



the fresh FORK



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Constellation Café
100
Catering

Phone: 613 220 4258

Email:

Cara.green@compass-canada.com

OUR SUSTAINABILITY STRATEGY AND PROMISE

We are using this established framework to leverage well-developed channels that are further refined to address the localized needs for our partner accounts and customers.

Our sustainability strategy prioritizes social and environmental change that supports the large-scale objectives of our clients and customers, an approach informed by our parent company Compass PLC. Our global climate Net Zero commitment – called Planet Promise – is our commitment to a sustainable future for all. It envelops our overall corporate sustainability strategy defined by three key priorities:

- 1** Health and well-being – Better nutrition choices, mental health, total well-being
- 2** Environmental game changers – Food waste, single use plastics, plant-forward meals
- 3** Better for the world – Sourcing responsibly, enriching local communities, partnerships for big change

ALLERGIES AND DIETARY RESTRICTIONS

ALLERGIES

We attempt to provide nutrition and ingredient information that is as complete as possible. Products may change without our knowledge and menu items are prepared in close proximity to other ingredients that may result in cross-contact with ingredients not listed, including allergens. Please reach out to discuss any allergy concerns for your function.

DIETARY RESTRICTIONS

As Canada's largest foodservice provider, we have a significant impact on the health and well-being of our guests. Our commitment to encouraging healthy living embraces the power of food and the empowerment of individuals to achieve their health goals. The icons below are used throughout the menu to indicate menu items that are Vegetarian and Vegan and Whole Grain. Additionally, **all our eggs are free run, cage free.**



Identifies the most nutritious food choices on our menus.



Does not contain any ingredients that come from animals.



Does not contain meat, poultry or fish but may, or may not, contain dairy, eggs and/or honey.



Emphasizes plant-based foods but is not limited to them. Recipes contain no more than 2oz of animal-based ingredients and must contain at least 50% fruit, vegetables or grains by weight.



Made with or contains whole unprocessed grains.

ORDERING GUIDELINES

PLACING ORDERS

We request that all orders are placed through online ordering system, two (2) business days prior to your delivery date and time. Specialty items may require additional notice, please give us a call to discuss. Every effort will be made to accommodate any orders placed after the deadline but is not guaranteed to be fulfilled. For orders over 100 people please provide minimum seven (7) business days notice.

OUR DELIVERY COMMITMENT

Every effort is made to exceed our clients' expectations, your order will be delivered as close to the time requested, however, should we need to adjust this time due to unforeseen circumstances a representative will call to let you know in a timely manner.

DELIVERY MINIMUMS

We are currently requesting a 12-person minimum on any order, or a minimum spend of \$250 prior to delivery and applicable taxes. A delivery fee of \$35 will be applied to orders that do not meet the minimum. Orders below minimum can also be picked up from the café to avoid delivery fees.

CANCELLING ORDERS

Cancellations must be received in a timely manner; we understand that things happen and sometimes are out of your control. However, a minimum of 24 hours' notice must be given to avoid an associated charge. For functions over 100 people cancellation must be received within 3 business days.

PRICING GUIDELINES

All items are priced per person, except where indicated, and are based on a minimum of 12 orders per menu item. Multiple options and/or flavours can be chosen only when indicated. Vegetarian and/or Vegan options are provided without additional charge and typically represent 20% of every catering order. Adjustment to the amount of vegetarian and/or vegan options can be changed upon your request.

If your event is less than 12 people or \$250, we do have catering vouchers available. We are thrilled to accommodate your group in our dining areas.

Events outside of our hours of operation will require a charge for staffing billed to oversee the event. This charge will be 35\$ per hour and based on the number of staff required to manage your event.

BREAKFAST SANDWICHES

Minimum of 12 required per order. Includes coffee, tea and a selection of juices and water. 1 item selection allowed for every 12 items ordered



	PP
Bacon & Egg Sunrise English muffin, egg, cheddar cheese, and crispy bacon. (Cals 330)	11
 Egg White and Turkey English muffin, egg white, Swiss cheese and turkey bacon. (Cals 270)	11
 Vegetarian Breakfast Burrito Scrambled eggs, spiced black beans, sweet peppers, home fries, fresh cilantro, and salsa wrapped in a warm tortilla. (Cals 490)	11
 Breakfast Croissant Scrambled eggs, tomatoes, fresh spring mix, with cheddar served on a croissant. (Cals 590)	14
Breakfast Burrito Scrambled eggs, cheddar, salsa, and crispy bacon wrapped in a warm tortilla. (Cals 590)	15



MORNING BUFFETS

Minimum 12 orders required. Coffee, tea and premium juices and/or water included.

PP



Daybreak Continental

13

Assorted muffins and mini pastries, jams and butter. Selection of individual Greek yogurt cups. (Cals 90-1680)



Wholesome Energy Continental

24

Assorted fruits and berries, granola yogurt parfaits, basket of breakfast pastries. (Cals 100-650)

Breakfast Bistro

27

Sliced fruits & berries, avocado toast bar (sourdough bread, feta, Heirloom tomatoes), Free Range egg Frittata (red peppers, mushroom and spinach), turkey breakfast sausage. (Cals 35-730)

Classic Breakfast Buffet

24

Scrambled eggs, bacon and home fries. (Cals 200-1100)

Add Ons (Min order 6 person)

PP

Buttermilk pancakes with maple syrup (Cals 520)

2

Scrambled eggs (Cals 120)

3

Pork breakfast sausage or bacon (Cals 100-120)

3

Country-style breakfast potatoes (Cals 270)

3

Egg & bacon breakfast sandwich (Cals 320)

5



BREAK PLATTERS

Beverages not included.
Minimum order 12 required, priced per person.

	PP
 Nuts & Trail Mix Assorted sections to make your own blend of trail mix. Dried fruit and assorted nuts. (Cals 30 - 650) or Mixed nuts, pretzels, M & M's. (Cals 30 - 650)	5
 Cookie Time Assorted mini cookies. (Cals 60 - 240)	3
 Quick Start Assorted mini pastries, including muffins, chokolatines and spinach feta Danish. Served with preserves & whipped butter. (Cals 180 - 1200)	9
 Chips and Dips Tri colour corn tortilla chips, tomato salsa, guacamole and sour cream. (Cals 300-440)	5
 Sweet & Salty A little sweet and salty mix of assorted potato chips, candy bars and baked pretzels. (Cals 180-370)	6
 Fresh Sliced Fruit Assortment of sliced fresh fruit	6
 Standard Cheese Platter A selection of blocked cheddar, Swiss, brie cheeses accompanied by grapes, strawberries and crackers.	8



BREAK PLATTERS

Beverages not included.
Minimum order 12, priced per person.



	PP
 Fresh Sliced Fruit & Berries Assortment of sliced fresh fruit and berries served with vanilla yogurt dipping sauce.	7
 Crudité A selection of seasonal vegetables accompanied with a side of humus and ranch. (Cals 90 - 350)	9
 Mediterranean Antipasto Marinated olives, artichokes, roasted red peppers, feta, provolone, and cured meats served with grilled flat breads. (Cals 240 - 580)	12
 Healthy Break A protein break including hard boiled eggs, cheddar, hummus and assorted veggies (Cals 250 - 500)	12
 Bruschetta & Flat Breads Toasted flat breads brushed with extra virgin olive oil. Served with cucumber, grape tomatoes. Includes hummus, tzatziki and lemon yogurt dips. Also, your choice of one of the following dips; roasted pepper hummus, basil pesto or olive tapenade. (Cals 200 - 550)	14
 Domestic & International Cheeses Selection of locally produced Canadian and international cheeses complimented with assortment of honey, fruits, nuts, sliced baguettes and crackers. (Cals 35 - 920)	15

À LA CARTE

Minimum of six-person order per selection.

	PP
 Cookies, variety (Cals 200 - 260)	3
 Muffins, variety (Cals 190 - 260)	3
 Individual Geek yogurts, variety (Cals 90 - 100)	3
 Assorted pastries & croissant (Cals 200 - 380)	4
 Mini Danishes, variety (Cals 180 - 200)	4
 Cranberry chia pudding (Cals 380)	8
 Berry & yogurt parfait (Cals 140)	7



ROOTS & SEEDS BOWLS

Minimum 12 orders required. Entrée sized salads. All Roots & Seeds Power Grain bowls are served in individual bowls with a bottle of water and a KIND nuts and seeds granola bar. One bowl type per 12 orders.

	PP
 Rebel Bowl Kale, quinoa, red peppers, tomato, black beans, corn, hemp seeds, chipotle citrus ranch dressing. (Cals 700)	19
 Ninja Bowl Brown rice, cabbage, spinach, carrots, cucumber, edamame, Mandarin oranges, crispy wontons, sesame seeds, sesame dressing. (Cals 680)	19
 Eden Bowl Quinoa, cabbage, arugula, broccoli, chickpeas, carrot, cucumber, green onion, sunflower seeds, balsamic dressing. (Cals 640)	19
 Add Protein: (one protein type per 12 orders)	
Falafel	3
Chili Lime Tofu	3
Lemon Roasted Chicken	4
Maple Glazed Salmon	5



Ninja Bowl

**ROOTS
&
SEEDS**



Rebel Bowl



Working Lunch or Lunch Boxes

Includes one sandwich per person, side salad (options below), bottled water or canned pop and a cookie or square. For every 12 orders, two different sandwich options can be chosen. Sandwiches served on an assortment buns, breads & wraps.

Choose between individual lunch boxes or buffet style platters & bowls.

Salad options include garden greens, Caesar, potato salad or pasta salad.
(see salad add-ons on next page for descriptions)

Price is 21 per person
(Cals 400 – 650)

Tuna Salad

Albacore tuna, dill, light mayo, red onion, and lettuce.

Egg Salad

Fresh eggs, light mayo & lettuce.

Chunky Chicken Salad

Diced chicken with light mayo, celery and Lettuce.

Black Forest Ham

Shaved black forest ham, Swiss cheese, romaine lettuce with Dijon.

Shaved Roast Beef

Shaved roast beef, Swiss cheese, lettuce, and herb aioli.

Greek Vegetarian Wrap

Roasted mushrooms and zucchini with crumbled feta, red onion, iceberg lettuce, and tzatziki.

Pesto Caprese

Basil pesto aioli, heirloom tomatoes, bocconcini, fresh basil and balsamic reduction.

Southwest Chicken Club

Tex-Mex seasoned chicken breast, chipotle mayo, arugula lettuce.

Turkey, Brie, & Roasted Pepper

Oven roasted turkey, Brie, fresh leaf lettuce, fire roasted red peppers.

Chicken Caesar

Sliced chicken breast with Caesar dressing, grated parmesan and romaine lettuce.

Add a 12oz cup of soup for 5 per person

SALAD ADD-ONS

Served in a bowl for self-service.
All prices are per person and a minimum of 12 orders required.

PP



Mixed Garden Greens

Romaine and Iceberg lettuce with cucumber, radish and tomato with Italian Dressing. (Cals 15)

3

The Caesar

Crisp romaine, herbed croutons and fresh parmesan. (Cals 120)

4



Red Potato Salad

Mini red skinned potatoes, sweet peppers, red onions, grape tomatoes, cucumber, and parsley marinated in a Dijon vinaigrette. (Cals 190)

4



Pasta Salad

Penne pasta with sundried tomato, broccoli, fire roasted red peppers, parmesan cheese, and a basil pesto dressing. (Cals 260)

4



Six Grain Salad

A blend of whole grains with arugula, grape tomatoes, bell peppers, red onions, radish, pumpkin seeds and lemon with a tangy honey Dijon dressing. (Cals 300)

5



Classic Greek

Marinated olives, red onion, Roma tomatoes, green peppers and feta cheese on chopped romaine finished with fresh oregano and parsley. (Cals 140)

5



HOT MEALS

Includes a selection of bottled water and canned beverages and a deluxe dessert platter. Minimum order 12 people.

	PP
<p>Butter Chicken Tender braised chicken in a rich aromatic makhani sauce, basmati rice, green beans, warm naan bread and served with cucumber raita. (Cals 670)</p>	30
<p>Moroccan Beef Tagine Slow braised beef with eggplant, dried fruit, toasted almonds in a Moroccan inspired curry over fluffy rice. Served with an orange scented couscous salad and warm flatbread. (Cals 1060)</p>	30
<p>Roasted Chicken Breast Roasted chicken breast with garlicky baby red potatoes and roasted seasonal vegetables. (Cals 680)</p>	34
<p>Maple Glazed Salmon Maple glazed salmon on a bed of rice, served with seasonal vegetables and market greens salad. (Cals 1070)</p>	36
<p>Lasagna Beef or vegetarian lasagna served with garlic bread and Caesar salad. (Cals 1620)</p>	24



HOT MEALS CONTINUED...

Includes a selection of bottled water and canned beverages and a deluxe dessert platter. Minimum order 12 people.

	PP
 Harissa Cauliflower Roasted and served with a couscous pilaf. (Cals 460-520)	20
 Casablanca Stew Hearty vegetable and chickpeas in a Moroccan inspired curry over fluffy rice. Served with an orange scented couscous salad and warm flatbread. (Cals 450 - 750)	22
 Spinach & Ricotta Cannelloni Served with garlic bread sticks and market green or Caesar salad. (Cals 650-800)	24
 Chana Masala Chickpeas in an aromatic spicy onion and tomato curry, basmati rice, green beans, warm naan bread and served with cucumber raita. (Cals 670)	24





Pizza & Wings

Pizza

Cheese - A perfect blend of Canadian cheddar, shaved parmesan and mozzarella **25**

Vegetarian - Freshly sliced tomatoes, green peppers, red onions and mushrooms and mozzarella **25**

Pepperoni - The classic duo of pepperoni and mozzarella **25**

Deluxe - The perfect combination of pepperoni, bacon, green peppers, mushrooms, onions and mozzarella **29**

Canadian - A perfect combination of fresh mushrooms, pepperoni and chopped bacon with mozzarella **29**

Bruschetta - Savory diced tomatoes mixed with olive oil, fresh basil and red onions with mozzarella and parmesan **29**

Chicken Pesto - Diced chicken tossed with basil pesto, yellow and red pepper and red onions with mozzarella **29**

Wings

minimum 4 orders, 1 lbs per order
Choose between buffalo, BBQ or Honey Garlic, served with ranch or sour cream.

15



SWEETS

Each platter serves 10-12. Priced per platter.

	Per Platter
Classic Dessert Platter Assorted freshly baked cookies, Nanaimo and berry crumble dessert bars. (Cals 220-340)	24
Gourmet Cookie Platter A selection of freshly baked chocolate chip, oatmeal raisin, double chocolate, and white chocolate macadamia nut cookies. (Cals 200-380)	36
Mini Cheese Cake & Cookies Freshly baked mini cookies and an assortment of mini cheese cake bites. (220-340)	38
Brownies & Berries Bite sized brownies and fresh quartered strawberries. (Cals 150-350)	38

Please contact us for prices if you are interested in adding a celebration cake to your event.



BEVERAGES

	PP
<p>Coffee and Tea Service 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.</p>	3
<p>Infused Water per Pitcher Seasonally and artfully prepared. Service for 12. (Cals 150-350)</p>	15
<p>Bottled Water 500ml. (Cals 0)</p>	3
<p>Sparkling Water 300ml Perrier (Cals 0)</p>	4
<p>Soda Variety of carbonated soft drinks, 500ml. (Cals 0-120)</p>	3-4
<p>Iced Tea Fuze 500ml</p>	4
<p>Juice Assorted flavours.</p>	3

