



**CATERING MENU
HUMBER POLYTECHNIC
2024/25**

Order by phone or online

Catering Office: 437-565-1361

humber-cgc.catertrax.com

WELCOME

Preparing for your upcoming catered event involves both big decisions and little details, and we're here to help you every step of the way. At Chartwells, we'll guide you through crafting the perfect menu and personalizing every detail of your special occasion. Whether your event is big or small, themed or traditional, and held for any occasion, we've got you covered.

We'll collaborate with you to create a custom menu tailored to your unique needs, ensuring that your gathering leaves a lasting impression on your guests. Our menus reflect Chartwells' culinary philosophy—featuring authentic recipes made with the freshest, seasonal ingredients.

Unit Name : Humber Polytechnic, Chartwells Food Services
Catering Director : Monika Wojciechowski
Phone : (416) 879-6452
Email : monika.wojciechoski@compass-canada.com
Online Ordering Website: humber-cgc.catertrax.com



Our Sustainability, Strategy & Promise

We are using this established framework to leverage well-developed channels that are further refined to address the localized needs for our partner accounts and guests.

Our sustainability strategy prioritizes social and environmental change that supports the large-scale objectives of our clients and guests, 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:

- **Health and well-being – Better nutrition choices, mental health, total well-being**
- **Environmental game changers – Food waste, reducing single use plastics, plant-forward meals**
- **Better for the world – Sourcing responsibly, enriching local communities, sustainable partnerships for big change**



ALLERGIES AND DIETARY RESTRICTIONS

ALLERGIES

Our kitchen follows a strict allergen program to carefully prepare buffets or separate plates for guests with allergies. Ingredients are double-checked by a food handler trained in our allergen program to confirm the absence of the specified allergen.

Important Reminder:

While we take every precaution, we cannot guarantee that the dish is completely free of allergens. Our food is prepared in a common kitchen where other ingredients and allergens may be present, posing a potential risk of cross-contact.

Disclaimer:

We attempt to provide nutrition and ingredient information that is as complete as possible. Products may change without our knowledge and menu items are prepared in close proximity to other ingredients that may result in cross-contact with ingredients not listed, including allergens.

Your safety is our priority. Please inform our staff of any allergies or concerns that you may have.

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 RESTRICTIONS

The icons below are used throughout the menu to indicate menu items that are Vegan, Vegetarian, Cage Free Eggs, Whole Grain, Plant Forward and Halal.





ORDERING GUIDELINES

PLACING ORDERS

We request that all orders are placed through Catertrax, our online ordering system, at minimum two (2) business days prior to your required delivery date for orders under 50 guests. For catered events with more than 50 guests, we require three (3) days' notice, at minimum. For orders over 100 guests please provide a minimum of seven (7) business days' notice, and for custom menus, we require a minimum of two (2) weeks' notice.

Every effort will be made to accommodate any orders placed after the deadline; however, fulfillment is not guaranteed. We kindly ask that you contact us to discuss specialty items, as they may require additional notice.

PICK UPS

Pick up will be scheduled within (4) hours after delivery of your catering orders. If you require further information, please contact our catering office.

CANCELING ORDERS

Cancellations must be received in a timely manner; we understand that things may happen that are beyond your control. We require a minimum of two (2) business days' notice for catering orders of less than fifty (50) people, and three (3) business days' notice for orders of up to one hundred (100) people. For catering orders of over one hundred (100+) people, we require a minimum, four (4) business days' notice.

Order cancellations received beyond these timelines are subject to a \$25.00 cancellation fee, along with additional associated charges, if applicable.

PRICING GUIDELINES

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, where applicable. Requested dietary items will be substituted with the same or alternate product based on availability and cost. Additional charges may apply. Please contact us for details.

Contact Us

Catering Office: 437-565-1361

Email:

monika.wojciechowski@compass-canada.com

franklin.shibi@humber.ca



ORDERING GUIDELINES

LOW WASTE EVENT SPACES

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

Low Waste event spaces will have one server added for every fifty (50) guests, charged at \$34/hour (minimum of 4 hour per server).

North Campus: Doris Tallon Community Room (NX111), E Concourse, B101 Boardroom, T132 Residence Conference Room, North Residence Dining Hall, Barret CTI, LRC Concourse.

Lakeshore Campus: L Community Room (L 1017), L building Café (2nd floor), BMO Innovation Commons (G Commons), Student Welcome and Resource Centre.

RENTAL SERVICE

All third-party vendor rental items, such as tableware, equipment, event furniture, upgraded linens, etc. are subject to \$25 admin fee per invoice.

DELIVERY CHARGE

At the Carrier Drive campus, a delivery fee of \$20 will be applied to all invoices totaling less than fifty dollars (\$50) before taxes. Such orders will be provided in disposable serviceware and will not include pickup service. A pickup fee of \$25 will be applied to all invoices totaling less than three hundred dollars (\$300).

EXPRESS CATERING

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

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



Bakers Mini

Assorted mini-Danishes, muffins and croissants (1.5 pc person)
served with butter and jam

PP

8.69



Health Boost

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

14.69



Seasonal Sunrise

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

12.89

** Upgrade to individual yogurt parfait with granola, fresh berries
and honey for \$3.29 per guest*



Morning Delight

Freshly baked banana bread (1 slice per person), whole fruit,
and a selection of individual yogurt cups (1 cup per person)

12.99



Healthy Start

Cubed fresh fruit (3oz per person), multigrain butter croissants
(1 per person), and mixed berry chia pudding with toasted
coconut (1 per person)

21.99



Wholesome Energy Continental

Deluxe sliced fruit platter (3oz per person), mango and
coconut yogurt parfait with granola (1 per person), and an
assorted croissant platter (1 per person).

29.99

BREAKFAST PACKAGES

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.



Classic Breakfast Buffet

PP

19.99

Includes Farm fresh scrambled eggs, crispy breakfast potatoes, croissants with jam and butter, alongside cubed fresh fruit (3oz per person. Choose between pork or turkey bacon, or pork sausage and vegan sausage.

Breakfast Sandwich Break Selections

10.99

Choose from Egg and Bacon, Turkey and Egg White, Egg and Cheese, Tofu and Cheese on a toasted English Muffin.



Canadian Breakfast Buffet

29.25

Assortment of freshly baked mini muffins and pastries, fresh scrambled eggs, crispy breakfast potatoes, maple syrup beans, buttermilk pancakes and fresh cubed fruits. Choose pork or turkey bacon or peameal bacon, and pork or vegan sausage.



Royale Benedict
Available As Custom
Menu Item



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

BREAKFAST PACKAGES

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

15.49

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)



Avocado Toast Bar

23.09

Avocado, pickled red onions, plain bagels, feta cheese, sliced tomatoes, and capers

Add smoked salmon \$4 per person

Breakfast Burritos

12.99

10-inch tortilla with fresh scrambled eggs, sharp shredded cheddar cheese, crispy pork bacon or tofu, and salsa

HOT BREAKFAST BUFFET ADD ON

Buttermilk pancakes (2 pc per guest)	2.99
Pork breakfast sausage (2 links per guest)	2.69
Waffles with table syrup (2pc per guest)	2.49
Vegan breakfast sausage (1 pc per guest)	4.29
Turkey bacon (2 strips per guest)	2.99
Pork bacon (2 strips per guest)	2.69
Crispy breakfast potatoes (3oz per guest)	2.69
Hash brown patties (2 pc per guest)	2.69



Egg Frittata



À LA CARTE

PP



Build Your Own Parfait

16.79

Craft your own parfait with plain yogurt, chia pudding, granola, fresh berries, cranberries, almonds, raisins, pumpkin seeds, and hemp seeds. (1 pc per person 9oz)



Strawberry Yogurt & Fresh Berries Parfait

11.99

Parfait layered with strawberry yogurt and fresh berries. (1 pc per person 9oz)



Cranberry Chia Pudding

11.49

Chia seeds pudding and cranberries (1 pc per person 9oz)



Wow butter® & Coco Energy Bites

5.99

Energy bites made with Wow butter® and coconut



House Baked Tulip Muffins

4.49

Assortment of freshly baked tulip muffins (1 pc per person)



Made Without Gluten Mini Muffins

4.49

Assortment of made without gluten mini muffins (1 pc per person)



Breakfast Loafs

4.49

Assortment of sliced banana, blueberry, carrot, and apple spice breakfast loafs (1 slice per person)



Croissants

4.49

Freshly baked chocolate, almond and plain croissants (1 pc per person)



Danishes

4.49

Freshly Baked chocolate and fruit danishes (1 pc per person)



Whole Fruit

2.09

A selection of fresh bananas, apples and oranges (1 pc per person)



Yogurt cup

3.49

Assorted individual fruit flavoured yogurt cups (1 pc per person)

Muffins and Pastries
featured in A La Carte



ROOTS & SEEDS BOWLS

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

PP



Ninja Chicken Bowl

20.19

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



Rebel Falafel Bowl

20.19

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



Eden Tofu Bowl

20.19

Lemon turmeric quinoa, chili lime tofu, cabbage, arugula, broccoli, chickpeas, carrot, cucumber, green onions, sunflower seeds, balsamic dressing served in individual bowls (1 per person 18oz) with a bottled water 355ml (1 per person) and assorted KIND granola bars (1 per person)



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 are for disposable service and delivery.
Not available in Low Waste event spaces.

PP

Tuna Salad Sandwich

20.99

Albacore tuna, dill, light mayo, red onion, and lettuce on sliced rye bread

Egg Salad Sandwich

20.99

Fresh boiled eggs, light mayo, cucumbers & lettuce on sliced multigrain bread

Roast Beef Sandwich

20.99

Shaved roast beef, tomatoes, lettuce, and horseradish aioli on a ciabatta bun

Turkey Sandwich

20.99

Turkey, cheddar, lettuce, and cranberry mayo on sliced multigrain bread

Avocado Chickpea Salad

20.99

Blend of avocado and chickpeas with a creamy yogurt and herb dressing on multigrain bread

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 are for disposable service and delivery.
Not available in Low Waste event spaces.

PP

Southwest Chicken Club

23.99

Tex-Mex seasoned chicken breast, chipotle mayo, arugula lettuce on rustic focaccia flatbread

Smoked Salmon

23.99

Smoked salmon, dill cream cheese, baby spinach, onion and capers on rustic focaccia flatbread

Turkey, Brie, & Roasted Pepper

23.99

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

Grilled Vegetable Wrap

23.99

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

Pesto Caprese Sandwich

23.99

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





WRAP LUNCH BOX

Includes one wrap per person, a bag of chips, bottled water 355ml.

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

PP



Buffalo Chicken

21.99

Spicy buffalo chicken, lettuce, tomatoes, carrots, celery, ranch dressing in a flour tortilla



Chicken Caesar

21.99

Grilled chicken, Romain lettuce with Caesar dressing in a whole wheat tortilla



Mediterranean Snack

18.99

Shredded iceberg lettuce, diced tomatoes, cucumbers and red onions, feta cheese, Kalamata olives with zesty Italian dressing in a flour tortilla



Chicken Salad

21.99

Classic chicken salad, lettuce, tomatoes wrapped in a whole wheat tortilla.



TRADITIONAL SANDWICH LUNCH

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

PP
17.19

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), cookie platter (1 pc per person), Birch Bark Indigenous Fair-Trade coffee, tea, assorted canned soft drinks.



Tuna salad Sandwich

Albacore tuna, dill, light mayo, red onion, and lettuce on sliced white Texas toast



Egg Salad Sandwich

Fresh boiled eggs, light mayo, cucumbers & lettuce on sliced whole wheat Texas toast



Black Forest Ham Sandwich

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



Roasted Vegetable Sandwich

Roasted red peppers and onions, cucumbers, lettuce, hummus, sunflower seeds on sliced whole wheat Texas toast



Spring Mix Salad

Spring mix lettuce, red onion, cucumber, tomatoes and Italian dressing



Cookie Platter

Chocolate chip, macadamia nut, double chocolate and milk chocolate

Avocado Toast Bar
See Breakfast Menu



CLASSIC SANDWICH LUNCH

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

PP
20.99

Classic Package

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

Tuna Salad Sandwich

Albacore tuna, dill, light mayo, red onion, and lettuce on sliced rye bread

Egg Salad Sandwich

Fresh boiled eggs, light mayo, cucumbers & lettuce on sliced multigrain bread

Roast Beef Sandwich

Shaved roast beef, tomatoes, lettuce, and horseradish aioli on a ciabatta bun

Turkey Sandwich

Turkey, cheddar, lettuce and cranberry mayo on sliced multigrain bread

Grilled Vegetable Wrap

Roasted red peppers and onions, cucumbers, lettuce, hummus, sunflower seeds on whole wheat wrap



Garden Salad Deluxe

Iceberg lettuce, romaine lettuce, red onion, celery, cucumber, radish, tomatoes and Italian dressing



Cookie Platter

Chocolate chip, macadamia nut, double chocolate and milk chocolate cookies



ARTISAN SANDWICH LUNCH

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

PP

26.99

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



Southwest Chicken Club

Tex-Mex seasoned chicken breast, chipotle mayo, arugula lettuce on rustic focaccia flatbread

Smoked Salmon

Smoked salmon, dill cream cheese, baby spinach, onion and capers on rustic focaccia



Turkey, Brie, & Roasted Pepper

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



Grilled Vegetable Wrap

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



Pesto Caprese Sandwich

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



Baby Spinach and Mandarin Orange Salad

Baby spinach, button mushroom, red onion, mandarin orange, blanched almonds, crispy Chow Mein noodles, finished with balsamic vinaigrette



Chickpea and Quinoa Salad

Quinoa, chickpea, jalapeno, green onion, fresh mint and spices with oil and lemon juice



Deluxe Dessert Platter

Assortment of rocky road brownie, caramel rage squares and chocolate chip, macadamia nut, double chocolate, milk chocolate cookies

Artisan
Sandwiches



SANDWICH PLATTERS

Serves up to 12 guests.

Pinwheel Wraps

47.29

Assorted pinwheel sandwiches including egg salad, tuna salad, chicken salad, ham and cheese, rolled in soft tortillas
(1 pc per person)

Tea Sandwich

68.29

Classic tea sandwiches including cucumber, smoked salmon, and egg salad on assorted sliced breads
(3 pc per person)

Check out our salads and beverage offerings to upgrade your experience.





HUMBER EATS



SALAD ADD-ONS

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



Garden Salad Deluxe

Iceberg lettuce, romaine lettuce, red onion, celery, cucumber, radish, tomatoes and Italian dressing (4oz per guest)

PP

4.99

The Caesar

Crisp romaine lettuce, herbed croutons, applewood smoked pork bacon, fresh parmesan and Caesar dressing (4oz per guest)

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)

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)

4.99



Pasta Salad

Vegetable fusilli with sundried tomato, broccoli, fire roasted red peppers, parmesan cheese, and a basil pesto dressing (4oz per person)

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)

4.99



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)

4.99



Vegetable Noodle Salad

Rice noodles, julienned carrots, bell peppers, fresh radish, cilantro, ginger tossed in a sweet chili dressing (4oz per guest)

4.99



Quinoa Salad

Quinoa, corn and black bean salad with Dijon vinaigrette (4oz per guest)

4.99

SOUPS

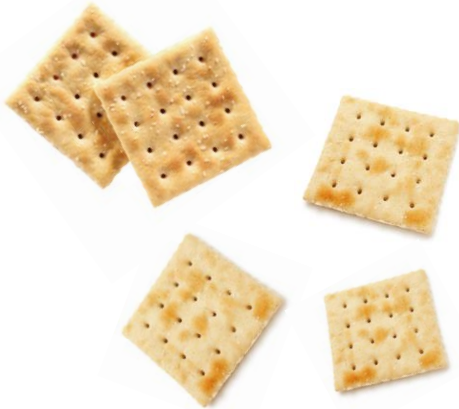
All prices per person and based on a minimum of 12 people.
One serving per person and served with packaged crackers.

VEGETARIAN SOUPS

	PP
 Broccoli and cheddar soup (10oz per person)	6.19
 Roasted vegetable soup (10oz per person)	6.19
 Tomato red pepper soup (10oz per person)	6.19
 Cream of asparagus soup (10oz per person)	6.19

MEAT-BASED SOUPS

	PP
Loaded baked potato with pork bacon soup (10oz per person)	6.19
Beef and barley soup (10oz per person)	6.19
Classic chicken noodle soup (10oz per person)	6.19



Tomato Red Pepper
Soup



HUMBER EATS



SOUP & SALAD

All prices are per person and based on a minimum of 12 people.

Includes salad 12 oz salad, choice of 10oz chef's soup with crackers and assorted canned soft drinks.

PP



Greek Salad with Grilled Chicken

24.49

Romaine lettuce, bell peppers, feta cheese, tomatoes, onions, cucumbers and olives topped with grilled chicken breast (12oz per person)



Blackened Chicken Caesar Salad

24.49

Romaine lettuce, bacon, crouton, topped with blackened chicken breast (12oz per person)



Healthy Cobb Salad

24.49

Edamame, quinoa, chickpeas, cucumbers, hard boiled eggs, feta cheese, romaine lettuce, carrots and tomato.
(12oz per person)

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



HUMBER EATS

SOUP & SANDWICH

All prices are per person and based on a minimum of 12 people.
One serving per person.

PP

19.99

Soup and Classic Sandwich

Includes an assortment of classic sandwiches (1 sandwich per person), choice of 10oz chef's 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
- Egg salad with light mayo, cucumbers & lettuce on sliced multigrain bread
- Roast beef sandwich with tomatoes, lettuce, and horseradish aioli on a ciabatta bun
- Turkey sandwich with cheddar, lettuce and cranberry mayo on sliced multigrain bread
- Roasted vegetables, cucumbers, lettuce, hummus, sunflower seeds served in a whole wheat wrap



Artisan
Sandwiches

22.49

Soup and Artisan Sandwich

Includes an assortment of artisan sandwiches (1 sandwich per person), choice of 10oz chef's 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
- Smoked salmon, dill cream cheese, baby spinach, onion and capers on rustic focaccia flatbread
- Turkey, brie, & roasted pepper with fresh leaf lettuce, fire roasted red peppers, and mango chutney on sliced rye bread
- Grilled vegetable wrap roasted mushrooms, zucchini, bell peppers, red onion, iceberg lettuce, sundried tomato hummus on a whole wheat wrap
- Pesto caprese sandwich with basil pesto aioli, heirloom tomatoes, bocconcini, fresh basil and balsamic reduction on multigrain bread



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





ENTREE PLATTERS PICK-UP MENU

Serves up to 14 guests.
Disposable plates, cutlery and napkins included.



Korean Fried Chicken

104.99

Spicy Korean fried chicken (3.5 oz per person)
served with sriracha fried rice (4oz per person)



Classic Mac & Cheese

68.29

Topped with house made bechamel (8oz per person)



Nacho Platter

220

Pulled jackfruit nachos topped with peppers, olives,
tomatoes, onions, sour cream, cheese and salsa
(8oz per person)

Crispy Chicken Strips

126.99

Fried chicken breast strips served with plum sauce
(4pc per person)



Crunchy Cauliflower

94.59

Battered cauliflower served with hot honey-thyme
dressing (8oz per person)

Check out our salads and beverage offerings to upgrade your experience.



SNACK PLATTERS PICK-UP MENU

Small serves up to 8, Medium up to 14 & Large up to 24 guests.
Disposable plates, cutlery and napkins included.



Cumin Spiced Hummus

S 22.09

Served with crispy baked pita chips
(6oz per person)

M 36.79

L 62.09

Chicken Wings

S 75.69

Classic chicken wings tossed in hot sauce, served
with celery sticks, carrot sticks, grape tomatoes with
creamy blue cheese dressing (2pc per person)

M 131.29

L 220.59



Nacho Chips & Dip

S 37.89

Served with salsa, sour cream and guacamole (6oz
per person)

M 65.19

L 109.29

Samosas

S 67.29

Served with plum sauce. Meat and vegetarian (2pc per
person medium size)

M 115.59

L 194.29

Pork & Vegetables Potstickers

S 45.19

Pan-fried potstickers filled with pork and vegetables,
served with ponzu dipping sauce (2pc per person)

M 76.69

L 129.19



Mini Spanakopita

S 37.89

Mini Greek spinach and feta pastries served with tzatziki
sauce (2pc per person)

M 65.19

L 109.29



Vegetable Spring Rolls

S 37.89

Crispy mini vegetable spring rolls, served with plum
sauce (2pc per person)

M 65.19

L 109.29

Check out our salads and beverage offerings to upgrade your experience.



SANDWICH PLATTERS PICK-UP MENU

Small serves up to 8, Medium up to 14 & Large up to 24 guests (1 sandwich per person).
Disposable plates, cutlery and napkins included.

Classic Sandwich Platter

\$ 75.69

M 130.29

L 220.59



Tuna Salad Wrap

Tuna, mayo, celery, pickles, lettuce, and tomato in a whole-wheat tortilla

Ham & Swiss on Rye

Classic ham and Swiss cheese on rye bread



Egg Salad Sandwich

Creamy egg salad on multigrain bread.



Mediterranean Snack Wrap

Iceberg lettuce, peppers, cucumbers, olives, tomatoes, feta, Italian dressing

Premium Sandwiches

\$ 86.19

M 140.79

L 231



Chicken Caesar Wrap

Grilled chicken with Caesar dressing in a flour wrap

Turkey Ciabatta

Roasted turkey and cranberry aioli on ciabatta bread



Harvest Vegetable Wrap

Roasted root vegetables, beets, arugula and hummus in a flour wrap



Grilled Chicken on Rosemary Focaccia

Grilled chicken, pesto, sautéed mushrooms, and onions on rosemary focaccia.

Check out our salads and beverage offerings to upgrade your experience.



RECEPTION PLATTERS PICK-UP MENU

Small serves up to 8, Medium up to 14 & Large up to 24 guests. Disposable plates, cutlery and napkins included.



Crudités

Assorted raw seasonal vegetables served with creamy ranch dressing (7oz per person)

\$ 75.69

M 130.29

L 220.59



Domestic Cheese & Crackers

Classic assortment of savory cheeses with crisp crackers (3.5oz per person)

\$ 75.69

M 130.29

L 220.59



Seasonal Sliced Fruit

Assorted sliced fruits (5oz per person)

\$ 52.59

M 88.29

L 147



Deluxe Sliced Fruit

Assorted sliced fruits, berries, served with yogurt dip (7oz per person)

\$ 75.69

M 130.29

L 220.59

Premium Mediterranean Antipasto

Marinated olives, artichokes, roasted red peppers, feta, provolone, and cured meats served with grilled flat breads (6oz per person)

\$ 90.39

M 154.39

L 257.29



Premium Cheese & Fruit

Cheddar, Swiss, goat cheese, feta, brie, served with mixed fruits, nuts, fig jam and baguette (6oz per person)

\$ 113.49

M 194.29

L 329.79

Antipasto

Prosciutto, capicola, and salami, baguette, whole almonds, fresh berries, compote, kalamata olives, and artichokes (3oz per person)

\$ 67.29

M 117.69

L 231

Check out our salads and beverage offerings to upgrade your experience.



SWEET PLATTERS PICK-UP MENU

Small serves up to 8, Medium up to 14 &
Large up to 24 guests.
Disposable plates, cutlery and napkins included.



Cupcakes

\$ 21

Assorted cupcakes such as Oreo cookie,
coconut snowball and black forest (1 per
person)

M 35.79

L 61.99



Classic Desserts

\$ 25.29

Assorted freshly baked cookies, Nanaimo
and berry crumble dessert bars
(1.5 per person)

M 43.09

L 74.59



Gourmet Cookies

\$ 25.29

Selection of freshly baked chocolate chip,
oatmeal raisin, double chocolate, and
white chocolate macadamia nut cookies
(1.5 per person)

M 43.09

L 74.59



Decadent Desserts

\$ 36.69

Chocolate and raspberry mini
cheesecake squares, Nanaimo bars and
double fudge brownies (1.5 per person)

M 57.79

L 99



Assorted Donuts

\$ 21

Mini French crullers, chocolate donuts,
chocolate or vanilla dipped donuts
(1 per person)

M 35.79

L 61.99

Check out our salads and beverage offerings to upgrade your experience.



HUMBER EATS

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, assorted canned soft drinks.



Garden Harvest Steak
Available as Custom
Menu Item

	PP
 Korean BBQ Tofu Sesame chili marinated tofu (4oz per person), vegetable rice noodles (4oz per person), ginger gai lan and kimchi (2oz per person), and garden salad deluxe with balsamic dressing (3oz per person)	29.99
 Vegetarian Bolognese Penne pasta (6oz per guest) with vegetarian meatless Bolognese sauce (4oz per person), served with warm garlic bread stick (1 pc per person), and garden salad deluxe with balsamic dressing (3oz per person)	28.99
 Roasted Chicken Breast Roasted chicken breast (5oz per guest) with a Romesco sauce, served with herb roasted potatoes (4oz per person), garden salad deluxe (3oz per person) and roasted vegetables (4oz per person)	30.99
 Butter Chicken Tender braised chicken breast (4oz per person) in a tomato base sauce, served with fragrant basmati rice (4oz per person), soft and fluffy naan bread (1 pc per person), and served with cucumber raita (3oz per person)	29.99
Beef Barbacoa Slow-cooked beef brisket in rich spices rice pilaf with herbs (5oz per person), Calabacitas - (a traditional Mexican roasted corn salad with jalapeno, squash, zucchini, cilantro, pineapple), and garden salad deluxe (3oz per person)	39.99

* 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)

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

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, assorted canned soft drinks.



Squash Salad
Available as Custom
Menu Item

	PP
  Moroccan Tagine Stew 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)	37.69
Miso Glazed Salmon Miso glazed salmon loin (4oz per person), served with brown rice (4oz per person), chili spiced bok choy (2oz per person), and crispy noodle salad (4oz per person)	32.99
 Grilled Chicken Kebobs Chicken skewers marinated in a blend of spices (2pc per person) served with Greek Quinoa -parsley, mint, tomatoes, lemon dressing (4oz per person), lemon oregano potatoes (4oz per person) and garden salad deluxe (3oz per person)	37.79
 Roasted Cauliflower Pasta Bake Penne pasta with cauliflowers, spinach, ricotta, mozzarella cheese, breadcrumbs (10oz per person), served with a warm garlic breadstick (1 pc per person) and garden salad deluxe (3oz per person)	27.99
 Chicken and Pesto Pasta Penne pasta with grilled chicken breast, basil pesto, parmesan cheese (10oz per person) served with a warm garlic breadstick (1 pc per person), and garden salad deluxe (3oz per person)	28.99

* 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 12 people.
One serving per person.

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

PP



Mexicano

39.99

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)



Flavorful India

39.99

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)



Italian Trattoria

39.99

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)

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 labor requirements.

Line-caught Salmon
Available As Custom
Menu Item



VEGAN MENU

	PP
 Sunshine Tofu Scramble Spiced tofu scramble (4oz per person), served with home fried potatoes and tomatoes (4oz per person)	10.49
 Panang Curry Tofu, peppers, onions, ginger and garlic simmered in a traditional red Thai curry (6oz per person). Served with steamed rice pilaf (4oz per person)	8.49
 Quinoa Chili Beans, quinoa, corn and peppers in a cumin and chili spiked tomato sauce (10oz per person)	8.49
 Vegan Sandwich Choice of hummus and grilled vegetables, or curry roasted tofu and mango chutney. Topped with lettuce and tomato on a multigrain bread (1 per person)	8.49
 Pasta With Chickpea And Roasted Tomato Pasta tossed with roasted tomatoes, olives, beans and cilantro (10oz per person)	7.99



WOW Power Bowls
Available in a la carte
menu

PIZZA

Available for "express catering" only. Prices are for disposable service and delivery. All pizzas are 16". Made without gluten pizzas are 12".

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



Plant Based Pepperoni



Cheese Pizza **25.99**
Tomato sauce with mozzarella cheese

Pepperoni Pizza **25.99**
Tomato sauce, pepperoni and mozzarella cheese



Vegetarian Pizza **27.99**
Tomato sauce, mushroom, green pepper, red onion, and mozzarella cheese

Meat Supreme Pizza **27.99**
Classic pepperoni, bacon crumble, salami, spicy Italian sausage, mozzarella cheese, and Italiano blend seasoning

Classic Super **27.99**
Tomato sauce, mushrooms, green peppers, red onion, pepperoni, and mozzarella cheese

PER PIZZA

Tropical Hawaiian Pizza **28.99**
Tomato sauce, bacon, pineapple and mozzarella cheese

Spicy BBQ Chicken Pizza **26.99**
Tomato sauce, grilled chicken breast, red onion, hot pepper and mozzarella cheese topped with BBQ sauce drizzle



Plant Based Pepperoni **26.99**
Plant based pepperoni, vegan mozzarella cheese and tomato sauce



Made Without Gluten Vegan Cheese Pizza – 12" **27.99**
Tomato sauce with vegan mozzarella cheese

RECEPTION PLATTERS

All prices are per person and based on a minimum of 12 people except for the fresh fruit platter, for which the minimum is 6 people. One serving per person.



PP



Fresh Fruit Platter

6.49

Freshly cut seasonal fruit may include cantaloupe, pineapple, and honeydew melon (4oz per guest)



Artisan Cheese Board

11.99

Cheddar, Swiss, brie, goat and feta cheeses. Served with grapes, berries and crackers (2.25oz per person)



Crudit  and Dip

6.49

Assorted seasonal fresh raw vegetables with creamy ranch dressing (3oz per person)



Deluxe Charcuterie Board

15.99

A selection of cured meats, cheeses, fresh and dried fruits, nuts, olives, mini pickles and crostini (3oz per person)



South Asian Vegan Vibes

15.99

Cauliflower, tofu, mini potatoes, lentil crisps, chutneys and roasted tomatoes (3oz per person)



Mediterranean & Plant Based Mezze Board

15.99

Hummus and dips, plant-based falafels, olives, pita bread and dolmas (3oz per person)

Mediterranean Antipasto

12.09

Marinated olives, artichokes, roasted red peppers, feta, provolone, and cured meats served with grilled flat breads (3oz per person)

Charcuterie
Board



HUMBER EATS

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 <i>*inquire about made without gluten</i>	28.99
	Bocconcini, tomato & pesto skewers	27.99
	Danish rye with smoked salmon and capers	28.99
	Shrimp cocktail	28.99

HOT

PER DZ

	Vegetarian spring roll with soy sauce <i>*any quantity can be ordered</i>	27.99
	Vegetable samosa with mango chutney <i>*any quantity can be ordered</i>	27.99
	Assorted mini vegetable quiches	27.99
	Spinach & feta spanakopita with cucumber yogurt sauce	27.99
	Northern woods mushroom turnover	27.99
	Goat cheese and leek tart	27.99
	Lentil and corn croquette <i>*inquire about made without gluten</i>	27.99
	Thai shrimp lemongrass skewers	28.99
	Pineapple curry chicken satay	28.99
	Beef satays with Indonesian sauce	28.99
	Brie and olive phyllo puff	27.99
	Mini beef wellington	28.99
	Mini beef & cheese sliders served with BBQ sauce and coleslaw	39.49

**More selections are available please contact catering team*

BBQ

All prices are per person and based on a minimum of 25 people for outdoor BBQ and 12 people for indoor service. One serving per person.

All BBQ includes iced tea and ice water.

PP



Classic BBQ

21.99

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)

**Substitute with halal chicken breast 1.99*

**Add sliced cheese 0.60*



Caribbean BBQ

30.99

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)



Mediterranean BBQ

30.99

Choice of kebobs chicken and/or vegetarian (2 pc per person), pita bread (1 pc per person), tzatziki sauce, tabbouleh salad (3oz per person), Greek salad (3oz per person), melon platter (3oz per person)



Indian BBQ

30.99

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)

** For Outdoor BBQ add \$10 per person.
(Includes chef and live cooking,
server, set up/tear down)*

Beef Burger With
Cheese



Eton Mess
Available As Custom
Menu Item

DESSERTS



Freshly Baked Cookies 4.79

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



Vegan Cookie 4.49

Chocolate chip cookie (1 pc per person)



Classic Dessert Platter 4.79

Assorted freshly baked cookies, Nanaimo and berry crumble bars (2 pc per person)



Decadent Dessert Platter 5.29

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



Cupcakes 3.99

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



French Pastries 9.99

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



Mini Cheesecakes 8.29

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



Fudge Brownies 4.69

Decadent chocolate fudge brownies (2 pc per person)



Fruit Platter 5.99

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

CAKES

PP

	Full Slab Classic Strawberry Or Lemon Shortcake Serves 100 guests (Cals 180-200 per serving)	339
	Half Slab Classic Strawberry Or Lemon Shortcake Serves 50 guests (Cals 180-200 per serving)	215
	1/4 Slab Classic Strawberry Or Lemon Shortcake Serves 25 guests (Cals 180-200 per serving)	110

**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, and oats & honey with toasted coconut. (1 per person) (Cals 200)	3.79
	Assorted Larabars Peanut butter chocolate chip, almond cookie, almond butter chocolate chip, apple and more (1 per person) (Cals 90)	3.79
	Assorted Chocolate Bars Snickers, Kit- Kat, Mars, O-Henry, Caramilk, and more (1 per person) (Cals 90-300)	2.99
	Assorted 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)	2.79



HUMBER EATS

COFFEE BREAKS

All coffee breaks are served with Birch Bark Indigenous Fair-Trade coffee and tea.

	PP
 Classic Cookie Break Assortment of freshly baked gourmet cookies (2 per person)	8.39
 Vegan, Gluten Free and Nut Free Cookie Break Gourmet vegan, gluten and nut-free cookie (1 per person)	8.29
 Munchies Break Assortment of chocolate bars and potato chips (1 item per person)	6.29
 Health Break KIND Bars (1 per person), chia pudding (4oz per person), fresh whole fruit (1 per person)	12.99
 Decadent Chocolate Break Chocolate brownies, double chocolate gourmet cookies, and chocolate tiger brownies (2 per person)	10.29

Chocolate Chip
Cookies



BEVERAGES

Birch Bark Indigenous Fair-Trade Coffee	24.99
Regular and decaf coffee available with sugar, sweeteners, milk, cream and dairy-free alternatives. Service for 8 guests	
Fair-Trade Numi Tea	24.99
Tea service includes a variety of black and herbal teas. Service for 8 guests	
Infused Water Tower	27.99
Seasonally and artfully prepared. Service for 30-40 guests Choose from lemon, lime, orange, strawberry, cucumber and mint flavours	
Iced Water Tower	24.99
Service for 30-40 guests.	
Iced Water Tower	0
With food orders over 60 guests. Service for 30-40 guests. Maximum 1 water tower per 40 guests	
Add additional iced water towers	14.99
Sparkling Water	2.89
Bottled Perrier 355 ml	
Juice	2.59
Variety of bottled juices 355ml Orange, apple, cranberry, pink grapefruit and fruit punch.	
Soft Drinks	2.59
Variety of carbonated canned soft drinks 355 ml 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	
Flat Ice Water Pitcher	4.99
Without food order. Serves 5 people	





BAR SERVICES

Domestic Beer	7.99
Per 341ml bottle Blue Light, Canadian, and Coors Lite	
International Beer	8.99
Per 341ml bottle Corona, Heineken, Stella and Budweiser	
Red and White Wine	8.99
Per 5oz glass Cabernet Sauvignon and Sauvignon Blanc	
Crafted Virgin Mocktails	7.99
Per 8-10oz glass Mojito, Caesar, Pina-Colada, Ginger Mimosa, Sunrise, Long Island Iced Tea, Cosmopolitan and more	

Bar with Alcohol- minimum consumption \$450

Bar with Mocktails - minimum consumption \$300

***Bartender** is required @ 34 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 per bottle, beer at \$6.50 per bottle.



EXTRA SERVICES

China Service	3.50
Includes: dessert plate, lunch/dinner plate, cutlery, coffee cup and water goblet. Price per person, per service	
Linen Tablecloth	9
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
White or ivory size 120" round. One weeks' notice required. Suitable for round banquet and cruiser/cocktail tables. Price per piece	
Linen Overlay	7
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 0.75 per guest</i>	
Silk Premium Tablecloths and Napkins	130+
Buffet cloths 8" 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 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 \$25.00 each</i>	
Server/Bartender	136.00
Minimum four (4) hours @ 34.00 per hour, per server/bartender	
Cook	184.00
Minimum four (4) hours @ 46.00 per hour, per cook	