



the FRESH FORK

ORDER

custom catering

AND BRING THE

*freshest  
flavors*

*to your next event*





## breakfast

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



### Seasonal Sunrise

11.99

Yogurt parfait with fresh berries served alongside assorted freshly baked muffins, coffee, tea. (Cals 580)



### Continental

13.99

Fresh baked pastries, muffins, croissants, butter, jams, and preserves, coffee, tea. (Cals 510-580)



### Classic Breakfast Buffet

18.99

Farm fresh scrambled eggs, crispy breakfast potatoes, English muffin with jams and butter. Choice includes bacon, Includes coffee, tea. (Cals 630-750)



### Egg and Bacon

6.99

English muffin, egg, cheddar cheese, and crispy bacon. Includes coffee, tea. (Cals 310)



### Vegetarian Breakfast Burrito

6.99

Scrambled eggs, spiced black beans, sweet peppers, home fries, fresh cilantro, and salsa wrapped in a warm tortilla. Includes coffee, tea. (Cals 590)



### Breakfast Burrito

6.99


Scrambled eggs, sharp cheddar, salsa, and crispy bacon wrapped in a warm tortilla. Includes coffee, tea. (Cals 700)





## a la carte breakfast

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-  **House Baked Muffins** 3.99  
Assortment of freshly baked muffins, one per guest. (Cals 300-360)
-  **Breakfast Loaf Slices** 3.99  
Assortment of banana, blueberry, chocolate, carrot, and apple spice breakfast loaves, one per person. (Cals 260-360)
-  **Whole Fruit** 1.99  
A selection of fresh bananas, apples and oranges. (Cals 80-90)
-  **Oikos Greek Yogurt** 2.99  
Assorted individual Greek yogurt cups. (Cals 90-100)
- Berry Berry Yogurt Parfait** 6.99  
Assorted individual yogurt and mixed berry cups. (Cals 90-100)

custom  
selections  
available!



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# salad

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

## **The Caesar**

Crisp romaine, herbed croutons, applewood smoked bacon, and fresh parmesan.  
(Cals 100)

6.25



## **Heritage Market Greens**

Sliced red beets, roma tomato, cucumber and julienned carrots on a bed of spring mix. Served with creamy ranch or balsamic vinaigrette.  
(Cals 110)

6.25

## **Pasta Salad**

Vegetable fusilli with sundried tomato, broccoli, fire roasted red peppers, parmesan cheese, and a basil pesto dressing.  
(Cals 300)

6.25



## **The Greek**

Marinated olives, red onion, roma tomatoes, green peppers and feta cheese on chopped romaine finished with fresh oregano and parsley.  
(Cals 140)

6.25



## **Potato Salad**

Mini red skinned potatoes, sweet peppers, red onions, grape tomatoes, cucumber, and parsley marinated in a dijon vinaigrette.  
(Cals 190)

6.25

## **Southwest Salad**

Romaine lettuce, black beans, corn, tomatoes, bell peppers, cheddar cheese, Southwest dressing.  
(Cals 180)

6.25

## **Add chicken:**

3.35



# sandwiches

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All Sandwich Platters are served with a bottle of water, coffee and tea and a tray of assorted cookies.

## **Classic Sandwich Platter**

18.99

A selection of freshly prepared classic sandwiches:

- Egg and tuna salad on Multigrain bread
- Turkey and Cheddar on Multigrain bread
- Ham & Swiss on Multigrain bread
- Vegetarian Potato Kati Wrap

(Cals: 400-490)

## **Gourmet Sandwich Platter**

21.99

A selection of freshly prepared gourmet artisan sandwiches:

- Shaved Roast Beef on Multigrain bread
- Turkey Club on Soft Ciabatta bun
- Chicken Caesar Wrap
- Thai Chicken Wrap
- Greek Vegetarian Wrap
- Roasted Vegetable & Hummus on Multigrain Ciabata

(Cals 390-580)

custom  
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# boxed lunches

## **gourmet lunch box**

For each group of 10.....

Gourmet lunch boxes come complete with whole fruit, bottled water and a freshly baked cookie.

**Roast Beef on Multigrain** 16.99

Roast beef, Swiss cheese, Green leaf lettuce, Margarine on Multigrain bread. (Cals 420)

**Turkey Club, White Soft Ciabatta** 16.99

Oven roasted turkey, Romaine lettuce, Mayonnaise, Bacon, Margarine on Ciabatta bread. (Cals 570)

**Chicken Caesar Wraps** 16.99

Chicken breasts, Romaine, Asiago Caesar dressing, Parmesan cheese, Cream cheese on Tortilla wrap. (Cals 700)

**Thai Chicken Wrap** 16.99

Cooked Chicken Breast, Napa cabbage, Sweet chili sauce, Red peppers, Spring salad mix, Carrots, Red cabbage, Cream cheese, Coriander in Tortilla wrap. (Cals 420)

**Greek Vegetarian Wrap** 16.99

Iceberg lettuce, Zucchini with crumbled Feta, Red onion, Roasted red pepper and Tzatziki in a Whole wheat wrap. (Cals 720)

**Roasted Vegetable & Hummus on multigrain Ciabatta** 16.99

Hummus, Romaine lettuce, Cucumber, Carrot, Zucchini, Red onion, Tomato, Roasted red and green peppers, Margarine, Balsamic dressing on Ciabatta. (Cals 470)

## **classic lunch box**

For each group of 10.....

Classic lunch boxes come complete with whole fruit, bottled water and a freshly baked cookie.

**Tuna Salad Sandwich** 14.99

Skip Jack Tuna, Green leaf lettuce, Mayonnaise, Margarine on Multigrain bread. (Cals 460)

**Egg Salad Sandwich** 14.99

Fresh eggs, Green onion, Green leaf lettuce, Mayonnaise, Margarine on Multigrain bread. (Cals 460)

**Turkey & Cheddar on Multigrain** 14.99

Smoked turkey breast, Cheddar cheese, Green leaf lettuce, Margarine on Multigrain bread. (Cals 420)

**Ham & Swiss on Multigrain** 14.99

Black forest ham, Swiss cheese, Green leaf lettuce, Margarine on Multigrain bread. (Cals 420)



**Vegetarian Potato Kati Wrap** 14.99

Roasted vegetables, Cucumbers, Lettuce, Cream cheese, Sunflower seeds in a Whole wheat wrap. (Cals 800)





# buffet

Lunch buffets include a selection of bottled beverages, coffee and tea, and a deluxe dessert platter. All prices are per person and based on a minimum of 10 people.



### **Vegetarian Pasta Primavera**

Fusilli pasta with vegetarian pesto sauce with garlic bread sticks and a market greens salad with balsamic dressing. (Cals 610)

24.99



### **Vegetarian Lasagna**

Vegetable lasagna with Tomato sauce, Mozzarella cheese, Roasted peppers, Zucchini, Onion, Broccoli. (Cals 580)

21.99

### **Meat Lasagna**

Ground beef, Mozzarella cheese, Marinara sauce. Served with Garlic stick. (Cals 518)

24.99

### **Roasted Chicken Breast**

Roasted chicken breast with an herb and garlic cream sauce, Fattoush salad and balsamic roasted vegetables. (Cals 680)

29.99

### **Coconut Beef Curry**

Slow braised beef with carrot, onion, and a mild coconut curry sauce served over Basmati rice & Naan. (Cals 690)

29.99

### **Glazed Salmon**

Maple glazed salmon loin served with roasted potatoes and seasonal vegetables. (Cals 580)

29.99

**Add side: Caesar or Fresh Garden Salad**

2.49



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## Platters

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



### Crudité

A selection of fresh peppers, grape tomatoes, carrots, cauliflower, broccoli, celery and cucumbers with a side of buttermilk ranch dip. (Cals 90-120)

5.99



### Artisan Cheese Board

A fine selection of local and gourmet cheese, served with grapes, berries, dried fruits, preserves and assorted artisanal crackers. (Cals 400-890)

10.99



### Seasonal Deluxe Fresh Fruit Platter

Delicious, fresh assortment of sliced fruit accompanied by a fresh fruit dip. (Cals 90-320)

\$7.99



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# sweets

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

## **Freshly Baked Cookies**

2.99

A selection of Chocolate Chip, Rocky Road, Reese's Minis and M&M's Minis cookies. 1 cookie per person  
(Cals 200-380)

## **Decadent Dessert Platter**

7.99

Chocolate and raspberry mini cheesecakes , squares  
Nanaimo bars, and double fudge brownies. (Cals 300-430)

## **At the Movies**

3.99

A little sweet and salty mix of assorted potato chips, candy bars and baked  
pretzels. (Cals 180-360)

# celebration

full sheet, 1/2 sheet, 1/4 sheet cakes,  
specialty desserts and cupcakes

call our catering team to  
elevate your event!

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## beverage

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### **Coffee Service (serves 10)**

Regular and Decaf coffee (upon request) with sugar, sweeteners, milk, cream and dairy free alternatives.

19.99

### **Tea Service (serves 10)**

Tea service includes a variety of black and herbal teas or Steeped Tea

19.99

### **Bottled Beverages:**

#### **Soda**

Variety of carbonated soft drinks, 500ml – 591ml. (Cals 0-120)

3.49

#### **Bottled Water**

500ml. (Cals 0)

2.89

#### **Sparkling Flavoured Water**

473ml Bubly

500ml AHA Montellier (Cals 0)

3.49

2.89

#### **Iced Tea**

Assorted varieties. 500-591ml

3.49

#### **Juice**

Assorted flavours. 300-450ml

2.89



# policies

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## **How It Works**

Catering orders will include all necessary plates, utensils, napkins and condiments in quantities consistent with your order. We also supply all food and beverage equipment needed to ensure food is served properly. China and linen service can be rented for your event at an additional charge. Our catering attendants will deliver, set-up and pick up your order at your requested location.

## **Last Minute Orders**

We ask for a 72-hour notice for catering orders but understand that last minute needs do arise. Please contact the catering office for your last-minute needs and we will make every effort to accommodate them.

## **Don't see what you are looking for?**

Contact our Catering Manager and we will develop a customized menu that fits your needs.

## **Additional Service**

If you are hosting an important all-day event or a large-scale meeting that requires more attention than just a set up, delivery and pick up, we can arrange for you to have a catering attendant to tend to any immediate needs that arise. Speak to our catering manager to schedule an attendant to make sure your event is a success!

## **Special Events**

Please allow 5 business days for special events. We can plan and execute your event. Set up a meeting with our Catering Manager to go over your ideas!

## **Cancellations**

Catering orders are made specifically for your meeting; therefore, cancellations must be made 24 hours in advance. When this is not possible, please let us know if we can deliver your order to another location. Cancellation fees may apply.



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*contact*

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