

CARVED + CRAFTED
catering

THE
DAILY
MENU

DAILY

CARVED + CRAFTED
catering

IBM LAB

3755 RIVERSIDE

613-558-9392

kimberly.lalonde@compass-canada.com



@kimberlylalonde



**ORDER IN PERSON
OR ONLINE!**

WELCOME

Carved + Crafted by EUREST

There are both big decisions and little details to attend to as you prepare for your upcoming catered event. Let EUREST guide you, from designing the perfect menu to personalizing all the details of your unique gathering. Our catering services can accommodate any size, theme, or individual requirements, in virtually any location.

We will work with you to create a custom gathering menu inspired by your unique needs that will leave a lasting impression on your guests. All menus will follow the EUREST culinary philosophy; authentic recipes using the freshest, seasonal ingredients.

Kimberly Lalonde
Food Service Director
613-558-9392
kimberly.lalonde@compass-canada.com



Our Sustainability Strategy & 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 catering manager 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, Vegan and Whole Grains. Additionally, all our eggs are Free Run, Cage Free.





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.

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.

MORNING BUFFETS

All prices are per person and based on a minimum of 10 people. Coffee and tea, breakfast juice or bottled water included in each buffet.



Good Morning- Continental Buffet 16.00
Danishes, croissants and muffins, jams, butter and a fruit platter or yogurts.
(Cals 450-650)



Bakers Mini 14.75
Mini Danishes, muffins, croissants, butter, jam and preserves.
(Cals 200- 410)

BREAKFAST SANDWICHES

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



Egg and Bacon 10.00
English muffin, egg, cheddar cheese, and crispy bacon. Includes coffee, tea and juice. (Cals 310)








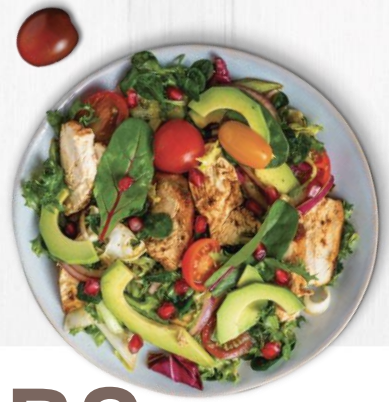
Multigrain Breakfast Croissant 12.00
Scrambled eggs, tomatoes, fresh spring mix, with real Canadian cheddar served on a multi-grain croissant. Includes coffee, tea and juice. (Cals 590)





A LA CARTE

	Seasonal fruits & berry bowl 6oz (cals 270)	6.00
	Sliced fruits & berries 4oz (cals 100)	4.50
	Berry & yogurt parfait (cals 125)	5.00
	Greek yogurt cup (cals 59)	2.50
	Assorted muffin (cals 340- 420)	2.75
	Assorted Danish (cals 200- 325)	4.00
	Cookie (cals 150)	2.25
	Flaky butter croissant (cals 250)	3.50
	Cheese or multigrain croissant (cals 300)	3.00
	Pain au chocolaté (cals 300)	4.00



SALADS & PLATTERS

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

5.75

Crisp romaine, herbed croutons, applewood smoked bacon, and fresh parmesan.
(Cals 100)

Heritage Market Greens

4.75

Sliced red beets, roma tomato, cucumber and julienned carrots on a bed of spring mix. Served with creamy ranch or balsamic vinaigrette.
(Cals 110)

Pasta Salad

4.75

Vegetable fusilli with sundried tomato, broccoli, fire roasted red peppers, parmesan cheese, and a basil pesto dressing.
(Cals 300)

Mixed Grain Salad

6.50

A blend of whole grains with grape tomatoes, bell peppers, red onions, arugula lettuce, fresh radish, pumpkin seeds and lemon with a sweet red wine dijon dressing.
(Cals 300)

The Greek

8.00

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

Potato Salad

6.50

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

Seasonal Fruit Platter

Sliced melons, grapes, pineapple and kiwi garnished with seasonal berries.
(Cals 70- 280)

Small: up to 15 guests **40.00**/ Medium: 15- 30 guests **75.00**/ Large: 30- 45 guests **100.00**

Crudit  Platter

A selection of fresh peppers, zucchini, grape tomatoes, carrots, cauliflower, broccoli and English cucumbers with a side of buttermilk ranch.
(Cals 110- 300)

Small: up to 15 guests **35.00**/ Medium: 15- 30 guests **70.00**/ Large: 30- 45 guests **95.00**

ROOTS & SEEDS BOWLS

All All Roots & Seeds Power Grain bowls are served in individual bowls with a bottle of water and assorted KIND nuts and seeds granola bars.



The Caesar

15.75

Crisp romaine, herbed croutons, applewood smoked bacon, and fresh parmesan.
(Cals 100)



Heritage Market Greens

15.75

Sliced red beets, grape tomato, cucumber and julienned carrots on a bed of spring mix. Served with creamy ranch or balsamic vinaigrette.
(Cals 110)



Pasta Salad

15.75

Vegetable fusilli with sundried tomato, broccoli, fire roasted red peppers, parmesan cheese, and a basil pesto dressing.
(Cals 300)



POWER BOWLS

Mexican Rice Bowl

Chili flavoured rice with chipotle grilled chicken, pico de gallo, corn bean salsa, shredded cheese, Avocado ranch dressing (option: tofu and beans)
(Cals 625)

18.00

Jerk Chicken Bowl

Homemade grilled jerk chicken thighs on red beans and rice, served with tangy coleslaw, pineapple salsa With mango vinaigrette (option: tofu and beans)
(Cals 600)

18.00

Teriyaki Salmon Bowl

Marinated and oven baked salmon teriyaki served with steamed rice, bok choi vegetable and red cabbage Salad, crispy noodles, pickled carrot, daikon. Served with Asian sesame dressing. (option: tofu)
(cals 390)

19.00



SANDWICH PLATTERS

All prices are per person and based on a minimum of 10 people. Cold Beverages, fresh garden salad and cookie included.

Classic Sandwich Platter

16.50

A selection of freshly prepared classic sandwiches:

- Egg salad with cucumber
- Shaved beef with horseradish aioli
- Grilled vegetable wrap with hummus
- Shaved black forest ham, Dijon mustard and Swiss
- Tuna salad

(Cals: 400-490)

Gourmet Sandwich Platter

19.00

A selection of freshly prepared gourmet artisan sandwiches:

- Southwest chicken club
- Turkey with brie, roasted peppers, mango chutney
- Greek vegetarian wrap
- Chicken breast sandwich
- Slow roasted beef with swiss cheese and chipotle aioli

(Cals 390-580)

Wrap Sandwich Platter

A large assortment of soft, fresh wraps with sliced premium meats, chicken salad, tuna salad and chopped egg salad.

19.00

(Cals 390-580)





GOURMET LUNCH BOX

Gourmet lunch boxes come complete with carrots and celery sticks, ranch dip, whole fruit, bottled water and a freshly baked cookie.

Southwest Chicken Club **20.50**
Tex Mex seasoned chicken breast, chipotle mayo, arugula lettuce.
(Cals 835)

Turkey, Brie, & Roasted Pepper **20.50**
Oven roasted turkey, fresh leaf lettuce, fire roasted red peppers, and mango chutney.
(Cals 735)



Greek Vegetarian Wrap **20.50**
Roasted mushrooms and zucchini with crumbled feta, red onion, iceberg lettuce, and tzatziki on a whole wheat wrap. (Cals 720)

Chicken Breast **20.50**
Julienne carrots, roasted peppers, baby spinach, pesto mayo on the bun.
(Cals 1100)

CLASSIC LUNCH BOX

Classic lunch boxes come complete with carrots and celery sticks, ranch dip, whole fruit, bottled water and a freshly baked cookie.

Tuna Salad Sandwich **18.00**
Albacore tuna, dill, light mayo, red onion, and lettuce. (Cals 760)



Egg Salad Sandwich **18.00**
Fresh eggs, light mayo, cucumbers & lettuce.
(Cals 820)

Black Forest Ham **18.50**
Shaved black forest ham, Swiss cheese, romaine lettuce with Dijon mustard.
(Cals 760)

Shaved Beef Sandwich **18.50**
Shaved roast beef, julienned carrots, lettuce, and horseradish aioli. (Cals 730)



Vegetarian Wrap **17.00**
Grilled vegetables, cucumbers, lettuce, hummus served in a whole wheat wrap.
(Cals 800)

CARVED + CRAFTED
catering



LUNCH BUFFET

Lunch buffets include a selection of bottled and canned beverages. All prices are per person and based on a minimum of 12 people. Enhancements must accompany a buffet order and can not be ordered individually.

Chicken Souvlaki

Marinated chicken souvlaki with pita, Greek rice, grilled peppers and zucchini, tzatziki sauce.
(Cals 780)

23.00

Chicken Supreme

Roasted chicken supreme to perfection, baked potatoes, grilled vegetables.
(Cals 475)

24.50

Roasted Chicken Breast and Boneless Chicken Thigh

Herb roasted chicken breast and boneless chicken thighs, roasted potatoes, French green beans.
(Cals 680)

23.00

Beef Stroganoff

Sauteed beef with buttered egg noodles, grilled peppers and zucchini, pickles and sour cream on the side. (Cals 690)

21.00

Flank Steak

Slow braised beef with garlic mashed potatoes, French green beans.
(Cals 1210)

23.00

Pan Fried Fillet of Fish

Fillet of tilapia or sole, rice pilaf, mixed vegetables.
(Cals 550)

23.00

Meat Lasagna Supreme

Seasoned beef, garlic bread, caesar salad.
(Cals 780)

23.00

Vegetarian Lasagna

Layers of plenty of sauteed vegetables lasagna, garlic bread, caesar salad.
(Cals 360)

21.00

Chicken Penne Pasta

Pasta with Chicken in herb/ oil sauce, garlic bread, garden salad.
(Cals 680)

21.00

Penne Pasta with Meat Sauce

Pasta in bolognese meat sauce, garlic bread, grilled vegetables
(Cals 690)

21.00

DESSERTS

A Selection of Cookies (24 pieces) Chocolate chip, oatmeal raisin, double chocolate and macadamia nut white chocolate cookies	Cals 170-250	50.00
Simplicity Dessert Platter (18 pieces) Cookies, coconut macaroon and berry crumble dessert bar	Cals 100-470	30.00
Decadent Dessert Platter (18 pieces) Chocolate and raspberry mini cheesecake squares, Nanaimo bars, berry crumble bars and double fudge brownies	Cals 200-500	40.00
Chocolate Double Fudge Brownies (12 pieces) With pineapple and melon lollipops (6 pcs) and garnished with berries, mint and a dusting of cocoa	Cals 230-380	32.00





RECEPTION CANAPES

Minimum order of 30 guests

COLD CANAPES (cals 50- 200, seasonal price)

Mini wraps

Assorted sushi, sashimi

Salmon or beef wellington



Feta sundried tomato phyllo pastry

Smoke salmon blini, caviar

Tropical shrimp salad on cucumber

HOT CANAPES (cals 50- 200, price **28.00- 35.00 per dozen**)

Spanakopita

Beef, chicken, or shrimp skewer



Vegetarian spring roll

Mini quiche

Assorted samosa

Beef, chicken, or vegetable empanada

**More choices are available.
Please ask the manager for details.**

RECEPTION STATIONS

Minimum order 20 people per station.

Domestic & International

8.00

Selection of locally produced Canadian and international cheeses complimented with fruit chutney, local honey, dried apricots, sliced baguettes and crackers.
(Cals 100)

Antipasto Display

9.00

Selection of local meats & cheeses, in-season vegetables, olives, stone fruit chutney and sliced Artisan breads and crackers.
(Cals 110)



Bruschetta & Flat Breads

8.00

Toasted flat breads brushed with extra virgin olive oil and one of four toppings. Toppings include Heirloom tomatoes, roasted pepper hummus, basil pesto and olive tapenade.
(Cals 300)



Sliced Fruit & Berries

7.50

Seasonal fruit and berries, Maple yogurt dipping sauce.
(Cals 300)



Fresh In-season Vegetables

6.00

Carrots, sweet peppers, broccoli florets, cucumbers, cherry tomatoes complimented with roasted red pepper hummus and garlic herb aioli.
(Cals 140)



HOT/ COLD BEVERAGES

Freshly brewed starbucks coffee (riverside only) Serve 10	27.50
Freshly brewed tim hortons coffee Serves 10	24.50
Assorted caffeinated and herbal tea Individual teabag	2.50
Hot chocolate Price per person	2.89
Natural spring water 500ml	2.69
Minute-maid juice	2.69
Assorted canned pop	2.00
Perrier water 330ml	2.69
Energy assortment drink	4.10
Iced water with sliced lemons	10.00

