CARVED + CRAFTED
contactless catering

chartwells
thinking ahead giving back
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!
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

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories (Cal)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Scone Basket</strong></td>
<td>580</td>
<td>$2.69</td>
</tr>
<tr>
<td>Cranberry, cinnamon and blueberry scones</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Served with butter and assorted jams</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>House Baked Muffins</strong></td>
<td>240</td>
<td>$2.49</td>
</tr>
<tr>
<td>Banana, moming glory, caramel coffee cake, summer fruit and chocolate chunk</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fresh Breakfast Loaves</strong></td>
<td>470</td>
<td>$2.69</td>
</tr>
<tr>
<td>An assortment of wholesome fresh loaf slices</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Assorted Mini Pastries</strong></td>
<td>140</td>
<td>$2.59</td>
</tr>
<tr>
<td>Butter and assorted jams</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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 LUNCHES
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 pepperjack, 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 pepperjack 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 pamesan 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 (Cals: 590) $17.99
- **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

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**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™ 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.

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee to Go* (10 cups)</td>
<td>2</td>
<td>$23.99</td>
</tr>
<tr>
<td>* (Not an individual portion)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tea to Go* (Hot water &amp; Tea Selections)*</td>
<td>2</td>
<td>$23.99</td>
</tr>
<tr>
<td>*(10 cups). Not an individual portion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bottled iced tea</td>
<td>140</td>
<td>$3.49</td>
</tr>
<tr>
<td>Bottled soft drinks</td>
<td>140</td>
<td>$2.59</td>
</tr>
<tr>
<td>Bottled sparkling water</td>
<td>0</td>
<td>$3.49</td>
</tr>
<tr>
<td>Bottled sparkling water lemon</td>
<td>0</td>
<td>$3.49</td>
</tr>
<tr>
<td>Bottled juice</td>
<td>130</td>
<td>$2.99</td>
</tr>
</tbody>
</table>
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.

Served Safely.