

CARVED + CRAFTED
catering

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Humber College
Catering
Menu

2024

OUR SUSTAINABILITY STRATEGY AND PROMISE

We are using an established framework to leverage well-developed channels that are further refined to address the localized needs of our partner accounts and customers.

Our sustainability strategy prioritizes social and environmental change that supports the large-scale objectives of our clients and customers, an approach informed by our parent company Compass PLC. Our global climate Net Zero commitment – called Planet Promise – is our commitment to a sustainable future for all. It envelops our overall corporate sustainability strategy defined by three key priorities:

- 1** Health and well-being – Better nutritional choices to support mental health and overall well-being
- 2** Environmental game changers – Reduce food waste, single use plastics, and add plant-forward meals
- 3** Better for the world – Sourcing responsibly, enriching local communities, and partnerships investing in renewable energy, reducing carbon emissions, and collaborating on environmental conservation.

ALLERGIES AND DIETARY REQUIREMENTS

ALLERGIES

We endeavor to provide nutrition and ingredient information that is as complete as possible. Products may change without our knowledge and menu items are prepared near other ingredients that may result in cross- contact with ingredients not listed, including allergens. Please reach out to Monika Wojciechowski, Catering Director, at monika.wojciechowski@compass-canada.com to discuss any allergy related concerns or clarifications for your catered event.

DIETARY REQUIREMENTS

As Canada's largest foodservice provider, we have a significant impact on the health and well-being of our guests. Our commitment to encourage healthy living embraces the power of food and the empowerment of individuals to achieve their health goals. The icons below are used throughout the menu to indicate menu items that are Vegetarian, Vegan and Whole Grain, Cage Free Eggs, Halal, Plant Forward, Made Without Gluten and Fit Plus. We respect all dietary needs and prepare special menus based on requests.



ORDERING GUIDELINES

EVENTS ON WEEKENDS AND STATUTORY HOLIDAYS

We are currently requesting a minimum daily spend of 300 dollars (before tax) to avoid added labour charges for weekend catered events. Please refer to "extra services" for server rates. Events that fall on a statutory holiday will be subject to additional half-time labour charges per hour, per required service staff (minimum of 4 hours each).

LEFTOVER FOOD AND TABLEWARES

In accordance with Food Safety Regulations, no food may be removed from the initial event space and take-home containers will not be provided. Please be advised that food which remains at room temperature for more than 2 hours may no longer be safe to consume.

Please be advised that any catering tableware that is removed or taken to a different location other than the initial event space is not permitted, and missing items will incur replacement fee chargebacks.

EVENT SPACE

Clients are responsible for ensuring access to the delivery destination and that enough space is made available for the food setup. If you are unsure of your space requirements, please contact the catering office and we will be happy to assist you.

EVENT STAFFING

Should a catered event require additional labour such as servers, bartenders or chefs, please refer to the "extra services" section of the menu for rates.

LINEN SERVICE

Table linen is provided on food service tables with all delivered catering, except for menu items identified as "express catering". For additional linen requirements and pricing please refer to the "extra services" section of the menu.

RENTAL SERVICE

Any third-party vendor rental items, such as tableware, equipment, event furniture, upgraded linens, etc., are subject to a 7.5% service charge.

ORDERING GUIDELINES

LOW WASTE EVENT SPACES

Catering provided in the following campus spaces is exclusively served on china. Disposables, and express catering menu items are not available in Low Waste event spaces.

North Campus: Doris Tallon Community Room (NX 111), E Concourse, B 101 Boardroom, T 132 Residence Conference Room, North Residence Dining Hall, Barrett CTI, LRC Concourse.

Lakeshore Campus: A170 Conference Room (formerly Blue Room), L Community Room (L 1017), Lake Café Dining Hall (AB Café), L building Café (2nd floor), BMO Innovation Commons (G Commons), Student Welcome and Resource Centre (WEL 105)

DELIVERY CHARGE

A 10 dollar delivery charge will be applied to invoices that total less than fifty (50) dollars prior to applicable taxes.

EXPRESS CATERING

Menu items marked as “express catering” are served in disposable containers. This service includes delivery, uses disposable serviceware, and does not include linens. Express catering selections cannot be ordered in Low Waste event spaces.

MINIMUM ORDER

For orders below minimum order requirement please contact our catering department to determine if additional costs will be incurred. Orders below the minimum number will also be available for pick up where applicable (sandwiches, salads, pastries, desserts, and platters).

All items are priced per person, plus applicable taxes, except where indicated, and are based on a minimum per menu item. Vegetarian options on the menu represent twenty percent of a product mix wherever applicable. Made without gluten, made without dairy, vegan and vegetarian dietary options may be requested for specified guests without additional charge. Requested dietary items will be substituted with the same or alternate products based on availability, and cost. Please contact us for details.

MORNING BUFFETS

All prices are per person and based on a minimum of 6 people.
One serving per person.

All breakfast buffets include Birch Bark Indigenous Fair-Trade coffee,
tea, assorted bottled juice.



Yogurt Parfait
Featured in Seasonal
Sunrise

PP



Bakers Mini

6.79

Assorted mini-Danishes, muffins and croissants (1 item per person) served with butter and jam. (Cals 180-620)



Health Boost

13.49

Assorted KIND bars (1 per person). Individual Greek yogurt cups (1 per person), cubed fresh fruit (3oz per person) (Cals 510-580)



Seasonal Sunrise

10.59

Bulk yogurt with granola and honey (1 serving per person) served alongside assorted freshly baked mini muffins (1 pc per person) (Cals 580)

** Upgrade to individual yogurt parfait with granola, fresh berries and honey for 2.99 per guest*



Morning Delight

11.49

Fresh, made from scratch banana bread (1 slice per person), whole fruit (1 per person) accompanied by a variety of individual yogurt cups (1 cup person) (Cals 80-450)



Bright Start

12.49

Individual Silk coconut yogurt (1 cup per person), Larabar (1 per person) and cubed fresh fruit (3oz per person). (Cals 400-450)



BREAKFAST BUFFET

All prices are per person and based on a minimum of 10 people.
One serving per person.

All breakfast buffets include Birch Bark Indigenous Fair-Trade coffee, tea,
assorted bottled juice.

PP



Classic Breakfast Buffet

17.99

Farm fresh scrambled eggs (3.5oz per person), crispy breakfast potatoes (4oz per person), mini croissants with jams and butter (1 pc per person) alongside cubed fresh fruit (3oz per person). Choose one meat option: pork bacon (2 strips per person) or turkey bacon (2 strips per person), or pork breakfast sausage (2 links per person), or vegan breakfast sausage (1 link per person) (Cals 630-750)



Canadian Breakfast Buffet

26.59

Assortment of freshly baked mini muffins and mini pastries (1 pc per person), farm fresh scrambled eggs (3.5oz per person), crispy breakfast potatoes (4oz per person), baked beans in maple syrup (3oz per person), buttermilk pancakes (2 pc per person) and fresh cubed fruit (3oz per person). Choose two meat options: pork bacon (2 strips per person) or turkey bacon (2 strips per person), or pork breakfast sausage (2 links per person), or vegan breakfast sausage (1 link per person) (Cals 630-750)



Royale Benedict
Available As Custom
Menu Item



*Contact our catering office for
pricing on hot buffets for
less than 10 people

BREAKFAST BUFFET

All prices are per person and based on a minimum of 10 people.
One serving per person.

All breakfast buffets include Birch Bark Indigenous Fair-Trade coffee, tea,
assorted bottled juice.

PP



Breakfast Frittata

13.99

Farm fresh eggs with red and green peppers, baby spinach, diced tomatoes, red onions, and mozzarella (1 pc per person 4oz), served with crispy breakfast potatoes (4oz per person) and a tea biscuit (1 pc per person) (Cals 470)



Belgian Waffle Bar

18.49

Belgian waffles (4 pc per person) served with strawberry and blueberry topping, whipped cream, table syrup and choice of either chocolate or caramel sauce (Cals 500- 710)

HOT BREAKFAST BUFFET ADD ON

Buttermilk pancakes (2 pc per guest)	2.49
Pork breakfast sausage (2 links per guest)	2.49
Waffles with table syrup (2pc per guest)	2.49
Vegan breakfast sausage (1 pc per guest)	3.99
Turkey bacon (2 strips per guest)	2.49
Pork bacon (2 strips per guest)	2.49
Crispy breakfast potatoes (3oz per guest)	2.49
Hash browns (2 pc per guest)	2.49



Egg Frittata

BREAKFAST SANDWICHES

All prices are per person and based on a minimum of 10 people.
One serving per person.

All breakfast sandwiches include Birch Bark Indigenous Fair-Trade coffee, tea,
assorted bottled juice.

PP



Breakfast Burrito

10.59

Farm fresh scrambled eggs, sharp shredded cheddar, home fries, crispy pork bacon, and salsa wrapped in a warm tortilla (1 burrito per person) (Cals 700)



Vegetarian Breakfast Burrito

10.59

Farm fresh scrambled eggs, spiced black beans, sweet peppers, home fries, fresh cilantro, and salsa wrapped in a warm tortilla (1 burrito per person) (Cals 590)



Vegan Breakfast Burrito

10.59

Tofu scramble with sweet peppers, crispy breakfast potatoes, vegan breakfast sausage, and salsa wrapped in a warm tortilla (1 burrito per person) (Cals 490)



Multigrain Breakfast Croissant

10.59

Farm fresh scrambled eggs, tomatoes, fresh spring mix lettuce, with sliced cheddar cheese served on a multigrain croissant (1 per person) (Cals 590)



Egg And Bacon Breakfast Sandwich

8.99

English muffin, egg, sliced cheddar cheese, and crispy pork bacon (1 per person) (Cals 330)



Egg White and Turkey Breakfast Sandwich

8.99

English muffin, egg white, sliced Swiss cheese and turkey bacon (1 per person) (Cals 270)



Egg and Cheese Breakfast Sandwich

8.99

English muffin, egg, sliced cheddar cheese (1 per person) (Cals 260)



Tofu and Cheese Breakfast Sandwich

8.99

English muffin, baked tofu and sliced chao cheese (1 per person) (Cals 280)

À LA CARTE

Muffins and Pastries
featured in A La Carte



Cinnamon Buns

Freshly baked cinnamon buns topped with vanilla icing
(1 pc per person) (Cals 220)

PP

3.99



Assorted Danishes

Freshly baked assorted fruit Danishes (1 pc per person) (Cals 110-140)

3.99



House Baked Tulip Muffins

Assortment of freshly baked tulip muffins (1 pc per person)
(Cals 300-360)

3.99



Made Without Gluten Mini Muffins

Assortment of made without gluten mini muffins (1 pc per person)
(Cals 200-250)

3.99



Breakfast Loaves

Assortment of sliced banana, blueberry, carrot, and apple spice
breakfast loaves (1 slice per person) (Cals 260-360)

3.99



Croissants

Freshly baked chocolate, almond and plain croissants
(1 pc per person) (Cals 150-350)

3.99



Chocolate Danish

Freshly baked chocolate Danishes (1 pc per person)
(Cals 360)

3.99



Whole Fruit

A selection of fresh bananas, apples and oranges (1 pc per person)
(Cals 80-90)

1.99



Oikos Greek Yogurt

Assorted individual fruit flavoured Greek yogurt cups
(1 pc per person) (Cals 90-100)

3.29

ROOTS & SEEDS BOWLS

All Roots & Seeds power grain bowls are entrée sized salads, available for "express catering" only.
Price includes disposable service, and delivery. Not available in Low Waste event spaces.

PP



Ninja Chicken Bowl

17.99

Herbed brown rice, lemon roasted chicken breast, shaved cabbage, spinach, carrots, cucumber, edamame, mandarin oranges, crispy wontons, sesame seeds, topped with Asian sesame dressing, served in individual bowls (1 per person 18oz) along with canned AHA sparkling water 355ml (1 per person) and assorted KIND granola bars (1 per person) (Cals 670)



Rebel Falafel Bowl

17.99

Kale, falafel, quinoa, red peppers, tomato, black beans, corn, hemp seeds, topped with chipotle citrus ranch dressing, served in individual bowls (1 bowl per person 18oz) along with canned AHA sparkling water 355ml (1 per person), and assorted KIND granola bars (1 per person) (Cals 700)



Eden Tofu Bowl

17.99

Lemon turmeric quinoa, chili lime tofu, cabbage, arugula, broccoli, chickpeas, carrot, cucumber, green onions, sunflower seeds, topped with balsamic dressing served in individual bowls (1 bowl per person 18oz) along with canned AHA sparkling water 355ml (1 per person) and assorted KIND granola bars (1 per person) (Cals 620)



Ninja Bowl

ROOTS
&
SEEDS



Rebel Bowl

CLASSIC LUNCH BOX

Includes one sandwich per person, a whole fruit, bottled water 355ml and a freshly baked cookie.

Available for "express catering" only.
Prices include disposable service, and delivery.
Not available in Low Waste event spaces.

PP



Tuna Salad Sandwich

18.99

Albacore tuna, dill, light mayo, red onion, and lettuce on sliced rye bread (Cals 360)



Egg Salad Sandwich

18.99

Fresh boiled eggs, light mayo, cucumbers & lettuce on sliced multigrain bread (Cals 320)



Roast Beef Sandwich

19.99

Shaved roast beef, tomatoes, lettuce, and horseradish aioli on a ciabatta bun (Cals 430)



Turkey Sandwich

19.99

Turkey, cheddar, lettuce, and cranberry mayo on sliced multigrain bread (Cals 200)



Grilled Vegetable Wrap

18.99

Roasted vegetables, cucumbers, lettuce, hummus, sunflower seeds served in a whole wheat wrap (Cals 420)



GOURMET LUNCH BOX

Includes one sandwich per person, a whole fruit, bottled water 355ml and a freshly baked cookie.

Available for "express catering" only.
Prices include disposable service, and delivery.
Not available in Low Waste event spaces.

PP



Southwest Chicken Club

21.99

Tex-Mex seasoned chicken breast, chipotle mayo, arugula lettuce on rustic focaccia flatbread (Cals 530)

Smoked Salmon

21.99

Smoked salmon, dill cream cheese, baby spinach, onion and capers on rustic focaccia flatbread (Cals 470)



Turkey, Brie, & Roasted Pepper

21.99

Oven roasted turkey, fresh leaf lettuce, fire roasted red peppers, and mango chutney on sliced rye bread (Cals 540)



Grilled Vegetable Wrap

20.99

Roasted mushrooms, zucchini, bell peppers, red onion, iceberg lettuce, sundried tomato hummus on a whole wheat wrap (Cals 280)



Pesto Caprese Sandwich

20.99

Basil pesto aioli, heirloom tomatoes, bocconcini, fresh basil and balsamic reduction on rustic focaccia flatbread (Cals 500)



TRADITIONAL SANDWICH LUNCH

All prices are per person and based on a minimum of 6 people.
One serving per person.

PP
15.49

Traditional Package

Includes an assortment of sandwiches on sliced whole wheat and white Texas toast bread (1 sandwich per person), spring mix salad (3oz per person), and comes complete with a cookie platter (1 pc per person), Birch Bark Indigenous Fair-Trade coffee, tea, and assorted canned soft drinks.



Tuna salad sandwich

Albacore tuna, dill, light mayo, red onion, and lettuce on sliced white Texas toast (Cals 340)



Egg Salad Sandwich

Fresh boiled eggs, light mayo, cucumbers & lettuce on sliced whole wheat Texas toast (Cals 310)



Black Forest Ham Sandwich

Shaved black forest ham, Swiss cheese, romaine lettuce with Dijon mustard on sliced white Texas toast (Cals 330)



Roasted Vegetable Sandwich

Roasted vegetables, cucumbers, lettuce, hummus, sunflower seeds on sliced whole wheat Texas toast (Cals 370)



Spring Mix Salad

Spring mix lettuce, red onion, cucumber, tomatoes and Italian dressing (Cals 40)



Cookie Platter

Chocolate chip, macadamia nut, double chocolate and milk chocolate (Cals 280-440)

Avocado Toast Bar
Available As Custom Menu
Item



CLASSIC SANDWICH LUNCH

All prices are per person and based on a minimum of 6 people.
One serving per person.

PP
18.99

Classic Package

Includes an assortment of sandwiches on sliced breads, buns, wraps (1 sandwich person), garden salad deluxe (3oz per person), and comes complete with a cookie platter (1 per person), Birch Bark Indigenous Fair-Trade coffee, tea, and assorted canned soft drinks.



Tuna Salad Sandwich

Albacore tuna, dill, light mayo, red onion, and lettuce on sliced rye bread (Cals 360)



Egg Salad Sandwich

Fresh boiled eggs, light mayo, cucumbers & lettuce on sliced multigrain bread (Cals 320)



Roast Beef Sandwich

Shaved roast beef, tomatoes, lettuce, and horseradish aioli on a ciabatta bun (Cals 430)



Turkey Sandwich

Turkey, cheddar, lettuce and cranberry mayo on sliced multigrain bread (Cals 200)



Grilled Vegetable Wrap

Roasted vegetables, cucumbers, lettuce, hummus, sunflower seeds served in a whole wheat wrap (Cals 420)



Garden Salad Deluxe

Iceberg lettuce, romaine lettuce, red onion, celery, cucumber, radish, tomatoes and Italian dressing (Cals 40)



Cookie Platter

Chocolate chip, macadamia nut, double chocolate and milk chocolate cookies (Cals 280-440)



ARTISAN SANDWICH LUNCH

All prices are per person and based on a minimum of 6 people.
One serving per person.

PP

24.79

Artisan Package

Includes an assortment of sandwiches on premium breads and wraps (1 sandwich per person), spinach mandarin salad (3oz per person), quinoa salad (3oz per person), and comes complete with a deluxe dessert platter (1pc per person), Birch Bark Indigenous Fair-Trade coffee, tea, and assorted canned soft drinks.



Southwest Chicken Club

Tex-Mex seasoned chicken breast, chipotle mayo, arugula lettuce on rustic focaccia flatbread (Cals 530)

Smoked Salmon

Smoked salmon, dill cream cheese, baby spinach, onion and capers on rustic focaccia (Cals 470)



Turkey, Brie, & Roasted Pepper

Oven roasted sliced turkey, fresh leaf lettuce, fire roasted red peppers, and mango chutney on sliced rye bread (Cals 540)



Grilled Vegetable Wrap

Roasted mushrooms, zucchini, bell peppers, red onion, iceberg lettuce, sundried tomato hummus on a whole wheat wrap (Cals 280)



Pesto Caprese Sandwich

Basil pesto aioli, heirloom tomatoes, bocconcini cheese, fresh basil and balsamic reduction on multigrain bread (Cals 500)



Baby Spinach and Mandarin Orange Salad

Baby spinach, button mushroom, red onion, mandarin orange, blanched almonds, crispy chow mein noodles, finished with balsamic vinaigrette (Cals 120)



Chickpea and Quinoa Salad

Quinoa, chickpea, jalapeno, green onion, fresh mint and spices with oil and lemon juice (Cals 220)



Deluxe Dessert Platter

Assortment of rocky road brownie, caramel rage squares and chocolate chip, macadamia nut, double chocolate, and milk chocolate cookies (Cals 300-480)

Artisan
Sandwiches





Greek Salad

SALAD ADD-ONS





All prices are per person and based on a minimum of 6 people.
One serving per person.

	PP
 Garden Salad Deluxe Iceberg lettuce, romaine lettuce, red onion, celery, cucumber, radish, tomatoes and Italian dressing (Cals 40)	4.99
 The Caesar Crisp romaine lettuce, herbed croutons, applewood smoked pork bacon, fresh parmesan and Caesar dressing (4oz per guest) (Cals 120)	4.99
 Heritage Market Greens Sliced red beets, Roma tomato, cucumber and julienne carrots on a bed of spring mix lettuce. Served with Italian or balsamic vinaigrette (4oz per guest) (Cals 110)	4.99
 Red Potato Salad Mini red skinned potatoes, sweet peppers, red onions, pickles, capers, and parsley marinated in a Dijon vinaigrette (4oz per guest) (Cals 190)	4.99
 Pasta Salad Vegetable fusilli with sundried tomato, broccoli, fire roasted red peppers, parmesan cheese, and a basil pesto dressing (4oz per person) (Cals 260)	4.99
 Mixed Grain Salad A blend of assorted whole grains with grape tomatoes, bell peppers, red onions, arugula lettuce, fresh radish, pumpkin seeds and lemon with a sweet red wine Dijon dressing (4oz per person) (Cals 300)	4.99
 Asparagus and Goat Cheese Salad Arugula lettuce topped with chopped asparagus, red onion, sweet peppers, with crumbled goat cheese and a lemon vinaigrette (4oz per guest) (Cals 200)	5.99
 Greek Salad Marinated olives, red onion, Roma tomatoes, green peppers and feta cheese on chopped iceberg lettuce finished with fresh oregano, parsley, and Greek dressing (4oz per person) (Cals 140)	4.99
 Vegetable Noodle Salad Rice noodles, julienned carrots, bell peppers, fresh radish, cilantro, ginger tossed in a sweet chili dressing (4oz per guest) (Cals 300)	5.99
 Quinoa Salad Quinoa, corn and black bean salad with Dijon vinaigrette (4oz per guest) (Cals 280)	4.99

SOUPS

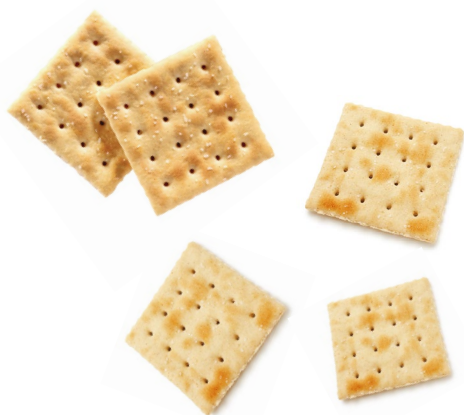
All prices per person and based on a minimum of 10 people.
One serving per person and served with packaged crackers.

VEGETARIAN SOUPS

	PP
 Broccoli and cheddar soup (10oz per person) (Cals 210)	5.49
 Roasted vegetable soup (10oz per person) (Cals 120)	5.49
 Tomato red pepper soup (10oz per person) (Cals 120)	5.49
 Cream of asparagus soup (10oz per person) (Cals 190)	5.49

MEAT SOUPS

	PP
Loaded baked potato with pork bacon soup (10oz per person) (Cals 220)	5.49
Beef and barley soup (10oz per person) (Cals 90)	5.49
Classic chicken noodle soup (10oz per person) (Cals 80)	5.49



Tomato Red Pepper
Soup

SOUP & SANDWICH

All prices are per person and based on a minimum of 10 people.
One serving per person.






PP

17.99

Soup and Classic Sandwich

Includes an assortment of classic sandwiches (1 sandwich per person), choice of 10oz soup with crackers, and assorted canned soft drinks.

A selection of freshly prepared classic sandwiches:

-  Tuna salad with dill, light mayo, red onion, and lettuce on sliced rye bread (Cals 360)
-   Egg salad with light mayo, cucumbers & lettuce on sliced multigrain bread (Cals 320)
- Roast beef sandwich with tomatoes, lettuce, and horseradish aioli on a ciabatta bun (Cals 430)
- Turkey sandwich with cheddar, lettuce and cranberry mayo on sliced multigrain bread (Cals 200)
-   Roasted vegetables, cucumbers, lettuce, hummus, sunflower seeds served in a whole wheat wrap (Cals 420)






Artisan
Sandwiches

20.99

Soup and Artisan Sandwich

Includes an assortment of artisan sandwiches (1 sandwich per person), choice of 10oz soup with crackers, and assorted canned soft drinks.

A selection of freshly prepared artisan sandwiches:

-  Southwest chicken club with chipotle mayo, arugula lettuce on rustic focaccia flatbread (Cals 530)
- Smoked salmon, dill cream cheese, baby spinach, onion and capers on rustic focaccia flatbread (Cals 470)
- Turkey, brie, & roasted pepper with fresh leaf lettuce, fire roasted red peppers, and mango chutney on sliced rye bread (Cals 540)
-   Grilled vegetable wrap roasted mushrooms, zucchini, bell peppers, red onion, iceberg lettuce, sundried tomato hummus on a whole wheat wrap (Cals 280)
-   Pesto caprese sandwich with basil pesto aioli, heirloom tomatoes, bocconcini, fresh basil and balsamic reduction on multigrain bread (Cals 500)

* For soup selection please refer to "SOUPS" menu section.



HOT MEALS BUFFET

All prices are per person and based on a minimum of 10 people.
One serving per person.

All hot buffets include deluxe dessert platter (1 pc per person), Birch Bark Indigenous Fair-Trade coffee, tea, and assorted canned soft drinks.

PP

Korean BBQ Tofu

27.99



Sesame chili marinated tofu (4oz per person), vegetable chow mein (4oz per person), ginger gai lan and kimchi (2oz per person), and garden salad deluxe with balsamic dressing (3oz per person) (Cals 780)



Vegetarian Bolognese

25.99



Penne pasta (6oz per guest) with vegetarian meatless Bolognese sauce (4oz per person), served with warm garlic bread sticks (1 pc per person), and garden salad deluxe with balsamic dressing (3oz per person) (Cals 610)



Roasted Chicken Breast

27.99

Roasted chicken breast (5oz per guest) with herb and garlic crudo sauce, served with warm red quinoa (4oz per person), garden salad deluxe (3oz per person) and balsamic roasted vegetables (4oz per person) (Cals 780)



Butter Chicken

25.99

Tender braised chicken breast (4oz per person) in a rich aromatic makhani sauce, served with basmati rice (4oz per person), warm naan bread (1 pc per person), and cucumber raita (3oz per person) (Cals 680)

Moroccan Beef Stew

35.99

Slow braised beef with eggplant, dried fruit, and toasted almonds in a Moroccan inspired curry (6oz per person), served with an orange scented warm couscous (4oz per person), warm flatbread (1pc per person) and garden salad deluxe (3oz per person) (Cals 1210)

*Garden salad deluxe- iceberg lettuce, romaine lettuce, red onion, celery, cucumber, radish, tomatoes and Italian dressing (Cals 40)

*Deluxe dessert platter- rocky road brownies, caramel rage squares and chocolate chip, macadamia nut, double chocolate, milk chocolate cookies. (Cals 300-480)



Garden Harvest Steak
Available as Custom
Menu Item

HOT MEALS BUFFET

All prices are per person and based on a minimum of 10 people.
One serving per person.

All hot buffets include a deluxe dessert platter (1 pc per person), Birch Bark Indigenous Fair-Trade coffee, tea, and assorted canned soft drinks.



Squash Salad
Available as Custom
Menu Item

PP



Moroccan Tagine Stew

34.49

Stew of beans, chickpeas, eggplant, dried fruit and toasted almonds in a Moroccan inspired curry (6oz per person), served with an orange scented warm couscous (4oz per person), warm flatbread (1 pc per person) and garden salad deluxe (3oz per person) (Cals 640-970)



Glazed Salmon

26.99

Maple glazed salmon loin (4oz per person), served with roasted mini potatoes (4oz per person), sauteed garlic baby bok choy (2oz per person), and garden salad deluxe (4oz per person) (Cals 580)



Grilled Chicken Alfredo

24.99

Creamy alfredo sauce with grilled chicken breast over fettuccini noodles (10oz per person), served with warm garlic bread sticks (1 pc per person) and garden salad deluxe (3oz per person) (Cals 1050-1200)



Greek Pasta Bake

24.99

Penne pasta with tomato sauce, spinach, olives, feta and mozzarella cheese (10oz per person), served with warm garlic bread sticks (1 pc per person) and garden salad deluxe (3oz per person) (Cals 1100-1160)



Chicken and Pesto Pasta

24.99

Penne pasta with grilled chicken breast, basil pesto, parmesan cheese (10oz per person) served with warm garlic breadsticks (1 pc per person), and garden salad deluxe (3oz per person) (Cals 1080-1140)

* Garden salad deluxe- iceberg lettuce, romaine lettuce, red onion, celery, cucumber, radish, tomatoes and Italian dressing (Cals 40)

* Deluxe dessert platter- rocky road brownies, caramel rage squares and chocolate chip, macadamia nut, double chocolate, milk chocolate cookies. (Cals 300-480)

THEMED BUFFETS

All prices are per person and based on a minimum of 10 people.
One serving per person.

All themed buffets include Birch Bark Indigenous Fair-Trade coffee, tea, and assorted canned soft drinks.

PP



Mexicano

36.99

Mexican mole chicken (5oz per person), Mexican bean and vegetable casserole (4oz per person), Southwestern rice pilaf (4oz per person), cilantro and bean salad (3oz per person), Mexican coleslaw (3oz per person) and Mexican brownies (1 pc per person) (Cals 1100-2200)



Flavorful India

36.99

Butter chicken (4oz per person), vegetable korma (4oz per person), jeera rice (4oz per person), naan bread (1 pc per person), cucumber and tomato salad with chili lime dressing (3oz per person), apple and potato chaat and cardamom scented warm tapioca pudding (4oz per person) (Cals 1400-2500)



Italian Trattoria

36.99

Breaded chicken parmigiana (5oz per person), brown butter potato gnocchi (4oz per person) roasted cauliflower (4oz per person), garlic bread (1 pc per person), Caesar salad (3oz per person) and assorted pastries (1 pc per person) (Cals 850-1500)

Custom Menu Selection

Should you require a custom menu please contact us to discuss details. Two (2) weeks' notice required.

We are pleased to offer seasonal produce and products. Custom menus will be priced accordingly depending on product availability and labour requirements.



Line-caught Salmon
Available As Custom
Menu Item

VEGAN & MADE WITHOUT GLUTEN MEALS

	PP
 Apple Cinnamon Hot Quinoa Cereal Quinoa simmered in the style of porridge served with apples (4oz per person) (Cals 285)	5.49
 Tapioca and Coconut Porridge Tapioca pearls simmered in coconut and maple syrup (4oz per person) (Cals 250)	5.49
  Sunshine Tofu Scramble Spiced tofu scramble (4oz per person), home fried potatoes and tomatoes (4oz per person) (Cals 310)	9.49
 Chex Rice Cereal Rice cereal served with cold milk (6oz per person) (Cals 240)	3.99
  Panang Curry Tofu, peppers, onions, ginger and garlic simmered in a traditional red Thai curry (6oz per person). Served with steamed rice (4oz per person) (Cals 395)	8.49
 Quinoa Chili Beans, quinoa, corn and peppers in a cumin and chili spiked tomato sauce (10oz per person) (Cals 150)	8.49
 Vegan Sandwich Choice of hummus and grilled vegetables, or curry roasted tofu and mango chutney. Topped with lettuce and tomato on vegan bread (1 per person) (Cals 285)	8.49



Blue Matcha & Charcoal
Yogurt Smoothies
Available As Custom Menu
Item

VEGAN & MADE WITHOUT GLUTEN MEALS



Made Without Gluten Deli Sandwiches

PP

7.99

Choose between tuna, beef, turkey and ham sandwiches on made without gluten bread with lettuce and tomato
(1 per person) (Cals 345)



Pasta With Chickpeas And Roasted Tomato

7.99

Pasta tossed with roasted tomatoes, olives, chickpeas, beans and cilantro (10oz per person) (Cals 520)



Baked Chicken Cacciatore

15.99

Baked chicken with mushrooms, herbs and white wine tomato sauce (4oz per person). Served with steamed rice pilaf (4oz per person) (Cals 395)



Butter Chicken

15.99

Tandoori marinated chicken morsels cooked in tomato and butter sauce (4oz per person). Served with steamed rice (Cals 485)



Roast Wild Pacific Salmon

16.99

Salmon loin marinated in fresh herbs, olive oil and mustard basil sauce (4oz per person). Served with steamed rice pilaf (4oz per person) (Cals 475)



Vegetable Bean And Chickpea Stew

8.99

Beans, chickpeas, potatoes and onion slow cooked in paprika and tomato sauce (6oz per person). Served with steamed rice (4oz per person) (Cals 345)



WOW Power Bowls
Available As Custom Menu
Item

PIZZA

Available for "express catering" only. Prices include disposable service, and delivery. All pizzas are XL 16" round. Made without gluten pizzas are 10" round.

Pizza can be cut into 12 or 8 slices. Made without gluten pizza is cut into 6 slices.



Plant Based Pepperoni

PER PIZZA



Cheese Pizza 23.49

Tomato sauce with mozzarella cheese (230 Cals per serving)

Pepperoni Pizza 23.49

Tomato sauce, pork pepperoni and mozzarella cheese (300 Cals per serving)



Vegetarian Pizza 25.99

Tomato sauce, mushroom, green pepper, red onion, and mozzarella (210-290 Cals per serving)

Meat Supreme Pizza 26.99

Pork meat toppings including classic pepperoni, bacon crumble, salami, spicy Italian sausage, and mozzarella cheese, topped with Italiano blend seasoning (300 Cals per serving)

Deluxe Pizza 25.99

Tomato sauce, mushroom, green peppers, red onion, pork pepperoni, and mozzarella cheese (210-280 Cals per serving)

PER PIZZA

Tropical Hawaiian Pizza 26.99

Tomato sauce, pork bacon, pineapple and mozzarella cheese (220-290 Cals per serving)

Spicy BBQ Chicken Pizza 26.99

Tomato sauce, grilled chicken breast, red onion, hot pepper and mozzarella cheese, topped with BBQ sauce (210-260 Cals per serving)



Plant Based Pepperoni 25.99

Plant based pepperoni, vegan cheese and tomato sauce (220-280 Cals per serving)



Made Without Gluten Cheese Pizza – 10" 19.99

Tomato sauce with mozzarella cheese or vegan cheese (170 Cals per serving)





Charcuterie Board

RECEPTION PLATTERS

All prices are per person and based on a minimum of 10 people.
Fresh fruit platter is based on a minimum of 6 people.
One serving per person.

	PP
 Fresh Fruit Platter Freshly cut seasonal fruit; may include cantaloupe, pineapple, and honeydew melon (3oz per guest) (Cals 90)	6.49
 Artisan Cheese Board Cheddar, Swiss, brie, goat and feta cheeses. Served with grapes, berries and crackers (2.25oz per person) (Cals 400-890)	9.99
 Vegan Antipasto Grilled bell peppers, eggplant, zucchini, marinated artichokes, olives and pita (2.25oz per person) (Cals 80-110)	7.99
Charcuterie Board A selection of cured meats, cheeses, fresh and dried fruits, nuts, olives, mini pickles and crostini (3oz per person) (Cals 380-650)	15.49
 South Asian Vegan Vibes Cauliflower, tofu, mini potatoes, lentil crisps, chutneys and roasted tomatoes (3oz per person) (Cals 180-350)	14.49
  Mediterranean & Plant Based Mezze Board Hummus and dips, plant-based falafels, olives, pita bread and dolmas (3oz per person) (Cals 250-380)	14.49

Sushi
Available As Custom
Menu Item







HORS D'OEUVRES

All prices are per dozen. A minimum order of 5 dozen per selection, and per flavor is required, apart from vegetarian spring rolls and vegetable samosas.









COLD

PER DZ

	Antipasto skewer (Cals 70)	25.59
	Bocconcini, tomato & pesto skewers (Cals 50)	25.59
	Danish rye with smoked salmon and capers (Cals 30)	25.59
	Shrimp cocktail (Cals 20)	26.59

HOT

PER DZ

	Vegetarian spring roll with soy sauce (Cals 40)	25.59
	Vegetable samosa with mango chutney (Cals 60)	25.59
	Assorted mini vegetable quiches (Cals 60)	25.59
	Spinach & feta spanakopita with cucumber yogurt sauce (Cals 50)	25.59
	Northern woods mushroom turnover (Cals 60)	25.59
	Goat cheese and leek tart (Cals 60)	25.59
	Lentil and corn croquette (Cals 50)	25.59
	Thai shrimp lemongrass skewers (Cals 25)	25.59
	Pineapple curry chicken satay (Cals 50)	26.59
	Beef satays with Indonesian sauce (Cals 210)	26.59
	Brie and olive phyllo puff (Cals 705)	26.59
	Mini beef wellington (Cals 170)	26.59
	Sweet and spicy meatball (Cals 100)	26.59


*More selections are available, please contact the catering office

BBQ

All prices are per person and based on a minimum of 25 people for outdoor BBQ and 10 people for indoor service. One serving per person.


All BBQ orders include iced tea and iced water.


PP

	Classic BBQ Beef burger and/or vegetarian burger (4oz per person) (1 pc per person), fresh buns (1 pc per person), pasta salad (3oz per person), heritage market greens salad with sliced red beets, Roma tomatoes, cucumber and julienne carrots, Italian or balsamic vinaigrette (3oz per person), melon platter (3oz per person) and condiments (lettuce, tomatoes, pickles, onions, hot peppers, ketchup, mustard, mayo) (Cals 700-1100)	18.49
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*Add halal chicken breast 1.99

*Add sliced cheese .60

	Caribbean BBQ Jerk chicken leg (6oz per person) and jerk tofu (4oz per person), Jamaican tea biscuit (1 pc per person), corn on the cob (half corn per person), creamy coleslaw (3oz per person), and melon platter (3oz per person) (Cals 610-710)	28.99
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	Mediterranean BBQ Choice of chicken and/or vegetarian kebobs (2 pc per person), pita bread (1 pc per person), tzatziki sauce, tabbouleh salad (3oz per person), Greek salad (3oz per person), and melon platter (3oz per person) (Cals 580-710)	28.99
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	Indian BBQ Tandoori chicken (4oz per person), cauliflower tikka (4oz per person), kachumber salad (3oz per person), naan (1 pc per person), melon platter (3oz per person) (Cals 800-1180)	28.99
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* For outdoor BBQ add 10 dollars per person.

(Includes chef and live cooking, server, set up/tear down)

Beef Burger With
Cheese



DESSERTS



Freshly Baked Cookies 4.29

A selection of chocolate chip, oatmeal raisin, double chocolate, and white chocolate macadamia nut cookies (2 pc per person) (Cals 200-380)



Vegan Cookie 3.99

Chocolate chip cookie (1 pc per person) (Cals 300)



Classic Dessert Platter 4.39

Assorted freshly baked cookies, coconut macaroons and berry crumble dessert bars (2 pc per person) (Cals 220-340)



Decadent Dessert Platter 4.79

Chocolate and raspberry mini cheesecake squares, lemon zest cake squares, and double fudge brownies (2 pc per person) (Cals 300-430)



Cupcakes 3.99

An assortment of chocolate and vanilla cupcakes topped with frosting color of your choice (1 per person) (Cals 250-320)



French Pastries 8.99

A selection of fine French pastries (2 pc per person) (Cals 120)



Mini Cheesecakes 7.59

A selection of assorted mini cheesecakes (2 pc per person) (Cals 280)



Fudge Brownies 4.29

Decadent chocolate fudge brownies (2 pc per person) (Cals 480)



Made Without Gluten Two Bite Brownies 3.99

Decadent chocolate made without gluten fudge brownies (2 pc per person) (Cals 220)






Fruit Platter 4.99

Freshly cut seasonal fruit may include cantaloupe, pineapple, and honeydew. (3oz per guest) (Cals 90)



CAKES




	Full Slab Classic Strawberry Or Lemon Shortcake Serves 100 guests (Cals 180-200 per serving)	324.99
	Half Slab Classic Strawberry Or Lemon Shortcake Serves 50 guests (Cals 180-200 per serving)	210.99
	1/4 Slab Classic Strawberry Or Lemon Shortcake Serves 25 guests (Cals 180-200 per serving)	102.99

**Please provide 7 days' notice for cake orders.*



Strawberry
Shortcake

SNACKS

		PP
	Rice Krispies Treats One per person (Cals 90 - 200)	2.59
	Assorted KIND Granola Bars Dark chocolate nuts & sea salt, caramel almond & sea salt, peanut butter dark chocolate, oats & honey with toasted coconut and more (1 per person)(Cals 200)	3.69
	Assorted Larabars Peanut butter chocolate chip, almond cookie, almond butter chocolate chip, apple and more (1 per person)(Cals 90)	3.69
	Assorted Chocolate Bars Snickers, Kit- Kat, Mars, O-Henry, Caramilk and more (1 per person) (Cals 90-300)	2.89
	Assorted Potato Chips Lays, Ruffles and Miss. Vickie's (40-45g) in classic, barbecue, sour cream & onion, salt & vinegar, cheddar jalapeño and more (1 per person) (Cals 230 - 370)	2.69

COFFEE BREAKS

All prices are per person and based on a minimum of 6 people.
One serving per person.

PP



Classic Cookie Break

7.49

Assortment of freshly baked gourmet cookies (2 per person) served with freshly brewed Birch Bark Indigenous Fair-Trade coffee, and tea (Cals 120-280)



Vegan, Gluten Free and Nut Free Cookie Break

7.49

Gourmet vegan, gluten and nut-free cookie (1 per person) served with freshly brewed Birch Bark Indigenous Fair-Trade coffee, and tea (Cals 120-280)



Munchies Break

5.69

Assortment of chocolate bars and potato chips (1 item per person) served with freshly brewed Birch Bark Indigenous Fair-Trade coffee, and tea (Cals 90-380)



Health Break

11.89

KIND Bars (1 per person), chia pudding (4oz per person), fresh whole fruit (1 per person) served with freshly brewed Birch Bark Indigenous Fair-Trade coffee, and tea (Cals 90-520)



Decadent Chocolate Break

9.49

Chocolate brownies, double chocolate gourmet cookies, and chocolate tiger brownies (2 per person), served with Birch Bark Indigenous Fair-Trade coffee, and tea (Cals 360-720)

Chocolate Chip
Cookies



BEVERAGES

Birch Bark Indigenous Fair-Trade Coffee	23.29
Regular and decaf coffee available with sugar, sweeteners, milk, cream. Dairy-free alternatives (upon request). Service for 8 guests (Cals 0-30)	
Fair-Trade Numi Tea	23.29
Tea service includes a variety of black and herbal teas. Service for 8 guests (Cals 0-30)	
Infused Water Tower	27.99
Seasonally and artfully prepared. Service for 30-40 guests (Cals 0-10) Choose from lemon, lime, orange, strawberry, or cucumber and mint flavours.	
Iced Water Tower	24.99
Service for 30-40 guests. (Cals 0)	
Iced or Infused Water Tower	0
With food orders over 50 guests. Service for 30-40 guests (Cals 0)	
Sparkling Water	2.79
Bottled Perrier or Montellier 355 ml (Cals 0) Canned flavoured AHA 355ml (Cals 0)	
Juice	2.29
Variety of bottled juices 355ml (Cals 0-140) Orange, apple, cranberry, pink grapefruit and fruit punch.	
Soft Drinks	2.29
Variety of carbonated canned soft drinks 355 ml (Cals 0-150) Coke, Diet Coke, Coke Zero, Club Soda, Ginger Ale, Sprite and Fanta.	
Flat Ice Water Pitcher	0
With food order. Serves 5 guests. Maximum 5 pitchers (Cals 0)	
Flat Ice Water Pitcher	4.99
Without food order. Serves 5 guests (Cals 0)	





BAR SERVICES

Domestic Beer	6.50
Per 341ml bottle (Cals 150- 180) Blue Light, Canadian, and Coors Light.	
International Beer	7.75
Per 341ml bottle (Cals 150 -180) Corona, Heineken, Stella Artois, and Budweiser.	
Red and White Wine	8.25
Per 5oz glass (Cals 120-130) Cabernet Sauvignon and Sauvignon Blanc.	
Crafted Virgin Mocktails	7.75
Per 8-10oz glass (Cals 60-180) Mojito, Caesar, Pina-Colada, Ginger Mimosa, Sunrise, Long Island Iced Tea, Cosmopolitan, and more.	

***Bartender** is required at 34 dollars per hour, minimum 4 hours.

*Alcohol Special Occasion Permit

A special occasion permit is required for any event with alcohol service in a space that is not licensed.

Please inform catering services of the required time, place, type of bar and guest count at minimum two (2) weeks in advance, for permit procurement.

Special Occasion Permit Fees:

Cash Bar	150.00
Host Bar	50.00

*Bring your own bottle service is subject to the following corkage fees: spirits at 12 dollars per bottle, beer at 6 dollars and 50 cents per bottle.

EXTRA SERVICES

China Service	3.00
Includes: dessert plate, lunch/dinner plate, cutlery, coffee cup and water goblet. Price per person.	
Linen Tablecloth	9.00
White or black size 90'x90'. One weeks' notice required for larger quantities or black colored tablecloths. Suitable for rectangular tables. Price per piece.	
Linen Round Tablecloth	15.00
White or ivory size 120' round. One weeks' notice required. Suitable for round banquet and cruiser/cocktail tables. Price per piece.	
Linen Overlay	7.00
Navy or black size 52'x52'. Other colors available. One weeks' notice required for larger quantities or other colors. Price per piece.	
Linen Napkins	1.50
White 10'x10'. Other colors available. One weeks' notice required for larger quantities or other colors. Price per piece.	
<i>*Cutlery rolled up in linen napkin, add 75 cents per guest.</i>	
Silk Premium Tablecloths and Napkins	130+
Buffet cloths 80'x156', round 120', runners and napkins available in every color. Please inquire for pricing. Five (5) days' notice required.	
Room/ Table Set Up	150+
Starting at 150 dollars and includes full table setting for each guest: linen, napkin, plate ware, glassware, cutlery, centerpiece.	
Miscellaneous Props	150+
Themed backdrops, plexi and wooden bars, centerpieces, candles stands, planters, Christmas trees, toast walls, and much more. Please inquire for prices and options. Customization also available.	
<i>*Small fresh flower centerpieces start at 25 dollars each.</i>	
Server/Bartender	34.00
Minimum four (4) hours at 34 dollars per hour, per server/bartender.	
Cook	46.00
Minimum four (4) hours at 46 dollars per hour, per cook.	