



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.



Continental

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

\$14.99



Bakers Mini

Mini Danishes, croissants (Cals 180-620)

\$3.99



Assorted Muffin Tray

(Cals 300-350)

\$3.29



Classic Breakfast Buffet

Farm fresh scrambled eggs, crispy breakfast potatoes, Choice of bacon or Sausage Assorted toast. (Cals 600-650)

\$13.99



All prices are per person and based on a minimum of 12 people, flavours can be chosen.



Eggy

English muffin, free run egg, cheddar cheese, and choice crispy bacon or sausage (Cals 310)

\$6.99



Vegetarian Breakfast Burrito

Scrambled eggs, black beans, peppers, spinach, fresh cilantro, and salsa wrapped in a warm tortilla.

\$6.99

(Cals 420)



Breakfast Burrito

Scrambled eggs, caramelized onions, cheddar, salsa, and crispy bacon wrapped in a warm tortilla. (Cals 400)

\$6.99



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a la carte



Cinnamon Buns

Freshly baked and topped with vanilla icing, one per person.
(Cals 220)

\$4.29



Assorted Fruit Danishes

Freshly baked assorted fruit Danishes, one per person.
(Cals 110-140)

\$5.99



House Baked Muffins

Assortment of freshly baked muffins, one per guest.
(Cals 300-360)

\$3.99



Breakfast Loaf Slices

Assortment of Banana, Cranberry, Carrot, Cinnamon loaves, one per person.
(Cals 260-360)

\$4.29



Fruit cup

A selection of fresh fruit
(Cals 80-90)

\$6.49



Oikos Greek Yogurt

Assorted individual Greek yogurt cups.
(Cals 90-100)

\$2.99

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
Crisp romaine, herbed croutons, crispy smoked bacon, and fresh parmesan.
(Cals 470) | \$12.99 |
| | Side Caesar
(Cals 245) | \$6.99 |
| | Add Chicken
(Cals 165) | \$3.99 |
|  | Pasta Salad
Vegetable fusilli with Grape Tomatoes, Cucumber, Peppers, Green Onions, Parmesan cheese, basil pesto dressing.
(Cals 300) | \$12.99 |
|  | Side Pasta Salad
(Cals 150) | \$6.99 |
|  | The Greek
Marinated olives, red onion, tomatoes, peppers, cucumbers and feta cheese on chopped romaine finished with fresh herbs.
(Cals 230) | \$12.99 |
|  | Side Greek Salad
(Cals 140) | \$8.99 |
|  | Potato Salad
Potatoes salad, sweet peppers, red onions, grape tomatoes, Pickles, parsley marinated in a grainy Dijon vinaigrette
(Cals 190) | \$6.99 |
|  | Side Mix Green Salad
Mix green, cucumbers, Cherry Tomatoes with Balsamic Vinaigrette or Ranch
(Cals 80) | \$6.99 |



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sandwiches

Classic Sandwich Platter

Cals (400-450)

\$7.89

A selection of freshly prepared classic sandwiches:

- *Egg salad*
- *Shaved beef*
- *Fresh vegetable wrap*
- *Shaved black forest ham*
- *Turkey*
- *Tuna Salad*
- *BLT*

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boxed lunches

Breakfast Snack Box \$13.79

Oikos yogurt, muffin, and whole fruit.
Boxes come complete, bottled water
(Cals 250-500)

Classic Lunch Box \$16.99

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.**

A selection of freshly prepared classic sandwiches:

- *Tuna Salad Sandwich*
(Cals 460)
- *Egg Salad Sandwich*
(Cals 520)
- *Black Forest Ham Kaiser*
(Cals 460)
- *Shaved Beef Sandwich*
(Cals 430)
- *BLT*
(Cals 520)
- *Turkey Sandwich*
(Cals 420)
- *Vegetarian Wrap*
(Cals 400)



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buffet

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

Korean BBQ Beef or Korean BBQ Tofu

Sesame chili marinate, Ginger vegetables, jasmine Rice Pilaf
(Cals 780-1200)

\$20.99

Crispy Chicken Alfredo or Wild Mushroom Alfredo

Alfredo penne pasta with vegetables. Served with garlic breadsticks and market greens salad with balsamic dressing.
(Cals 610-1200)

\$21.99

Greek Style Roasted Chicken

Lemon Rice, Roasted Vegetables, and Greek Salad
(Cals 680-1200)

\$22.99

Butter Chicken

Tender braised chicken in a rich aromatic makhani sauce, basmati rice, and warm naan bread served with cucumber raita.
(Cals 690-1200)

\$21.99

Moroccan Beef Stew

Roasted Vegetables, warm couscous salad and flatbread
(Cals 650-1210)

\$20.99

Baked Fish and Chips

2 pieces of fish, Baked Potatoes Wedges, Coleslaw, Lemon Wedge
(Cals 580-1220)

\$21.99



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snacks

All prices are based on a minimum of 12 people



Crudité

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

\$5.99



Artisan Cheese Board

Cheddar, Swiss, brie, local goats' cheese, feta, and blue cheese. Served with grapes, berries, dried fruits, seeds, assorted artisanal crackers.
(Cals 400-890)

\$12.99



Snack

A little salty mix of assorted potato chips, tortilla chips, salsa.
(Cals 300-440)

\$4.99



Assorted Healthy Bars

Assorted Cliff Bars, Lara Bar, Kind Bar
(Cals 260-350)

\$5.99

Antipasto Plater

Cured Meats with marinated olives and grilled vegetables
(Cals 200-550)

\$10.99



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sweets

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

Freshly Baked Cookies

A selection of chocolate chip, double chocolate, and white chocolate macadamia nut cookies.
(Cals 200-380)

\$3.49

Dessert Platter

Assorted Nanaimo bars, double fudge brownies, and butter-tart bars
(Cals 300-430)

\$5.99

Cupcake Platter

Assortment of mini-cupcakes
(Cals 250-320)

\$3.99

Fruit Platter

Assortment of freshly sliced melon, berries, kiwi, grapes, oranges...
(Cals 90-320)

\$6.99

custom
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celebration

call our catering team to
elevate your event!



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beverage

Coffee and Tea Service (Minimum of 10 people) 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
Canned Beverages & Soda Variety of carbonated soft drinks, 355ml (Cals 0-120)	\$2.69
Bottled Water (591ml) (Cals 0)	\$2.49
Premium Bottled Water (Cals 0)	\$3.99
Sparkling Flavored Water 473ml Bubbly 355 Bubbly 500ml AHA (Cals 0)	\$3.89 \$2.99 \$3.89
Premium Juices Assorted Bottled Juices (Cals 300)	\$4.79
Regular Assorted Juices (Cals 300)	\$2.49



Dinner

All prices are per person

Slow Roasted Beef

Roasted vegetables, Mash Potatoes Aus Jus or gravy
(Cals 800)

\$32.99

Maple Glazed Ham

Herbed Mash Potatoes, Roasted vegetables, stuffing, and gravy
(Cals 800)

\$28.99

Tandoori Chicken

Vegetable pulao, korma gravy naan bread, and sweet & spicy tandoori Sauce
(Cals 750)

\$26.99

Herb Roasted Turkey

Herbed mash potatoes, roasted vegetables, cranberry sauce, stuffing, and gravy
(Cals 780)

\$28.99

Wild Mushrooms Alfredo Baked Pasta

Herbed Garlic Penne, Garlic Toast
(Cals 750)

\$24.99

Herbed roasted Chicken Leg

Roasted Baby Herb Potatoes, Roasted vegetables, Herbed butter Sauce
(Cals 780)

\$24.99



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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 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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