



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.

- 
Seasonal Sunrise 23.99
 Yogurt parfait with fresh berries served alongside assorted freshly baked pastries. Includes coffee, tea and juice. (Cals 580)
- 
Continental 16.99
 Fresh baked pastries, muffins, croissants, butter and preserves. Includes coffee, tea and juice. (Cals 510-580)
- 
Bakers Mini 16.99
 Mini danishes, muffins, croissants, butter, jams and preserves and yogurt. Includes coffee, tea and juice. (Cals 180-620)
- 
Breakfast Bistro 26.99
 Sliced fruits & berries, avocado toast bar (sourdough bread, feta, Heirloom tomatoes). Free range egg Frittata (red peppers, mushroom & spinach). Includes coffee, tea and juice. (Cals 470)
- 
Classic Breakfast Buffet 20.99
 Farm fresh scrambled eggs, crispy breakfast potatoes, croissants with jams, preserves, and butter. Choice of bacon or sausage. Includes coffee, tea and juice.

Sub turkey bacon	add
	1.99

 (Cals 630-750)

All prices are per person and based on a minimum of 12 people. For each group of 12, two breakfast sandwich flavours can be chosen.

- 
Egg and Bacon 8.99
 English muffin, egg, cheddar cheese, and crispy bacon. Includes coffee, tea and juice. (Cals 310)
- 
Egg White and Turkey 8.99
 English muffin, egg white, Swiss cheese and turkey bacon. Includes coffee, tea and juice. (Cals 260)
- 

Vegetarian Breakfast Burrito 8.99
 Scrambled eggs, spiced black beans, sweet peppers, home fries, fresh cilantro, and salsa wrapped in a warm tortilla. Includes coffee, tea and juice. (Cals 590)
- 

Multigrain Breakfast Croissant 11.99
 Scrambled eggs, tomatoes, fresh spring mix, with real Canadian cheddar served on a multigrain croissant. Includes coffee, tea and juice. (Cals 590)
- 
Breakfast Burrito 12.99
 Scrambled eggs, sharp cheddar, salsa, and crispy bacon wrapped in a warm tortilla. Includes coffee, tea and juice. (Cals 700)



a la carte

a la cart items are 1 per person

- | | | |
|---|--|------|
|  | Cinnamon Buns
Freshly baked and topped with vanilla icing. (Cals 220) | 4.29 |
|  | Assorted Fruit Danishes
Freshly baked assorted fruit Danishes. (Cals 110-140) | 5.49 |
|  | House Baked Muffins
Assortment of freshly baked muffins. (Cals 300-360) | 4.39 |
|  | Breakfast Loaf Slices
Assortment of banana, blueberry, carrot, and apple spice breakfast loaves.
(Cals 260-360) | 4.29 |
|  | Whole Fruit
A selection of fresh bananas, apples and oranges. (Cals 80-90) | 1.99 |
|  | Oikos Greek Yogurt
Assorted individual Greek yogurt cups. (Cals 90-100) | 2.99 |

custom
selections
available!




the fresh fork





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 5.99
Crisp romaine, herbed croutons, applewood smoked bacon, and fresh parmesan.
(Cals 100)

 **Heritage Market Greens** 4.99
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 4.99
Vegetable fusilli with sundried tomato, broccoli, fire roasted red peppers, parmesan cheese, and a basil pesto dressing.
(Cals 300)

 **Mixed Grain Salad** 4.99
 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** 5.99
Marinated olives, red onion, roma tomatoes, green peppers and feta cheese on chopped romaine finished with fresh oregano and parsley.
(Cals 140)

 **Potato Salad** 4.99
Mini red skinned potatoes, sweet peppers, red onions, grape tomatoes, cucumber, and parsley marinated in a dijon vinaigrette.
(Cals 190)

 **Asparagus and Goat Cheese Salad** 5.99
Asparagus, arugula lettuce, red onion, sweet peppers, with crumbled goat cheese and a lemon vinaigrette.
(Cals 320)

 **Vegetable Noodle Salad** 5.99
Rice noodles, julienned carrots, bell peppers, fresh radish, cilantro and ginger tossed in a sweet chili dressing.
(Cals 300)

roots & seeds

All Roots & Seeds Power Grain bowls are served in individual bowls with a bottle of water and assorted KIND granola bars. All prices are per person and based on a minimum of 12 people or an orders of over \$250. For each group of 20, please select 1 type of bowl and 2 varieties of protein. For orders of 20 or more please speak with the catering manager about more choices of bowls and proteins.



Ninja Bowl (Chicken, Tofu or Falafel)

19.99

Herbed brown rice, shaved cabbage, spinach, carrots, cucumber, edamame, mandarin oranges, crispy wontons, sesame seeds, Asian sesame dressing.
(Cals 620 - 700)



Eden Bowl (Chicken, Tofu or Falafel)

21.99

Lemon turmeric quinoa, cabbage, arugula, broccoli, chickpeas, carrot, cucumber, green onions, sunflower seeds, balsamic dressing.
(Cals 620 - 700)



Rebel Bowl (Chicken, Tofu or Falafel)

19.99

Kale, quinoa, red peppers, tomato, black beans, corn, hemp seeds, chipotle citrus ranch dressing.
(Cals 620 -700)



ROOTS
&
SEEDS





sandwiches

Sandwich platters are based on one and a half sandwiches per person, comes with a bottle of Eska Water & a cookie

Classic Sandwich Platter

20.99

A selection of freshly prepared classic sandwiches:

- Egg salad with cucumber on multigrain
- Shaved beef with horseradish butter on a craft bun
- Fresh vegetable wrap with cream cheese and sunflower seeds
- Shaved black forest ham, dijon mustard and Swiss cheese on a craft bun
- Tuna salad on rye bread

(Cals: 400-490)

Gourmet Sandwich Platter

23.99

A selection of freshly prepared gourmet artisan sandwiches:

- Southwest chicken club on rosemary focaccia
- Turkey with brie, roasted peppers, mango chutney on marble rye
- Greek vegetarian wrap
- Caprese salad sandwich on ciabatta
- Black pepper striploin on ciabatta

(Cals 390-580)

custom
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boxed lunches


gourmet lunch box



For each group of 12, two sandwich options can be chosen.

Gourmet lunch boxes come complete with whole fruit, bottled water and a freshly baked cookie.

Southwest Chicken Club 21.99
Tex Mex seasoned chicken breast, chipotle mayo, arugula lettuce on rustic focaccia. (Cals 835)

Turkey, Brie, & Roasted Pepper 21.99
Oven roasted turkey, fresh leaf lettuce, fire roasted red peppers, and mango chutney on rye bread. (Cals 735)

 **Greek Vegetarian Wrap** 20.99
Roasted mushrooms and zucchini with crumbled feta, red onion, iceberg lettuce, and tzatziki on a whole wheat wrap. (Cals 720)



 **Caprese** 20.99
 Basil pesto aioli, heirloom tomatoes, bocconcini, fresh basil and balsamic reduction on ciabatta. (Cals 910)

classic lunch box

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.

Tuna Salad Sandwich 18.99
Albacore tuna, dill, light mayo, red onion, and lettuce on rye bread. (Cals 760)

 **Egg Salad Sandwich** 18.99
 Hard boiled eggs, light mayo, cucumbers & lettuce on multi-grain. (Cals 820)

Black Forest Ham Craft Bun 19.99
Shaved black forest ham, Swiss cheese, romaine lettuce with Dijon mustard. (Cals 760)

Shaved Beef Sandwich 19.99
Shaved roast beef, julienned carrots, lettuce, and horseradish aioli on craft bun. (Cals 730)

 **Vegetarian Wrap** 18.99
Roasted vegetables, cucumbers, lettuce, cream cheese, sunflower seeds served in a whole wheat wrap. (Cals 800)



buffet

Lunch buffets include a selection of bottled and canned beverages, coffee and tea, and a classic dessert platter. All prices are per person and based on a minimum of 12 people.



Korean BBQ Tofu

26.99

Sesame chili marinated tofu, vegetable chow mein, ginger gai lan and kimchi. (Cals 780)



Vegetarian Bolognese

26.99

Penne pasta with vegetarian bolognese sauce with garlic breadsticks and a market greens salad with balsamic dressing. (Cals 610)

Roasted Chicken Breast(halal)

34.99

Roasted chicken breast with an herb and garlic crudo sauce, a warm red quinoa tabbouleh salad and balsamic roasted vegetables. (Cals 680)

Butter Chicken

28.99

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

Moroccan Beef Stew

33.99

Slow braised beef with eggplant, dried fruit, toasted almonds in a Moroccan inspired curry, served with an orange scented couscous salad, and warm flatbread. (Cals 1210)

Glazed Salmon

36.99

Maple glazed salmon loin served with roasted mini potatoes and sautéed garlic baby bok choy. (Cals 580)



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snacks

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



Crudité

A selection of fresh peppers, asparagus, grape tomatoes, carrots, cauliflower, broccoli, radish, and cucumbers with a side of buttermilk ranch and black olive dips. (Cals 90-120)

5.99



Artisan Cheese Board

Variety of 6 artisan cheeses. Served with grapes, berries, dried fruits, seeds, preserves and assorted artisanal crackers. (Cals 400-890)

12.99

Antipasto

Marinated olives, artichokes, roasted red peppers, feta, provolone, and cured meats served with grilled flat breads. (Cals 240-360)

10.99



Breads and Dips

Crispy flat breads, pita triangles, red pepper hummus, lemon herbed yogurt with fresh dill. (Cals 200-320)

7.99



Chips and Dips

Yellow corn tortilla chips, tomato salsa, guacamole and sour cream. (Cals 300-440)

7.99



At the Movies

A little sweet and salty mix of assorted movie theater treats . (Cals 180-360)

4.99



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sweets

All prices are per platter

Freshly Baked Cookies A selection of chocolate chip, oatmeal raisin, carnival, and white chocolate macadamia nut cookies. 1½ cookies per person (Cals 200-380)	35.99
Classic Dessert Platter Assorted freshly baked cookies, coconut macaroons and berry crumble dessert bars. (Cals 220-340)	23.99
Decadent Dessert Platter Chocolate and raspberry mini cheesecake squares, Nanaimo bars, and double fudge brownies. (Cals 300-430)	35.99
Cupcake Platter (12 pieces) An assortment of decadently topped cupcakes such as red velvet, vanilla bean, peanut butter, double chocolate, lemon meringue and jelly roll. (Cals 250-320)	23.99
Sliced Fruit Platter Assortment of freshly sliced melon, berries, kiwi, grapes, oranges, and fresh mint. (Cals 90-320)	35.99

celebration

Full sheet, ½ sheet, ¼ sheet cakes, specialty desserts and cupcakes. Please note that we need 2 weeks notice for large cake orders

Call our catering team to elevate your event!



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custom selections available!



beverage

Coffee Service (pot serves 10)

Regular or Decaf coffee (upon request) with sugar, sweeteners, milk and cream. 24.99

Tea Service

Tea service includes a variety of black and herbal teas with honey and lemon wedges. With sugar, sweeteners, milk & cream. 2.69

Infused Water

Seasonally and artfully prepared. Minimum of 12 (Cals 150-350) 2.99

Bottled & Canned Beverages

Soft drinks

Variety of carbonated soft drinks, bottles 500ml. (Cals 0-120) 3.99

Variety of carbonated soft drinks, cans 355ml (Cals 0-120) 2.59

Bottled Water

Eska 500ml (Cals 0) 2.29

Dasani 591ml (Cals 0) 3.49

Sparkling Water

Eska Sparkling 500ml (Cals 0) 2.49

Perrier 330ml (Cal 0) 2.99

Variety of Aha Sparkling 500ml (Cals 0) 3.49

Iced Tea

Variety of Nestea 500ml (Cals 0 – 160) 3.99

Juice

Variety of Oasis 300ml (Cals 120 – 130) 2.29

Variety of Minute Maid 500ml (Cals 160 – 180) 3.49



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 and times.

Order Guidelines

We ask for a 5-business day 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. Orders below 12 people or \$250 before taxes will be subject to a delivery charge.

Don't See What You Are Looking For?

Contact our Catering Manager and we will develop a customized menu that fits your needs. For allergies and dietary restrictions, please make sure to note during your order so every effort can be made to deliver a safe meal.

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 lunch or dinner?
We can plan and execute your event. Set up a meeting with our Catering Manager to go over your ideas!

Cancellations

Catering orders are ordered and made specifically for your event; therefore, cancellations must be made 72 business 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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Eurest Dining
TOH General and Civic Campuses