oz ladle | 210 cal)

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

### Curried Carrot Soup GF PB VG

(8 oz ladle | 60 cal)

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

### Italian Wedding Soup

(8 oz ladle | 150 cal)

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

### Tomato Basil Soup GF V

(8 oz ladle | 60 cal)

Scratch tomato soup with fresh vegetables and basil







**BOXED LUNCH:**  
**Entrées Salads,**  
**Bowls**



# BOX MEAL - Salads

12 guest minimum / \$17.59 per guest

**Dinner Roll** (V) (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

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

## POTATO CHIPS

(1 bag | 40 g | 210 cal)

Assorted Potato Chips

## Desserts

Chef's Choice

## SANDWICHES

CHOICE OF TWO PER ORDER, ONE SANDWICH PER PERSON:

### Caribbean Jerk Shrimp Mango Wrap (1 wrap | 570 cal)

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

### Smoked Turkey BLT (1 sandwich | 590 cal)

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

### Basil Aioli Tuna Salad Sandwich (1 sandwich | 500 cal)

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

### Grilled Chicken & Mango Chutney (1 sandwich | 580 cal)

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 Casear (1 wrap | 690 cal)

Grilled chicken breast, chopped romaine lettuce, parmesan cheese caesar dressing in a flour



## BEVERAGES

CHOICE OF ONE:

<b>Coke</b>	(355 mL   140 cal)
<b>Diet Coke</b>	(355 mL   0 cal)
<b>Sprite</b>	(355 mL   150 cal)
<b>Iced Tea</b>	(355 mL   140 cal)
<b>Gingerale</b>	(355 mL   70 cal)
<b>Sparkling Water</b>	(355 mL   0 cal)
<b>Lemon Sparkling Water</b>	(355 mL   0 cal)

## ADD ON SALADS

### Quinoa Cucumber Salad GF PB VG

(1/2 cup | 160 cal)

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

### Greek Salad V

(1/2 cup | 180 cal)

Tomatoes, Cucumbers, Feta, Onions and Olives mixed with a Greek Olive oil Dressing

### Super Bean Salad Mix GF V

(1/2 cup | 220 cal)

Black eyed peas, black beans and edamame blended with cilantro balsamic vinaigrette



# LUNCH: Hot Buffets



## LUNCH - Hot Buffet

12 guest minimum | \$24.59 per guest

Additional Salad - \$2.59

Additional Main Entrée - \$6.99

Add Soup - \$2.59

### ROLLS

#### Dinner Rolls

French rolls



(1 roll | 110 cal)

#### Whipped Butter Cups

Whipped butter



(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

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

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

**Super Bean Salad Mix** (1/2 cup | 220 cal)

Black eyed peas, black beans and edamame blended with cilantro balsamic vinaigrette



## MAIN ENTRÉE

CHOICE OF ONE:

**Balsamic Garlic Chicken Breast** (GF) (1 breast | 140 cal)

Grilled balsamic vinaigrette marinated chicken breast

**Baked Chicken Marsala** (2 - 9 cut | 350 cal)

Oven roasted chicken served with mushroom marsala sauce

**Chicken Thigh Biryani** (GF) (8 oz | 410 cal)

Curried chicken cooked with cinnamon and cardamom

**Classic Roasted Turkey Breast** (GF) (4 oz | 120 cal)

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 Com Salsa** (GF) (1 breast + 2 oz salsa | 220 cal)

Baked marinated jerk chicken breast

**Braised Pot Roast** (GF)

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

## MAIN ENTRÉE (CONTINUED)

**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** (V) (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) (VG) (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:

**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

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

Sauteed seasonal root vegetables with butter and olive oil

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

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

**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

**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 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, thyme and sauteed almonds

## DESSERTS

**Includes**

**Fruit Platter** (GF) (PB) (VG)

Seasonal cut fruit

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

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

Just baked dutch apple pie

**Double Chocolate Layer Cake** (V)

Double layer chocolate cake with chocolate icing (4x6 | 1 slice | 430 cal)

**Tiramisu** (V)

Coffee liqueur soaked lady fingers layered with mascarpone cheese mousse, topped with cocoa powder and chocolate shavings (1 cut - 3x4 HP | 340 cal)

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

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





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# Pizza

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## 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** (1 salad | 80 cal)

**with Balsamic Dressing** GF V

Mixed greens with tomato, cucumber, carrots and sweet bell pepper

**Traditional Caesar Salad served** (1 salad | 510 cal)

**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** (2 slices | 580 cal)

Cheese pizza with mozzarella, parmesan and pepperoni

**Cheese Pizza** V (2 slices | 540 cal)

Cheese pizza with mozzarella and parmesan

**Meatlovers Pizza** (2 slices | 780 cal)

Bacon, pepperoni, smoked ham, Italian sausage and ground beef with parmesan cheese

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

Cheese pizza with mozzarella, parmesan, tomato and fresh basil

**Cauliflower & Sundried** PB VG (2 slices | 600 cal)

**Tomato Pizza**

Vegetable pizza topped with spinach, mushrooms, red onions with mozzarella and parmesan cheese

### DESSERTS

**Assorted Cookies** (2 cookies (1 oz) | 250 - 280 cal)

Assortment of chocolate chip, oatmeal raisin, double chocolate, peanut butter

## PIZZA - INDIVIDUAL

### Pepperoni Pizza

Cheese pizza with mozzarella, parmesan and pepperoni

\$19.80 (2 slices | 580 cal)

**2 Cheese Pizza** V

Cheese pizza with mozzarella and parmesan

\$23.50 (2 slices | 540 cal)

### Meatlovers Pizza

Bacon, pepperoni, smoked ham, Italian sausage and ground beef with parmesan cheese

(2 slices | 780 cal)

\$24.59

**Grilled Vegetable Pizza** V

Cheese pizza with mozzarella, parmesan, tomato and fresh basil

(2 slices | 680 cal)

\$24.20

**Cauliflower & Sundried Tomato Pizza** PB VG

Vegetable pizza topped with spinach, mushrooms, red onions with mozzarella and parmesan cheese

(2 slices | 600 cal)

\$24.20



# 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:

### Old Fashioned Chicken Noodle Soup (8 oz ladle | 140 cal)

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

### Butternut Squash & Sweet Potato Soup (8 oz ladle | 130 cal)

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

### Curried Carrot Soup (8 oz ladle | 210 cal)

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

### Tomato Basil Soup (8 oz ladle | 60 cal)

Scratch tomato soup with fresh vegetables and basil

## INDIGENOUS SOUP

### Three Sisters Soup (8 oz ladle | 110 cal)

Vegetable soup loaded with butternut squash, sweet corn and green beans

### Mohawk Minestrone (8 oz ladle | 130 cal)

Traditional blend of corn, beans, tomatoes

## 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

### Romaine Wedge Salad (1 salad | 270 cal)

Wedges of baby romaine topped with egg, tomato, chickpeas and a house made balsamic vinaigrette

### BLT Salad with Green Goddess Dressing (1 salad | 160 cal)

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

### Mixed Italian Salad (1 salad | 440 cal)

Arugula and radicchio with broccolini, red radish, garbanzo beans, toasted pecans and Italian dressing



## POULTRY

### Classic Roasted Turkey Breast GF

(4 oz | 120 cal)

Lean and juicy breast of turkey, roasted with garlic, pepper and salt

### Hoisin Glazed Chicken

(1 breast | 180 cal)

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

## BEEF

### Braised Beef Short Ribs GF

(4 oz + sauce | 220 cal)

Beef short ribs marinated with shallots, carrots, leeks, and a splash of orange juice, braised to perfection

## PORK

### Apple Cider Glazed GF

(4 oz + 2 oz sauce | 170 cal)

### Pork Tenderloin

Rosemary, orange and ginger pork tenderloin poached in apple cider broth

### Pork Loin with Mango GF Chipotle Glaze

(4 oz + 1 oz glaze | 300 cal)

Oven-roasted pork loin rubbed with chipotle chiles, mango, garlic, lime and cilantro

## FISH / SEAFOOD

### 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

### Parmesan Panko Crusted Tilapia

(1 fillet | 170 cal)

Tilapia baked with a parmesan, chili powder and panko topping

### Haddock Loin with Red GF Pepper Sauce

(1 fillet | 210 cal)

Fresh haddock pan roasted with only extra virgin olive oil, salt and black pepper

## VEGETARIAN / VEGAN

### Pea Cakes, Feta & Pea Shoots V

Spring pea cakes with feta and pea shoots

(8 oz | 420 cal)

### Almond, Barley V & Mushroom Risotto

(1 bowl | 200 cal)

Wild mushrooms, creamy almond butter and Barley risotto

### Ginger Miso Tofu GF V

Tofu seared with ginger, miso, mirin, green onions and red chile



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## 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

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

Sauteed seasonal root vegetables with butter and olive oil

**Grilled Ratatouille** (GF) (PB) (VG) (4 oz | 70 cal)

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

**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

**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 Fresh Potatoes with Butter** (GF) (V) (1/2 cup | 160 cal)

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

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## 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

**Chocolate Tres Leches Cake** (V) (1 slice | 290 cal)

Chocolate cake soaked with coffee flavoured three milks, topped with chocolate ganache

**Creme Brulée** (GF) (V) (1 ramekin | 590 cal)

Creamy egg custard with caramelized brown sugar crust

**Irish Cream Cheesecake** (V) (1 slice | 430 cal)

Delicious dark chocolate cheesecake jazzed up with a dash of Irish cream

**Flourless Chocolate Torte** (GF) (V) (1 slice | 440 cal)

Extra rich, decadent, and chocolatey; topped with fresh raspberries and powdered sugar

**Fresh Fruit Tart** (V) (1 tart | 300 cal)

Fresh berries, mandarin oranges and kiwi over pastry cream in a graham cracker crust



# 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 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



## TRAIL 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)

## 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)

## DESSERTS

12 guest minimum

## SQUARES - \$3.99 per guest

### CHEF'S CHOICE ASSORTED | 1.5 PC PER PERSON:

- Rice Krispie Bar** (1 bar | 250 cal)  
Marshmallow cream combined with rice krispies cereal
- Raspberry Square** (V) (1 bar | 290 cal)  
Raspberry flavored square
- Date Square** (V) (1 bar | 270 cal)  
A chewy date bar
- Blueberry Square** (V) (1 square | 300 cal)  
Blueberry flavored square
- Strawberry Square** (V) (1 square | 440 cal)  
Strawberry flavored square
- Brownies**  
Iced chocolate brownie





## CUPCAKES - \$3.99 per guest

CHOICE OF TWO | 1 PC PER PERSON:

### Carrot Cake Cupcakes (1 cupcake | 260 cal)

Moist carrot cake topped with sweet vanilla frosting and crushed walnuts

### Tiramisu Cupcakes (1 cupcake | 220 cal)

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

### Belgian Style Chocolate Cupcake (1 cupcake | 250 cal)

Double chocolate cupcake topped with chocolate cream cheese frosting

### Caramel Apple Cupcake (1 cupcake | 330 cal)

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

### Confetti Cupcake (1 cupcake | 280 cal)

Rainbow sprinkle cupcake with vanilla cream cheese frosting

### Ginger Spice Cupcake (1 cupcake | 260 cal)

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

### Red Velvet & Oreo Cupcake (1 cupcake | 290 cal)

Red velvet cupcake topped with vanilla cream cheese frosting and oreo pieces

## FRUIT SALAD - \$3.99 per guest

**Mixed Fruit Salad**    (3 oz | 35 cal)  
Seasonal cut fruit

## WHOLE FRUIT - \$1.99 per guest

### CHEF'S CHOICE ASSORTED:

**Granny Smith Apples**    (1 apple | 100 ct | 90 cal)

**Banana**    (1 banana | 90 cal)

**Orange**    (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**

### Chicken Diablo Empanadas

Chicken, cheddar jack, tomato habanero salsa stuffed empanadas with chipotle ranch dressing

(1 pc | 230 cal)

### Beef & Shiitake Roll

Sushi rice wrapped in seaweed with asian beef, shiitake mushroom, green onion and Japanese mayonnaise

(1 pc | 155 cal)

### Mini Cocktail Meatballs of: Barbecue or Sweet & Sour

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

(1 pc | 60 cal)

### Asian Pork Balls GF

Spicy pork meatballs made with ginger, garlic and hot sauce

(1 pc | 50 cal)

### Crab & Risotto Balls GF

Crispy Italian style rice balls garnished with crab meat and served with three mustard sauce

(1 pc | 80 cal)

### Spanakopita V

Baked flaky pastry triangles filled with spinach and feta cheese

(1 pc | 45 cal)

### Blackened Beef Crostini

Crostini brushed with basil mustard aioli topped with Cajun blackened tri tip and bleu cheese crumbles

(1 pc | 50 cal)

### Mini Burger Vegan VG

Mini Marinated Tofu Burger, topped with a Tangy Mustard

(1 pc | 50 cal)

### Tomato, Vidalia Onion & Goat Cheese Tart V

(1 pc | 100 cal)

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

### Mini Spring Rolls V

(1 pc | 80 cal)

Crispy vegetarian spring roll

### Falafel with Parsley Lemon Tahini GF PB VG

(1 pc | 130 cal)

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

### Fig & Goat Cheese Crostini V

(1 pc | 40 cal)

Toasted crostinis with a sweet fig jam and goat cheese

### Shrimp Cocktail with Cajun Remoulade GF

(1 pc | 90 cal)

Seasoned shrimp with a spicy dip

### 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

### Chicken Salad Roll & Peanut Hoisin Sauce

(1 pc | 140 cal)

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

### Goat Cheese & Honey 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

### Blackened Chicken Sliders

(1 pc | 130 cal)

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

### Asian Beef Satay Canape

(1 pc | 30 cal)

Skewered beef marinated with ginger, garlic and sesame, skewered, charbroiled, and served with hoisin sauce

### BBQ Pork Slider

(1 pc | 200 cal)

Hawaiian slider roll topped BBQ pulled pork and chopped slaw

### 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

### Ginger Chicken Satay GF

(1 pc | 100 cal)

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

### Chicken Satay with Peanut Sauce GF

(1 pc | 135 cal)

Thai chicken with spicy peanut sauce

### Mini Beef Wellington

(1 pc | 110 cal)

Puff pastry stuffed with beef and mushroom duxcelle

### Lamb Seekh Kebab with Tomato Jam GF

(1 pc | 130 cal)

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

### Bacon Wrapped Scallops GF

(1 pc | 20 cal)

Scallops wrapped in bacon

### Pita and Cucumber Bites VG

(1 pc | 30 cal)

Mini Pitas topped with Hummus and Cucumber

# BEVERAGE



## 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](mailto:mcouture@ubishops.ca)

**Contact:**

Phone Number: (819) 822-9600 Ext: 2340

Email: [catering@ubishops.ca](mailto: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](mailto: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, McGreer Cleghorn, McGreer 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.





# Flavours

TASTE: SUCCESS

by *sodexo*\*