

CARVED + CRAFTED

contactless

catering



CONTACTLESS CATERING | Packaging

The Packaging Approach

All menu items in the contactless catering service will be packaged individually in disposable/ recyclable packaging. The packaging was selected to keep foods at the proper temperatures during delivery and drop off. A complete disposables guide has been aligned for all menu items to ensure accessibility and keep costs at a minimum.



Contactless Catering

Contactless.
To keep you safe and healthy.

STEP 1:
Email your Food Service Manager

New Westminster campus:
roombookings_nw@douglascollege.ca

Coquitlam campus:
roombookingscoq@douglascollege.ca

STEP 2:
Select menu items, choose pick-up or delivery location.

STEP 3:
Each meal is packaged individually. Serve and enjoy!





All Morning
Meal items
are packaged
together.
Sandwiches
individually
wrapped.

BREAKFAST

MORNING MEALS

All prices are per person based on a minimum of 12 guests
(for smaller orders, please contact the café manager)

CONTINENTAL BREAKFAST \$12.49

Assortment of mini pastries (Cals: 110-180)

Seasonal fresh fruit (Cals: 60)

Coffee (Cals: 2)

Bottled orange juice (Cals: 120)

TRADITIONAL BREAKFAST \$14.99

Cinnamon French toast (Cals: 170-240)

Scrambled eggs (Cals: 190)

Bacon (Cals: 45-70)

Seasoned breakfast potatoes (Cals: 120)

Coffee (Cals: 2)

Bottled orange juice (Cals: 120)

VEGAN BREAKFAST BOWL \$9.99

Spicy tofu breakfast bowl with kale, mushroom, tofu scramble,
lemon couscous, grape tomato, scallion and avocado (Cals: 451)

HAND CRAFTED SANDWICHES

All prices are per person based on a minimum of 12 guests

TRADITIONAL BREAKFAST

Bacon and egg (Cals: 170) \$4.49

Egg and cheese (Cals: 130) \$4.49

Hot ham and cheese (Cals: 120) \$4.49

CHOOSE YOUR BREAD

Biscuit (Cals: 200)

Wrap (Cals: 290)

English muffin (Cals: 130)

BREAKFAST A LA CARTE

Yogurt parfait with fresh berries and granola (Cals: 250) \$5.29

Seasonal fresh fruit cup (Cals: 60) \$5.29

BAKERY A LA CARTE

Individually wrapped.

All prices are per person based on a minimum of 12 guests

SCONE BASKET (Cals: 580) \$2.69

Cranberry, cinnamon and blueberry scones

Served with butter and assorted jams

HOUSE BAKED MUFFINS (Cals: 240) \$2.49

Banana, morning glory, caramel coffee cake,

summer fruit and chocolate chunk

FRESH BREAKFAST LOAVES (Cals: 470) \$2.69

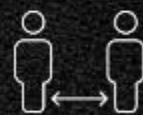
An assortment of wholesome fresh loaf slices

ASSORTED MINI PASTRIES (Cals: 140) \$2.59

Butter and assorted jams



SNACKS + SWEETS



Personal Snack Pack
items packaged
individually and
bundled together.
Sweet Treats
individually wrapped.

PERSONAL SNACK PACKS

All prices are per person based on a minimum of 12 guests

MEZZE SPREADS	\$8.99
Served with crisp vegetables and pita chips (Cals: 50-80) Classic chickpea hummus (Cals: 30) and baba ganoush (Cals: 50)	
CHARCUTERIE BOARD	\$10.99
A selection of cured meats, cheeses, assorted nuts, dried fruits and crackers (Cals: 70-1200)	
CHEESE BOARD	\$10.99
A selection of hard and soft cheeses with assorted nuts, dried fruits and crackers (Cals: 70-682)	

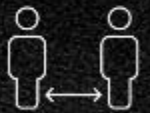
SWEET TREATS

All prices are per person based on a minimum of 12 guests

Gourmet chocolate chunk cookie (Cals: 170-210)	\$1.99
Deep Dutch brownie (Cals: 200)	\$2.79
Individually wrapped granola bars (Cals: 190)	\$2.79
Individually bagged chips (Cals: 130-320)	\$1.99
Fresh whole fruit (Cals: 30-110)	\$1.99
Fruit & nut energy bars (Cals: 110)	\$3.99



BOXED LUNCHES



Complete meals
boxed individually.

BOXED LUNCHEES

All prices are per person based on a minimum of 12 guests

EXPRESS BOX LUNCH

\$13.99

All sandwiches served on chef's selection of freshly-baked bread with seasonal whole fruit, potato chips and freshly-baked cookie (Cals: 490-570)

Sandwich Selections:

Bacon turkey croissant (Cals: 490)

Ham and Swiss (Cals: 590)

Roast beef and cheddar (Cals: 40)

Cookstown grilled vegetable tuna salad (Cals: 580)

Grilled chicken Madras (Cals: 730)

ARTISAN BOX LUNCH

\$15.99

All sandwiches served on chef's selection of fresh bread with fruit salad, side salad and dessert bar. (Cals: 490-570)

Sandwich Selections:

Oven roasted chicken & tomatoes (Cals: 400)

Cajun roast turkey with pepper jack, Bermuda onion and Cajun mayo (Cals: 480)

Classic Italian with pepperoni, capicola, salami and provolone with balsamic on hero (Cals: 730)

Avocado with lettuce and tomato on wheat (Cals: 450)

Farmer's lunch with roast beef, horseradish mayo, arugula and sautéed mushrooms
(Cals: 400)

Turkey bacon and ranch on wheat with pepper jack cheese (Cals: 640)

Side Salads (please select one)

House-made chips (Cals: 400)

Chickpea tomato salad (Cals: 80)

Quinoa and tabbouleh salad (Cals: 260)

Small garden salad (Cals: 40)



BOXED SALADS + BOWLS



Complete meals
boxed individually.

BOXED SALADS

All prices are per person based on a minimum of 12 guests

All salads include artisan crackers, choice of dressing and a freshly-baked cookie

Chicken Avocado Club	\$15.99
Mesclun greens, with turkey bacon, fresh avocado, cage-free hardboiled egg, onion and house-made croutons (Cals: 450)	
Blackened Chicken Caesar Salad	\$16.99
Chopped romaine lettuce, blackened chicken, grated parmesan cheese, and house-made croutons with our traditional Caesar dressing (Cals: 430)	
Traditional Chef's Salad	\$14.99
Turkey, ham, cheddar, cage-free hardboiled egg, tomatoes, cucumbers and crisp greens with creamy buttermilk dressing (Cals: 520)	
Greek Salad with Grilled Chicken	\$15.99
Grilled chicken, tomatoes, cucumbers, kalamata olives, feta cheese, red onions and mixed greens with a red wine vinaigrette (Cals: 730)	
Mediterranean Grain Salad	\$14.99
Chickpea, bulgur, parsley, mint, green onion and tomato (Cals: 330)	

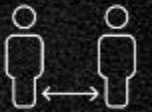
BOXED BOWLS

All prices are per person based on a minimum of 12 guests

Ninja Bowl	\$12.99
Herbed brown rice, shaved cabbage, sesame, mandarin orange and edamame (Cals: 570)	
Eden Bowl	\$13.99
Lemon turmeric quinoa, chickpea, green onion, sunflower and roasted chicken (Cals: 630)	
Rebel Bowl	\$13.99
Quinoa, chipotle, chiffonade kale and lemon roasted chicken (Cals: 640)	
Ninja Tofu Bowl	\$13.99
Herbed brown rice, chili lime tofu, spinach and sesame (Cals: 680)	



BOXED THEME MEALS



All meals are packaged individually and served hot in disposable packaging.

LITTLE ITALY

All prices are per person based on a minimum of 12 guests

A garden salad with dressing is included and a freshly-baked cookie (Cals: 365)

Rustic lasagna with freshly-baked artisan garlic bread \$17.99
(Cals: 590)

Late harvest cheese tortellini with freshly-baked artisan garlic bread (Cals: 490) \$16.99

Chicken marsala with creamy polenta with freshly baked artisan garlic bread (Cals: 590) \$19.99

Chicken parmesan over a bed of penne, freshly baked artisan garlic bread (Cals: 690) \$19.99

HOME STYLE

All prices are per person based on a minimum of 12 guests

A garden salad with dressing is included and a Dutch brownie (Cals: 365)

Herb-brined turkey breast with sage gravy and garlic roasted red bliss potatoes and roasted brussels sprouts (Cals: 435) \$23.99

Herb and panko crusted salmon with garlic roasted red bliss potatoes and roasted brussels sprouts (Cals: 475) \$25.99

Light Life TM plant-based meatloaf with garlic roasted bliss potatoes and roasted brussels sprouts (Cals: 428) \$24.99

LIBERTY STREET BBQ

All prices are per person based on a minimum of 12 guests

Barbecue pulled pork with slider rolls (Cals: 400), macaroni and cheese (Cals: 330), barbecue baked beans (Cals: 270), cheddar jalapeno cornbread (Cals: 330) and brownie (Cals: 200) \$23.99

Buttermilk fried chicken (Cals: 500), macaroni and cheese (Cals: 330), barbecue baked beans (Cals: 270), cheddar jalapeno cornbread (Cals: 330) and brownie (Cals: 200) \$23.99

Pulled Barbecue portabella mushroom with slider rolls (Cals: 282), macaroni and cheese (Cals: 330), barbecue baked beans (Cals: 270), cheddar jalapeno cornbread (Cals: 330) and brownie (Cals: 200) \$22.99

COOKOUT

All prices are per person based on a minimum of 12 guests

Hamburger (Cals: 340) \$14.99

Light Life™ plant-based burger (Cals: 280) \$14.99

Hot dog all beef (Cals: 480) \$12.99

BBQ chicken sandwich (Cals: 630) \$14.99

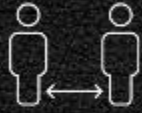
INCLUDES

Lettuce, tomatoes, pickles, onions, condiments, assorted bag of chips and freshly-baked cookie (Cals: 580-790)

Add a small garden or caesar salad for each guest add \$1.99

extra charges for BBQ rentals and labour will apply. Please ask for more details

BEVERAGES



All beverages in individual bottles for your safety.

Coffee to Go* (Cals: 2) * (10 cups). Not an individual portion	\$23.99
Tea to Go* (Hot water & Tea Selections)* (Cals: 2) * (10 cups). Not an individual portion	\$23.99
Bottled iced tea (Cals: 140)	\$3.49
Bottled soft drinks (Cals: 140)	\$2.59
Bottled sparkling water (Cals: 0)	\$3.49
Bottled sparkling water lemon(Cals: 0)	\$3.49
Bottled juice (Cals: 130)	\$2.99

POLICIES

- To ensure proper delivery/pick up time, place your orders with 72-hours notice or sooner, otherwise a \$25 dollar fee may apply.
- Napkins and disposable cutlery will be provided as needed depending on menu choice and guest count.
- Delivery will be limited to a 5 km radius off campus for a \$20 dollar fee.
- All items are packaged in disposable containers and for the individual. When possible, recyclable and compostable packaging and flatware will be made available.
- Please let us know if any of your guests have food allergies and/or dietary restrictions; we are happy to accommodate.
- Sanitation and safety is of our utmost importance. Please see all labels for quality assurance and temperature on all menu selections that need refrigeration and heating.

THANK YOU



Served Safely.

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