



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

**\$15.99**

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



## Bakers Mini

**\$4.99**

Mini Danishes, croissants  
(Cals 180-620)



## Assorted Muffin Tray

**\$3.49**

(Cals 300-350)



## Classic Breakfast Buffet

**\$14.99**

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



## Eggy

**\$6.99**

English muffin, egg, cheddar cheese, and choice crispy bacon or sausage  
(Cals 310 -450)



## Vegetarian Breakfast Burrito

**\$6.99**

Scrambled eggs, black beans, peppers, spinach, fresh cilantro, and salsa wrapped in a warm tortilla.  
(Cals 420)



## Breakfast Burrito

**\$6.99**






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





## a la carte

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|---|---|---------------|
|    | <b>Cinnamon Buns</b><br>Freshly baked and topped with vanilla icing, one per person.<br>(Cals 220)                          | <b>\$4.99</b> |
|   | <b>Assorted Fruit Danishes</b><br>Freshly baked assorted fruit Danishes, one per person.<br>(Cals 110-140)                  | <b>\$5.99</b> |
|  | <b>Breakfast Loaf Slices</b><br>Assortment of banana, cranberry, carrot, cinnamon loaves, one per person.<br>(Cals 260-360) | <b>\$4.99</b> |
|  | <b>Fruit cup</b><br>A selection of fresh fruit<br>(Cals 80-90)  | <b>\$6.99</b> |
|  | <b>Oikos Greek Yogurt</b><br>Assorted individual Greek yogurt cups.<br>(Cals 90-100)  | <b>\$3.19</b> |

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# salad

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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)

**\$14.99**



## **Side Caesar**

(Cals 245)

**\$7.99**

## **Add Chicken**

(Cals 165)

**\$5.49**



## **Pasta Salad**

Vegetable fusilli with Grape Tomatoes, Cucumber, Peppers, Green Onions ,  
Parmesan cheese, basil pesto dressing.  
(Cals 300)

**\$14.99**



## **Side Pasta Salad** (Cals 150)

**\$7.99**



## **The Greek**

Marinated olives, red onion, tomatoes, peppers, cucumbers and feta cheese  
on chopped romaine finished with fresh herbs.  
(Cals 230)

**\$14.99**



## **Side Greek Salad**

(Cals 140)

**\$9.99**



## **Potato Salad**

Potatoes salad, sweet peppers, red onions, grape tomatoes, Pickles, parsley  
marinated in a grainy Dijon vinaigrette  
(Cals 190)

**\$7.99**



## **Side Mix Green Salad**

Mix green, cucumbers, Cherry Tomatoes with Balsamic Vinaigrette or Ranch  
(Cals 80)

**\$7.99**



# sandwiches

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## **Classic Sandwich Platter**

**8.49**

A selection of freshly prepared classic sandwiches

- Egg salad
- Shaved beef
- Falafel wrap
- Shaved black forest ham
- Turkey
- Tuna Salad
- BLT

Cals (400-600)

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# boxed lunches

## Breakfast Snack Box



### Boxes

**\$14.99**

come complete with

- Oikos yogurt
- Muffin
- Whole fruit

(Cals 250-500)

## 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**

(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)

### Falafel Wrap

(Cals 400)



# buffet

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

## **Korean BBQ Beef or Korean BBQ Tofu**

**\$24.99**

Sesame chili marinate , Ginger vegetables, Jasmine Rice Pilaf g.  
(Cals 780-1200)

## **Crispy Chicken Alfredo or Wild Mushroom Alfredo**

**\$24.99**

Penne pasta with vegetables and alfredo sauce, with garlic breadsticks and market greens salad with balsamic dressing.  
(Cals 610-1200)

## **Greek Style Roasted Chicken**

**\$24.99**

Lemon Rice, roasted vegetables and Greek salad  
(Cals 680-1200)

## **Butter Chicken**

**\$24.99**

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

## **Moroccan Beef Stew**

**\$24.99**

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

## **Baked Fish and Chips**

**\$22.99**

2 pieces of fish. baked potatoes wedges, coleslaw, lemon Wedge  
(Cals 580-1220)



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## snacks

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All prices are based on a minimum of 12 people



### Crudité

**\$7.29**

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



### Artisan Cheese Board

**\$14.99**

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



### Snack

**\$5.99**

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



### Antipasto Plater

**\$14.99**

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



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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)

**\$3.99**

### **Dessert Platter**

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

**\$6.99**

### **Fruit Platter**

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

**\$7.29**

## celebration

call our catering team to  
elevate your event!

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## Bites

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All prices are based on a minimum of 1oz

**Bruschetta** -vegetarian

Classic Tomato Bruschetta, Crostini  
(Cals 610)

**\$26.99**

**Caprese Skewers** – made without gluten

Cherry tomatoes, basil, bocconcini cheese, balsamic drizzle .  
(Cals 1210)

**\$26.99**

**Baked Buffalo Chicken Wings**

Ranch Sauce

**\$26.99**

**\$25.99**

**Vegetarian Spring Rolls** -vegetarian

Sweet and sour sauce

**\$32.99**

**Chicken Skewers** –made without gluten

Chipotle sauce drizzle



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## beverage

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<b>Coffee and Tea Service</b> 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.	<b>\$3.49</b>
<b>Canned Beverages</b> Variety of carbonated soft drinks, 355ml (Cals 0-120)	<b>\$2.89</b>
<b>Bottled Water</b> 591ml. (Cals 0)	<b>\$2.89</b>
<b>Premium bottled Water</b>	<b>\$4.49</b>
<b>Sparkling Flavored Water</b> 473ml Bubbly 355 Bubbly 355ml AHA, ... (Cals 0)	<b>\$4.29</b> <b>\$3.29</b> <b>\$3.29</b>
<b>Premium Juices</b> Assorted Bottle Juices	<b>\$5.29</b>
<b>Regular Assorted Juices</b> 300	<b>\$2.99</b>



# 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