Flavours
TASTE: SUCCESS
by sodexo
Table of Contents

About
Breakfast: Continental
Buffets Breakfast: Buffets
Breakfast Box
Breakfast: À la carte
Lunch: Cold Buffets
Boxed Lunch: Entrées Salads, Bowls
Lunch: Hot Buffets
Themed Buffet
Plated Meals
Breaks & Platters
Cocktail
Beverage
Planning your Event
Flavours
TASTE: SUCCESS

by sodexo

Flavours is about more than great food. It’s about a team of dedicated professionals who are united by a common passion to deliver a successful catering experience. Building on a legacy of hospitality excellence, we leverage our vast expertise to create engaging events that exceed 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

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.

=G = Gluten Free  PB = Plant Based
VG = Vegan  V = 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.

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**CLASSIC CONTINENTAL BREAKFAST**

*12 guest minimum | $11.29 per guest*

**INCLUDES:**

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

**CHEF’S CHOICE ASSORTED | 1.5 PC PER PERSON:**

- Assorted Mini Danish (v)
  - (1 danish | 31 g | 110 cal)
  - Freshly baked
- Oatmeal & Baked Apple Muffin (v)
  - (1 muffin | 280 cal)
  - Freshly baked
- Banana Muffin (v)
  - (1 muffin | 320 cal)
  - Freshly baked
- Classic Blueberry Muffin (v)
  - (1 muffin | 300 cal)
  - Freshly baked
- Croissant (v)
  - (1 croissant | 2.5 oz | 240 cal)
  - Freshly baked
- Homestyle Blueberry Scone (v)
  - (1 scone | 150 cal)
  - Freshly baked
- Brown Sugar Scone (v)
  - (1 scone | 240 cal)
  - Freshly baked
- Whipped Butter Cups (g F V)
  - Whipped butter
- Strawberry Jam (g F V)
  - (1 pc | 10 mL | 35 cal)
- Blueberry Jam (g F V)
  - (1 pc | 10 mL | 35 cal)
- Grape Jelly (g F V)
  - (1 pc | 10 mL | 35 cal)

**UPGRADE TO PREMIUM PASTRIES 1.5 PC PER PERSON:**

*Additional nutrition information available upon request.*

- Banana Chocolate Chip Bread (v)
  - (1 slice | 370 cal)
  - Homestyle loaf slice with morsels of chocolate
- Lemon Poppyseed Bread (v)
  - (1 slice | 360 cal)
  - Homestyle loaf slice speckled with many poppyseeds

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**MINI CONTINENTAL BREAKFAST**

*12 guest minimum | $10.29 per guest*

**INCLUDES:**

- Fruit Platter (g F PB VG)
  - Seasonal cut fruit
  - (3 oz | 35 cal)

**CHEF’S CHOICE ASSORTED | 1.5 PC PER PERSON:**

- Assorted Mini Danish (v)
  - (1 danish | 31 g | 110 cal)
  - Freshly baked
- Oatmeal & Baked Apple Mini Muffin (v)
  - (1 muffin | 110 cal)
  - Freshly baked
- Banana Mini Muffin (v)
  - (1 muffin | 120 cal)
  - Freshly baked
- Classic Blueberry Mini Muffin (v)
  - (1 muffin | 100 cal)
  - Freshly baked
- Mini Butter Croissant (v)
  - (1 croissant | 80 cal)
  - Freshly baked
- Mini Chocolate Croissant (v)
  - (1 croissant | 110 cal)
  - Freshly baked
- Mini Blueberry Scone (v)
  - (1 scone | 60 cal)
  - Freshly baked
- Whipped Butter Cups (g F V)
  - Whipped butter
- Strawberry Jam (g F V)
  - (1 pc | 10 mL | 35 cal)
- Blueberry Jam (g F V)
  - (1 pc | 10 mL | 35 cal)
- Grape Jelly (g F V)
  - (1 pc | 10 mL | 35 cal)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
HEALTHY START CONTINENTAL
12 guest minimum | $15.29 per guest

INCLUDES:
Fruit Platter  GP PB VG
Seasonal cut fruit
Honey Greek Yogurt  GP V
(3 oz | 35 cal)
Steel Cut Oatmeal  PB VG
(8 oz ladle | 180 cal)
Cinnamon Brown Sugar Topping  GP PB VG
(1 tbsp | 55 cal)
Craisins Sweetened Dried  GP V
(1 tbsp | 60 cal)
Cranberries
Strawberry Compote  GP PB VG
(1 tbsp | 85 cal)
Blueberry Compote  GP PB VG
(1 oz | 25 cal)
Grape Tomato Salad  GP PB VG
(1 egg | 70 cal)
Nature Valley Granola Bars  V
(1 bar | 400 cal)

PLANT POWERED CONTINENTAL BREAKFAST
12 guest minimum | $15.99 per guest

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

BAGEL CONTINENTAL BREAKFAST
12 guest minimum | $15.29 per guest

INCLUDES:
Fruit Platter  GP PB VG
Seasonal cut fruit
CHEF’S CHOICE ASSORTED | 1 PC PER
PERSON:
Everything Bagel  V
(1 bagel | 4 oz | 350 cal)
Plain Bagel  V
(1 bagel | 4 oz | 290 cal)
Sesame Bagel  V
(1 bagel | 4 oz | 320 cal)
Whole Wheat Bagel  V
(1 bagel | 4 oz | 280 cal)
Cream Cheese  GP V
(1 pc | 18 g | 70 cal)
Whipped Butter Cups  GP V
(1 pc | 45 cal)
Whipped butter
Strawberry Jam  GP V
(1 pc | 10 mL | 35 cal)
Grape Jelly  GP V
(1 pc | 10 mL | 35 cal)
UPGRADE TO PREMIUM SPREAD:
$1.59 per guest
Herb Cream Cheese  GP V
(2 tbsp | 90 cal)
Honey Cinnamon Cream Cheese  GP V
(2 tbsp | 90 cal)
## CLASSIC BREAKFAST BUFFET

12 guest minimum | $16.99 per guest
Additional Side Potatoes - $1.59
Additional Side Proteins - $2.59
Additional Egg Dish - $2.29

### PASTRIES

<table>
<thead>
<tr>
<th>Item</th>
<th>GF</th>
<th>PB</th>
<th>VG</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Platter</td>
<td></td>
<td></td>
<td></td>
<td>(3 oz</td>
</tr>
<tr>
<td>Seasonal cut fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>**CHEF’S CHOICE ASSORTED</td>
<td>1.5 PC PER PERSON:**</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assorted Mini Danish</td>
<td>V</td>
<td></td>
<td></td>
<td>(1 danish</td>
</tr>
<tr>
<td>Freshly Baked</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oatmeal &amp; Baked Apple</td>
<td>V</td>
<td></td>
<td></td>
<td>(1 muffin</td>
</tr>
<tr>
<td>Mini Muffin</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Freshly Baked</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banana Mini Muffin</td>
<td>V</td>
<td></td>
<td></td>
<td>(1 muffin</td>
</tr>
<tr>
<td>Freshly Baked</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Classic Blueberry Mini Muffin</td>
<td>V</td>
<td></td>
<td></td>
<td>(1 muffin</td>
</tr>
<tr>
<td>Freshly Baked</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mini Butter Croissant</td>
<td>V</td>
<td></td>
<td></td>
<td>(1 croissant</td>
</tr>
<tr>
<td>Freshly Baked</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mini Chocolate Croissant</td>
<td>V</td>
<td></td>
<td></td>
<td>(1 croissant</td>
</tr>
<tr>
<td>Freshly Baked</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buttermilk Biscuit</td>
<td>V</td>
<td></td>
<td></td>
<td>(1 biscuit</td>
</tr>
<tr>
<td>Freshly Baked</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whipped Butter Cups</td>
<td>GF</td>
<td>V</td>
<td></td>
<td>(1 pc</td>
</tr>
<tr>
<td>Whipped butter</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry Jam</td>
<td>GF</td>
<td>V</td>
<td></td>
<td>(1 pc</td>
</tr>
<tr>
<td>Blueberry Jam</td>
<td>GF</td>
<td>V</td>
<td></td>
<td>(1 pc</td>
</tr>
<tr>
<td>Grape Jelly</td>
<td>GF</td>
<td>V</td>
<td></td>
<td>(1 pc</td>
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### BREAKFAST POTATOES

**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>Home Fried Potatoes</td>
<td></td>
<td></td>
<td></td>
<td>(5 oz</td>
</tr>
<tr>
<td>Diced potatoes caramelized with onions, salt and pepper</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roast Yukon Gold Potatoes</td>
<td>GF</td>
<td>PB</td>
<td>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>
<td></td>
<td></td>
</tr>
<tr>
<td>Simply Roasted Sweet Potatoes</td>
<td>GF</td>
<td>PB</td>
<td>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>
<td></td>
<td></td>
</tr>
<tr>
<td>Sauteed Hash Browns</td>
<td>GF</td>
<td>PB</td>
<td>VG</td>
<td>(5 oz</td>
</tr>
<tr>
<td>Griddled shredded potatoes seasoned with salt and pepper</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### BREAKFAST PROTEINS (EXTRA)

**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>Bacon Slice</td>
<td></td>
<td></td>
<td></td>
<td>(3 slices</td>
</tr>
<tr>
<td>(3 slices</td>
<td>120 cal)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sausage Links</td>
<td></td>
<td></td>
<td></td>
<td>(2 links</td>
</tr>
<tr>
<td>Vegan Sausage</td>
<td>PB</td>
<td>VG</td>
<td></td>
<td>(1 sausage</td>
</tr>
<tr>
<td>(1 sausage</td>
<td>120 cal)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turkey Bacon</td>
<td>GF</td>
<td></td>
<td></td>
<td>(3 slices</td>
</tr>
<tr>
<td>(3 slices</td>
<td>40 cal)</td>
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</tr>
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</table>

### EGG DISHES

**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>Seasoned Scrambled Eggs</td>
<td>GF</td>
<td></td>
<td></td>
<td>(4 oz</td>
</tr>
<tr>
<td>Light and fluffy scrambled eggs seasoned with salt and pepper</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scrambled Tofu</td>
<td>GF</td>
<td>PB</td>
<td>VG</td>
<td>(4 oz</td>
</tr>
<tr>
<td>High protein vegan alternative</td>
<td></td>
<td></td>
<td></td>
<td>(4 oz</td>
</tr>
</tbody>
</table>
**BREAKFAST SANDWICH BUFFET**  
12 guest minimum | $18.99 per guest

Additional Oatmeal or Parfait - $3.59  
Additional Breakfast Sandwich - $5.59  
Upgrade to Signature Premium - $1.59

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**OATMEAL BOWLS / PARFAITS**

| Fruit Platter | Seasonal cut fruit | (3 oz | 35 cal) |
|---------------|--------------------|-----------|
| **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 | |
| 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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**HOT BREAKFAST SANDWICHES**

<table>
<thead>
<tr>
<th>Choice of One:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon, Egg &amp; Cheese Biscuit</td>
<td>Fried cage free egg, crisp bacon and cheese on a buttermilk biscuit</td>
</tr>
<tr>
<td>Sausage, Egg &amp; Cheese Biscuit</td>
<td>Fried cage free egg, sausage and cheese on a buttermilk biscuit</td>
</tr>
<tr>
<td>Ham, Egg &amp; Cheese Biscuit</td>
<td>Fried cage free egg, smoked ham, cheese on a buttermilk biscuit</td>
</tr>
<tr>
<td>Egg &amp; Cheese Biscuit</td>
<td>Fried egg and cheese on a buttermilk biscuit</td>
</tr>
</tbody>
</table>

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**PREMIUM SANDWICHES**

<table>
<thead>
<tr>
<th>Choice of One:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon, Egg &amp; Cheese Bagel</td>
<td>Cage free fried egg, crisp bacon and American cheese on a bagel</td>
</tr>
<tr>
<td>Ham, Egg &amp; Cheese Bagel</td>
<td>Fried cage free egg, smoked ham and American cheese on a bagel</td>
</tr>
<tr>
<td>Bacon, Egg &amp; Cheese Bagel</td>
<td>Turkey bacon with a fried cage free egg and cheddar cheese on a bagel</td>
</tr>
<tr>
<td>Egg &amp; Cheese Croissant</td>
<td>Butter croissant with scrambled eggs and cheese</td>
</tr>
<tr>
<td>Bacon, Egg &amp; Cheese Croissant</td>
<td>Butter croissant with scrambled eggs, bacon and cheese</td>
</tr>
<tr>
<td>Ham, Egg &amp; Cheese Croissant</td>
<td>Butter croissant with scrambled eggs, ham and cheese</td>
</tr>
<tr>
<td>Sausage, Egg &amp; Cheese Croissant</td>
<td>Butter croissant with scrambled eggs, sausage and cheese</td>
</tr>
</tbody>
</table>
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

BREAKFAST BURRITO BUFFET

12 guest minimum | $18.99 per guest
Additional Potatoes - $2.59
Additional Burrito - $6.29

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

CHEF’S CHOICE ASSORTED | 1.5 PC PER PERSON:

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

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

Banana Mini Muffin (V) (1 muffin | 110 cal)
Freshly baked

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

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

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

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

Strawberry Jam (GF V) (1 pc | 10 mL | 35 cal)

Blueberry Jam (GF V) (1 pc | 10 mL | 35 cal)

Grape Jelly (GF V) (1 pc | 10 mL | 35 cal)
BURRITOS

CHOICE OF ONE:

**Rajas & Chorizo**
Roasted poblano, corn, crema, cotija with chorizo and scrambled eggs in a flour tortilla

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

**Egg, Cheese & Potato**
Scrambled eggs with cheddar cheese and home fried red potatoes in a flour tortilla

BREAKFAST POTATOES

CHOICE OF ONE:

**Home Fried Potatoes**
Diced potatoes caramelized with onions, salt and pepper

**Roast Yukon Gold Potatoes**
Oven roasted Yukon gold potatoes seasoned with extra virgin olive oil, salt and pepper

**Simply Roasted Sweet Potatoes**
Oven roasted sweet potatoes seasoned with olive oil, kosher salt and pepper

**Sauteed Hash Browns**
Griddled shredded potatoes seasoned with salt and pepper

OMELET BAR - ADD ON

12 guest minimum / $10.99 per guest

Eggs with an assortment of fresh vegetables, meats and cheeses prepared to order

**Cage Free Eggs**
(4 fl oz | 170 cal)

**Green Peppers**
(1/4 oz | 1 cal)

**Green Onion**
(1/4 oz | 1 cal)

**Mushrooms**
(1/4 oz | 1 cal)

**Baby Spinach**
(1/4 oz | 1 cal)

**Tomato**
(1/4 oz | 2 cal)

**Mozzarella Cheese**
(1/4 oz | 30 cal)

**Cheddar Cheese**
(1/4 oz | 30 cal)

**Bacon**
(1/4 oz | 30 cal)

**Toupie Ham**
(1/4 oz | 10 cal)
BAKERY BOX
12 guest minimum | $13.99 per guest

Whole Fruit  
Seasonal whole fruit

CHOICE OF ONE:

Croissant  
Freshly baked

Classic Blueberry Muffin  
Freshly baked

Nature Valley Granola Bar  

Honey Greek Yogurt  

Whipped Butter Cups  

Whipped butter

CHOICE OF ONE:

Minute Maid Orange Juice  

Minute Maid Cranberry  

Minute Maid Apple Juice  

Oasis Orange Juice  

Oasis Apple Juice

BREAKFAST SANDWICH BOX
12 guest minimum | $16.99 per guest

Additional Breakfast Sandwich - $5.59

Whole Fruit  
Seasonal whole fruit

CHOICE OF ONE:

Smoked Salmon & Cucumber on a Bagel  
Bagel with smoked salmon, everything cream cheese and cucumber

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

BLT & Avocado Bagel  
Bagel sandwich with bacon, lettuce, tomato, avocado and mayonnaise

Honey Greek Yogurt  

CHOICE OF ONE:

Minute Maid Orange Juice  

Minute Maid Cranberry  

Minute Maid Apple Juice  

Oasis Orange Juice  

Oasis Apple Juice
BREAKFAST: À la carte

REGULAR BAKED GOODS

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

Banana Muffin (V) (1 muffin | 370 cal) $2.29
Freshly baked

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

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

Buttermilk Biscuit (V) (1 biscuit | 280 cal) $3.29
Freshly baked

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

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

INCLUDED WITH PASTRIES

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

Strawberry Jam (V) (1 pc | 10 mL | 35 cal)

Blueberry Jam (V) (1 pc | 10 mL | 35 cal)

Grape Jelly (V) (1 pc | 10 mL | 35 cal)

GREEK YOGURT

Greek Yogurt (GF) (100 g pc | 80 cal) $1.99

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

Blueberry Greek Yogurt (GF) (100 g pc | 80 cal) $1.99

FRESH FRUIT

Fruit Platter (GF) (3 oz | 35 cal) (3 oz | 35 cal)
Seasonal cut fruit $3.99

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

OATMEAL BAR

Old Fashioned Oatmeal (PB VG) (8 oz ladle | 190 cal) $3.59

INCLUDED WITH OATMEAL

Brown Sugar (GF) (1 tbsp | 60 cal)

Cinnamon Toasted (GF) (1 tbsp | 5 cal)

Almonds Walnut (GF) (1 oz | 25 cal)

Pieces (GF) (1 tbsp | 40 cal)

Craisins Sweetened Dried (GF) (1 oz | 50 cal)

Cranberries (GF) (1 tbsp | 30 cal)

Raisins (GF) (1 tbsp | 25 cal)

Whole Milk (GF) (2 fl oz | 10 cal)

INCLUDED WITH OATMEAL

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

Strawberry Jam (GF) (1 pc | 10 mL | 35 cal)

Blueberry Jam (GF) (1 pc | 10 mL | 35 cal)

Grape Jelly (GF) (1 pc | 10 mL | 35 cal)
**GREEK YOGURT BAR**

*CHEFS CHOICE OF TWO:*

- **Honey Greek Yogurt** [GF][V] $3.29
  - (100 g pc | 90 cal)
- **Blueberry Greek Yogurt** [GF][V] $3.29
  - (100 g pc | 80 cal)
- **Plain Greek Yogurt** [GF][V] $3.29
  - (1/2 cup | 90 cal)

**INCLUDED WITH YOGURT:**

- Low Fat Granola [V]
- Raisins [GF][PB][VG] (1 tbsp | 25 cal)
- Craisins Sweetened Dried [GF][PB][VG] (1 oz | 25 cal)
- Cranberries
- Toasted Almonds [GF][V] (1 tsp | 25 cal)
- Pumpkin Seeds (Pepitas) [GF][PB][VG] (1 tsp | 40 cal)
- Walnut Pieces [GF][PB][VG] (1 tsp | 50 cal)

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**YOGURT PARFAITS - $7.29**

- **Raspberry Chocolate Yogurt Parfait** [V] (1 parfait | 280 cal)
  - Vanilla low fat yogurt with raspberries, chocolate chips and crunchy granola
- **Lemon Parfait** [GF][V] (1 parfait | 220 cal)
  - Greek yogurt layered with lemon, mandarin oranges and honey slivered almonds
- **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

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**OVERNIGHT OATS - $7.99**

- **Maple Oats with Spiced Apples Parfait** [V] (1 parfait | 130 cal)
  - Overnight oats layered with brown sugar cinnamon apples and maple syrup
- **Nutella Oats with Banana Parfait** [V] (1 parfait | 270 cal)
  - Almond overnight oats layered with fresh banana and chocolate hazelnut spread
- **Peaches & Cream Overnight Oats Parfait** [V] (1 parfait | 100 cal)
  - Overnight oats topped with peaches and toasted almonds

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**CHIA PUDDINGS - $7.99**

- **Vanilla Orange Chia Pudding & Blueberry** [GF][V] (1 chia pudding | 40 cal)
  - Almond vanilla orange chia pudding topped with fresh blueberries and orange segments
- **Coconut Chia Pudding with Mango** [GF][PB][VG] (1 chia pudding | 130 cal)
  - Coconut chia pudding topped with fresh mango, kiwi and shredded coconut
- **Matcha Chia Pudding with Strawberry** [GF] (1 chia pudding | 90 cal)
  - Coconut matcha chia pudding topped with fresh strawberries
SMOOTHIES - $5.29

**Strawberry Banana Smoothie**
A smooth and creamy blend of low-fat yogurt, strawberries and bananas

**Mixed Berry Smoothie**
A smooth and creamy blend of low-fat yogurt, strawberries, blueberries and raspberries

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

**Pineapple Peach Oat Smoothie**
A refreshing peach and honeydew smoothie with Greek yogurt and a hint of mint

**Grape Blueberry Banana Smoothie**
A beautiful sweet purple smoothie with hints of banana

**Orange Strawberry Smoothie**
A light, slightly sweet, slightly tart strawberry orange smoothie

**Mango Pineapple Smoothie**
A smooth and creamy blend of low-fat yogurt, mango and pineapple

POWER BITES - $4.59

**Cherry Pie Power Bites**
Vanilla chia and oat power bites with blanched almonds, dates and maraschino cherries

**Apple & Oat Power Bites**
(4 bites | 520 cal)

**Cranberry Almond Power Bites**
(4 bites | 230 cal)

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

**Spiced Grains & Flax Bliss Ball**
Bliss ball with peanuts, oats, flax seeds, almond flour, honey and orange zest
LUNCH: Cold Buffets
LUNCH - Traditional
12 guest minimum | $15.99 per guest
Additional Salad - $2.59
Additional Traditional 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)
Romaine lettuce topped with homestyle croutons, shredded parmesan

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

CHOICE OF ONE:

Creamy Caesar Dressing (2 oz | 300 cal)

Balsamic Dressing GF V (2 oz | 180 cal)

TRADITIONAL SANDWICHES
CHEF’S CHOICE | ONE SANDWICH PER PERSON CUT IN QUARTERS:

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

Chicken Salad Sandwich (1 sandwich | 360-390 cal)
Freshly prepared deli chicken salad with 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 | 430-460 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 (1 sandwich | 140-170 cal)
Freshly prepared chickpea salad with lettuce on wheat or white bread

DESSERTS
CHOICE OF ASSORTED COOKIES OR ASSORTED SQUARES:

Chocolate Chip Cookie V (2 cookies (1 oz) | 250 cal)
Beloved by everyone, the chocolate chip cookie, fresh from our kitchen to you!

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

White Chocolate Macadamia Nut Cookies V (2 cookies (1 oz) | 240 cal)
Delicious white chocolate macadamia nut cookies served fresh from the oven

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

Shortbread Cookies V (2 cookies (1 oz) | 280 cal)
Buttery rich traditional cookie baked to golden brown

Date Square V (1 square | 6x8 FS | 300 cal)
A chewy date bar

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

Mixed Fruit Salad GF PB VG (3 oz | 90 cal)
Seasonal cut fruit
LUNCH -
Signature Sandwiches
12 guest minimum | $18.59 per guest
Additional Salad - $2.59
Additional Signature Sandwich - $5.59
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 (GF) (2 oz | 300 cal)
Balsamic Dressing (V) (2 oz | 180 cal)

SIGNATURE SANDWICHES

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

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

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

Roast Beef & Cheddar Baguette (1 sandwich | 580 cal)
Roast beef with cheddar cheese, lettuce, tomato, red onion, and horseradish mayonnaise on a baguette

Provençal 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
DESSERTS

CHOICE OF ASSORTED COOKIES OR ASSORTED SQUARES:

**Chocolate Chip Cookie**  
Beloved by everyone, the chocolate chip cookie, fresh from our kitchen to you!

**Oatmeal Raisin Cookie**  
Delicious oatmeal raisin cookies served fresh from the oven.

**White Chocolate Macadamia Nut Cookies**  
Delicious white chocolate macadamia nut cookies served fresh from the oven.

**Double Chocolate Cookie**  
Double chocolate cookies loaded with chocolate chips.

**Shortbread Cookies**  
Buttery rich traditional cookie baked to golden brown.

**Date Square**  
A chewy date bar.

**Brownies Dutch Deep**  
Iced chocolate brownie baked with chocolate chips.

**Mixed Fruit Salad**  
Seasonal cut fruit.

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**STARTER SALAD**

CHOICE OF ONE:

**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.

**Country-Style Potato Salad**  
Boiled potatoes, hard cooked eggs, celery, onions and red peppers in a creamy mayonnaise dressing.

**Carolina Slaw**  
Cabbage, green pepper, carrot, red onion in a mustard, brown sugar and apple cider vinaigrette.

**Traditional Side Garden Salad**  
Traditional Caesar Side Salad
Romaine lettuce topped with homestyle croutons, shredded parmesan.

CHOICE OF ONE:

**Creamy Caesar Dressing**  
**Balsamic Dressing**

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**LUNCH - Wrap Sandwiches**

12 guest minimum | $18.59 per guest

Additional Salad - $2.59 Additional Wrap Sandwich - $5.59 Add Soup - $2.59
WRAPS

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

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

Grilled Vegetable Hummus Wrap
Balsamic grilled vegetables, lettuce, tomato and creamy hummus in a tortilla wrap

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

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

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

DESSERTS

CHOICE OF ASSORTED COOKIES OR ASSORTED SQUARES:

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

Oatmeal Raisin Cookie
Delicious oatmeal raisin cookies served fresh from the oven

White Chocolate Macadamia Nut Cookies
Delicious white chocolate macadamia nut cookies served fresh from the oven

Double Chocolate Cookie
Double chocolate cookies loaded with chocolate chips

Shortbread Cookies
Buttery rich traditional cookie baked to golden brown

Date Square
A chewy date bar

Brownies Dutch Deep
Iced chocolate brownie baked with chocolate chips

Mixed Fruit Salad GF PB VG
Seasonal cut fruit
STARTER SALAD

CHOICE OF ONE:

Quinoa Cucumber Salad [GF] [PB] [VG]  
Quinoa mixed with cucumbers, red onions, red peppers, dill and garlic

Super Bean Salad Mix [GF] [V]  
Black eyed peas, black beans and edamame blended with cilantro balsamic vinaigrette

Country-Style Potato Salad [GF] [V]  
Boiled potatoes, hard cooked eggs, celery, onions and red peppers in a creamy mayonnaise dressing

Carolina Slaw [GF] [PB] [VG]  
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  
(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)

PREMIUM SIGNATURE SANDWICHES

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

Pastrami & Swiss  
(1 sandwich | 600 cal)
Pastrami and Swiss topped with carolina slaw on a ciabatta with a whole grain mustard spread

Shrimp Salad Sandwich  
(1 sandwich | 430 cal)
Lemon chive shrimp salad with spring mix and tomato on sourdough bread

Turkey, Apple Chutney & Bacon Sandwich  
(1 sandwich | 500 cal)
Ciabatta roll topped with turkey, tomatoes, lettuce, crisp bacon, apple chutney and creamy mayo

Basil Aioli Tuna Salad Sandwich  
(1 sandwich | 500 cal)
Tuna salad, lettuce, tomato, provolone cheese and basil aioli on sourdough bread

Multi Grain Turkey Avocado Club  
(1 sandwich | 560 cal)
Roasted turkey, ripe avocado, crisp bacon, lettuce, tomato and mayonnaise on wheat berry bread

Hummus & Veggie Focaccia [PB] [VG]  
(1 sandwich | 410 cal)
Focaccia layered with a fresh carrot and onion salad, hummus-chickpea spread, almonds, kale, arugula

Additional Salad - $2.59
Additional Premium Signature Sandwich - $6.59
Add Soup - $2.59

12 guest minimum | $19.59 per guest
LUNCH - Premium Selection Wraps
12 guest minimum | $19.59 per guest
Additional Salad - $2.59
Additional Premium Wrap Sandwich - $6.59
Add Soup - $2.59

DESSERTS
CHOICE OF ASSORTED COOKIES OR ASSORTED SQUARES:

Chocolate Chip Cookie (2 cookies (1 oz) | 250 cal)
Beloved by everyone, the chocolate chip cookie, fresh from our kitchen to you!

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

White Chocolate Macadamia Nut Cookies (2 cookies (1 oz) | 260 cal)
Delicious white chocolate macadamia nut cookies served fresh from the oven

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

Shortbread Cookies (2 cookies (1 oz) | 280 cal)
Buttery rich traditional cookie baked to golden brown

Date Square (1 square | 6x8 FS | 300 cal)
A chewy date bar

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

Mixed Fruit Salad (3 oz | 90 cal)
Seasonal cut fruit

STARTER SALAD
CHOICE OF ONE:

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

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

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

Traditional Side Garden Salad (1 salad | 10 cal)

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

CHOICE OF ONE:

Creamy Caesar Dressing (2 oz | 300 cal)

Orange Balsamic Dressing (2 oz | 180 cal)
**PREMIUM SIGNATURE WRAPS**

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

**Miso Chicken, Brown Rice & Ginger Wrap**
Tortilla wrapped with grilled miso chicken, jalapeno, cabbage slaw, brown rice, cilantro and ginger

**Beef Swiss Pub Wrap**
Deli roast beef, Swiss cheese, lettuce, red onion & horseradish sauce in a tortilla wrap

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

**Mediterranean Turkey & Feta Wrap**
Roasted turkey, baby spinach, feta cheese, roasted red peppers and a layer of olive tapenade

**Avocado Kale Caesar Wrap**
Fresh kale and romaine tossed in an avocado Caesar dressing with quinoa and sunflower seeds

**DESSERTS**

CHOICE OF ASSORTED COOKIES OR ASSORTED SQUARES:

**Chocolate Chip Cookie**
Beloved by everyone, the chocolate chip cookie, fresh from our kitchen to you!

**Oatmeal Raisin Cookie**
Delicious oatmeal raisin cookies served fresh from the oven

**White Chocolate Macadamia Nut Cookies**
Delicious white chocolate macadamia nut cookies served fresh from the oven

**Double Chocolate Cookie**
Double chocolate cookies loaded with chocolate chips

**Shortbread Cookies**
Buttery rich traditional cookie baked to golden brown

**Date Square**
A chewy date bar

**Brownies Dutch Deep**
Iced chocolate brownie baked with chocolate chips

**Mixed Fruit Salad**
Seasonal cut fruit
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 - Entrée Salads
12 guest minimum | $17.59 per guest

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DESSERTS
CHOICE OF ASSORTED COOKIES OR ASSORTED SQUARES:

- **Chocolate Chip Cookie** (2 cookies (1 oz) | 250 cal)
  - Beloved by everyone, the chocolate chip cookie, fresh from our kitchen to you!
- **Oatmeal Raisin Cookie** (2 cookies (1 oz) | 220 cal)
  - Delicious oatmeal raisin cookies served fresh from the oven
- **White Chocolate Macadamia Nut Cookies** (2 cookies (1 oz) | 260 cal)
  - Delicious white chocolate macadamia nut cookies served fresh from the oven
- **Double Chocolate Cookie** (2 cookies (1 oz) | 240 cal)
  - Double chocolate cookies loaded with chocolate chips
- **Shortbread Cookies** (2 cookies (1 oz) | 280 cal)
  - Buttery rich traditional cookie baked to golden brown

BEVERAGES
CHOICE OF ONE:

- **Coke** (355 mL | 140 cal)
  - GF PB VG
- **Pepsi** (355 mL | 150 cal)
  - GF PB VG
- **Diet Pepsi** (355 mL | 0 cal)
  - GF PB VG
- **Sprite** (355 mL | 140 cal)
  - GF PB VG
- **Iced Tea** (355 mL | 70 cal)
  - GF PB VG
**BOX MEAL - Entrée Bowls**

*12 guest minimum | $18.59 per guest*

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Count</th>
<th>Calories</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Assorted House Baked Dinner Rolls</td>
<td>(1 roll)</td>
<td>110 cal</td>
<td></td>
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<tr>
<td>Whipped Butter Cups</td>
<td>(1 pc)</td>
<td>45 cal</td>
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<tr>
<td>Whole Fruit</td>
<td>(1 pc)</td>
<td>50-90 cal</td>
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<tr>
<td>Harvest Rainbow Vegetable Bowl</td>
<td>(1 bowl)</td>
<td>300 cal</td>
<td></td>
</tr>
<tr>
<td>Chicken &amp; Black Bean Buddha Bowl</td>
<td>(1 bowl)</td>
<td>400 cal</td>
<td></td>
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<tr>
<td>Falafel Grain Bowl</td>
<td>(1 bowl)</td>
<td>570 cal</td>
<td></td>
</tr>
<tr>
<td>Teriyaki Tofu Poke Bowl</td>
<td>(1 bowl)</td>
<td>410 cal</td>
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**ENTRÉE BOWLS**

CHOICE OF TWO, ONE SALAD BOWL PER PERSON:

- **Harvest Rainbow Vegetable Bowl**: Tender farro, roasted butternut squash, braised red cabbage and arugula with chili mojo sauce and sesame seeds
- **Chicken & Black Bean Buddha Bowl**: Chipotle chicken, quinoa, arugula, black beans, salsa cruda, Monterey jack cheese and cilantro chili yogurt dressing
- **Falafel Grain Bowl**: Falafels served with quinoa, cucumbers, tomatoes, cilantro and a citrus parsley tahini dressing
- **Teriyaki Tofu Poke Bowl**: Baby spinach topped with teriyaki tofu, pineapple, quinoa, carrots, edamame, red onion, sesame seeds and sriracha yogurt

**DESSERTS**

CHOICE OF ASSORTED COOKIES OR ASSORTED SQUARES:

- **Chocolate Chip Cookie**: Beloved by everyone, the chocolate chip cookie, fresh from our kitchen to you!
- **Oatmeal Raisin Cookie**: Delicious oatmeal raisin cookies served fresh from the oven
- **Peanut Butter Cookie**: Just baked super scrumptious fresh peanut butter cookies
- **White Chocolate Macadamia Nut Cookies**: Delicious white chocolate macadamia nut cookies served fresh from the oven
- **Double Chocolate Cookie**: Double chocolate cookies loaded with chocolate chips
- **Shortbread Cookies**: Buttery rich traditional cookie baked to golden brown
- **Date Square**: A chewy date bar
- **Brownies Dutch Deep**: Iced chocolate brownie
- **Rice Krispie Bar**: Marshmallow cream combined with rice krispies cereal

**BEVERAGES**

CHOICE OF ONE:

- **Spring Water**
- **Coke**
- **Pepsi**
- **Diet Pepsi**
- **Sprite**
- **Iced Tea**
- **Blackberry Sparkling Water**
- **Orange Sparkling Water**
- **Water-Bubly**
- **Lime Sparkling Water**

**Beverages Info**

- **Spring Water**: 500 mL, 0 cal
- **Coke**: 355 mL, 140 cal
- **Pepsi**: 355 mL, 150 cal
- **Diet Pepsi**: 355 mL, 0 cal
- **Sprite**: 355 mL, 140 cal
- **Iced Tea**: 355 mL, 70 cal
- **Blackberry Sparkling Water**: 355 mL, 0 cal
- **Orange Sparkling Water**: 355 mL, 0 cal
- **Water-Bubly**: 355 mL, 0 cal
- **Lime Sparkling Water**: 355 mL, 0 cal
**BOX MEAL - Sandwiches**

12 guest minimum | $16.99 per guest

**Additional Salad - $2.59**

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

**POTATO CHIPS**

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

**SANDWICHES**

**CHOICE OF TWO, ONE SANDWICH PER PERSON:**

- **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
DESSERTS

CHOICE OF ASSORTED COOKIES OR ASSORTED SQUARES:

**Chocolate Chip Cookie**  
Beloved by everyone, the chocolate chip cookie, fresh from our kitchen to you!

**Oatmeal Raisin Cookie**  
Delicious oatmeal raisin cookies served fresh from the oven

**White Chocolate Macadamia Nut Cookies**  
Delicious white chocolate macadamia nut cookies served fresh from the oven

**Double Chocolate Cookie**  
Double chocolate cookies loaded with chocolate chips

**Shortbread Cookies**  
Buttery rich traditional cookie baked to golden brown

**Date Square**  
A chewy date bar

**Brownies Dutch Deep**  
Iced chocolate brownie

**Rice Krispie Bar**  
Marshmallow cream combined with rice krispies cereal

BEVERAGES

CHOICE OF ONE:

**Spring Water**  
GF PB VG  
(500 mL | 0 cal)

**Coke**  
GF PB VG  
(355 mL | 140 cal)

**Pepsi**  
GF PB VG  
(355 mL | 150 cal)

**Diet Pepsi**  
GF PB VG  
(355 mL | 0 cal)

**Sprite**  
GF PB VG  
(355 mL | 140 cal)

**Iced Tea**  
GF PB VG  
(355 mL | 70 cal)

**Blackberry Sparkling Water-Bubly**  
GF PB VG  
(355 mL | 0 cal)

**Orange Sparkling Water-Bubly**  
GF PB VG  
(355 mL | 0 cal)

**Lime Sparkling Water-Bubly**  
GF PB VG  
(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*

**Wild Rice, Quinoa & Lentil Salad**  
GF PB VG  
(1/2 cup | 180 cal)

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

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

*Black eyed peas, black beans and edamame blended with cilantro balsamic vinaigrette*
LUNCH - Hot Buffet

12 guest minimum | $24.59 per guest

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

Upgrade to Premium Entrée - $3.99
Upgrade to Premium Salad - $1.59

ROLLS

Assorted House Baked Dinner Rolls
Assorted French, seeded and wheat dinner rolls

Whipped Butter Cups
Whipped butter

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

Shaved Brussels Sprouts Salad
Brussels sprouts, shallots and dried cranberries tossed with Caesar dressing
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

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

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

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 VC (1 serving | 170 cal)
Braised carrots, cremini mushrooms, red wine, lemon juice, curry spices, vegan polenta
VEGETABLE SIDES

CHOICE OF ONE:

Grilled Zucchini with Coriander [GF PB VG]
Grilled fresh zucchini seasoned with coriander

Charred Carrots [GF PB VG]
Pan charred carrots tossed in red wine vinegar and olive oil

Maple Glazed Brussels Sprouts [GF] [V]
Tender brussels sprouts glazed with sweet maple syrup

Sautéed Root Vegetables [GF] [V]
Sautéed seasonal root vegetables with butter and olive oil

Sautéed Fresh Green Beans [GF] [PB] [VG]
Sautéed green beans with fresh garlic and salt

Grilled Ratatouille [GF] [PB] [V]
Grilled zucchini, eggplant, onions, yellow squash, tomatoes tossed with fresh basil, parsley and balsamic vinaigrette

Sesame Shiitake Bok Choy [GF]
Stir-fried bok choy and shiitake mushrooms with oyster sauce, sesame oil, ginger, garlic and scallions

Garlic Roasted Mushrooms [GF] [PB] [VG]
Roasted garlic marinated fresh mushrooms

STARCH SIDES

CHOICE OF ONE:

Steamed Brown Rice [GF] [PB] [VG]
Steamed brown rice seasoned with extra virgin olive oil, salt and black pepper

Sesame Lemongrass Jasmine Rice [GF] [PB] [VG]
Jasmine rice steamed with lemongrass, sesame oil and scallions

Wild Rice Pilaf [V]
Long grain and wild rice blend simmered with seasonings and butter

Oven Roast Garlic Red Potatoes [GF] [PB] [VG]
Hand sliced red potatoes oven roasted with olive oil, kosher salt and pepper

Whipped Turmeric Sweet Potatoes [GF] [PB] [VG]
Sweet potatoes whipped with butter, brown sugar and a hint of turmeric

Whipped Fresh Potatoes with Butter [GF] [V]
Steamed potatoes whipped with hot milk, melted butter seasoned with salt

Citrus Couscous [V]
Couscous flavored with orange juice, curry, cayenne pepper, thyme and sautéed almonds
DESSERTS

CHOICE OF ONE:

Lemon Meringue Pie
Zesty lemon pie topped with lightly toasted meringue

Southern Pecan Pie
Southern pecan pie

Apple Pie
Just baked dutch apple pie

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

Double Chocolate Layer Cake
Double layer chocolate cake with chocolate icing

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

Fruit Platter
Seasonal cut fruit

PREMIUM PROTEINS

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

Braised Pot Roast
Beef roast braised with carrots and onions, served with natural pan juices

Citrus & Herb Crusted Salmon
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
Fresh haddock pan roasted with only extra virgin olive oil, salt and black pepper

INDIGENOUS MEALS

Beef Stew with Thyme & Rosemary
Tender chunks of beef, carrots and onions in a rich marsala wine gravy with tomatoes, thyme and rosemary

Bison Stew
Bison meat morsels braised with turnip, parsnip, green peas and green beans

Paprika & Thyme Chicken with Smashed Sweet Potatoes
Grilled spiced grilled chicken breast served with smashed sweet potatoes

Three Sisters Pasta
Penne pasta with roasted baby tomatoes, roasted butternut squash, grilled corn and roasted green beans with fresh basil
PREMIUM SALADS

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

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

Super Bean Salad Mix (GF V)
Black eyed peas, black beans and edamame blended with cilantro balsamic vinaigrette

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

INDIGENOUS SALAD

Wild Rice & Blueberry Salad (V) (1 salad | 370 cal)
Wild rice combined with fresh blueberries, corn and parsley tossed in a balsamic dressing
THEMED BUFFET
PIZZA PARTY
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  
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 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 (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 (2 slices | 680 cal)
Cheese pizza with mozzarella, parmesan, tomato and fresh basil
Cauliflower & Sundried Tomato Pizza (2 slices | 600 cal)
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

SOUTH EAST ASIAN
25 guest minimum / $22.59 per guest

Tofu Pad Thai (GF) (4 oz | 160 cal)
Tofu stir fried with rice noodles, bok choy, jalapenos and peanuts in a pad Thai sauce
Asian Beef Satay (3 satay | 90 cal)
Skewered beef marinated with ginger, garlic and sesame, skewered, charbroiled, and served with hoisin sauce
Ginger Chicken Satay (GF) (3 skewers + 3 oz sauce | 300 cal)
Skewered chicken breast marinated with ginger and curry. Served with coconut peanut sauce
Jasmine Rice with Green Onion (GF PB VG) (1/2 cup | 120 cal)
Steamed Chinese-style sticky rice topped with slice green onions
Asian Slaw with Red Quinoa (GF V) (1/2 cup | 90 cal)
Red quinoa, oranges, red cabbage, snap peas, carrots, and mango in orange sesame dressing
Asian Rice Noodle Salad (V) (1/2 cup | 120 cal)
Rice noodles tossed with carrots, red peppers and green onions with sesame oil and soy sauce
Coconut Chia Pudding with Mango (GF PB VG) (1 parfait | 130 cal)
Chia pudding with mango and shredded coconut
**INDIAN**
12 guest minimum | $24.59 per guest

**Chicken Tikka Masala**
Tandoori roasted chicken simmered with creamy tomato masala curry sauce

**Madras Cabbage & Peas**
Green cabbage sautéed with peas, onion, ginger, curry leaves, mustard seeds, coconut and jalapeno peppers

**Alu Gobi Matar**
Cauliflower, potatoes and peas slowly roasted with ginger, paprika and turmeric

**Dal Tarka**
Red and yellow lentils simmered with turmeric, onion, ginger, jalapeno and exotic Indian spices

**Pulao Rice**
Basmati rice simmered with cinnamon, cumin and cloves

**Vegetable Samosas**
A pastry filled with potatoes and peas

**Naan Bread**
House baked Indian flatbread

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

**Indian Mango Rice Pudding**
Sweet and creamy basmati rice pudding scented with cardamom and mango

**SOUTHERN ITALY**
12 guest minimum | $26.59 per guest

**Penne Puttanesca**
Penne pasta tossed with an olive caper tomato sauce

**Calabrian Chile Roasted Chicken**
Roasted chicken breast with grilled lemon and Calabrian chile vinaigrette

**Eggplant Caponata**
Sliced eggplant sautéed with garlic, onion, fennel and stewed tomatoes

**Navy Beans with Tomato & Rosemary**
White beans stewed with olive oil, tomato, garlic and fresh rosemary

**Fennel, Arugula & Parmesan Salad**
Baby arugula and shaved fennel tossed in a lemon vinaigrette, garnished with shredded parmesan cheese

**Herb Focaccia Bread**
Thick cut focaccia bread baked with oregano, rosemary, basil, garlic, black pepper and fresh parsley

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

*12 guest minimum | $22.59 per guest*

- **6” Pressed Flour Tortillas**
  - (2 tortillas | 6” | 190 cal)

- **5.5” White Corn Tortillas**
  - (2 tortillas | 5.5” | 110 cal)

**Beef Taco Meat**

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

**Cumin Grilled Chicken**

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

**Tex Mex Veggies**

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

**Spanish Rice**

Spanish seasoning flavored steamed rice

**Shredded Lettuce**

(1/4 cup | 0 cal)

**Fresh White Onions**

(1 tbsp | 5 cal)

**Pico De Gallo**

(1 tbsp | 0 cal)

**Sour Cream**

(2 tbsp | 50 cal)

**Shredded Cheddar Cheese**

(2 tbsp | 60 cal)

**Western Style Guacamole**

(2 tbsp | 40 cal)

**Sliced Jalapeno Peppers**

(2 tbsp | 10 cal)

**Mexican Chocolate Cookie**

(2 cookies | 380 cal)

**Plant Based Mexican**

*12 guest minimum | $22.59 per guest*

- **Vegetable & Black Bean Quesadilla**
  - (1 quesadilla + topping | 660 cal)

  Healthy grain tortilla grilled with vegan cheddar, black beans, spicy roasted vegetables and guacamole

- **3 Beans Burrito**
  - (1 burrito | 300 cal)

  Beans and basmati rice with picked red onions and roja salsa in a flour tortilla

- **Spanish Rice**
  - (4 oz | 80 cal)

  Spanish seasoning flavored steamed rice

- **Baja Black Beans**
  - (4 oz | 100 cal)

  Black beans simmered with yellow onion, garlic, cumin, black pepper and kosher salt

- **Tri-Color Corn Tortilla Chips**
  - (2 oz | 140 cal)

  Crispy fried yellow tortilla chips, lightly salted

- **Pico De Gallo**
  - (1 tbsp | 0 cal)

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

- **Western Style Guacamole**
  - (2 tbsp | 40 cal)

  Mashed avocado turned with red onion and cilantro

- **Lemon Chia Pudding**
  - (1 pudding | 320 cal)

  Rice beverage, sugar, lemon and chia seeds
PLATED MEALS
PLAT TED MEALS

Assorted House Baked Dinner Rolls
Assorted French, seeded and wheat dinner rolls
Whipped Butter Cups (GF) (V) (1 pc | 45 cal)
Whipped butter

SOUP

CHOICE OF ONE:

Moroccan Vegetable Soup (GF) (PB) (VG) (8 oz ladle | 70 cal)
Cauliflower, lentils and garbanzo beans simmered in vegetable broth seasoned with spices finished with raisins and cilantro

Old Fashioned Chicken Noodle Soup
Classic chicken noodle soup with onions, carrots, celery, noodles and chunks of chicken seasoned with fresh thyme

Farro, White Bean & Tomato Soup
Low sodium vegetable broth simmered with celery, carrots, onions, tomatoes, white beans, farro, saffron and thyme

Butternut Squash & Sweet Potato Soup
Creamy vegetable broth simmered with butternut squash, yams, leeks and seasoned with ginger, nutmeg and sherry

Cream of Mushroom & Wild Rice Soup
Fresh mushrooms, onions, thyme, and tarragon simmered in vegetable broth and finished with cream and a wild rice blend

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
Meatballs, orzo pasta and kale simmered in chicken broth with italian seasonings (8 oz ladle | 60 cal)

SALAD

CHOICE OF ONE:

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

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

Romaine Wedge Salad (GF) (V) (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
Iceberg lettuce topped with crispy bacon and grape tomatoes, served with green goddess dressing

Mixed Italian Salad (GF) (PB) (VG) (1 salad | 440 cal)
Arugula and radicchio with broccolini, red radish, garbanzo beans, toasted pecans and Italian dressing

Baby Kale, Red Onion & Fennel Salad (GF) (V) (1 salad | 140 cal)
Baby kale, fennel and red onion tossed with a garlic lemon dressing and parmesan cheese

Orange, Strawberry & Pecan Salad (GF) (V) (1 salad | 380 cal)
Spring mix with roasted fennel, Cajun pecans, goat cheese, oranges, strawberries and balsamic vinaigrette

INDIGENOUS SOUP

Three Sisters Soup (GF) (8 oz ladle | 110 cal)
Vegetable soup loaded with butternut squash, sweet corn and green beans

Mohawk Minestrone (GF) (8 oz ladle | 130 cal)
Traditional blend of corn, beans, tomatoes

ORDER IN FOCAL POINT

Minestrone Soup
Loaded with butternut squash and carrots (8 oz ladle | 110 cal)

 Chile with Pepper
Served with a blend of roasted green chiles and tomatoes (8 oz ladle | 130 cal)

Chicken orzo Soup
Simmered with chicken, orzo and vegetables (8 oz ladle | 110 cal)

Creamy Broccoli Soup
Creamy soup with broccoli and cheddar (8 oz ladle | 130 cal)

Minestrone Soup
Loaded with butternut squash and carrots (8 oz ladle | 110 cal)

Chile with Pepper
Served with a blend of roasted green chiles and tomatoes (8 oz ladle | 130 cal)

Chicken orzo Soup
Simmered with chicken, orzo and vegetables (8 oz ladle | 110 cal)

Creamy Broccoli Soup
Creamy soup with broccoli and cheddar (8 oz ladle | 130 cal)
POULTRY
12 guest minimum | $25.99 per guest

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

- **Manchurian Chicken** *(GF)* (1 entrée | 320 cal)
  Spicy battered fried chicken breast served in a sweet and sour ketchup

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

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FISH / SEAFOOD
12 guest minimum | $26.99 per guest

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

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BEEF / LAMB
12 guest minimum | $27.99 per guest

- **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

- **Preserved Lemon Lamb Tagine** (5 oz | 250 cal)
  Moroccan inspired

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PORK
12 guest minimum | $23.99 per guest

- **Apple Cider Glazed Pork Tenderloin** *(GF)* (4 oz + 2 oz sauce | 170 cal)
  Rosemary, orange and ginger pork tenderloin poached in apple cider broth

- **Citrus-Soy Glazed Pork Belly** (4 oz | 530 cal)
  Sake and soy sauce braised pork belly baked with a citrus soy glaze

- **Coffee Crusted Pork Loin with Demi-Glace** (4 oz + 1 oz demi | 270 cal)
  Oven roasted coffee encrusted pork loin with demi-glace

- **Pork Loin with Mango Chipotle Glaze** (4 oz + 1 oz glaze | 300 cal)
  Oven-roasted pork loin rubbed with chipotle chiles, mango, garlic, lime and cilantro
# VEGETARIAN / VEGAN

*12 guest minimum | $21.99 per guest*

### Pea Cakes, Feta & Pea Shoots

- Spring pea cakes with feta and pea shoots

### Almond, Barley & Mushroom Risotto

- Wild mushrooms, creamy almond butter and Barley risotto

### Ginger Miso Tofu

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

### Cauliflower Manchurian

- Crispy fried cauliflower, sauteed in hot and spicy sauce

### VEGETABLE SIDES

#### CHOICE OF ONE:

<table>
<thead>
<tr>
<th>Item</th>
<th>GF</th>
<th>PB</th>
<th>VG</th>
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<tbody>
<tr>
<td>Grilled Zucchini with Coriander</td>
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<tr>
<td>Charred Carrots</td>
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<tr>
<td>Maple Glazed Brussels Sprouts</td>
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<tr>
<td>Sautéed Root Vegetables</td>
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<td>Sautéed Fresh Green Beans</td>
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<td>Grilled Ratatouille</td>
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<tr>
<td>Sesame Shiitake Bok Choy</td>
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<tr>
<td>Garlic Roasted Mushrooms</td>
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### STARCH SIDES

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<th>Item</th>
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<tr>
<td>Steamed Brown Rice</td>
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<td>Sesame Lemongrass Rice</td>
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<td>Jasmine Rice</td>
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<tr>
<td>Wild Rice Pilaf</td>
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<tr>
<td>Oven Roast Garlic Red Potatoes</td>
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<td>Whipped Turmeric Sweet Potatoes</td>
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<tr>
<td>Citrus Couscous</td>
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### Nutritional Information

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>Pea Cakes</td>
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<td>Pea Shoots</td>
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<td>Mushroom</td>
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<td>Risotto</td>
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<td>Sweet Potatoes</td>
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<tr>
<td>Citrus Couscous</td>
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</table>
DESSERTS

CHOICE OF ONE:

**Lemon Meringue Pie** (1 slice - cut 8 | 290 cal)
Zesty lemon pie topped with lightly toasted meringue

**Southern Pecan Pie** (1 slice - cut 8 | 490 cal)
Southern pecan pie

**Chocolate Tres Leches Cake** (1 slice | 290 cal)
Chocolate cake soaked with coffee flavoured three milks, topped with chocolate ganache

**Molten Choc Cake with Bittersweet Ganache** (1 cake | 570 cal)
Molten chocolate cake topped with cardamom fresh whipped cream and drizzled in a dark chocolate ganache

**Creme Brulée** (1 ramekin | 590 cal)
Creamy egg custard with caramelized brown sugar crust

**Irish Cream Cheesecake** (1 slice | 430 cal)
Delicious dark chocolate cheesecake jazzed up with a dash of Irish cream

**Flourless Chocolate Torte** (1 slice | 440 cal)
Extra rich, decadent, and chocolatey; topped with fresh raspberries and powdered sugar

**Fresh Fruit Tart** (1 tart | 300 cal)
Fresh berries, mandarin oranges and kiwi over pastry cream in a graham cracker crust

**Apple Cranberry Crisp with Cinnamon Whip Cream** (4X6 | 350 cal)
Slices of hardy apple tossed with cranberries and topped with a biscuit like topping served with cinnamon whipped cream

**Blackberry Clafoutis** (1 skillet | 410 cal)
Blackberry, vanilla and lemon skillet cake
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

| PLATTERS | DESCRIPTION | GUESTS
<table>
<thead>
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<tbody>
<tr>
<td><strong>CRUDITÉ - $4.99 per guest</strong></td>
<td>Crudité Platter</td>
<td>(3 oz</td>
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<tr>
<td>Garden vegetables arranged on a platter with a light ranch style dip</td>
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<tr>
<td><strong>ANTIPASTO - $6.99 per guest</strong></td>
<td>Italian Antipasto Platter</td>
<td>(3 oz</td>
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<tr>
<td>Antipasto platter with roasted red peppers, capicola, proscuitto, mozzarella, artichokes, banana peppers and olives</td>
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</table>

| CHEESE PLATTER - $5.99 per guest | Imported & Domestic Cheese Platter | (2 oz | 190 cal) |
| Wedges of imported and domestic cheeses with clusters of grapes and assorted crackers | | |

| CHEESE & CHARCUTERIE - $7.99 per guest | Proscuitto | (1 oz | 70 cal) |
| Capicola Ham | (1 oz | 90 cal) |
| Genoa Salami | (1/2 oz | 50 cal) |
| Manchego Cheese | (1 oz | 120 cal) |
| Smoked Gouda | (1 oz | 100 cal) |
| Havarti Cheese | (1 oz | 110 cal) |
| Mixed Olives | (1 oz | 0 cal) |
| Fig Spread | (1 tbsp | 5 cal) |
| Garlic Crostini | (3 slices | 210 cal) |

| MEZZ PLATTER - $5.99 per guest | Pita Chips | (2 oz | 170 cal) |
| Baked pita bread | | |
| Tabouleh Salad | (1 oz | 10 cal) |
| Bulgur combined with ripe tomatoes, fresh parsley and mint, lemon juice and olive oil | | |
| Classic Hummus | (1 oz | 50 cal) |
| Garbanzo beans and tahini with olive oil, garlic, lemon and cumin | | |
| Baba Ghanoush | (1 oz | 30 cal) |
| Roasted eggplant blended with sesame tahini, garlic, lemon and fresh parsley | | |
| Fresh English Cucumber | (1 tsp | 0 cal) |
| Kalamata Olives | (1 olive | 0 cal) |
| Feta Cheese | (1 tsp | 5 cal) |

| INDIGENOUS PLATTER | Tortilla & Dip Trio | (1 serving | 410 cal) |
| Western style guacamole, tomato compote and navy bean hummus served with corn tortilla chips | | |

$6.99
DIPS & CHIPS - $6.99 per guest

**Crudité Platter**
Garden vegetables arranged on a platter with a light ranch style dip

**Housemade Tortilla Chips**
Crispy fried yellow tortilla chips, lightly salted

**Pita Chips**
Baked pita bread

**CHEF’S CHOICE:**

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

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

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

**Dijon Ranch Dip**
(2 tbsp | 180 cal)

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

**Buffalo Chicken Blue Cheese Dip**

COOKIES - $3.29 per guest

**CHEF’S CHOICE ASSORTED | 2 PC PER PERSON:**

**Chocolate Chip Cookie**
Beloved by everyone, the chocolate chip cookie, fresh from our kitchen to you!

**Oatmeal Raisin Cookie**
Delicious oatmeal raisin cookies served fresh from the oven

**Peanut Butter Cookie**
Just baked super scrumptious fresh peanut butter cookies

**White Choco Macadamia Nut Cookies**
Delicious white chocolate macadamia nut cookies served fresh from the oven

**Double Chocolate Cookie**
Double chocolate cookies loaded with chocolate chips

COOKIES - $3.29 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

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

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**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)

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**FRUIT SALAD - $5.99 per guest**

**Mixed Fruit Salad**  
Seasonal cut fruit

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**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)

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**CHIPS & PRETZELS - $1.99 per guest**

**CHEF’S CHOICE ASSORTED:**

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

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

**Pretzels**  
(1 bag | 47 g | 180 cal)

**Assorted Sun Chips**  
(1 bag | 40 g | 190 cal)
SWEET & SALTY - $9.29 per guest

Spicy Bloody Mary
(1/2 cup | 130 cal)
Rice and Corn Chex® blended with almonds, pretzels, tomato, Worcestershire sauce, celery salt and garlic

Fresh Fruit & Cheese Platter
Attached with assorted crackers
(3 oz fruit + 1 oz cheese + 3 crackers | 200 cal)

CHEF’S CHOICE ASSORTED:

Chocolate Chip Cookie
(2 cookies (1 oz) | 250 cal)
Beloved by everyone, the chocolate chip cookie, fresh from our kitchen to you!

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

Peanut Butter Cookie
(2 cookies (1 oz) | 240 cal)
Just baked super scrumptious fresh peanut butter cookies

White Choco Macadamia Nut Cookies
(2 cookies (1 oz) | 260 cal)
Delicious white chocolate macadamia nut cookies served fresh from the oven

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

Shortbread Cookies
(2 cookies (1 oz) | 280 cal)
Buttery rich traditional cookie baked to golden brown

ENDURANCE - $4.59 per guest

CHERRY PIE POWER BITES (V)
Vanilla chia power bites with blanched almonds, dates and maraschino cherries
(4 bites | 210 cal)

COCONUT DATE POWER BITES (GF PB VG)
Energy packed bites of cashews, dates, almonds and shredded coconut
(4 bites | 280 cal)

APPLE & OAT POWER BITES (PB VG)
Energy bites made with oatmeal, apple, soy based spread and chocolate chips
(4 bites | 520 cal)

LEMON POPPY SEED POWER BITES (GF PB V)
Blended cashews, honey, chia seeds, lemon zest, poppy seeds and shredded coconut
(4 bites | 270 cal)

CRANBERRY ALMOND POWER BITES (V)
Almond and cranberry bites with dates, oats and dark chocolate
(4 bites | 230 cal)

APRICOT & COFFEE BLISS BALL (V)
Oat, sesame, apricot and ginger rolled with honey, sweet spices and orange zest lightly flavored with dark expresso
(4 balls | 290 cal)

CASHEW & COCONUT BLISS BALL (PB V)
Bliss ball with coconut, cashew, oats, honey and pineapple
(4 balls | 100 cal)

SPICED GRAINS & FLAX BLISS BALL (PB V)
Bliss ball with peanuts, oats, flax seeds, almond flour, honey and orange zest
(4 balls | 330 cal)

POPCORN - $3.99 per guest

Choice of one:

Plain Popcorn (GF PB VG)
(2 cups | 100 cal)

Cajun Popcorn (GF PB VG)
(2 cups | 100 cal)

Buttered Popcorn (GF V)
(2 cups | 290 cal)
TOP YOUR OWN POPCORN STATION
- $4.29 per guest
Extra Topping - $0.99

CHOICE OF THREE TOPPINGS:
Smoked Paprika GF PB VG (1/8 tsp | 1 cal)
Cajun Seasoning GF PB VG (1/8 tsp | 1 cal)
Caribbean Jerk Seasoning GF PB VG (1/8 tsp | 1 cal)
Cheddar Cheese Sauce Mix V (1/8 tsp | 1 cal)
Grated Parmesan Cheese V (1/8 tsp | 2 cal)
Cinnamon & Powdered Sugar Topping GF PB VG (1/8 tsp | 1 cal)

TOP YOUR OWN CROSTINI BAR -
$8.99 per guest

Garlic Crostini GF PB VG (6 slices | 460 cal)
French baguette slices brushed with garlic infused olive oil and baked until golden brown

Classic Hummus GF PB VG (2 oz | 110 cal)
Pureed garbanzo beans and tahini with olive oil, garlic, lemon and cumin

Baba Ghanoush GF PB VG (2 oz | 60 cal)
Roasted eggplant blended with sesame tahini, garlic, lemon and fresh parsley

Smoked Ham (1 oz | 80 cal)

Cage Free Hard Cooked Eggs (2 eggs | 140 cal)

Cherry Tomatoes GF PB VG (1 oz | 0 cal)

Everything Bagel Seasoning V (1 tsp | 5 cal)

Olive Oil GF PB VG (1/2 tsp | 20 cal)

Lemon Wedge GF PB VG (1 wedge | 0 cal)

TOP YOUR OWN CROSTINI -
UPGRADE TO PREMIUM:
$2.99 per guest

Smoked Salmon with Capers GF (1/4 oz | 35 cal)
Avocado Slices GF PB VG (1/4 avocado | 50 cal)
HORS D’OEUVRES / CANAPE
Price per dozen

LEVEL ONE PRICING - $28 per dozen

Thai Chicken Spring Roll (1 pc | 80 cal)
Chicken spring roll flash fried and served with chinese sweet & sour sauce

Chicken Diablo Empanadas (1 pc | 230 cal)
Chicken, cheddar jack, tomato habanero salsa stuffed empanadas with chipotle ranch dressing

Beef & Shiitake Roll (1 pc | 155 cal)
Sushi rice wrapped in seaweed with asian beef, shiitake mushroom, green onion and Japanese mayonnaise

Mini Cocktail Meatballs of: Barbecue or Sweet & Sour (1 pc | 60 cal)
Baked ground beef meatballs seasoned with onion and garlic served with your choice of sauce

Asian Pork Balls (1 pc | 35 cal)
Spicy pork meatballs made with ginger, garlic and hot sauce

Italian Sausage Frittata Bites (1 pc | 50 cal)
Baked egg casserole scented with chard and sausage

Crab & Risotto Balls (1 pc | 80 cal)
Crispy Italian style rice balls garnished with crab meat and served with three mustard sauce

Spanakopita (1 pc | 45 cal)
Baked flaky pastry triangles filled with spinach and feta cheese

Tomato, Vidalia Onion & Goat Cheese Tart (1 pc | 100 cal)
Free form pastry crust topped with creamy goat cheese, caramelized onions and sundried tomatoes

Mini Spring Rolls (1 pc | 80 cal)
Crispy vegetarian spring roll

Mac Cheese Balls (1 pc | 135 cal)
Perfect blend of cheddar, monterey jack, swiss and mozzarella cheeses with classic elbow macaroni; crispy on the outside, cheesy and creamy on the inside

Falafel with Parsley Lemon Tahini (1 pc | 130 cal)
Crispy warm falafel made from chickpeas, garlic and a blend of coriander, cumin and red pepper

Fig & Goat Cheese Crostini (1 pc | 40 cal)
Toasted crostinis with a sweet fig jam and goat cheese

Shrimp Cocktail with Cajun Remoulade (1 pc | 20 cal)
Seasoned shrimp with a spicy dip

Caramelized Onion & White Bean Crostini (1 pc | 120 cal)
Crunchy French bread toasts topped with rosemary garlic and onion white bean spread, balsamic syrup and mesclun green

French Baguette Toasts Topped with Creamy Brie, Black Currant Jam & Chervil (1 pc | 90 cal)
French baguette toasts topped with creamy brie, black currant jam and chervil
<table>
<thead>
<tr>
<th>HORS D’OEUVRES / CANAPE</th>
<th>Price per dozen</th>
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</thead>
<tbody>
<tr>
<td><strong>LEVEL TWO PRICING - $35 per dozen</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Chicken Wings with Assorted Dipping Sauce</strong></td>
<td>(1 pc</td>
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<tr>
<td>Fried or oven baked with your choice of dipping sauces</td>
<td></td>
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<tr>
<td><strong>Blackened Chicken Sliders</strong></td>
<td>(1 pc</td>
</tr>
<tr>
<td>Blackened chicken sliders with chimichurri sauce, leafy lettuce and sliced plum tomato on white wheat rolls</td>
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<tr>
<td><strong>Asian Beef Satay Canape</strong></td>
<td>(1 pc</td>
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<tr>
<td>Skewered beef marinated with ginger, garlic and sesame, skewered, charbroiled, and served with hoisin sauce</td>
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</tr>
<tr>
<td><strong>BBQ Pork Slider</strong></td>
<td>(1 pc</td>
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<tr>
<td>Hawaiian slider roll topped BBQ pulled pork and chopped slaw</td>
<td></td>
</tr>
<tr>
<td><strong>Cilantro Garlic Shrimp Skewers</strong></td>
<td>(1 pc</td>
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<tr>
<td>Skewered shrimp marinated in ginger, garlic and cilantro, served with a sweet tomato jam</td>
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<tr>
<td><strong>Blini with Smoked Salmon &amp; Chive Cream</strong></td>
<td>(1 pc</td>
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<tr>
<td>Fresh blini topped with slivered smoked salmon and chive sour cream</td>
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<tr>
<td><strong>Prosciutto Wrapped Asparagus Charred</strong></td>
<td>(1 pc</td>
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<tr>
<td>Tender asparagus rolled in shaved prosciutto</td>
<td></td>
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<tr>
<td><strong>Peaches Wrapped In Prosciutto</strong></td>
<td>(1 pc</td>
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<tr>
<td>Peaches rolled with chevre in a strip of prosciutto</td>
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<tr>
<td><strong>Curried Chicken &amp; Golden Raisin Tartlets</strong></td>
<td>(1 pc</td>
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<tr>
<td>Savoury chicken curry with raisins and apricots in a pineapple cream sauce, served in a crispy phyllo cup</td>
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</tr>
<tr>
<td><strong>Brie &amp; Raspberry Chutney Phyllo Timbales</strong></td>
<td>(1 pc</td>
</tr>
<tr>
<td>Brie and sweet raspberry chutney served in a crispy phyllo cup</td>
<td></td>
</tr>
<tr>
<td><strong>Chicken Salad Roll &amp; Peanut Hoisin Sauce</strong></td>
<td>(1 pc</td>
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<tr>
<td>Salad roll with lemongrass chicken, cucumbers, mint, rice noodles and peanut hoisin sauce</td>
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</tr>
<tr>
<td><strong>Blackened Beef Crostini</strong></td>
<td>(1 pc</td>
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<tr>
<td>Crostini brushed with basil mustard aioli topped with Cajun blackened tri tip and bleu cheese crumbles</td>
<td></td>
</tr>
<tr>
<td><strong>Goat Cheese &amp; Honey Phyllo Cups</strong></td>
<td>(1 pc</td>
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<tr>
<td>A sweet mascarpone and goat cheese mixture served in a crispy phyllo cup</td>
<td></td>
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</tbody>
</table>
HORS D’OEUVRES / CANAPE
Price per dozen

LEVEL THREE PRICING - $40 per dozen

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ginger Chicken Satay</td>
<td>GF</td>
<td>(1 pc</td>
</tr>
<tr>
<td>Skewered chicken breast marinated with ginger and curry, served with coconut peanut sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Satay with Peanut Sauce</td>
<td>GF</td>
<td>(1 pc</td>
</tr>
<tr>
<td>Thai chicken with spicy peanut sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peri Peri Chicken Skewers</td>
<td>GF</td>
<td>(1 pc</td>
</tr>
<tr>
<td>Chicken marinated in onion, tomato, chiles, coriander and ginger, skewered and grilled</td>
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<td></td>
</tr>
<tr>
<td>Mini Beef Wellington</td>
<td></td>
<td>(1 pc</td>
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<tr>
<td>Puff pastry stuffed with beef and mushroom duxelle</td>
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<td></td>
</tr>
<tr>
<td>Beef Satay with Sweet &amp; Spicy Sauce</td>
<td></td>
<td>(1 pc</td>
</tr>
<tr>
<td>Teriyaki marinated beef tenderloin skewers served with a sweet and spicy dipping sauce</td>
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<td></td>
</tr>
<tr>
<td>Lamb Seekh Kebab with Tomato Jam</td>
<td>GF</td>
<td>(1 pc</td>
</tr>
<tr>
<td>Roasted Indian lamb croquette flavoured with ginger, jalapeno, cilantro and spices, served with tomato jam</td>
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<td></td>
</tr>
<tr>
<td>Bacon Wrapped Scallops</td>
<td>GF</td>
<td>(1 pc</td>
</tr>
<tr>
<td>Scallops wrapped in bacon</td>
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<td></td>
</tr>
</tbody>
</table>
BEVERAGE

COLD BEVERAGES
A la carte

Milk
$3.00

Chocolate Milk
$3.75

Soft Drink
$2.75

Juice Bottle
$2.75

Sparkling Water
$3.25

HOT BEVERAGES
(20 guest minimum | Must be ordered in quantity of 20 |
$2.80 per guest)

Brewed Coffee
(8 oz | 0 cal)

Brewed Decaf Coffee
(8 oz | 0 cal)

Hot Water & Tea/Herbal Tea
(bags | 40 cal)

Fairtrade Hot Chocolate
(8 oz | 175 cal)
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: mcoutine@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.
DELCIVERY 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.