



Executive Catering

BC Hydro Edmonds



the FRESH FORK



Bakery

Muffin bakers' fresh daily choice	3.29
Vegan Muffin or Gluten Free Muffin	4.19
Scone bakers' fresh daily choice	3.29
Morning Bread banana, lemon	3.39
Danish assorted fruit filled pastry	3.99
Croissant butter, chocolate or almond	3.99
Cinnamon Buns	3.99
Bakers Mini per dozen pieces mini - Danish, muffins, scones, croissants	18.99
Bagel Breakfast 6 person minimum per order an assortment of bagels, cream cheese, butter and preserves	18.99

Healthy Start Breakfast

Classic Breakfast Buffet	14.99 per person
10 person minimum farm fresh scrambled eggs, crispy Potato Tarte, with jams and butter	
choice of: Crispy bacon or sausage White Toast or Whole Wheat Toast	

Breakfast Sandwiches

Vegan Breakfast Burrito Spiced Black Beans, Roasted Veggie, potato bites in a warm tortilla	7.29
Vegetarian Breakfast Burrito scrambled caged free eggs, mixed veggies, sharp cheddar, potato bites in a warm tortilla	6.49
Breakfast Muffin English muffin, caged free egg, cheddar cheese and choice of bacon or sausage	5.39
Bacon Wrap scrambled caged free egg, cheddar, bacon, potato bites, warm tortilla	7.29

Breakfast Additions

Seasonal Fruit Cup cubed, seasonally fruit	5.49
Assorted Oikos Greek Yogurt	1.99
Yogurt Parfait vanilla, yogurt, granola and seasonal fruits	4.99
Yogurt Bar – per person vanilla yogurt, berries, granola, nuts, dried fruit	6.99



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Working Lunch

minimum 10 guests all items are priced per person

14.39 pp

'SOUPER' SANDWICH

Chef's daily soup, choose from the following sandwiches :

- deli ham
- smoked turkey
- roasted beef
- ocean tuna
- farmers egg
- chicken salad
- veggie with cheese

Gourmet Artisan Sandwiches

Southwest Club

9.99 pp

smoked turkey, guacamole, mayo, lettuce, tomato, swiss cheese on rustic focaccia

Roast Beef

shaved beef, chipotle aioli, red onion, tomato, arugula, havarti on demi-baguette

Chicken Breast

red onion, roasted peppers, and baby spinach cheddar cheese with pesto mayo on ciabatta

Smoked Salmon

capers, red onion, cucumbers, tomatoes, roasted red pepper, lettuce with cream cheese on marble rye

Falafel and Feta Garden Wrap

handmade falafel, vegetable melody, shredded iceberg, olives, tzatziki in a tortilla wrap

Classic Handcrafted Sandwiches

Protein

8.99 pp

chicken salad, tuna salad, egg salad smoked turkey, black forest ham, roast beef

Toppings

bell peppers, cucumber, tomato, leaf lettuce, mayo

Make it a Wrap

8.99 pp

Add Chips
for \$2.39

Add
Garden
Salad
\$3.45

Global and Comfort Buffets

minimum 10 guests all items are priced per person & need 48-hour notice

Taste of Greek chicken or beef souvlaki skewers, charred lemon Greek salad, lemon herb roasted potatoes, thick pita Spanakopita available for vegetarian option	16.99
Slow Roasted Chicken served with fresh herbs and red skin mash and grilled market vegetables	16.99
Butter Chicken tender braised chicken and chickpeas in a rich aromatic tomato sauce, basmati rice, warm naan bread Butter Tofu available for vegan option	16.99
North African Beef Stew slow braised beef with eggplant, dried currants, toasted almonds in a Moroccan inspired curry. served with steamed rice, warm naan bread and roasted vegetables	18.99
Maple Dijon Baked Salmon pan seared then glazed with our maple dijon, served with 7 grain rice or roasted mini potatoes and steamed seasonal vegetables	19.99
Lasagna ricotta, mozzarella and our scratch made tomato sauce. choose either lean beef bolognese or roasted vegetable with Caesar Salad and Garlic Toast	16.99
Alfredo Chicken Pasta Creamy Alfredo Chicken Breast on the Pasta, with Caesar Salad and Garlic Toast	16.99

Pair with our Salads & Desserts



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Market Side Salads

minimum 6 guests all items are priced per person

Heritage Blend Market Greens

3.29

roma tomato, cucumber and julienne carrot on a bed of tender greens. served with a garden salad, herb, or balsamic vinaigrette

Pasta Salad

4.29

vegetable fusilli with oven dried tomato, sweet red onion, diced green peppers, grated carrot tossed in a basil and oregano vinaigrette

Classic Cole Slaw

4.29

a mixture of green cabbage, radicchio, carrot and red pepper. finished with a creamy coleslaw dressing.

The Greek

4.99

marinated olives, red onion, roma tomatoes, red peppers and feta on chopped romaine finished with fresh oregano and parsley

Mediterranean Quinoa and Feta Salad

5.99

tri-coloured quinoa, cherry tomatoes, english cucumber, red peppers, pickled red onion, crumbled feta, fresh herbs & lemon balsamic vinaigrette

Boxed Salads

minimum 6 guests all items are priced per person

Blackened Chicken Caesar Salad

12.99

Blackened chicken, chopped romaine lettuce, grated parmesan cheese & house made croutons with our traditional Caesar dressing

Tradition Chef's Salad

12.99

Turkey, ham, cheddar, hardboiled egg, tomatoes, cucumbers & crisp greens with Italian dressing

Grilled Chicken Greek Salad

12.99

Grilled chicken, tomatoes, cucumbers, kalamata olives, feta cheese, red onion & mixed greens with Greek dressing

Falafel Greek Salad (Vegetarian, Vegan)

12.99

Falafel, tomatoes, cucumbers, kalamata olives, feta cheese, red onion & mixed greens with Balsamic dressing



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Beverages

Fresh Brewed Starbucks Coffee – serves 10 cups 23.99
choose from Pike (Medium), Decaf Pike, Verona (Dark) and Veranda (light)

Assorted Teavana Tea 2.39
english breakfast, earl grey, chai, radiant green, ginger peach
chamomile blush, harmonic mint, hibiscus spice, red rose orange pekoe

Canned Soft Drink 1.99
assorted pepsi or coke products

Large Soft Drink 2.99
assorted pepsi or coke products

Canned Sparkling Water 1.99
assorted bubly flavors

Small Fruit Juice 2.59
orange, apple, grapefruit, cranberry cocktail

Large Fruit Juice 3.29
orange, apple, grapefruit, cranberry cocktail, 100% cranberry

Bottled Water 2.50

Jug Iced Water 3.00
Free for order over \$50

Water Station 17.00
BC's freshest water with seasonal fruit and mint

Party Punch 18.00
Orange and ginger ale, sliced lemon



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Platters and Snacks

minimum 6 guests all items are priced per person

Crudités Platter

a selection of fresh peppers, zucchini, grape tomatoes, carrots, cauliflower broccoli and english cucumbers with a side of buttermilk ranch

5.49

Seasonal Fruit Platter

sliced melons, pineapple and grapes garnished with seasonal berries

5.99

Canadian and Imported Cheese Platter

cheddar, swiss, jack, havarti, danish blue cheese served with grapes, dried fruit and artisanal crackers

6.79

Half N' Half Platter (Fruit N' Cheese Platter)

mixture of sliced fruits and berries, sliced cheese, grapes, artisanal crackers

7.49

Antipasto Platter

marinated olives, artichokes, red peppers, feta and cured meats with grilled flat breads, red beet hummus and tzatziki

8.49

The Lighter Side

minimum 6 guests all items are priced per person

Breads and Dips

crispy flat breads, mini whole wheat pita, red pepper hummus yogurt with fresh dill

5.19

Santa-Fe Chips and Dips

yellow corn tortilla chips, tomato and lime salsa, guacamole and sour cream

5.19

At the Movies

a little sweet and salty mix of assorted potato chips, candy bars and baked pretzels

6.19

The Health Nut

protein packed builder bars, summer fresh hummus with flat bread and a variety of greek yogurt cups

6.39



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Sweet Treats

all items are priced per person

Cookies

chocolate chip, oatmeal raisin, double chocolate and macadamia nut white chocolate cookies

2.79

Dessert Squares

brownie, nanaimo bars, carrot cake, berry crumble bar

3.59

Gluten Free Brownie

3.99

Mini Assorted French Macarons(2 per person)

3.15



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