



# CATERING MENU



## Humber College 2018-2019



The Fresh Fork menu consists of uniquely inspired items for all casual office catering occasions. Our high quality ingredients and tested recipes along with our attention to detail is sure to leave an impression on your guests.



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# MENU ICONS



✓ Recipes/menu items or food products where a local item is used



✓ Food products that have a gluten-free designation on their label



✓ Recipes/menu items containing whole grains or whole grain flours.



✓ Notes menu items that do not contain meat.



✓ Notes menu items that contain certified Halal chicken or beef.



✓ Notes menu items that do not contain any animal by-product including dairy or eggs.



✓ Any recipes/menu items using seafood ingredients with the following third-party certifications: ASC, BAP, FIP, MSC, Ocean Wise, Seafood Watch (Yellow or Green)



✓ Recipes used for menu items that are plant-focused and promote healthy eating



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## BREAKFAST

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breakfast



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# BREAKFAST

*All breakfast options include a variety of 300 mL bottled fruit juices, freshly brewed Fair Trade coffee and tea.*

## The Day Break



Freshly baked gourmet muffins and pastries served with individual fruit preserves.

\$5.60 | 1.5 pieces/guest | 80-500 Cals

## Breakfast Sandwich Break

A delicious selection of hot breakfast sandwiches including egg, bacon and cheese, or egg, sausage and cheese served on a toasted English muffin.

\$6.40 | 1 piece/guest | 420-890 Cals

## The Bagel Bar



A variety of bagels served with an assortment of individual packets of cream cheese and fruit preserves.

\$6.85 | 1 piece/guest | 80-440 Cals

## The Morning Deluxe



Fresh, made from scratch banana bread, mini croissants accompanied by a variety of individual yogurt cups.

\$9.10 | 1.5 pieces/guest | 80-470 Cals

## A Healthy Start



An assortment of Kind brand granola bars, freshly baked gourmet muffins and scones, and plain Greek yogurt with honey and granola served on the side, along with sliced fresh fruit.

\$10.55 | 1.5 pieces/guest | 300-650 Cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

# BREAKFAST

*All breakfast options include a variety of 300 mL. bottled fruit juices, freshly brewed Fair Trade coffee and tea.*



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## The Humber Farmers' Market

Enjoy a hot breakfast buffet that includes scrambled eggs, bacon or pork sausage links, home fried potatoes, freshly baked mini pastries and sliced fresh fruit.

\$13.65 | 3oz fresh fruit/guest | Minimum order of 30 | 890 Cals

## The Humber Breakfast Brunch

Feast on an assortment of freshly baked mini croissants, gourmet muffins and scones, KIND® granola bars, fresh sliced fruit, smoked bacon, pork sausage links, roasted vegetables, roasted potatoes, cheese platter, scrambled eggs with parsley and parmesan, and your choice of (1); vanilla scented French toast, Belgian style waffles or traditional buttermilk pancakes.

\$23.25 | 3oz fresh fruit/guest, 2.25 oz cheese/guest | Minimum order of 30 | 600-1,400 Cals

### **Feature Add-On items:**

(for Humber Farmers' Market & Humber Breakfast Brunch only)

### **Belgian Style Waffles & Syrup**

Waffles served with table syrup and butter.

\$1.85 | 1 piece/guest | 220-420 Cals

### **Buttermilk Pancakes & Syrup**

Pancakes served with table syrup and butter.

\$2.10 | 2 piece/guest | 230-420 Cals

### **Vanilla Scented French Toast & Syrup**

Traditional French Toast served with table syrup.

\$2.25 | 1 piece/guest | 220-420 Cal

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## LUNCH

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lunch

# SANDWICHES & WRAPS

All selections include freshly brewed Fair Trade coffee & tea, assorted chilled soft drinks, and juices.  
Made without gluten & halal options available. Extra charges may apply

All selections below include choice of:

- *crudités and dip or spring mix salad*
- *gourmet cookies (1.5/guest) or fresh fruit platter (3oz/guest)*



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## Ciabatta Bites

Freshly prepared selection of albacore tuna salad, black forest ham with Canadian cheddar, roast beef with Canadian Swiss cheese, curried egg salad, and grilled vegetables, served on fresh ciabatta buns.

\$11.95 | 2 pieces/guest | 260-810 Cals

## Deli Classic

Chef's selection of breads, rolls and wraps layered with slices of savoury roast beef, rosemary roasted chicken breast, albacore tuna salad, turkey breast and grilled vegetables with hummus and topped with Canadian cheddar or Swiss cheese, lettuce and tomato. Served with dill pickles and mustards on the side.

\$15.25 | 2 pieces/guest | 260-810 Cals

## Gourmet Sandwich Lunch

**Choice of three sandwiches:**

**served on sourdough, focaccia and baguette | 2 pieces/guest**

- Smoked salmon, baby spinach, red onion, capers, cream cheese
- Rosemary roasted chicken breast, spinach, pesto mayo 
- Roasted red pepper, brie, fresh basil 
- Grilled vegetable, hummus 
- Roast beef, cheese, horseradish mayonnaise, field greens

**Choice of two side salads:**

- Spring mix   
mesclun greens, balsamic vinaigrette & ranch dressing
- Quinoa, Corn and Black Bean salad  
- Caesar salad  
red onion, in-house made garlic croutons, parmesan cheese 
- Greek Salad  
cucumber, tomato, feta cheese and Kalamata olives 
- Greek pasta salad  
pasta, cucumber, tomato, feta cheese, Kalamata olives 
- Great Canadian Salad  
lentils, barley, legumes, arugula, sunflower seeds, and dried cranberries  
- Sundried Tomato Quinoa Salad   
cumin, cilantro, lemon juice

\$19.50 | 640-970 Cals

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# SOUP & SALAD COMBOS

*All selections includes fresh bread rolls, freshly brewed Fair Trade coffee & tea, assorted chilled soft drinks, and juices.  
Made without gluten & halal options available. Extra charges may apply*

*All selections below include choice of:*

- *crudité's and dip or spring mix salad*
- *gourmet cookies (1.5/guest) or fresh fruit platter (3oz/guest)*

## California Cobb Salad

lettuce, bacon, tomatoes, diced egg, and sliced chicken breast (4 oz.), topped with guacamole and Italian dressing

\$16.50 | Minimum order of 12 | 200 Cals

## Grilled Steak Salad

grilled marinated flank steak, mesclun greens, cucumbers, tomatoes, fried tortilla strips, Dijon mustard, Italian dressing

\$18.50 | Minimum order of 12 | 400 Cals

## The Grain & Bean Salad



black beans, barley, asparagus, carrots, squash, zucchini, baby arugula, balsamic vinaigrette

\$17.50 | Minimum order of 12 | 300 Cals

## Fattoush Salad



romaine lettuce, cucumbers, grape tomatoes, parsley, mint, radish, baked pita, Greek feta & oregano dressing

\$14.50 | Minimum order of 12 | 230 Cals

## SOUP SELECTIONS

Minimum order of 12 | 10 oz /guest

### Traditional Garden Vegetable | 60 Cals



carrots, onion, potato, corn, spinach, red bell pepper, zucchini, tomatoes, vegetarian broth with fresh herbs and garlic, acini di pepe pasta, navy and lima beans

### Classic Chicken Noodle Soup | 210 Cals

This classic soup features broad curly noodles, big chunks of tender chicken, carrots and celery simmered in a savory chicken broth.

### Butternut Squash | 260 Cals

A festival of flavor with a mirepoix of leek, carrot and celery, simmered in a curry-laced vegetarian veloute with butternut squash and apple purees, ginger and sweet cream

### Chef's Daily Special | 60-250 Cals



From our Chef's recipe book. Made from scratch and vegan.



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# HOT LUNCH SELECTIONS

*All selections include freshly brewed Fair Trade coffee & tea, assorted chilled soft drinks, and juices.  
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## Lentil and Cauliflower Bake



pumpkin, cauliflower florets, herbed pumpkin cream sauce, au gratin.  
Served with freshly steamed seasonal vegetables and savoury rice pilaf.

\$17.95 | Minimum order of 12 | 640-970 Cals

## Mediterranean Quiche



diced red and green peppers, onion, zucchini squash, feta cheese  
Served with freshly steamed seasonal vegetables and savory rice pilaf.

\$17.25 | Minimum order of 12 | 1,170-1,230 Cals

## Salmon Fillet

Atlantic Salmon (4 oz.) fillet baked with a lemon beurre blanc sauce and served with savoury rice pilaf and freshly steamed seasonal vegetables.

\$19.95 | Minimum order of 12 | 1,380 -1,440 Cals

## Herb Roasted Chicken



5oz Rosemary roasted chicken breast served with fresh herb roasted mini red potatoes and freshly steamed seasonal vegetables.

\$19.45 | Minimum order of 12 | 1,300-1,360 Cals

## Add-On: Freshly Made Soup

*Served with crackers or fresh bread rolls and butter.*

Traditional Garden Vegetable | 60 Cals



Classic Chicken Noodle | 210 Cals

Butternut Squash | 260 Cals

Chef's Daily Special | 60-250 Cals



\$4.50 | Minimum order of 12 | 10oz/guest

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# SPECIALTY PASTAS

All selections include fresh baked garlic bread, seasonal steamed vegetables, freshly brewed Fair Trade coffee & tea, assorted chilled soft drinks, and juices.

Made without gluten & halal options available at an additional charge.

All selections below include choice of:

- crudités and dip or spring mix salad
- gourmet cookies (1.5/guest) or fresh fruit platter (3oz/guest)



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## Beef Lasagna

tomato sauce, ground beef, onions, garlic, fresh herbs, mozzarella, parmesan cheese

\$18.25 | Order in multiples of 12 only | 1,100-1,160 Cals

## Vegetable Lasagna

tomato sauce, onions, garlic, carrots, zucchini, peppers, celery, fresh herbs, mozzarella, parmesan cheese

\$18.25 | Order in multiples of 12 only | 1,100-1,160 Cals

## Cheese Tortellini

spinach, tomato and mushroom wine sauce

\$18.40 | Minimum order of 12 | 1,510-1,570 Cals

## Pasta Primavera

roasted vegetables, herbed tomato sauce

\$18.25 | Minimum order of 12 | 1,510-1,570 Cals

## Grilled Chicken and Pesto Pasta

basil pesto sauce

\$18.75 | Minimum order of 12 | 1,080-1,140 Cals

### Feature Add-On:

#### Salads

Caesar Salad   
\$2.95 | 110 Cals

Greek Salad   
\$2.95 | 130 Cals

Quinoa Salad   
\$2.65 | 210 Cals

Spinach Mandarin Salad   
\$3.25 | 110 Cals

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BBQ

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BBQ

# OFF THE GRILL BUFFETS

**All BBQ buffets are served with fresh buns and a selection of condiments.**

All selections below include choice of:

- Sliced watermelon or fudge brownies
- Lemonade or iced tea



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## BBQ Buffet 1

Choice of:

- 4 oz all beef burger
- 4 oz veggie burger



Served with red potato vinaigrette salad and your choice of spring mix salad or crudité and dip

\$13.95 | Minimum order of 25 | 700 – 1,000 Cals

## BBQ Buffet 2

Choice of:

- 4 oz chicken breast
- 4 oz veggie burger



Served with freshly steamed corn on the cob portions, red potato vinaigrette salad and your choice of spring mix salad or crudité and dip

\$17.25 | Minimum order of 25 | 740 – 1,700 Cals

## BBQ Buffet 3

4 oz beef, chicken , and tofu with vegetable kabobs 

Served with pita wedges, tzatziki sauce, stir-fried vegetables, Greek pasta salad, red potato vinaigrette salad, and spring mix salad

\$22.95 | Minimum order of 25 | 840-1,380 Cals

### Feature BBQ Add-On:

Beef Hot Dog

\$4.00 | 7 inch | 370-400 Cals

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## DINNER

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dinner

# DINNER BUFFETS

*All selections include freshly brewed Fair Trade coffee & tea, assorted chilled soft drinks, and juices.  
Made without gluten & halal options available. Extra charges may apply*



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**All selections include:**

- Fresh bread rolls with butter
- Spring Mix salad
- Sundried Tomato Quinoa Salad
- Steamed Seasonal Vegetables
- Pasta Primavera

**Choice of:**

- assorted dessert squares and cookie platter (1.5/guest) or fresh sliced fruit platter (3oz/guest)

## Baked Atlantic Salmon

orange, soya and ginger sauce

Served with rice pilaf or roasted mini red potatoes

\$30.95 | 4oz per guest | Minimum order of 12 | 370-1,170 Cals

## Moroccan Tagine Stew



Beans, chickpeas, sundried apricots, tomatoes, cumin

Served with savory rice pilaf

\$29.95 | Minimum order of 12 | 640-970 Cals

## Lemon Roasted Chicken Supreme



Supreme of chicken breast slow roasted with lemon and fresh herbs.

Served with white wine demi glace and mini red potatoes.

\$32.35 | 5oz per guest | Minimum order of 12 | 1,000 -1,080 Cals

## Prime Rib of Canadian Beef

Slow roasted, VQA red wine & balsamic jus

Served with herb roasted mini red potatoes

\$41.95 | Minimum order of 12 | 5 oz per guest | 1,100- 1,200 Cals

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## INTERNATIONAL

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dinner

# INTERNATIONAL BUFFETS

*All international buffets are served with Fair Trade coffee & tea, assorted chilled soft drinks, and juices.*

## El Rancho Mexicano

- 5 oz chicken fajitas & tortillas
- 5oz beef & three bean chili & corn tortilla chips,



Served with southwestern wild rice salad, cilantro corn and bean salad, sour cream, guacamole, salsa, Mexican brownies.

\$28.95 | Minimum order of 25 | 1,150-1,700 Cals

## Greek Town Experience

- Moussaka
- Grilled lemon garlic chicken breast
- oven baked white fish with lemon and herb white wine sauce



Served with Mediterranean feta and spinach rice, pita bread and tzatziki, Greek salad, Mediterranean bulgur wheat salad, Baklava and sliced fresh fruit.

\$29.95 | Minimum order of 25 | 1,100-1,700 Cals

## Italian Trattoria

- Lasagna Bolognese  
*ground veal, tomato sauce, mozzarella, parmesan cheese*
- Vegetarian lasagna,
- Breaded chicken parmigiana, steamed vegetables and served with tiramisu and assorted Italian pastries.

Served with tri-colour pasta salad, Tuscan-style green salad, olives, Italian baguette

\$34.25 | Minimum order of 25 | 640-970 Cals

## Little India

- Potato and apple chaat
- Kidney bean and lentil curry
- 5 oz Butter chicken, cumin scented rice



Served with fresh Naan bread, mixed greens with yogurt dressing, cachumber salad with chili lime dressing, sliced fruit and warm rice cardamom pudding,

\$29.95 | Minimum order of 25 | 1,100-2,200



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## BREAKS

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breaks



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# BREAKS

## Individual Protein Snack Box

whole grain mini pita with a hardboiled egg and cheddar cheese  
\$ 4.25 | 550 Cals

## Nacho Platter

baked tortilla nachos, pico de gallo, guacamole, jalapenos, black olives  
\$5.15 | 650-900 Cals

## Classic Cookie Break

assortment of freshly baked gourmet cookies

Served with freshly brewed Fair Trade coffee & tea.  
\$ 6.35 | 2 per guest | 120-280 Cals

## Arboretum Apple Orchard Break

Ontario red and green apples, in-house made apple strudel, chocolate dipped apple slices

Served with freshly brewed Fair Trade coffee & tea.  
\$ 7.25 | Minimum order of 24 | 280-420 Cals

## Mediterranean Getaway

Mini pitas, hummus, baba ganoush, tzatziki, and carrots sticks.

\$8.25 | 50-300 Cals

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# BREAKS

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## Healthy Boost



assorted 450 mL Odwalla smoothies, assorted KIND granola bars, whole fruit

\$ 7.95 | Minimum order of 12 | 70-600 Cals

## Decadent Chocolate Break



chocolate brownies, double chocolate gourmet cookies, and chocolate truffles served with Fair Trade coffee and tea

\$8.55 | 360-720 Cals

## Health Break



Bran Muffins, granola bars, yogurt, fresh whole fruit served with Fair Trade coffee and tea

\$9.25 | 90-520 Cals

## Snack Shop Favorites

Available in multiples of 12

### Rice Krispies Treats

\$2.05 | 90-200 Cals

### Assorted KIND® granola bars

\$2.99 | 200 Cals

### Assorted Lärabars®

\$2.99 | 190 Cals

### Assorted Chocolate bars

Collection of favourites including Oh Henry, Snickers, Kit Kat

\$2.29 | 190-300 Cals

### Assorted Fair Trade Camino Chocolate bars

\$6.99 | 410 Cals

### Assorted Chips

Variety of 40-45g chip bags including Lays, Ruffles, & Ms. Vickies

\$2.09 | 230-370 Cals

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## A LA CARTE

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a la carte



# RECEPTION PLATTERS

## Chef's Cheese Board

An elegant cheese display (2.25 oz) including, cheddar, Swiss, Havarti and brie served with assorted butter crackers and dried fruits.

\$6.95 | Minimum order of 12 | 500 Cals

## Fresh Fruit Platter

A selection of freshly sliced seasonal fruit (4oz/guest)

\$5.10 | 90 Cals

## Crudités & Dip

A selection of fresh crisp garden vegetables served with a creamy herbed vegetable dip (4oz/guest)

\$5.10 | 60 Cals

## Antipasto Platter

Thinly sliced mortadella, salami, prosciutto and melon, with feta and bocconcini cheese, roasted red peppers, marinated artichokes and Kalamata olives served with artisan breads.

\$8.85 | Minimum order of 12 | 350 Cals

# PIZZA PIZZA

Pepperoni or Cheese  
\$21.99 | 570-680 Cals

Deluxe- Pepperoni, Mushrooms and Green Peppers  
\$21.99 | 620-900 Cals

Hawaiian- Bacon, Ham, and Pineapple  
\$21.99 | 620-900 Cals

Vegetarian- Mushrooms, Green Peppers and Onions   
\$21.99 | 590-630 Cals

\*XL size pizza. Can be cut into 8 or 12 slices

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# A LA CARTE BEVERAGES

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## Freshly Brewed Coffee

\$18.99 | 8-10 servings | 0-30 Cals

## Decaffeinated Coffee

\$18.99 | 8-10 servings | 0-30 Cals

## Herbal and Black Tea Selection

\$18.99 | 8-10 servings | 0-30 Cals

## Assorted Canned Soft Drinks

\$1.99 | 355ml cans | 0-140 Cals

## Assorted Bottled Fruit Juice

\$1.99 | 300ml bottles | 0-140 Cals

## Infused Water Tower

Choice of water infused with sliced lemon, lime, orange, cucumber or strawberries

\$25 | 11L | 0-30 Cals

## Ice Water

Flat ice water. Complimentary with food order.

\$5 | Without food order | 0 Cals



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## BAR SERVICE

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# BAR SERVICE

## CASH BAR OPTION

### Domestic Beer Selection

\$6.75 | per 341mL bottle | 150 Cals

### Wine Selection

\$7.50 | per 5oz glass | 120-130 Cals

### Premium Liquor Selection

\$7.50 | per 1.5oz | 50 Cals

*Note: Actual calories of alcoholic beverages may vary; the addition of mixes will increase the calories of these beverages.*

*\*Bar tender required @ \$30/ hour, minimum 4 hours*

## HOST BAR OPTION

### Domestic Beer Selection

\$7.75 | per 341mL bottle | 150 Cals

### Wine Selection

\$8.50 | per 5oz glass | 120-130 Cals

### Premium Liquor Selection

\$8.50 | per 1.5oz | 50 Cals

*Note: Actual calories of alcoholic beverages may vary; the addition of mixes will increase the calories of these beverages.*

*\*Bar tender required @ \$30/ hour, minimum 4 hours*

## Alcohol Special Occasion Permit

A Special Occasion Permit is required for any Event with alcohol service. Please inform Catering Services in regards to time, place, type of bar and guest number 1 month in advance for submission of the Permit. A fee of \$150.00 will apply. Should you be serving any outside alcoholic beverages a corkage fee will be added:

Spirits @ \$10.00 per bottle

Beer at \$5.00 per bottle

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## HORS D'OEUVRES

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# HORS D'OEUVRES

*Small (6 inch) china plates included. For passed/attendant service, additional charges may apply.*

Minimum 5 dozen per selection

**Samosa with Mango Chutney** 

\$21.00 per dozen | 110 Cals

**Mini Vegetable Quiche**

\$21.00 per dozen | 60 Cals

**Spring Rolls with Plum Sauce** 

\$21.00 per dozen | 60 Cals

**Beef Satays with Indonesian Sauce**

\$23.00 per dozen | 210 Cals

**Mini Beef Wellington**

\$23.00 per dozen | 340 Cals

**Gourmet Mushroom Bundle** 

\$23.00 per dozen | 60 Cals

**Roasted Vegetables & Goat Cheese** 

\$23.00 per dozen | 60 Cals

**Lentil and Corn Croquette** 

\$23.00 per dozen | 60 Cals

**Thai Shrimp Skewers**

\$23.00 per dozen | 25 Cals

**Moroccan Firecracker**

\$23.00 per dozen | 25 Cals

**Brie and Olive Phyllo Puff** 

\$23.00 per dozen | 705 Cals

**Mediterranean Bean Salad** 

\$23.00 per dozen | 60 Cals

**Thai Salad Bundle** 

\$23.00 per dozen | 50 Cals

**Bocconcini, Tomato & Pesto Skewers** 

\$23.00 per dozen | 50 Cals

**Chicken Satays with Sweet Chili Sauce**

\$23.00 per dozen | 25 Cals

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## DESSERTS

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desserts



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## DESSERTS

### Fruit Tray

Freshly cut seasonal fruit may include Cantaloupe, watermelon, and honeydew

\$4.00 | 3oz/guest | 90 Cals

### Assorted Tarts & Squares

A variety of dessert squares including triple chocolate, lemon zest, triple berry and rocky road

\$3.75 | 2pc/guest | 250-400 Cals

### French Pastries

A selection of fine French pastries including petit fours and raspberry charlotte

\$5.65 | 2pc/guest | 120 Cals

### Gourmet Cookies

A selection of our freshly baked gourmet cookies including white chocolate macadamia, double chocolate, chocolate chunk, and oatmeal raisin

\$3.60 | 2pc/guest | 500 Cals

### Fudge Brownies

Decadent chocolate fudge brownies

\$3.60 | 2pc/guest | 480 Cals

### Mini Cheesecakes

A selection of mini New York style cheesecakes including plain, strawberry and chocolate

\$6.45 | 2pc/guest | 480 Cals

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## VEGAN AND MADE WITHOUT GLUTEN

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# VEGAN AND MADE WITHOUT GLUTEN

Select any of the options below to accommodate guests with dietary restrictions or enjoy as your main entrée.



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## Apple Cinnamon Hot Quinoa Cereal



Quinoa simmered in the style of porridge served with warm apple garnish.

\$ 3.99 | Minimum order of 5 | 3oz/guest | 286 Cals

## Sunshine Tofu Scramble



Spiced scrambled tofu, home fried potatoes, roasted tomato half, and fresh fruit (2pc/guest)

\$ 5.25 | 308 Cals

## Vegan-Friendly Health Break



Daiya vegan yogurt, sliced fruit, and a Larabar

\$ 5.75 | 375 Cals

## Santa Fe Quinoa Bowl



Chipotle-spiced quinoa topped with red kidney beans, roasted button mushrooms, corn, baby kale, salsa, and sunflower seeds

\$9.75 | 290 Cals

## Vegan/MWG Sandwich Lunch



Choice of hummus and grilled seasonal vegetables or curry roasted tofu steak and mango chutney. Topped with lettuce and tomato.

\$ 5.25 | 2pc/guest | 220 Cals

## Lentil and Brown Rice Stuffed Pepper



Slow roasted bell pepper filled with a mixture of herb-scented lentil, spinach, and brown rice.

\$13.50 | 1pc/guest | 280 Cals

## Red Curry Rice Noodles



Rice noodles simmered with tofu, spinach, carrots, and peppers in a Thai red curry sauce.

\$ 9.75 | 310 Cals

vegan & mwg



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SEASONAL

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seasonal



# AUTUMN

All items are offered as "A La Carte".

## Apple & Lentil Curry



Hearty parsnips and apples, slowly simmered with green lentils in a yogurt-based curry sauce.

\$8.95 | Minimum order of 12 | 257 Cals

## Polenta and Root Vegetable Ragout Lasagna



Layered polenta with a medley of root vegetables baked to perfection.

\$9.95 | Order in multiples of 12 only | 689 Cals

## Maple Mustard Glazed Roasted Chicken Breast



Served with sweet potato mash

\$12.75 | Minimum order of 12 | 4oz per guest | 580 Cals

## Chia and Blueberry Yogurt Parfait with Pear



Vanilla yogurt layered with chia seeds, blueberry, and pears.

\$3.99 | 197 Cals

## Pumpkin Spiced Muffins

Scented with cinnamon and cloves.

\$1.95 | 296 Cals

## Pumpkin Rice Pilaf



\$4.95 | 148 Cals

## Roasted Root Vegetable Medley



\$5.50 | Minimum order of 12 | 81 Cals

## Roasted Broccoli and Ginger Salad



\$19.95 | Serves 12 guests | 145 Cals

## Baby Kale and Arugula Salad with Currants



\$19.95 | Serves 12 guests | 120 Cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.



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## CAMPUS PICK-UP

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pick-up

# CAMPUS PICK-UP MENU

North Campus Pick-Up location: Food Emporium  
Lakeshore Campus Pick-Up location: Lake Café

Pick-Up Menu includes disposable cutlery, napkins, and plates.



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## Traditional Sandwich Platter

A classic selection of deli sandwiches served on a variety of fresh breads. Fillings include Turkey Breast, Black Forest Ham, Roast Beef, and Hummus & Veggie 

\$34.99 | Regular Size 6-8 guests | 490 Cals / per serving

\$49.99 | Large Size 12-15 guests | 490 Cals / per serving

## Wrap it up!

Flour tortillas wrapped around a variety of fillings 

\$36.99 | Regular Size 6-8 guests | 630 Cals / per serving

\$54.99 | Large Size 12-15 guests | 630 Cals / per serving

## Freshly Baked Pastry Platter

A selection of muffins, Danishes, and flakey pastries.

\$13.99 | Regular Size 6-8 guests | 50-390 Cals / per serving

\$24.99 | Large Size 12-15 guests | 50-390 Cals / per serving

## PIZZA PIZZA

Pepperoni or Cheese  
\$19.99 | 570-680 Cals

Deluxe- Pepperoni, Mushrooms and Green Peppers   
\$19.99 | 620-900 Cals

Hawaiian- Bacon, Ham, and Pineapple  
\$19.99 | 620-900 Cals

Vegetarian- Mushrooms, Green Peppers and Onions  
\$19.99 | 590-630 Cals

\*XL size pizza. Can be cut into 8 or 12 slices

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

# CATERING CONTACT

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