



Flavours

TASTE: SUCCESS

by *sodexo**

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Flavours

TASTE: SUCCESS

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


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

Contact us by phone at **819 822-9600 ext: 2340**
email us at [**catering@ubishops.ca**](mailto:catering@ubishops.ca)

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

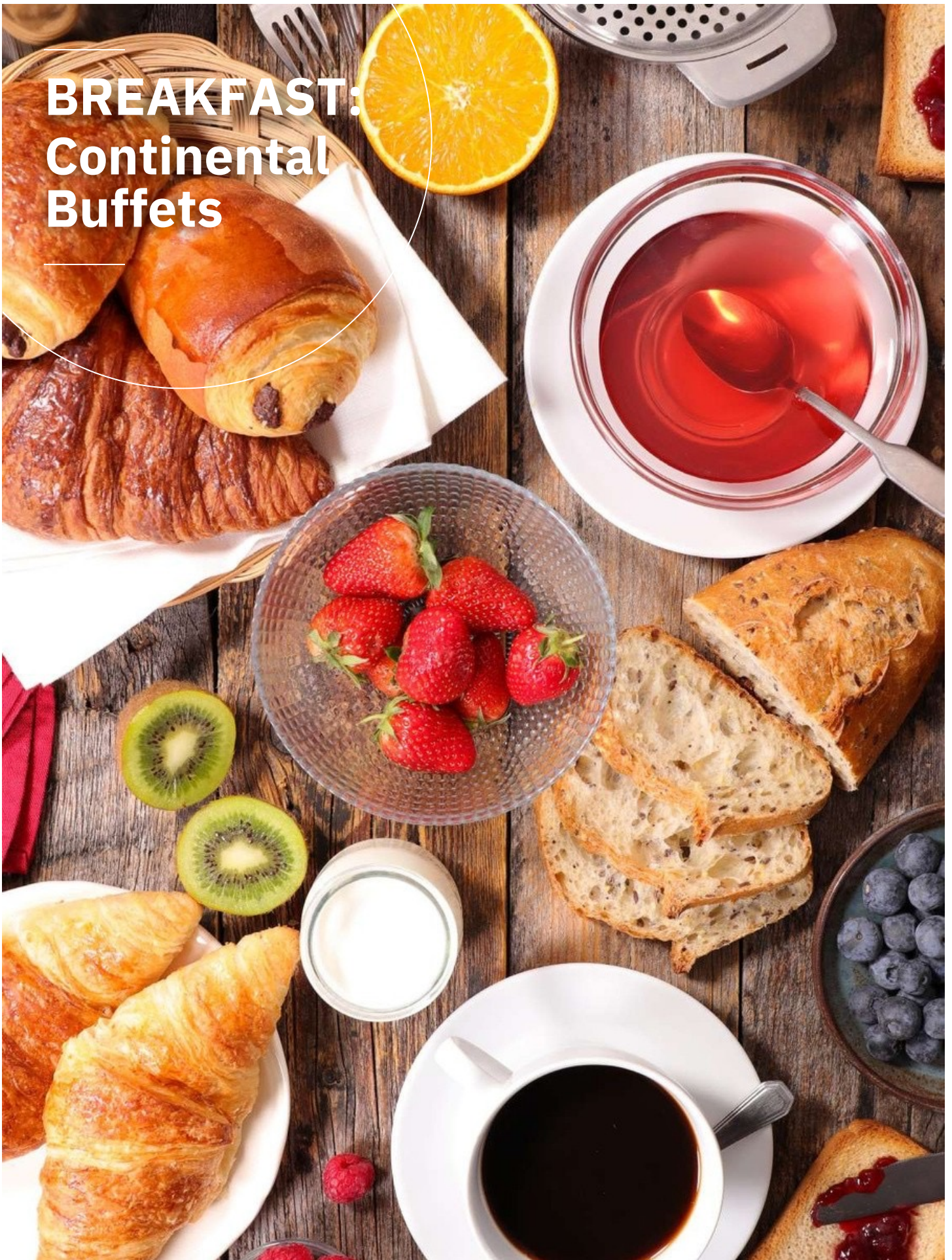
 = Gluten Free

 = Plant Based

 = Vegan

 = Vegetarian

BREAKFAST: Continental Buffets



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

CLASSIC CONTINENTAL BREAKFAST

12 guest minimum | \$11.29 per guest

INCLUDES:

Fruit Platter (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 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 Scones (V) (1 scone | 150 cal)
Freshly baked

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

UPGRADE TO PREMIUM PASTRIES 1.5 PC PER PERSON:

\$1.59 per guest

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

MINI CONTINENTAL BREAKFAST

12 guest minimum | \$10.29 per guest

INCLUDES:

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 | 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 (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)

HEALTHY START CONTINENTAL

12 guest minimum / \$15.29 per guest

INCLUDES:

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

BAGEL CONTINENTAL BREAKFAST

12 guest minimum / \$15.29 per guest

INCLUDES:

Fruit Platter GF PB VG	(3 oz 35 cal)
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 GF V	(1 pc 18 g 70 cal)
Whipped Butter Cups GF V	(1 pc 45 cal)

Whipped butter	(1 pc 10 mL 35 cal)
Strawberry Jam GF V	(1 pc 10 mL 35 cal)
Grape Jelly GF V	

UPGRADE TO PREMIUM SPREAD:

\$1.59 per guest

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

PLANT POWERED CONTINENTAL BREAKFAST

12 guest minimum / \$15.99 per guest

INCLUDES:

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



BREAKFAST:
Buffets

CLASSIC BREAKFAST BUFFET

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

PASTRIES

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

Buttermilk Biscuit (V) (1 biscuit | 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)

BREAKFAST POTATOES

CHOICE OF ONE:

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

Diced potatoes caramelized
with onions, salt and pepper

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

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

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

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

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

Griddled shredded potatoes seasoned
with salt and pepper

BREAKFAST PROTEINS (EXTRA)

CHOICE OF ONE:

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

Sausage Links (2 links | 210 cal)

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

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

EGG DISHES

CHOICE OF ONE:

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

Light and fluffy scrambled eggs seasoned
with salt and pepper

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

High protein vegan alternative

BREAKFAST SANDWICH BUFFET

12 guest minimum / \$18.99 per guest

Additional Oatmeal or Parfait - \$3.59

Additional Breakfast Sandwich - \$5.59

Upgrade to Signature Premium - \$1.59

OATMEAL BOWLS / PARFAITS

Fruit Platter    (3 oz | 35 cal)

Seasonal cut fruit

CHOICE OF ONE:

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

Steel cut oatmeal topped with cinnamon and brown sugar

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

Steel cut oatmeal topped with dried cranberries and chocolate chips

Chocolate Covered Cherry Parfait  (1 parfait | 220 cal)

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

Strawberry Yogurt Parfait  (1 parfait | 110 cal)

Vanilla low fat yogurt with strawberries and crunchy granola

Blueberry Yogurt Parfait  (1 parfait | 240 cal)

Vanilla low fat yogurt with blueberries and crunchy granola

HOT BREAKFAST SANDWICHES

CHOICE OF ONE:

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

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

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

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

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

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

Egg & Cheese Biscuit  (1 sandwich | 450 cal)

Fried egg and cheese on a buttermilk biscuit

PREMIUM SANDWICHES

CHOICE OF ONE:

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

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

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

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

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

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

Egg & Cheese Croissant  (1 sandwich | 430 cal)

Butter croissant with scrambled eggs and cheese

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

Butter croissant with scrambled eggs, bacon and cheese

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

Butter croissant with scrambled eggs, ham and cheese

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

Butter croissant with scrambled eggs, sausage and cheese

BREAKFAST 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)

BREAKFAST POTATOES

CHOICE OF ONE:

- Home Fried Potatoes** GF PB VG

Diced potatoes caramelized with onions, salt and pepper

(5 oz | 190 cal)
- Roast Yukon Gold Potatoes** GF PB VG

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

(5 oz | 210 cal)
- Simply Roasted Sweet Potatoes** GF PB VG

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

(5 oz | 130 cal)
- Sauteed Hash Browns** GF PB VG

Griddled shredded potatoes seasoned with salt and pepper

(5 oz | 200 cal)

BURRITOS

CHOICE OF ONE:

- Rajas & Chorizo Breakfast Burrito**

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

(1 burrito | 560 cal)
- Roasted Vegetable Breakfast Burrito** V

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

(1 burrito | 490 cal)
- Egg, Cheese & Potato Breakfast Burrito** V

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

(1 burrito | 570 cal)

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** GF V

(4 fl oz | 170 cal)
- Green Peppers** GF PB VG

(1/4 oz | 1 cal)
- Green Onion** GF PB VG

(1/4 oz | 1 cal)
- Mushrooms** GF PB VG

(1/4 oz | 1 cal)
- Baby Spinach** GF PB VG

(1/4 oz | 1 cal)
- Tomato** GF PB VG

(1/4 oz | 2 cal)
- Mozzarella Cheese** V

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

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

(1/4 oz | 30 cal)
- Toupie Ham** GF

(1/4 oz | 10 cal)



BREAKFAST BOX

BAKERY BOX

12 guest minimum / \$13.99 per guest

Whole Fruit (GF) (PB) (VG)

(1 pc | 50-90 cal)

Seasonal whole fruit

CHOICE OF ONE:

Croissant (V)

(1 croissant | 2.5 oz | 240 cal)

Freshly baked

Classic Blueberry Muffin (V)

(1 muffin | 300 cal)

Freshly baked

Nature Valley Granola Bar (V)

(1 bar | 400 cal)

Honey Greek Yogurt (GF) (V)

(100 g pc | 90 cal)

Whipped Butter Cups (GF) (V)

(1 pc | 45 cal)

Whipped butter

CHOICE OF ONE:

Minute Maid Orange Juice (GF) (PB) (VG)

(355 mL | 170 cal)

Minute Maid Cranberry (GF) (PB) (VG)

(355 mL | 180 cal)

Minute Maid Apple Juice (GF) (PB) (VG)

(355 mL | 170 cal)

Oasis Orange Juice (GF) (PB) (VG)

(355 mL | 170 cal)

Oasis Apple Juice (GF) (PB) (VG)

(355 mL | 170 cal)

BREAKFAST SANDWICH BOX

12 guest minimum / \$16.99 per guest

Additional Breakfast Sandwich - \$5.59

Whole Fruit (GF) (PB) (VG)

(1 pc | 50-90 cal)

Seasonal whole fruit

CHOICE OF ONE:

Smoked Salmon & Cucumber on a Bagel

(1 sandwich | 430 cal)

Bagel with smoked salmon, everything cream cheese and cucumber

Smoked Ham & Swiss Croissant

(1 sandwich | 480 cal)

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

BLT & Avocado Bagel

(1 sandwich | 610 cal)

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

Honey Greek Yogurt (GF) (V)

(100 g pc | 90 cal)

CHOICE OF ONE:

Minute Maid Orange Juice (GF) (PB) (VG)

(355 mL | 170 cal)

Minute Maid Cranberry (GF) (PB) (VG)

(355 mL | 180 cal)

Minute Maid Apple Juice (GF) (PB) (VG)

(355 mL | 170 cal)

Oasis Orange Juice (GF) (PB) (VG)

(355 mL | 170 cal)

Oasis Apple Juice (GF) (PB) (VG)

(355 mL | 170 cal)

BREAKFAST: À la carte

REGULAR BAKED GOODS

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

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

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

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

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

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

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

INCLUDED WITH PASTRIES

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)

GREEK YOGURT

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

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

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

FRESH FRUIT

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

Assorted Whole Fruit (GF) (PB) (VG) (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) (PB) (VG) (1 tbsp | 60 cal)

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

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

Pieces (GF) (PB) (VG) (1 tbsp | 40 cal)

Craisins Sweetened Dried (GF) (V) (1 tbsp | 50 cal)

Cranberries (GF) (PB) (VG) (1 tbsp | 30 cal)

Raisins (GF) (PB) (VG) (1 tbsp | 25 cal)

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

GREEK YOGURT BAR

CHEFS CHOICE OF TWO:

Honey Greek Yogurt (GF) (V) (100 g pc | 90 cal)
\$3.29

Blueberry Greek Yogurt (GF) (V) (100 g pc | 80 cal)
\$3.29

Plain Greek Yogurt (GF) (V) (1/2 cup | 90 cal)
\$3.29

INCLUDED WITH YOGURT:

Low Fat Granola (V) (1 tbsp | 25 cal)

Raisins (GF) (PB) (VG) (1 oz | 25 cal)

Craisins Sweetened Dried (GF) (PB) (VG) (1 tbsp | 25 cal)

Cranberries

Toasted Almonds (GF) (V) (1 tbsp | 40 cal)

Pumpkin Seeds (Pepitas) (GF) (PB) (VG) (1 tbsp | 60 cal)

Walnut Pieces (GF) (PB) (VG) (1 tbsp | 50 cal)

YOGURT PARFAITS - \$7.29

Raspberry Chocolate (V) (1 parfait | 280 cal)
Yogurt Parfait

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

OVERNIGHT OATS - \$7.99

Maple Oats with Spiced (1 parfait | 130 cal)
Apples Parfait (V)

Overnight oats layered with brown sugar cinnamon apples and maple syrup

Nutella Oats with (V) (1 parfait | 270 cal)
Banana Parfait

Almond overnight oats layered with fresh banana and chocolate hazelnut spread

Peaches & Cream Overnight (V) (1 parfait | 100 cal)
Oats Parfait

Overnight oats topped with peaches and toasted almonds

CHIA PUDDINGS - \$7.99

Vanilla Orange Chia Pudding (1 chia pudding | 40 cal)

& Blueberry (GF) (V)

Almond vanilla orange chia pudding topped with fresh blueberries and orange segments

Coconut Chia Pudding (GF) (PB) (VG) (1 chia pudding | 130 cal)
with Mango

Coconut chia pudding topped with fresh mango, kiwi and shredded coconut

Matcha Chia Pudding (GF) (1 chia pudding | 90 cal)
with Strawberry

Coconut matcha chia pudding topped with fresh strawberries

SMOOTHIES - \$5.29

Strawberry Banana Smoothie (8 fluid oz | 110 cal)

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

Mixed Berry Smoothie (8 fluid oz | 100 cal)

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

Peach Smoothie (8 fluid oz | 100 cal)

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

Pineapple Peach Oat Smoothie (8 fluid oz | 100 cal)

A refreshing peach and honeydew smoothie with Greek yogurt and a hint of mint

Grape Blueberry Banana Smoothie (8 fluid oz | 130 cal)

A beautiful sweet purple smoothie with hints of banana

Orange Strawberry Smoothie (8 fluid oz | 110 cal)

A light, slightly sweet, slightly tart strawberry orange smoothie

Mango Pineapple Smoothie (8 fluid oz | 120 cal)

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

POWER BITES - \$4.59

Cherry Pie Power Bites (4 bites | 210 cal)

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)

Almond and cranberry bites with dates, oats and dark chocolate

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

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

Spiced Grains & Flax Bliss Ball (4 balls | 330 cal)

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)

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

Romaine lettuce topped with homestyle croutons, shredded parmesan

CHOICE OF ONE:

Creamy Caesar Dressing (2 oz | 300 cal)

Balsamic Dressing (GF) (V) (2 oz | 180 cal)

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

TRADITIONAL SANDWICHES (CONTINUED)

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 (PB) (VG) (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! (2 cookies (1 oz) | 220 cal)

Oatmeal Raisin Cookie (V)

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 (2 oz | 300 cal)

Balsamic Dressing (GF) (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

Roast beef with cheddar cheese, lettuce, tomato, red onion, and horseradish mayonnaise on a baguette (1 sandwich | 320 cal)

Provençal Roasted Vegetable Baguette (V)

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

LUNCH - Wrap Sandwiches

12 guest minimum | \$18.59 per guest

Additional Salad - \$2.59 Additional Wrap

Sandwich - \$5.59 Add Soup - \$2.59

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) | 260 cal)

Delicious white chocolate macadamia nut cookies served fresh from the oven

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

Double chocolate cookies loaded with chocolate chips

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

Buttery rich traditional cookie baked to golden brown

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

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 (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)



WRAPS

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

Chicken & Quinoa Wrap

(1 wrap | 550 cal)

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

Grilled Vegetable Hummus Wrap V

(1 wrap | 520 cal)

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

Turkey Club Wrap

(1 wrap | 600 cal)

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

Twisted Turkey Wrap

(1 wrap | 350 cal)

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

Tuna Salad Wrap with Red Pepper Pesto

(1 wrap | 690 cal)

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

DESSERTS

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) | 260 cal)

Delicious white chocolate
macadamia nut cookies served
fresh from the oven

Double Chocolate Cookie V

(2 cookies (1 oz) | 240 cal)

Double chocolate cookies loaded
with chocolate chips

Shortbread Cookies V

(2 cookies (1 oz) | 280 cal)

Buttery rich traditional cookie
baked to golden brown

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 - Premium Selection Sandwiches

12 guest minimum | \$19.59 per guest

Additional Salad - \$2.59

Additional Premium Signature Sandwich - \$6.59

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 (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



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 (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) | 260 cal)

Delicious white chocolate macadamia nut cookies served fresh from the oven

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

Double chocolate cookies loaded with chocolate chips

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

Buttery rich traditional cookie baked to golden brown

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

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 (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 (GF) (V) (2 oz | 180 cal)



PREMIUM SIGNATURE WRAPS

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

Miso Chicken, Brown Rice (1 wrap | 570 cal)

& Ginger Wrap

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

Beef Swiss Pub Wrap (1 wrap | 630 cal)

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

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

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

Mediterranean Turkey & Feta Wrap (1 wrap | 700 cal)

Roasted turkey, baby spinach, feta

cheese, roasted red peppers and a layer of olive tapenade

Avocado Kale Caesar Wrap (V) (1 wrap | 650 cal)

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 (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) | 260 cal)

Delicious white chocolate macadamia nut cookies served fresh from the oven

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

Double chocolate cookies loaded with chocolate chips

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

Buttery rich traditional cookie baked to golden brown

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



SOUP & CRACKER - ADD ON

Vegetarian Chili

(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

(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

(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

(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

(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

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

Assorted French, seeded and wheat dinner rolls

Whipped Butter Cups (1 pc | 45 cal)

Whipped butter

Whole Fruit (1 pc | 50-90 cal)

Seasonal whole fruit

ENTRÉE SALADS

CHOICE OF TWO, ONE SALAD PER PERSON:

Caesar Salad with Grilled Chicken (1 salad | 430 cal)

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

Garden Salad (1 salad | 90 cal)

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

Garden Salad with Grilled Chicken (1 salad | 210 cal)

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

Asian Rice Noodle Salad (2 cups | 480 cal)

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

BLT Salad with Green Goddess Dressing (1 salad | 180 cal)

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

Greek Salad (1 salad | 280 cal)

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

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

Rice Krispie Bar (1 cut - 6x8 FS | 290 cal)

Marshmallow cream combined with rice krispies cereal

BEVERAGES

CHOICE OF ONE:

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)

BOX MEAL - Entrée Bowls

12 guest minimum / \$18.59 per guest

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

Assorted French, seeded and wheat dinner rolls

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

Whipped butter

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

Seasonal whole fruit

ENTRÉE BOWLS

CHOICE OF TWO, ONE SALAD BOWL PER PERSON:

Harvest Rainbow Vegetable Bowl (PB) (VG) (1 bowl | 300 cal)

Tender farro, roasted butternut squash, braised red cabbage and arugula with chili mojo sauce and sesame seeds

Chicken & Black Bean Buddha Bowl (GF) (1 bowl | 400 cal)

Chipotle chicken, quinoa, arugula, black beans, salsa cruda, Monterey jack cheese and cilantro chili yogurt dressing

Falafel Grain Bowl (GF) (PB) (VG) (1 bowl | 570 cal)

Falafels served with quinoa, cucumbers, tomatoes, cilantro and a citrus parsley tahini dressing

Teriyaki Tofu Poke Bowl (V) (1 bowl | 410 cal)

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 (V) (2 cookies (1 oz) | 250 cal)

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

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

Delicious oatmeal raisin cookies served fresh from the oven

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

Just baked super scrumptious fresh peanut butter cookies

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

Delicious white chocolate macadamia nut cookies served fresh from the oven

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

Double chocolate cookies loaded with chocolate chips

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

Buttery rich traditional cookie baked to golden brown

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

Rice Krispie Bar (1 cut - 6x8 FS | 290 cal)

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 (355 mL | 0 cal)

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

Orange Sparkling (355 mL | 0 cal)

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

Lime Sparkling (355 mL | 0 cal)

Water-Bubly (GF) (PB) (VG)

BOX MEAL - Sandwiches

12 guest minimum | \$16.99 per guest

Additional Salad - \$2.59

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

Seasonal whole fruit

POTATO CHIPS

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

SANDWICHES

CHOICE OF TWO, ONE SANDWICH PER PERSON:

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

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

Smoked Turkey BLT (1 sandwich | 590 cal)

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

Rustic Italian Baguette (1 sandwich | 530 cal)

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

Ham & Swiss Turkey Ciabatta (1 sandwich | 540 cal)

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

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

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

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

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

SANDWICHES (CONTINUED)

Roast Beef & Arugula Baguette (1 sandwich | 660 cal)

Roast beef, arugula, balsamic red onions and fresh mozzarella with black pepper mayonnaise on a baguette

Beef Swiss Pub Wrap (1 wrap | 630 cal)

Deli roast beef, Swiss cheese, lettuce, red onion and horseradish sauce in a tortilla wrap

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

Avocado Kale Caesar Wrap (V) (1 wrap | 650 cal)

Fresh kale and romaine tossed in an avocado Caesar dressing with quinoa and sunflower seeds

Chicken Casear (1 wrap | 690 cal)

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

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) | 260 cal)

Delicious white chocolate macadamia nut cookies served fresh from the oven

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

Double chocolate cookies loaded with chocolate chips

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

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

Rice Krispie Bar (1 cut - 6x8 FS | 290 cal)

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 (GF) (PB) (VG) (355 mL | 0 cal)

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

Orange Sparkling (355 mL | 0 cal)

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

Lime Sparkling (355 mL | 0 cal)

Water-Bubly (GF) (PB) (VG)

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 (V) (1/2 cup | 180 cal)

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

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

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



LUNCH: Hot Buffets



LUNCH - Hot Buffet

12 guest minimum | \$24.59 per guest

Additional Salad - \$2.59

Additional Main Entrée - \$6.99

Add Soup - \$2.59

Upgrade to Premium Entrée - \$3.99

Upgrade to Premium Salad - \$1.59

ROLLS

Assorted House Baked Dinner Rolls (V)

(1 roll | 110 cal)

Assorted French, seeded and wheat dinner rolls

Whipped Butter Cups (GF) (V)

(1 pc | 45 cal)

Whipped butter

STARTER SALAD

CHOICE OF ONE:

Traditional Garden Salad served with Orange Balsamic Dressing (GF) (V) (1 salad | 80 cal)

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

Traditional Caesar Salad served with Creamy Caesar Dressing (1 salad | 510 cal)

Romaine lettuce topped with homestyle croutons, shredded parmesan

Greek Salad (GF) (V) (1 salad | 140 cal)

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

Shaved Brussels Sprouts Salad (1 salad | 150 cal)

Brussels sprouts, shallots and dried cranberries tossed with Caesar dressing

MAIN ENTRÉE

CHOICE OF ONE:

Balsamic Garlic Chicken Breast  (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  (8 oz | 410 cal)

Curried chicken cooked with cinnamon and cardamom

Classic Roasted Turkey Breast  (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  (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  (4x6 | 1 slice | 480 cal)

Lasagna noodles layered and baked with spinach, cottage cheese, marinara, mozzarella and parmesan

Ginger Miso Tofu   (4 oz | 210 cal)

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

Carrot Osso Buco with Creamy Polenta    (1 serving | 170 cal)

Braised carrots, cremini mushrooms, red wine, lemon juice, curry spices, vegan polenta



VEGETABLE SIDES

CHOICE OF ONE:

Grilled Zucchini (GF) (PB) (VG) (4 oz | 20 cal)
with Coriander
Grilled fresh zucchini seasoned with coriander

Charred Carrots (GF) (PB) (VG) (1/2 cup | 70 cal)
Pan charred carrots tossed in red wine vinegar and olive oil

Maple Glazed Brussels Sprouts (GF) (V) (4 oz | 110 cal)
Tender brussels sprouts glazed with sweet maple syrup

Sauteed Root Vegetables (GF) (V) (1/2 cup | 90 cal)
Sauteed seasonal root vegetables with butter and olive oil

Sauteed Fresh Green Beans (GF) (PB) (VG) (4 oz | 70 cal)
Sauteed green beans with fresh garlic and salt

Grilled Ratatouille (GF) (PB) (V) (4 oz | 80 cal)
Grilled zucchini, eggplant, onions, yellow squash, tomatoes tossed with fresh basil, parsley and balsamic vinaigrette

Sesame Shiitake Bok Choy (GF) (1/2 cup | 60 cal)
Stir-fried bok choy and shiitake mushrooms with oyster sauce, sesame oil, ginger, garlic and scallions

Garlic Roasted Mushrooms (GF) (PB) (VG) (4 oz | 100 cal)
Roasted garlic marinated fresh mushrooms

STARCH SIDES

CHOICE OF ONE:

Steamed Brown Rice (GF) (PB) (VG) (4 oz | 60 cal)
Steamed brown rice seasoned with extra virgin olive oil, salt and black pepper

Sesame Lemongrass Jasmine Rice (GF) (PB) (VG) (1/2 cup | 100 cal)
Jasmine rice steamed with lemongrass, sesame oil and scallions

Wild Rice Pilaf (V) (4 oz | 110 cal)
Long grain and wild rice blend simmered with seasonings and butter

Oven Roast Garlic Red Potatoes (GF) (PB) (VG) (4 oz | 140 cal)
Hand sliced red potatoes oven roasted with olive oil, kosher salt and pepper

Whipped Turmeric Sweet Potatoes (GF) (PB) (VG) (1/2 cup | 170 cal)
Sweet potatoes whipped with butter, brown sugar and a hint of turmeric

Whipped Fresh Potatoes with Butter (GF) (V) (1/2 cup | 100 cal)
Steamed potatoes whipped with hot milk, melted butter seasoned with salt

Citrus Couscous (V) (1/2 cup | 160 cal)
Couscous flavored with orange juice, curry, cayenne pepper, thyme and sauteed almonds



DESSERTS

CHOICE OF ONE:

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

Zesty lemon pie topped with lightly toasted meringue

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

Southern pecan pie

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

Just baked dutch apple pie

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

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

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

Double layer chocolate cake with chocolate icing

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

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

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

Seasonal cut fruit

PREMIUM PROTEINS

Caribbean Jerk Chicken Breast with Chili Garlic (1 breast + 2 oz salsa | 220 cal)

Corn Salsa (GF)

Baked marinated jerk chicken breast

Braised Pot Roast (GF) (1 serving | 370 cal)

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

Citrus & Herb Crusted Salmon (GF) (1 fillet | 110 cal)

Salmon marinated in orange and lemon juice, roasted in a crust of citrus zest, fresh oregano, rosemary and thyme

Haddock Loin with Red Pepper Sauce (GF) (1 fillet | 210 cal)

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

INDIGENOUS MEALS

Beef Stew with Thyme & Rosemary (8 oz ladle | 250 cal)

Tender chunks of beef, carrots and onions in a rich marsala wine gravy with tomatoes, thyme and rosemary

Bison Stew (8 oz ladle | 290 cal)

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

Paprika & Thyme Chicken with Smashed Sweet Potatoes (GF) (6 oz chicken + 4 oz potato | 410 cal)

Grilled spiced grilled chicken breast served with smashed sweet potatoes

Three Sisters Pasta (GF) (V) (1 entrée | 820 cal)

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 (GF) (V)

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

Traditional Caesar Salad served (1 salad | 510 cal)

with Creamy Caesar Dressing

Romaine lettuce topped with homestyle croutons and shredded parmesan

PIZZA

CHOICE OF 5 PIZZAS FOR PARTY OF 20 PEOPLE:

Pepperoni Pizza (2 slices | 580 cal)

Cheese pizza with mozzarella, parmesan and pepperoni

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

Cheese pizza with mozzarella and parmesan

Meatlovers Pizza (2 slices | 780 cal)

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

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

Cheese pizza with mozzarella, parmesan, tomato and fresh basil

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

Tomato Pizza

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

DESSERTS

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

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

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 (1/2 cup | 120 cal)

with Green Onion (GF) (PB) (VG)

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 (GF) (PB) (VG) (1 parfait | 130 cal)

with Mango

Chia pudding with mango and shredded coconut

INDIAN

12 guest minimum / \$24.59 per guest

Chicken Tikka Masala GF

Tandoori roasted chicken
simmered with creamy tomato
masala curry sauce

(1 cup | 510 cal)

Madras Cabbage & Peas GF V

Green cabbage sautéed with peas,
onion, ginger, curry leaves, mustard
seeds, coconut and jalapeno peppers

(1/2 cup | 70 cal)

Alu Gobi Matar GF V

Cauliflower, potatoes and peas slowly
roasted with ginger, paprika and turmeric

(1/2 cup | 100 cal)

Dal Tarka GF PB VG

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

(1/2 cup | 120 cal)

Pulao Rice GF PB VG

Basmati rice simmered with cinnamon,
cumin and cloves

(1/2 cup | 110 cal)

Vegetable Samosas PB VG

A pastry filled with potatoes and peas

(1 samosa | 270 cal)

Naan Bread V

House baked Indian flatbread

(2 quarters | 150 cal)

Cilantro Chutney GF PB VG

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

(1 tbsp | 5 cal)

Indian Mango Rice Pudding GF V

Sweet and creamy basmati rice
pudding scented with cardamom
and mango

(1 sweet shot | 230 cal)

SOUTHERN ITALY

12 guest minimum / \$26.59 per guest

Penne Puttanesca PB VG

Penne pasta tossed with an olive
caper tomato sauce

(1 cup | 200 cal)

Calabrian Chile Roasted Chicken GF

Roasted chicken breast with grilled
lemon and Calabrian chile vinaigrette

(5 oz | 250 cal)

Eggplant Caponata GF PB VG

Sliced eggplant sautéed with garlic,
onion, fennel and stewed tomatoes

(2 oz | 50 cal)

Navy Beans with Tomato & Rosemary GF PB VG

White beans stewed with olive oil,
tomato, garlic and fresh rosemary

(4 oz | 110 cal)

Fennel, Arugula

& Parmesan Salad GF

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

(3 oz | 90 cal)

Herb Focaccia Bread V

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

(1 cut | 3x4 | 270 cal)

Tiramisu V

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

(1 cut | 3x4 HP | 340 cal)



TEX MEX

12 guest minimum / \$22.59 per guest

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

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

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

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

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

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

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

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

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

Spanish seasoning flavoured steamed rice

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

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

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

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

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

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

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

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

Mexican Chocolate (V) (2 cookies | 380 cal)

Chile Cookie

Chocolate chip cookie with Mexican ganache

PLANT BASED MEXICAN

12 guest minimum / \$22.59 per guest

Vegetable & Black Bean Quesadilla (PB) (VG) (1 quesadilla + topping | 660 cal)

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

3 Beans Burrito (PB) (V) (1 burrito | 300 cal)

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

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

Spanish seasoning flavored steamed rice

Baja Black Beans (GF) (PB) (VG) (4 oz | 100 cal)

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

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

Crispy fried yellow tortilla chips, lightly salted

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

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

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

Mashed avocado turned with red onion and cilantro

Lemon Chia Pudding (GF) (PB) (VG) (1 pudding | 320 cal)

Rice beverage, sugar, lemon and chia seeds



PLATED MEALS



PLATED MEALS

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

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 (8 oz ladle | 140 cal)

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

Farro, White Bean & Tomato Soup (PB) (VG) (8 oz ladle | 100 cal)

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

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

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

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

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

SALAD

CHOICE OF ONE:

Traditional Garden Salad served with Orange Balsamic Dressing (GF) (V) (1 salad | 80 cal)

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

Traditional Caesar Salad served with Creamy Caesar Dressing (1 salad | 510 cal)

Romaine lettuce topped with homestyle croutons, shredded parmesan

Romaine Wedge Salad (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 (GF) (1 salad | 160 cal)

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

POULTRY

12 guest minimum / \$25.99 per guest

Classic Roasted Turkey Breast

(4 oz | 120 cal)

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

Hoisin Glazed Chicken

(1 breast | 180 cal)

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

Manchurian Chicken

(1 entrée | 320 cal)

Spicy battered fried chicken breast served in a sweet and sour ketchup

Calabrian Chile

(5 oz | 250 cal)

Roasted Chicken

Roasted chicken breast with grilled lemon and pimienta chile vinaigrette

BEEF / LAMB

12 guest minimum / \$27.99 per guest

Braised Beef Short Ribs

(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

PORK

12 guest minimum / \$23.99 per guest

Apple Cider Glazed

(4 oz + 2 oz sauce | 170 cal)

Pork Tenderloin

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

Citrus-Soy Glazed

(4 oz | 530 cal)

Pork Belly

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

(4 oz + 1 oz glaze | 300 cal)

Chipotle Glaze

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

FISH / SEAFOOD

12 guest minimum / \$26.99 per guest

Citrus & Herb Crusted Salmon

(1 fillet | 110 cal)

Salmon marinated in orange and lemon juice, roasted in a crust of citrus zest, fresh oregano, rosemary and thyme

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



VEGETARIAN / VEGAN

12 guest minimum / \$21.99 per guest

Pea Cakes, Feta & Pea Shoots (8 oz | 420 cal)

Spring pea cakes with feta and pea shoots

Almond, Barley & Mushroom Risotto (1 bowl | 200 cal)

Wild mushrooms, creamy almond butter and Barley risotto

Ginger Miso Tofu (4 oz | 210 cal)

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

Cauliflower Manchurian (8 oz spoodle | 250 cal)

Crispy fried cauliflower, sauteed in hot and spicy sauce

VEGETABLE SIDES

CHOICE OF ONE:

Grilled Zucchini (4 oz | 20 cal)

with Coriander

Grilled fresh zucchini seasoned with coriander

Charred Carrots (1/2 cup | 70 cal)

Pan charred carrots tossed in red wine vinegar and olive oil

Maple Glazed Brussels Sprouts (4 oz | 110 cal)

Tender brussels sprouts glazed with sweet maple syrup

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

Sauteed seasonal root vegetables with butter and olive oil

Sauteed Fresh Green Beans (4 oz | 70 cal)

Sauteed green beans with fresh garlic and salt

Grilled Ratatouille (4 oz | 80 cal)

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

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

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

Garlic Roasted Mushrooms (4 oz | 100 cal)

Roasted garlic marinated fresh mushrooms

STARCH SIDES

CHOICE OF ONE:

Steamed Brown Rice (4 oz | 60 cal)

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

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

Jasmine rice steamed with lemongrass, sesame oil and scallions

Wild Rice Pilaf (4 oz | 110 cal)

Long grain and wild rice blend simmered with seasonings and butter

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

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

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

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

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

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

Citrus Couscous (1/2 cup | 160 cal)

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



DESSERTS

CHOICE OF ONE:

Lemon Meringue Pie (V)

(1 slice - cut 8 | 290 cal)

Zesty lemon pie topped with lightly toasted meringue

Southern Pecan Pie (V)

(1 slice - cut 8 | 490 cal)

Southern pecan pie

Chocolate Tres Leches Cake (V)

(1 slice | 290 cal)

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

Molten Choc Cake with Bittersweet Ganache (V)

(1 cake | 570 cal)

Molten chocolate cake topped with cardamom fresh whipped cream and drizzled in a dark chocolate ganache

Creme Brulée (GF) (V)

(1 ramekin | 590 cal)

Creamy egg custard with caramelized brown sugar crust

Irish Cream Cheesecake (V)

(1 slice | 430 cal)

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

Flourless Chocolate Torte (GF) (V)

(1 slice | 440 cal)

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

Fresh Fruit Tart (V)

(1 tart | 300 cal)

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

(4X6 | 350 cal)

Apple Cranberry Crisp with Cinnamon Whip Cream (V)

Slices of hardy apple tossed with cranberries and topped with a biscuit like topping served with cinnamon whipped cream

(1 skillet | 410 cal)

Blackberry Clafoutis

Blackberry, vanilla and lemon skillet cake

BREAKS & PLATTERS

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

PLATTERS

12 guest minimum

CRUDITÉ - \$4.99 per guest

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

ANTIPASTO - \$6.99 per guest

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

CHEESE PLATTER - \$5.99 per guest

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

CHEESE & CHARCUTERIE - \$7.99 per guest

Prosciutto (GF) (1 oz | 70 cal)
Capicola Ham (GF) (1 oz | 90 cal)
Genoa Salami (1/2 oz | 50 cal)
Manchego Cheese (GF) (V) (1 oz | 120 cal)
Smoked Gouda (GF) (V) (1 oz | 100 cal)
Havarti Cheese (GF) (V) (1 oz | 110 cal)
Mixed Olives (GF) (PB) (VG) (1 oz | 0 cal)
Fig Spread (GF) (V) (1 tbsp | 5 cal)
Garlic Crostini (V) (3 slices | 210 cal)

MEZZ PLATTER - \$5.99 per guest

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

Baked pita bread

Tabouleh Salad (PB) (VG) (1 oz | 10 cal)

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

Classic Hummus (GF) (PB) (VG) (1 oz | 50 cal)

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

Baba Ghanoush (GF) (PB) (VG) (1 oz | 30 cal)

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

Fresh English Cucumber (GF) (PB) (VG) (1 tsp | 0 cal)

Kalamata Olives (GF) (PB) (VG) (1 olive | 0 cal)

Feta Cheese (GF) (V) (1 tsp | 5 cal)

INDIGENOUS PLATTER

Tortilla & Dip Trio (GF) (PB) (VG) (1 serving | 410 cal)

Western style guacamole, tomato compote and navy bean hummus served with corn tortilla chips

\$6.99



DESSERTS

12 guest minimum

DIPS & CHIPS - \$6.99 per guest

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

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

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

Crispy fried yellow tortilla chips, lightly salted

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

CHEF'S CHOICE:

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

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

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

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

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

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

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

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

COOKIES - \$3.29 per guest

CHEF'S CHOICE ASSORTED | 2 PC PER PERSON:

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

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

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

Delicious oatmeal raisin cookies served fresh from the oven

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

Just baked super scrumptious fresh peanut butter cookies

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

Delicious white chocolate macadamia nut cookies served fresh from the oven

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

Double chocolate cookies loaded with chocolate chips

SQUARES - \$3.99 per guest

CHEF'S CHOICE ASSORTED | 1.5 PC PER PERSON:

Rice Krispie Bar (1 bar | 250 cal)

Marshmallow cream combined with rice krispies cereal

Raspberry Square (V) (1 bar | 290 cal)

Raspberry flavored square

Date Square (V) (1 bar | 270 cal)

A chewy date bar

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

Blueberry flavored square

Strawberry Square (V) (1 square | 440 cal)

Strawberry flavored square

Brownies

Iced chocolate brownie



CUPCAKES - \$3.99 per guest

CHOICE OF TWO | 1 PC PER PERSON:

Carrot Cake Cupcakes V (1 cupcake | 260 cal)

Moist carrot cake topped with sweet vanilla frosting and crushed walnuts

Tiramisu Cupcakes V (1 cupcake | 220 cal)

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

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

Double chocolate cupcake topped with chocolate cream cheese frosting

Caramel Apple Cupcake V (1 cupcake | 330 cal)

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

Confetti Cupcake V (1 cupcake | 280 cal)

Rainbow sprinkle cupcake with vanilla cream cheese frosting

Ginger Spice Cupcake V (1 cupcake | 260 cal)

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

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

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



TRAIL MIX & NUTS - \$3.99 per guest

Trail Mix GF V (1 oz | 160 cal)

Yummy, nutty, chocolatey trail mix

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

Pecans candied with cinnamon and sugar

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

Walnuts, sugar, cinnamon, nutmeg, cloves and ginger

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

Mix of nuts and seeds

GRANOLA BARS - \$2.99 per guest

CHEF'S CHOICE ASSORTED:

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

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

Nutrigrain Bars Assorted V (1 bar | 370 cal)

FRUIT SALAD - \$5.99 per guest

Mixed Fruit Salad GF PB VG (3 oz | 35 cal)

Seasonal cut fruit

WHOLE FRUIT - \$1.99 per guest

CHEF'S CHOICE ASSORTED:

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

Banana GF PB VG (1 banana | 90 cal)

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

CHIPS & PRETZELS - \$1.99 per guest

CHEF'S CHOICE ASSORTED:

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

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

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

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

SWEET & SALTY - \$9.29 per guest

Spicy Bloody Mary Seasoned Snack Mix

(1/2 cup | 130 cal)

Rice and Corn Chex® blended with almonds, pretzels, tomato, Worcestershire sauce, celery salt and garlic

Fresh Fruit & Cheese Platter

GF V

(3 oz fruit + 1 oz cheese
+ 3 crackers | 200 cal)

Accompanied with assorted crackers

CHEF'S CHOICE ASSORTED:

Chocolate Chip Cookie

V

(2 cookies (1 oz) | 250 cal)

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

Oatmeal Raisin Cookie

V

(2 cookies (1 oz) | 220 cal)

Delicious oatmeal raisin cookies
served fresh from the oven

Peanut Butter Cookie

V

(2 cookies (1 oz) | 240 cal)

Just baked super scrumptious fresh
peanut butter cookies

White Choco Macadamia Nut Cookies

V

(2 cookies (1 oz) | 260 cal)

Delicious white chocolate
macadamia nut cookies served
fresh from the oven

Double Chocolate Cookie

V

(2 cookies (1 oz) | 240 cal)

Double chocolate cookies loaded
with chocolate chips

Shortbread Cookies

V

(2 cookies (1 oz) | 280 cal)

Buttery rich traditional cookie baked
to golden brown

ENDURANCE - \$4.59 per guest CHOICE

OF ONE | 4 PC PER PERSON:

Cherry Pie Power Bites

V

(4 bites | 210 cal)

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

Coconut Date Power Bites

GF

PB

VG

(4 bites | 280 cal)

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

Apple & Oat Power Bites

PB

VG

(4 bites | 520 cal)

Energy bites made with oatmeal, apple, soy
based spread and chocolate chips

Lemon Poppy Seed Power Bites

GF

PB

V

(4 bites | 270 cal)

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

Cranberry Almond Power Bites

V

(4 bites | 230 cal)

Almond and cranberry bites with dates, oats
and dark chocolate

Apricot & Coffee Bliss Ball

V

(4 balls | 290 cal)

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

Cashew & Coconut Bliss Ball

PB

V

(4 balls | 100 cal)

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

Spiced Grains & Flax Bliss Ball

PB

V

(4 balls | 330 cal)

Bliss ball with peanuts, oats, flax seeds,
almond flour, honey and orange zest

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	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	GF	(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)



COCKTAIL

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 GF

(1 pc | 35 cal)

Spicy pork meatballs made with ginger, garlic and hot sauce

Italian Sausage Frittata Bites GF

(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 V

(1 pc | 45 cal)

Baked flaky pastry triangles filled with spinach and feta cheese

Tomato, Vidalia Onion & Goat Cheese Tart V

(1 pc | 100 cal)

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

Mini Spring Rolls V

(1 pc | 80 cal)

Crispy vegetarian spring roll

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 GF PB VG 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 V

(1 pc | 40 cal)

Toasted crostinis with a sweet fig jam and goat cheese

Shrimp Cocktail GF with Cajun Remoulade

(1 pc | 20 cal)

Seasoned shrimp with a spicy dip

Caramelized Onion & White Bean Crostini V

(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 V

(1 pc | 90 cal)

French baguette toasts topped with creamy brie, black currant jam and chervil



HORS D'OEUVRES / CANAPE

Price per dozen

LEVEL TWO PRICING - \$35 per dozen

Chicken Wings with Assorted Dipping Sauce

(1 pc | 130 cal)

Fried or oven baked with your choice of dipping sauces

Blackened Chicken Sliders

(1 pc | 130 cal)

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

Asian Beef Satay Canape

(1 pc | 30 cal)

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

BBQ Pork Slider

(1 pc | 200 cal)

Hawaiian slider roll topped BBQ pulled pork and chopped slaw

Cilantro Garlic Shrimp Skewers GF

(1 pc | 15 cal)

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

Blini with Smoked Salmon & Chive Cream

(1 pc | 70 cal)

Fresh blini topped with slivered smoked salmon and chive sour cream

Prosciutto Wrapped Asparagus Charred

(1 pc | 45 cal)

Tender asparagus rolled in shaved prosciutto

Peaches Wrapped In Prosciutto GF

(1 pc | 60 cal)

Peaches rolled with chevre in a strip of prosciutto

Curried Chicken & Golden Raisin Tartlets

(1 pc | 130 cal)

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

Brie & Raspberry Chutney V Phyllo Timbales

(1 pc | 120 cal)

Brie and sweet raspberry chutney served in a crispy phyllo cup

Chicken Salad Roll & Peanut Hoisin Sauce

(1 pc | 140 cal)

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

Blackened Beef Crostini

(1 pc | 50 cal)

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

Goat Cheese & Honey V Phyllo Cups

(1 pc | 100 cal)

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



HORS D'OEUVRES / CANAPE

Price per dozen

LEVEL THREE PRICING - \$40 per dozen

Ginger Chicken Satay (GF)

(1 pc | 100 cal)

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

Chicken Satay with Peanut Sauce (GF)

(1 pc | 135 cal)

Thai chicken with spicy peanut sauce

Peri Peri Chicken Skewers (GF)

(1 pc | 130 cal)

Chicken marinated in onion, tomato, chiles, coriander and ginger, skewered and grilled

Mini Beef Wellington

(1 pc | 70 cal)

Puff pastry stuffed with beef and mushroom duxcelle

Beef Satay with Sweet & Spicy Sauce

(1 pc | 110 cal)

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

Lamb Seekh Kebab with Tomato Jam (GF)

(1 pc | 130 cal)

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

Bacon Wrapped Scallops (GF)

(1 pc | 20 cal)

Scallops wrapped in bacon

BEVERAGE



COLD BEVERAGES

À la carte

Milk

\$3.00



(473 mL | 206 cal)

Chocolate Milk

\$3.75



(473 mL | 416 cal)

Soft Drink

\$2.75

(355 mL | 140 cal)

Juice Bottle

\$2.75



(200 mL | 90 -130 cal)

Sparkling Water

\$3.25



355 mL | 0 cal)

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: mcouture@ubishops.ca

Contact:

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

Email: catering@ubishops.ca

Address: 2600 College Street, Sherbrooke, QC

Office Location: Dewhurst Dining Hall

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

Tables and chairs: Work Order with Buildings & Grounds

Flavours Catering: It's easy to get in touch with Flavours about your catering needs.

Send us an Email: You may email us at catering@ubishops.ca

Give us a Call: You may speak with an event planning specialist by calling (819) 822-9600 Ext: 2340

Schedule a Consultation: An event consultation is recommended for complex events or events with complex logistics. Contact our office to schedule a consultation or site visit.

MENU PLANNING AND PRICING

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

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

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

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

CONFIRMATIONS, REVISIONS & CANCELLATIONS

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

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

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

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

GUEST COUNTS & GUARANTEES

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

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

EVENT PAYMENT

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

If you are a tax-exempt organization:

You must submit a copy of your tax-exemption certificate prior to the date of your scheduled event.



DELIVERY FEES

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

SERVICE STAFF

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

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

Attendants/Wait staff \$23.00 per wait staff (minimum 3 hours); \$23.00 per each additional hour per waitstaff

Bartenders \$25.00 per bartender (minimum 4 hours); \$25.00 per each additional hour per bartender

CATERING EQUIPMENT

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

CHINA SERVICWARE

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.