



the fresh fork

Catering

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REFRESHMENTS

BOTTLED SOFT DRINKS

\$2.85 ea

BOTTLED JUICE

Apple, Orange or Cranberry

\$3 ea

BOTTLED ICED TEA

\$3.5 ea

SPARKLING WATER

\$3.5 ea

Milk 473ml

Regular and Chocolate

\$3.5 ea

STARBUCKS FRAPPUCCINO

\$5 ea

PITCHER OF JUICE

Apple, Orange or Cranberry

\$15 ea

PITCHER OF TROPICAL PUNCH

\$15 ea

FRESHLY BREWED COFFEE (Serves 10)

\$24 ea

ASSORTED PREMIUM TEAS (Serves 10)

\$24 ea

WATER PITCHER

\$0.25 fee for cup

Free





Breakfast

Minimum order (10 each)

⑤ TOAST & BAGEL

\$8 ea

Assortment of toasts, bagels, cream cheese, fresh seasonal fruit and freshly brewed house coffee or tea.

WAKE UP SANDWICHES

\$10 ea

Biscuit or English muffin, sausage or bacon, free run egg, fresh seasonal fruit and freshly brewed house coffee or tea.

⑤ HEALTHY START

\$13 ea

Yogurt and granola parfait, in house loaf and freshly brewed house coffee or tea.

⑤ VISIT TO TUSCANY

\$15 ea

Assortment of bagels, croissant, cold cuts, assorted sliced cheeses, fresh seasonal fruit, Jam and freshly brewed house coffee or tea.

⑤ BAKERS MINI

\$9 ea

Assortment of mini morning pastries, whole fruit and freshly brewed house coffee or tea.

⑤ SIMPLY CONTINENTAL

\$12 ea

Assortment of morning pastries, fresh seasonal fruit and freshly brewed house coffee or tea.

TEX MEX BREAKFAST

\$14 ea

Assorted breakfast burritos, scrambled egg, Canadian cheddar, sausage or bacon, Pico de Gallo, fresh seasonal fruit and freshly brewed house coffee or tea.

COMPLETE BREAKFAST

\$16 ea

Scrambled eggs, hash brown, bacon or sausage, toast, jams, fresh seasonal fruit and freshly brewed house coffee or tea.



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BAKERY A LA CARTE

Minimum order (10 mix & match)

MINI SCONES BASKET (3 pieces)

\$4 ea

Assortment of fresh baked mini scones served with butter and assorted jam.

HOUSE BAKED MUFFINS

\$3 ea

Banana, Chocolate Chunk, Fruit Extreme and Dark Bran.

FRESH BREAKFAST LOAVES

\$3 ea

An assortment of wholesome fresh loaf slices.

ASSORTED MINI PASTRIES (2 pieces)

\$4 ea

A selection of mini pastries served with butter and jam.

GOURMET COOKIES

\$3 ea

An assortment of fresh house-baked cookies.

OVEN BAKED CROISSANTS

\$4 ea

Chocolate, almond and regular



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BREAKS & SNACKS PLATTES

Minimum order (10 each)

FRESH SEASONAL FRUIT

Assortment of fresh local seasonal fruit, watermelon, honeydew, cantaloupe and etc.

\$7 ea

CRUDITE

Seasonal vegetables with ranch and yogurt dip.

\$6 ea

CLASSIC CHEESE

Assortment of chef's pick local cheeses. Garnish with crackers, grapes and berries.

\$12 ea

FRUIT, VEGGIE & CHEESE

Assortment of classic cheeses, crackers, fresh seasonal fruit and fresh vegetables.

\$12 ea

ANTIPASTO

Assortment of cold cuts, grilled vegetables, cheese and baguette.

\$14 ea

INTERNATIONAL CHEESE

Assortment of chef's pick international cheeses. smoked gouda, brie, gorgonzola, etc. Garnish with crackers, grapes and berries.

\$14 ea

LAUGHING SALMON (serves 30 – 40)

House cured organic chinook salmon (approx. 6lbs), laughing cow cheese, crackers and baguette.

Market Price



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TOSSED SALADS

Minimum order (10 mix & match)

- | | |
|---|---------------|
| (V) MIXED GREENS | \$5 ea |
| A mixed of greens, cucumber, carrot, tomato and red cabbage. Chef's pick dressing. | |
| (V) THAI NOODLES | \$5 ea |
| Egg noodle, red pepper, green pepper, Napa cabbage, carrot, green onion, cilantro and oriental sesame dressing. | |
| (V) PESTO PASTA | \$5 ea |
| Penne noodle, red pepper, green pepper, broccoli, cauliflower, red onion and pesto dressing. | |
| (V) CLASSIC CAESAR | \$6 ea |
| Romaine lettuce, croutons, lemon wedges, asiago cheese and Caesar dressing. | |
| (GF) GREEN KALE | \$6 ea |
| Kale, carrot, apple, edamame, chickpea, mixed of nuts and red wine vinegar dressing. | |
| (V) MEDITERRANEAN QUINOA | \$6 ea |
| Organic quinoa, green lentils, roasted red pepper, green onions, cucumber, dates, corn, dried cranberry and balsamic feta dressing. | |
| (V) GREEK GODDESS | \$6 ea |
| Red pepper, green pepper, tomato, cucumber, olives, red onion, feta cheese topped with feta Greek dressing. | |



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HANDHELDS

Minimum order (10 mix & match)

SOUTHWEST CHICKEN

\$11 ea

Grilled chicken breast, sweet chili mayo, cheddar, back bacon, lettuce, tomato and cucumber on focaccia bread.

ROAST TURKEY BREAST

\$11 ea

Deli turkey, cranberry mayo, lettuce, tomato and Swiss on multigrain.

ASSORTMENT OF MINIS

\$11 ea

Chef's choice of mini sandwiches, including mini croissants and mini wraps. 3/person

BUTTER CHICKEN WRAP

\$11 ea

Butter chicken, kale, roasted vegetables, paneer in a tortilla wrap.

TEX-MEX GRILL WRAP

\$11 ea

Grilled chicken breast, spinach, lettuce, salsa, crema, cilantro, avocado in a spinach wrap.

CURRIED SEASONAL VEGETABLES

\$11 ea

Grilled seasonal vegetables, arugula, paneer, hummus in a whole wheat tortilla wrap.

IN-HOUSE ROAST BEEF

\$12 ea

Sliced beef, mayo horseradish, caramelized onion, provolone on a baguette.

MONTREAL SMOKED MEAT

\$12 ea

Smoked meat, sauerkraut, Havarti, lettuce, tomato, cucumber on a rye.



A LA CARTE

Minimum order (10 each)



MUSHROOM FETTUCCINE

Wild mushroom, alfredo, fettuccine noodle, house salad and garlic bread.

\$23 /person

GREEK SOUVLAKIS

A skewer of marinated chicken breast or beef or veggie kabob, vegetable briami, rice pilaf, greek salad, tzatziki and pita flatbread.

\$26 /person

BUTTER CHICKEN

Chicken breast, butter sauce, Aloo Gobi, roasted vegetables, basmati, house salad and naan bread,

\$26 /person

CACCIATORE

Slow cooked chicken, herb tomato, pasta noodle, ratatouille, house salad and garlic bread.

\$26 /person

COQ AU VIN

Simmered chicken in a wine demi sauce, mushroom, pearl onion, roasted potato, house salad and bread roll.

\$26 /person

BEEF BOURGUIGNON

Beef stewed in a wine demi sauce, mushroom, pearl onion, roasted potato, house salad and bread roll.

\$28 /person

GRILLED SALMON

Choice of teriyaki, beurre blanc, grilled sockeye, steamed seasonal vegetables, rice pilaf, house salad and bread roll.

\$30 /person

SURF & TURF

6oz of sous-vide AAA striploin, maple prawns, local seasonal vegetables, brown butter, herbs, baked potato, house salad and bread roll.

Market Price



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BUFFETS

Minimum order (10 each)

TOKYO BOUND

Calrose rice, chef's vegetables, your choice of a tossed salad and 2 items of your choice:

- Tofu Teriyaki
- Corn Croquette
- Beef Teriyaki
- Chicken Teriyaki

\$29 /person

TASTE OF INDIA

Basmati rice, seasonal vegetables, cucumber raita, garlic naan, your choice of a tossed salad and 2 items of your choice:

- Saag Paneer
- Chickpea Curry
- Aloo Gobi
- Pork Vindaloo
- Butter Chicken

\$32 /person

TRIP TO ROME

Spaghetti aglio e olio or linguine pomodoro, steamed vegetables, your choice of a tossed salad, garlic bread and 2 items of your choice:

- Chicken Cacciatore
- Pork Milanese
- Eggplant Parmigiana
- Beef Piccata

\$32 /person



BUFFETS

Minimum order (10 each)

MEXICAN FIESTA

\$32 /person

Arroz a la mexicana (tomato rice), braised beans, cilantro crema, toasted tortilla, your choice of a tossed salad and 2 items of your choice:

- Seasonal Vegetables Fajita
- Eggplant Berenjena
- Pork Carnitas
- Chicken Pollo Guisado

KUNG PAO EXPRESS

\$32 /person

Steamed rice, chow mein, steamed seasonal vegetables, spring rolls, your choice of a tossed salad and 2 items of your choice:

- Sweet & Sour Chicken or Pork
- Szechuan Beef or Chicken
- Sweet Chili Chicken or Pork
- Ginger Chicken or Pork
- Tofu Stir-Fry

ROAST ME UP

\$36 /person

Herb roasted potato or garlic mashed potato, seasonal chef's vegetables, your choice of a tossed salad, bread roll, gravy and 2 items of your choice: (server needed)

- Herbed Roasted AAA Beef
- Roasted Pork Shoulder
- Turkey with stuffing (add \$3/person)

CANAPES

Minimum order (5 dozen mix & match)

- | | |
|---|--------------------|
| (V) PAKORA
Crispy vegetable pakora served with plum chutney dipping sauce. | \$26 /dozen |
| PORK POT STICKERS
Pan seared pork pot stickers served with sambal dipping sauce. | \$28 /dozen |
| MEATBALLS
AAA Alberta ground beef served with spicy pomodoro dipping sauce. | \$28 /dozen |
| MAC & CHEESE BITES
Old cheddar mac & cheese bites served with in-house made ketchup. | \$28 /dozen |
| (V) CUCUMBER HUMMUS
Hummus in fresh cucumber cups topped with paprika oil. | \$30 /dozen |
| (V) CAPRESE SKEWER
Tomatoes, olives and bocconcini brushed with pesto balsamic vinegar. | \$32 /dozen |
| (V) MUSHROOM CAP BRUSCHETTA
Fresh classic bruschetta served in a cremini mushroom cup topped with a balsamic vinaigrette. | \$32 /dozen |
| (V) Buttered Gnocchi & Sundried Tomato
Herbed and butter gnocchi with marinated sundried tomato and olives | \$34 /dozen |
| Brazilian Style Cheese Puff
Typical Brazilian snack made with cassava flour and cheese. | \$20 /dozen |



CANAPES

Minimum order (5 dozen mix & match)

ROASTED PEAR PROSCIUTTO

\$36 /dozen

Bartlett pear wrapped prosciutto topped with a sweet vinaigrette.

INDONESIAN CHICKEN SKEWERS

\$34 /dozen

Turmeric marinated chicken skewers served with a sweet soy dipping sauce.

SMOKED SALMON MOUSSE

\$38 /dozen

Wild sockeye salmon served with cream cheese and herbs topped with fresh dill and extra virgin olive oil

BEEF SLIDERS

\$38 /dozen

Chuck, prime and brisket beef sliders topped with aged cheddar and dijon mayo

PULLED PORK SLIDERS

\$38 /dozen

In-house pulled pork sliders topped with coleslaw and in-house made bbq sauce.

BEEF TATAKI

\$38 /dozen

Quick seared striploin topped with fresh seasonal vegetables and sesame soy sauce.

CRISPY COCONUT SHRIMP

\$38 /dozen

Coconut breaded crispy 21/25 wild shrimp served with lime sweet chili sauce.

CAJUN SHRIMP & WATERMELON SKEWERS

\$38 /dozen

Blackened shrimp with watermelon skewers topped with parsley oil.



EVERYDAY PIZZA

16"

THREE CHEESE

\$20 ea

GARDEN VEGETABLES

\$22 ea

PEPPERONI

\$22 ea

HAWAIIAN

\$22 ea

PREMIUM PIZZA

16"

CHICKEN ENCHILADA

\$26 ea

Shredded chicken, onions, jalapeno, beans, cheese blend, cilantro, sour cream and crispy tortilla.

PULLED PORK

\$26 ea

Smoked pork, bbq sauce, mozzarella and red onion.

BACON CHEESE BURGER

\$26 ea

Crispy bacon, beef, cheddar, caramelized onion, Tomato and pickles.

V BUTTERNUT SQUASH

\$26 ea

Roasted squash, fresh arugula, crumbled goat cheese and caramelized onions.





DESSERTS

Minimum order (10 each)

BLONDIE (Mix & Match)

Decadent dessert bar with white chocolate and raspberry.

\$4 ea

BROWNIE (Mix & Match)

Just like my mom used to make.

\$4 ea

LEMON BAR (Mix & Match)

Bursting with fresh lemon topped with toasted coconut.

\$4 ea

SALTED CARAMEL (Mix & Match)

Light, sweet cookie slathered with salted caramel and ganache.

\$4 ea

CHEESECAKE

Light creamy cheesecake topped with fresh seasonal fruit.

\$8 ea

TIRAMISU

A classic Italian favourite.

\$8 ea

SEASONAL CRÈME BRULEE

Ask flavour

\$8 ea

Celebration Cake (serves 40-50)

Fruit and cream w/ custom message

\$90 ea



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MADE WITHOUT GLUTEN VEGAN OR NUT FREE



Minimum order (10 ea or dz)

MADE WITHOUT GLUTEN MUFFINS

Seasonal assorted muffins.

\$5 ea

VEGAN MUFFINS

Seasonal assorted muffins.

\$5 ea

VEGAN YOGURT

Fresh seasonal flavours.

\$6 ea

GLUTEN FREE, VEGAN & NUT FREE BAR

Chef's pick.

\$6 ea

MADE WITHOUT GLUTEN SANDWICH

Choice of grilled chicken or prosciutto, gluten free bun, mayo, lettuce and tomato.

\$13 ea

VEGAN SANDWICH

7 grain tempeh, guacamole spread, lettuce and tomato.

\$14 ea

VEGAN & MADE WITHOUT GLUTEN PIZZA (14")

Choice of margherita and roasted vegetables or spinach mushroom.

\$29 ea

GLUTEN FREE BRAZILIAN STYLE CHEESE PUFFS

Typical Brazilian snack made with cassava flour and cheese

\$20 dz

**Alternative Made Without Gluten menu choices
are available upon request!**

* please note our production area is not gluten free and cross contamination with gluten containing items may occur.

**Items identified as Gluten Free are made in a Gluten Free facility and will arrive individually wrapped.



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ORDERING INFO

Dietary + Custom Items

Gluten-free/vegetarian/vegan available. Please advise of all Allergy and dietary restrictions. Custom items and menu are available upon request.

Ordering Lead Time

Orders must be placed and confirmed 72 hours in advance of the event. For events over 100 guests, or those that require liquor services or chef-attended stations, at least 5 working days' notice is required, so we can accommodate your event request. Adjustments also need to be confirmed 72 hours in advance of the event.

Billing

We reserve the right to adjust menu prices, however quoted menu prices are honoured for all events within 60 days. Menu prices **do not** include all applicable taxes.

Pickup & Delivery

Set up will be done according to the order specification. Delivery charge off campus is \$20.00 plus \$7.50 fuel surcharge.

Service Staff

Server charge of \$35.00 per server per hour will be applied for staffed events, bartender charge at \$45.00 per hour (1 bartender per 100 guests) & chef charge per station \$45.00.

After Hours Charge

Labour charge of \$35/hour will be applied on after hours caterings. After hours are consider weekdays after 6 pm, and weekends. A minimum of 2 hours would be charged on weekdays, and 4 hours on weekends.

Cancellation

Cancellations must be confirmed 2 business days in advance for regular events, and 4 business days for events over 100 guest or customized menus. A charge of 25% of the order amount will be charge in case the cancellation does not follow the lead time specified.

Chinaware

China ware is available upon request at additional charges:

*Coffee Break Service - \$2.50 per guest.

*Meal Service - \$3.00 per guest.

*custom
selections
available!*

CONTACT

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