

# MENU



2020 SELECTIONS

# B R E A K F A S T



## Classic Continental Breakfast

Assorted Greek Yogurt  
Rolled Oat Granola  
Assorted Field Berries  
Assorted Breakfast Pastries  
served with Butter & Fruit Preserves  
Fresh Fruit Platter

## Healthy Start Breakfast Buffet

Assorted Greek Yogurt  
Assorted Field Berries  
Assorted Breakfast Pastries  
served with Butter & Fruit Preserves  
Granola Bars  
Fresh Fruit Platter

## Hot Breakfast Buffet

Omega-3 Scrambled Eggs  
French Toast Warm Breakfast Syrup  
Beef Sausages  
Smoked Bacon  
Choose one: Potato Gratin/Hash browns  
Freshly Baked Pastries and Fruit Preserves  
Seasonal Fruit Display

## Plated Breakfast Menu

Served with assorted pastries and butter

### OPTION 1:

Prairie Style Breakfast  
Choose one: Pork or Beef Sausage or  
Smoked Bacon,  
2 Eggs (scrambled),  
Homemade Hashbrowns,  
Seasonal Fruits

### OPTION 2:

Eggs Benedict  
Choose one: Smoked Salmon or Ham and  
Tomato or Veg  
Served with Classic Hollandaise,  
Homemade Hashbrowns,  
Seasonal Fruits



## Add On Items

Charged based on per person consumption

Turkey sausage  
Stuffed tomatoes

Assorted Muffin Platter, including Banana, Blueberry, Raisin Bran, Double Chocolate  
Basket of Freshly Baked Breads and Muffins – Served with assorted jams and peanut butter  
Steel Cut Oatmeal – Served with brown sugar







# BREAK ENHANCEMENTS

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- ASSORTED MUFFINS
- ASSORTED FRESH VEGETABLES & DIP
- SEASONAL FRESH FRUIT DISPLAY
- HOUSE MADE HUMMUS & PITA (DF)
- HOUSE MADE POTATO CHIPS & DIP
- INDIVIDUALLY BAGGED-POTATO CHIPS
- ASSORTED COOKIES
- ASSORTED GREEK YOGURT CUPS
- ASSORTED SOFT DRINKS
- ASSORTED JUICES
- COFFEE & TEA





# [ LUNCH ]

## SOUP, SALAD & SANDWICH

*One soup selection  
Two salad selections  
One sandwich selection  
Platter of assorted dessert squares, dainties & seasonal fruits*

### Soups

#### CREAM OF MUSHROOM

*Cremeni & white mushrooms, roasted garlic, shallots, fresh parsley, chives*

#### TOMATO BASIL

*Roasted tomatoes, fresh basil, garlic cream, cinnamon paprika oil*

#### ITALIAN MINISTRONE

*Assorted Vegetables, fresh thyme, small shell pasta*

#### CREAM OF ROASTED PEPPER & TOMATO

*Roasted bell peppers, baked tomatoes, fresh basil & aromatic herbs*

### Salads

#### CAESAR

*Parsley thyme crouton, Parmesan crisp, romaine lettuce, smoked Caesar*

#### ARTISAN

*Spring Greens, strawberries, goat cheese, toasted almonds, rainbow tomatoes, orange honey dressing*

#### GREEK

*Feta cheese, cucumber, tomato, red onion, olives, Greek dressing*

#### ARUGULA & KALE

*Toasted pumpkin seeds, grape tomatoes, shredded carrots, roasted peppers, pear and mango slaw, goat cheese, balsamic honey dressing*

#### APPLE BROCCOLI SLAW

*Julienne apples, apple cider vinegar, tomatoes, raisins, fresh mint*

#### RICE NOODLE

*Rice vermicelli, sesame seeds, seared tofu, green onion, carrot sticks, red cabbage, toasted peanut and Thai dressing*

#### QUINOA CHICKPEA

*Wild quinoa, garbanzo peas, rainbow tomatoes, green onions, lemon herb dressing*

### Sandwiches

#### TURKEY

*Smoked turkey, garlic aioli, herb Monterey jack cheese, pears and arugula*

#### BEEF

*Roast Beef, leaf lettuce, tomato, Dijon mustard and horseradish mayo*

#### CHICKEN

*Rotisserie Chicken*

#### TUNA

#### EGG SALAD

*Ciabatta bun, boiled egg, chives, pickle, mayonnaise*

#### ROASTED VEGETABLE

*Artisan bread, roasted farmers market vegetables, herb aioli*





# LUNCH

## ITALIAN LUNCH

One soup selection  
Two salad selections  
Two protein selections  
Two vegetable selections  
Two starch selections  
Platter of assorted gourmet squares, tarts,  
pastries & seasonal fresh fruits



### SOUPS

#### Italian Minestrone

Assorted vegetables, fresh thyme, small shell pasta

#### Sicilian

Roasted Bell Peppers, sundried tomatoes, fresh rosemary, garlic cream

### PROTEIN

#### Italian Crusted Chicken Breast

Lemon & Saffron cream sauce, fresh thyme, sundried tomatoes, seared lemon

#### Pesto Penne

Al Dente penne pasta, basil and roasted tomato pesto, Parmesan Cheese, roasted red and green bell peppers, fresh parsley, olive tapenade

### VEGETABLES

#### Grilled Zucchini

Crushed pepper, olive oil

#### Glazed Carrots

Honey, dehydrated thyme

#### Broccoli

Cinnamon powder, sea salt

### SALADS

#### Quinoa & Arugula

Wild Quinoa, fresh arugula, tomatoes, mint and lime cider vinaigrette

#### Tuscan Greens

Spring mix, strawberry, goat cheese, toasted almonds, rainbow tomatoes, zesty Italian dressing

#### Milano Salmon

BC Salmon Filet, dill and lemon cream, roasted bell peppers, fresh tarragon rub

#### Mac'n'Wow

Macaroni Pasta, assorted vegetables, corn, roasted garlic cheese sauce, charred lemon, truffle oil, crispy basil

### STARCH

#### Italian Roasted Potatoes

Italian Seasoning, Olive Oil, dehydrated lemon, Kennebec potatoes

#### Pea Pilar

Roasted Cumin, basmati rice, green peas, bay leaf, ground cinnamon

#### Mashed Potato

Scallion Garnish

# [ LUNCH ]

## WHITE DIAMOND BUFFET

One soup selection  
Two salad selections  
One protein selections  
Three vegetable selections  
One starch selections  
Platter of assorted gourmet squares, tarts, pastries & seasonal fresh fruits

### SOUPS

#### CREAM OF MUSHROOM

Cremini & white mushrooms, roasted garlic, shallots, fresh parsley, chives

#### TOMATO BASIL

Roasted tomatoes, fresh basil, garlic cream, cinnamon paprika oil

### PROTEIN

#### ENGLISH BEEF STEW

Alberta beef, Yukon gold potatoes, carrots, mixed herbs

#### BAKED CHICKEN BREAST

Roasted garlic and herb rub, basil and thyme cream sauce, fresh parsley

#### BEEF SHEPHERD'S PIE

Alberta Beef, assorted vegetables, cheese mashed potatoes

#### BAKED SALMON

BC Salmon fillet, truffle oil, fresh tarragon rub, garlic and basil cream sauce, charred lemon

#### BUTTER CHICKEN

Tandoori baked chicken breast, tomato cream sauce, fenugreek leaves, aromatic curry blend, fresh cilantro

#### BEEF BRISKET

Slow braised Alberta beef, mustard honey sauce, rosemary and garlic rub

#### THAI COCONUT CHICKEN

Chicken Breast, coconut milk, lemongrass, carrots, beans, green peas, zucchini

### VEGETABLES

#### GRILLED ZUCCHINI

Crushed pepper, Olive Oil

#### GLAZED CARROTS

Honey, dehydrated thyme

#### BROCCOLI

Cinnamon powder, Sea Salt

#### ROASTED BEETS

Olive oil

#### ITALIAN MINISTRONE

Assorted Vegetables, fresh thyme, small shell pasta

#### CREAM OF ROASTED PEPPER & TOMATO

Roasted bell peppers, baked tomatoes, fresh basil & aromatic herbs

### SALADS

#### CAESAR

Parsley thyme crouton, Parmesan crisp, romaine lettuce, smoked Caesar

#### ARTISAN

Spring Greens, strawberries, goat cheese, toasted almonds, rainbow tomatoes, orange honey dressing

#### GREEK

Feta cheese, cucumber, tomato, red onion, olives, Greek dressing

#### ARUGULA & KALE

Toasted pumpkin seeds, grape tomatoes, shredded carrots, roasted peppers, pear and mango slaw, goat cheese, balsamic honey dressing

#### APPLE BROCCOLI SLAW

Julienne apples, apple cider vinegar, tomatoes, raisins, fresh mint

#### RICE NOODLE

Rice vermicelli, sesame seeds, seared tofu, green onion, carrot sticks, red cabbage, toasted peanut and Thai dressing

#### QUINOA CHICKPEA

Wild quinoa, garbanzo peas, rainbow tomatoes, green onions, lemon herb dressing

### STARCH

#### YUKON GOLD POTATOES

Roasted potatoes, sea salt, olive oil, dehydrated rosemary and thyme

#### PEA PILAF

Roasted cumin, basmati rice, green peas, bay leaf, ground cinnamon

#### MASHED POTATOES

Scallions, parmesan cheese



# CANAPÉS

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## COLD CANAPÉS

Cocktail shrimp  
Prosciutto melon wrap  
Tuna and Watermelon Skewers  
Tuna Tartare with mustard on a spoon  
Salmon with artisan crackers and cream cheese  
Beef Tartare, pickled onions on a phyllo pastry cup  
Tuna and cucumber skewers with soy dressing and Furikake seasoning

## COLD VEGETARIAN CANAPÉS

Bruschetta  
Gazpacho Shots  
Caprese Skewers  
Endive and Quinoa  
Fresh Rice Paper Rolls  
Watermelon and Feta on Spoons  
Beet and Feta on a Savory Waffle Cone  
Baguette with Corn, Beet and Goat Cheese  
Artisan Crackers, Brie Cheese and Wild Berry Compote  
Rice Crackers, Cucumber, Cream Cheese and Pepper Juliennes  
Mini Flatbread with Pesto Sauce, Mozzarella, Cherry Tomatoes and Roasted Squash

## HOT CANAPÉS

Arancini  
Quesadilla  
Spring Rolls  
Potato Croquets  
Vegetable Samosa  
Mushroom Quiche  
Risotto on a Spoon  
Fried Polenta Squares  
Vegetable Spanakopita  
Spinach and Cheese Quiche  
Vegetable Skewers with Cottage Cheese  
Stuffed Mushroom with Sundried Tomato and Cheese

## HOT VEGETARIAN CANAPÉS

Beef Sliders  
Fish Fritters  
Beef Skewers  
Prawn Fresca  
Chicken Chili  
Bison Confit Roll  
Beef Spanakopita  
Pulled Pork Sliders  
Potato and Crab Cake  
Pulled Pork Quesadilla  
Saffron Chicken Skewers  
Spring Roll (Non-Vegetarian)  
Prosciutto Wrapped Asparagus  
Soy and Maple Glazed Chicken Skewers  
Wontons with Green Onions, Ginger and Radish Slaw  
Apricots Wrapped in Prosciutto and Filled with Blue Cheese  
Chorizo Mini Flatbread with Arugula, Confit Tomato, and Mozzarella

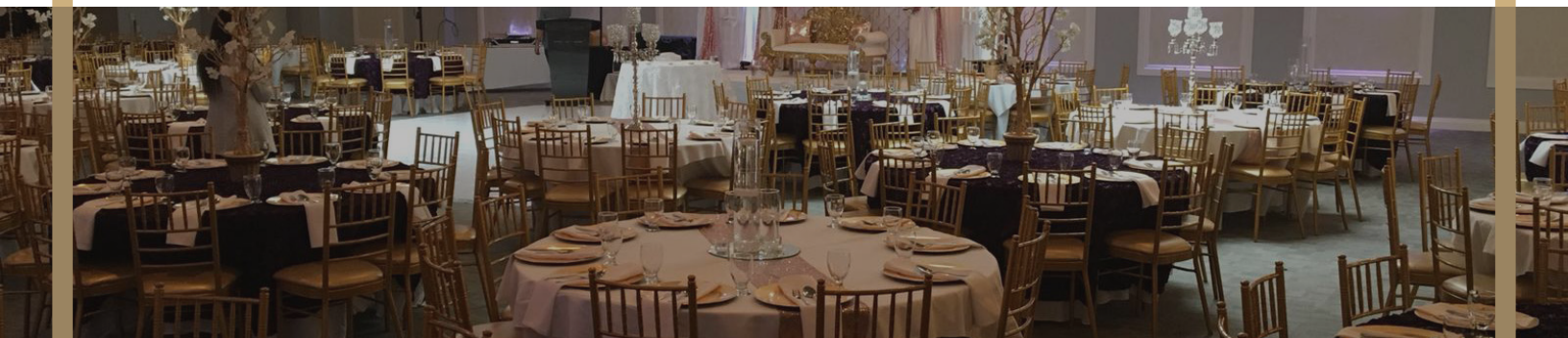
## PLATTERS

Cheese Boards and Artisan Crackers  
Crudité and Dip  
Charcuterie Board and Artisan Crackers  
Hummus and Cracker



# BURGER BAR

*Platter of carrot cake, chocolate brownie, date squares, nanaimo bars & seasonal fruits.*



## Beef Burger

Alberta beef and brioche bun

## Vegetarian Burger

Seasoned portobello mushroom and brioche bun

## TOPPING OPTIONS

Tomato	Aioli
Lettuce	Smoked Ketchup
Dill Pickles	Herbed Havarti
Jalapeño	Provolone
Caramelized Onions	

## SALAD

### CAESAR

*Romaine lettuce, shaved parmesan, smoked caesar dressing*

### GREEK

*Bell peppers, tomatoes, red onion, feta cheese, black olives, greek dressing*

### POTATO

*Kennebec potatoes, mayo, green onion, celery, carrots*

## SIDE

### KETTLE CHIPS

*Thin sliced potato chips tossed in lemon pepper salt*

### FRENCH FRIES

*House-cut kennebec potatoes, tossed in salt and pepper*





# DINNER

## BUFFET

*Served with dinner rolls and butter.*

*Along with assorted pastries, tarts, mousse, and fresh seasonal fruits.*

### CLASSIC

*Two salad selections  
One protein main  
One vegetarian main  
Two vegetable selections  
Two starch selections*

### GRAND

*Three salad selections  
One main selection  
One live carving station  
Two vegetable selections  
Two starch selections*

### WHITE DIAMOND

*Two salad selections  
One main selection  
One live carving station  
One live pasta station  
Three vegetable selections  
Two starch selections*

### SALAD

#### CAESAR

*Parsley thyme crouton, parmesan crisp, romaine lettuce, smoked Caesar dressing*

#### CAPRESE

*Watermelon, bocconcini cheese, grape tomatoes, fresh basil, balsamic glaze*

#### SPINACH MANGO

*Baby spinach, fresh mango, balsamic vinaigrette, sunflower seeds, shaved parmesan, rainbow tomatoes, shaved carrots*

#### ARTISAN MIXED GREEN

*Spring Mix, strawberries, goat cheese, toasted almonds, rainbow tomatoes, orange honey dressing*

#### ARUGULA & KALE

*Toasted Pumpkin seeds, grape tomatoes, shredded carrots, roasted peppers, pears and mango slaw, goat cheese, balsamic honey dressing*

#### RICE NOODLE

*Rice Vermicelli, sesame seeds, seared tofu, green onion, carrot sticks, red cabbage, toasted peanut and Thai dressing*

#### QUINOA & CHICKPEA

*Wild Quinoa, garbanzo peas, rainbow tomatoes, green onions, lemon herb dressing*

#### APPLE BROCCOLI SLAW

*Apple Juliennes, apple cider vinaigrette, raisins, fresh mint*

### MAIN

#### BRAISED BEEF BRISKET

*Maple Mustard glaze, shallots, rosemary garlic oil*

#### TUSCAN CHICKEN

*Baked chicken breast, roasted pepper sauce, smoked garlic, micro greens*

#### BAKED SALMON

*Herb crusted Atlantic salmon, parsley cream, fresh dill, charred lemon*

#### BUTTER CHICKEN

*Tandoori rub chicken breast, tomato cream sauce, fenugreek leaves, homemade curry blend*

#### SMOKED HAM

*Mustard maple sauce, rosemary and thyme rub, 8-hour braised ham*

#### ITALIAN CRUSTED CHICKEN BREAST

*Lemon & saffron cream sauce, fresh thyme, sundried tomatoes, seared lemon*

#### VEGETABLE THAI CURRY ( V / GF / DF )

*Lime Leaves, carrots, broccoli, eggplant, zucchini, peas, cauliflower, zucchini, yellow Thai curry, lemongrass*

#### GARDEN AU GRATIN

*Assorted seasonal vegetables, tomato ratatouille, mozzarella cheese*

## VEGETABLE

### GRILLED ZUCCHINI

*Crushed pepper, Olive Oil*

### GLAZED CARROTS

*Honey, dehydrated thyme*

### BROCCOLI

*Cinnamon powder, Sea Salt*

### ROASTED BEETS

*Olive oil*

### ROASTED BUTTERNUT SQUASH

*Olive oil*

## STARCH

### SWEET POTATO MASH

*With butter, crushed pepper, and parsley*

### CHEESE MASHED POTATO

*With cheddar cheese, parmesan crisp, and scallions*

### ROASTED POTATOES

*Yukon gold potatoes, oregano, thyme, basil, smoked paprika, and olive oil*

### RICE PILAF

*With long grain rice, carrots, corn, French beans, green peas, bay leaf, and cinnamon*

## LIVE CARVING STATION

### Additional Optional Enhancement

*Accompanied with freshly baked biscuits, butter, griny mustard & horseradish*

### BEEF TENDERLOIN

*AAA Alberta Beef, Steak Spice, Red Wine Beef Au Jus*

### ROAST LAMB

*Slow Roasted Lamb Shoulder, Mustard Mint Sauce, Rosemary and Thyme Rub*

## LIVE PASTA STATION

### Additional Optional Enhancement

### CHOICE OF ONE PASTA

*Penne, Farfalle, Spaghetti or Shell Pasta*

### CHOICE OF ONE SAUCE

*Bolognese Sauce*

*Ground beef, tomatoes, shallots, fresh parsley*

*Rose Sauce*

*Roasted tomatoes, cream, fresh basil, thyme*

*Roasted Garlic Crème*

*Lemon cream, dehydrated tarragon, oregano, olive oil*



# DINNER

## THREE COURSE PLATED DINNER

*Served with dinner rolls and butter.*

*One soup or salad selection*

*One main selection*

*One starch selection*

*One dessert selection*

### SOUP

#### BUTTERNUT SQUASH BISQUE

Roasted butternut, cinnamon, rosemary cream

#### CREAM OF MUSHROOM

Wild mushrooms, cream, crushed pepper

#### SUMMER GAZPACHO – COLD SOUP

Cucumber, green tomatoes, mint, lemon juice

#### CREAM OF SEARED TOMATO

Thyme, tarragon, basil, cream

### SALAD

#### CAPRESE

Bocconcini cheese, heirloom tomatoes, balsamic glaze, basil

#### GREENS AND GOAT CHEESE

Mixed greens, strawberry, toasted almonds, balsamic glaze, goat cheese.

#### GREEK

Feta cheese, cucumbers, Greek dressing tomatoes, olives, bell peppers, onions

#### CAESAR

Smoked Caesar dressing, garlic croutons, parmesan crisp, romaine lettuce

### STARCH

#### RICE PILAF

#### TRUFFLE RISOTTO

#### BABY ROASTED POTATOES

#### SAFFRON PEA PILAF

### MAIN *Includes chef's medley of vegetables*

#### CHICKEN SUPREME

6oz. Chicken breast, basil tomato sauce

#### TENDERLOIN:

4oz. Alberta Beef, red wine au jus, steak spice

#### SEARED SALMON

Pacific Salmon, coconut sauce

#### THREE CHEESE RAVIOLI

Saffron cream sauce, parmesan cheese

### DESSERT

#### SEASONAL CHEESECAKE

Graham cookie, cream cheese & fresh fruit glaze

#### CHOCOLATE GANACHE

Chocolate Shell, ganache

#### BLUEBERRY LEMON TART

Lemon custards with fresh blueberries



# DINNER

## FOUR COURSE PLATED DINNER

*Served with dinner rolls and butter.*

*One soup or salad selection*

*One started selection*

*One main selection*

*One starch selection*

*One dessert selection*

### SOUPS .....

#### Butternut Squash Bisque

Roasted Butternut, garlic cream, fresh basil, cinnamon

#### Cream of Roasted Pepper and Tomato

Roasted bell peppers, baked tomatoes, fresh basil and aromatic herbs

#### Cream of Mushroom

Cremini and white mushrooms, roasted garlic, shallots, fresh parsley, chives

### STARTER .....

#### Beef Spanakopita

Braised beef, caramelized onions, phyllo pastry, Greek spices, spinach sauce

#### Grilled Prawns

Wild mushrooms, garlic prawns, mango salsa, blueberry compote

#### Vegetarian Cakes

Assorted vegetables, grated potatoes, mozzarella cheese, mustard cream sauce

### PROTEIN .....

#### Beef Tenderloin

4oz. Alberta AAA Chicken breast, basil tomato sauce

#### Tenderloin

4oz. Alberta Beef, red wine au jus, steak spice

#### Seared Salmon

Pacific Salmon, coconut sauce

#### Three Cheese Ravioli

Saffron cream sauce, parmesan cheese

### SALADS .....

#### Farmers Salad

Avocados, rainbow tomatoes, arugula, beets, sundried tomato dressing, bocconcini cheese, watermelon, beet soufflé, parmesan crisp

#### Caprese Salad

Watermelon, bocconcini cheese, grape tomatoes, fresh basil, balsamic glaze

#### Greek Salad

Feta cheese, cucumbers, Greek dressing, Tomatoes, olives, bell peppers, onions

### STARCH .....

#### Rice Pilaf

#### Truffle Risotto

#### Baby Roasted Potatoes

#### Saffron Pea Pilaf

### DESSERT .....

#### Seasonal Cheesecake

Graham cookie, cream cheese and fresh fruit glaze

#### Chocolate Ganache

Chocolate Shell, ganache

#### Blueberry Lemon Tart

Lemon custards with fresh blueberries







## LATE NIGHT SNACKS



MINIMUM ORDER OF 75 GUESTS

### **BEEF SLIDERS**

*Assorted toppings, homemade beef patties, slider brioche buns*

### **PULLED PORK POUTINE**

*12-hour braised pork, cheese curds, fries and beef gravy*

### **TACO STATION**

*Soft Taco shells, topped with either beef, pork or chicken and assorted toppings*

### **HOTDOG STATION**

*Pork sausages, hotdog buns, and a variety of toppings*

### **DONUT STATION**

*Mini donuts, assorted glazes and a variety of toppings*

# KIDS MENU



CHICKEN FINGERS AND FRIES  
SERVED WITH VEGETABLES

MINI CHEESEBURGERS AND FRIES  
SERVED WITH VEGETABLES

PENNE PASTA  
SERVED WITH GARLIC TOAST

MAC AND CHEESE  
SERVED WITH GARLIC TOAST