



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 12 people.

- 
Seasonal Sunrise 11.99
 Yogurt parfait with fresh berries served alongside assorted freshly baked muffins, coffee, tea and juice. (Cals 580)
- 
Continental 13.99
 Fresh baked pastries, muffins, croissants, butter, jams, and preserves, coffee, tea, juice. (Cals 510-580)
- 
Bakers Mini 11.99
 Mini danishes, muffins, croissants, butter, jams and preserves. Includes coffee, tea and juice. (Cals 180-620)
- 
Breakfast Frittata 18.99
 Red and green peppers, baby spinach, diced tomatoes, red onions, and mozzarella served with crispy breakfast potatoes. Includes coffee, tea and juice. (Cals 470)
- 
Classic Breakfast Buffet 18.99
 Farm fresh scrambled eggs, crispy breakfast potatoes, croissants with jams, preserves, and butter. Choice of bacon, turkey bacon, sausage and vegan sausage. Includes coffee, tea and juice. (Cals 630-750)

All prices are per person and based on a minimum of 12 people. For each group of 12, two breakfast sandwich flavours can be chosen.

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Egg and Bacon 6.99
 English muffin, egg, cheddar cheese, and crispy bacon. Includes coffee, tea and juice. (Cals 310)
- 







Egg White and Turkey 6.99
 English muffin, egg white, Swiss cheese and turkey bacon. Includes coffee, tea and juice. (Cals 260)
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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 and juice. (Cals 590)
- 

Multigrain Breakfast Croissant 6.99
 Scrambled eggs, tomatoes, fresh spring mix, with real Canadian cheddar served on a multigrain croissant. Includes coffee, tea and juice. (Cals 590)
- 
Breakfast Burrito 6.99
 Scrambled eggs, sharp cheddar, salsa, and crispy bacon wrapped in a warm tortilla. Includes coffee, tea and juice. (Cals 700)



a la carte

-  **Cinnamon Buns** 3.99
Freshly baked and topped with vanilla icing, one per person. (Cals 220)
-  **Assorted Fruit Danishes** 3.99
Freshly baked assorted fruit Danishes, one per person. (Cals 110-140)
-  **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, 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)

*custom
selections
available!*



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salad


All prices are per person and based on a minimum of 12 people. For each groups of 12, two different salad options can be chosen.

The Caesar 4.99
Crisp romaine, herbed croutons, applewood smoked bacon, and fresh parmesan.
(Cals 100)

 **Heritage Market Greens** 4.99
Sliced red beets, roma tomato, cucumber and julienne carrots on a bed of spring mix.
Served with creamy ranch or balsamic vinaigrette.
(Cals 110)

Pasta Salad 4.99
Vegetable fusilli with sundried tomato, broccoli, fire roasted red peppers, parmesan cheese, and a basil pesto dressing.
(Cals 300)

 **Mixed Grain Salad** 4.99
 A blend of whole grains with grape tomatoes, bell peppers, red onions, arugula lettuce, fresh radish, pumpkin seeds and lemon with a sweet red wine dijon dressing.
(Cals 300)

 **The Greek** 4.99
Marinated olives, red onion, Roma tomatoes, green peppers and feta cheese on chopped romaine finished with fresh oregano and parsley.
(Cals 140)

 **Potato Salad** 4.99
Mini red skinned potatoes, sweet peppers, red onions, grape tomatoes, cucumber, and parsley marinated in a dijon vinaigrette.
(Cals 190)

 **Asparagus and Goat Cheese Salad** 4.99
Asparagus, arugula lettuce, red onion, sweet peppers, with crumbled goat cheese and a lemon vinaigrette.
(Cals 320)

 **Vegetable Noodle Salad** 4.99
Rice noodles, julienned carrots, bell peppers, fresh radish, cilantro, ginger tossed in a sweet chili dressing.
(Cals 300)

roots & seeds bowls

All Roots & Seeds Power Grain bowls are served in individual bowls with a bottle of water and assorted KIND nuts and seeds granola bars.

-  **Ninja Chicken Bowl** 16.99
Herbed brown rice, lemon roasted chicken, shaved cabbage, spinach, carrots, cucumber, edamame, mandarin oranges, crispy wontons, sesame seeds, Asian sesame dressing.
(Cals 670)
-  **Eden Tofu Bowl** 16.99
 Lemon turmeric quinoa, chili lime tofu, cabbage, arugula, broccoli, chickpeas, carrot, cucumber, green onions, sunflower seeds, balsamic dressing.
(Cals 620)
-  **Rebel Falafel Bowl** 16.99
 Kale, falafel, quinoa, red peppers, tomato, black beans, corn, hemp seeds, chipotle citrus ranch dressing.
(Cals 700)



ROOTS
&
SEEDS





sandwiches

Classic Sandwich Platter

18.99

A selection of freshly prepared classic sandwiches:

- Egg salad with cucumber on multigrain
- Shaved beef with horseradish butter on a kaiser
- Fresh vegetable wrap with cream cheese and sunflower seeds
- Shaved black forest ham, dijon mustard and swiss
- Tuna salad on rye bread

(Cals: 400-490)

Gourmet Sandwich Platter

21.99

A selection of freshly prepared gourmet artisan sandwiches:

- Southwest chicken club on rosemary focaccia
- Turkey with brie, roasted peppers, mango chutney on pumpenickel rye
- Greek vegetarian wrap
- Caprese salad sandwich
- Black pepper striploin on ciabatta

(Cals 390-580)

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boxed lunches

gourmet lunch box

For each group of 12, two sandwich options can be chosen.

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

Southwest Chicken Club 16.99

Tex Mex seasoned chicken breast, chipotle mayo, arugula lettuce on rustic focaccia. (Cals 835)


Turkey, Brie, & Roasted Pepper 16.99

Oven roasted turkey, fresh leaf lettuce, fire roasted red peppers, and mango chutney on rye bread. (Cals 735)

Greek Vegetarian Wrap 16.99

Roasted mushrooms and zucchini with crumbled feta, red onion, iceberg lettuce, and tzatziki on a whole wheat wrap. (Cals 720)

Caprese 16.99

 Basil pesto aioli, heirloom tomatoes, bocconcini, fresh basil and balsamic reduction on multigrain. (Cals 910)

classic lunch box


For each group of 12, two different sandwich options can be chosen.

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

Tuna Salad Sandwich 12.99

Albacore tuna, dill, light mayo, red onion, and lettuce. (Cals 760)

Egg Salad Sandwich 12.99

 Fresh eggs, light mayo, cucumbers & lettuce. (Cals 820)

Black Forest Ham Kaiser 12.99

Shaved black forest ham, Swiss cheese, romaine lettuce with Dijon mustard. (Cals 760)

Shaved Beef Sandwich 12.99

Shaved roast beef, julienned carrots, lettuce, and horseradish aioli on onion bun. (Cals 730)

Vegetarian Wrap 12.99

Roasted vegetables, cucumbers, lettuce, cream cheese, sunflower seeds served in a whole wheat wrap. (Cals 800)



buffet

Lunch buffets include a selection of bottled and canned beverages, coffee and tea, and a deluxe dessert platter. All prices are per person and based on a minimum of 12 people.



Korean BBQ Tofu

29.99

Sesame chili marinated tofu, vegetable chow mein, ginger gai lan and kimchi. (Cals 780)



Vegetarian Bolognese

24.99

Penne pasta with vegetarian bolognese sauce with garlic breadsticks and a market greens salad with balsamic dressing. (Cals 610)

Roasted Chicken Breast

29.99

Roasted chicken breast with an herb and garlic crudo sauce, a warm red quinoa tabbouleh salad and balsamic roasted vegetables. (Cals 680)

Butter Chicken

29.99

Tender braised chicken in a rich aromatic makhani sauce, basmati rice, warm naan bread and served with cucumber raita. (Cals 690)

Moroccan Beef Stew

29.99

Slow braised beef with eggplant, dried fruit, toasted almonds in a Moroccan inspired curry, served with an orange scented couscous salad, and warm flatbread. (Cals 1210)

Glazed Salmon

29.99

Maple glazed salmon loin served with roasted mini potatoes and sautéed garlic baby bok choy. (Cals 580)








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snacks

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

-  **Crudité** 5.99
A selection of fresh peppers, asparagus, grape tomatoes, carrots, cauliflower, broccoli, radish, and cucumbers with a side of buttermilk ranch and black olive dips. (Cals 90-120)
-  **Artisan Cheese Board** 10.99
Cheddar, Swiss, brie, local goats cheese, feta, and blue cheese. Served with grapes, berries, dried fruits, seeds, preserves and assorted artisanal crackers. (Cals 400-890)
- Antipasto** 9.99
Marinated olives, artichokes, roasted red peppers, feta, provolone, and cured meats served with grilled flat breads. (Cals 240-360) and tzatziki
-  **Breads and Dips** 6.99
Crispy flat breads, mini whole wheat pitas, red pepper hummus, lemon herbed yogurt with fresh dill. (Cals 200-320)
-  **Chips and Dips** 6.99
Yellow corn tortilla chips, tomato and salsa, guacamole and sour cream. (Cals 300-440)
-  **At the Movies** 3.99
A little sweet and salty mix of assorted potato chips, candy bars and baked pretzels. (Cals 180-360)



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sweets

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

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|---|------|
| Freshly Baked Cookies A selection of chocolate chip, oatmeal raisin, double chocolate, and white chocolate macadamia nut cookies., 1½ cookies per person (Cals 200-380) | 3.99 |
| Classic Dessert Platter Assorted freshly baked cookies, coconut macaroons and berry crumble dessert bars. (Cals 220-340) | 5.99 |
| Decadent Dessert Platter Chocolate and raspberry mini cheesecake squares, Nanaimo bars, and double fudge brownies. (Cals 300-430) | 7.99 |
| Cupcake Platter (12 pieces) An assortment of decently topped cupcakes such as oreo cookie, coconut snowball and black forest. (Cals 250-320) | 4.99 |
| Sliced Fruit Platter Assortment of freshly sliced melon, berries, kiwi, grapes, oranges, and fresh mint. (Cals 90-320) | 6.99 |

celebration

full sheet, ½ sheet, ¼ sheet cakes,
specialty desserts and cupcakes

call our catering team to
elevate your event!



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custom
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beverage

Coffee and Tea Service

Regular and Decaf coffee (upon request) with sugar, sweeteners, milk, cream and dairy free alternatives. Tea service includes a variety of black and herbal teas with honey and lemon edges.

2.99

Infused Water

Seasonally and artfully prepared. Service for 12(Cals 150-350)

2.99

Bottled & Canned Beverages

Soda

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

2.79

Variety of carbonated soft drinks, 355ml (Cals 0-120)

1.69

Bottled Water

591ml. (Cals 0)

2.29

Sparkling Flavoured Water

473ml Bubly

2.79

355ml AHA Montellier (Cals 0)

1.69

Iced Tea

Assorted varieties. 500-591ml

2.99

Juice

Assorted flavours. 355-450ml

2.99

Premium Juices

Assorted flavours, 340ml - 355ml

3.29



policies

custom selections available!

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 24-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

Are you looking to host a seated dinner or cocktail reception? 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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