

ENTRÉES

2019/2020 TRU CONFERENCE CENTRE CATERING MENU



**THOMPSON
RIVERS
UNIVERSITY**

ENTRÉES PORK & BEEF

Priced per guest with a 10 person minimum unless otherwise stated.

1/2 RACK PORK BABY BACK RIBS \$11

Served in a honey BBQ sauce. (DF, GF)

THYME RUBBED ROASTED PORK LOIN \$9

Served with an apple & blueberry au jus. (15 guest minimum) (DF, GF)

SWEET & SOUR BONELESS PORK \$7 (DF)

BBQ PULLED PORK KAISER \$8.50 (DF)

FARMER SAUSAGE \$6.50

Served with caramelized onions, bell peppers, sauerkraut and dijon mustard. (DF)

PORK TENDERLOIN MEDALLIONS \$11

Served in an apple cider whole grain mustard au jus. (15 guest minimum) (DF, GF)

MAPLE GLAZED CRANBERRY HAM \$6.50

Served with cranberry demi-glaze, apple sauce and dijon mustard. (20 guest minimum) (DF, GF)

CHURRASCO BRAZILIAN PORK LOIN CHOP \$6.50

Served with herb & garlic chimichurri. (DF, GF)

SLOW ROASTED BEEF TENDERLOIN MEDALLIONS \$24

Served with peppercorn and shallot bordelaise. (15 guest minimum) (GF)

CHEF CARVED DIJON CRUSTED BARON OF BEEF \$10

Served with red wine rosemary au jus, horseradish and dijon mustard. (20 guest minimum) (DF, GF)

KOREAN SESAME GINGER BEEF \$7.50

Crispy gingered beef coated in a sesame glaze. (DF)

BEEF VINDALOO \$8

Marinated roast beef with tomato, onion, garlic and ginger. (DF, GF)

SWEDISH STYLE BRAISED BEEF MEATBALLS \$7.50

Served in a creamy dill gravy.

SALISBURY BUTCHER STEAK \$7

Ground beef steak topped with caramelized onions, mushrooms and a rich creamy brown gravy.

BEEF DIP \$8.50

Slow roasted baron of beef simmered in au jus. Served with hoagie buns, chipotle aioli, horseradish, BBQ sauce, whole grain mustard and triple cheese blend.

BEEF STRIPLOIN PROVENCAL \$16

Served with bell peppers, onion & garlic simmered in a red wine demi-glaze with fresh parsley. (DF, GF)

Dietary Guide: Vegan (V), Vegetarian (VG), Dairy Free (DF), Gluten Free (GF), Nut Free (NF)

TRU CATERING | tru.ca/conferencecentre | conferencecentre@tru.ca | 1-250-371-5723

ENTRÉES CHICKEN

Priced per guest with a 10 person minimum unless otherwise stated.

Halal chicken - Add \$3 per person.

MEDITERRANEAN CHICKEN \$6.50

Diced chicken marinated in olive oil, garlic & herbs. Served with tzatziki dip. (GF)

BUTTER CHICKEN \$7.50 (GF)

COCONUT CRUSTED CHICKEN BREAST \$7.50

Served with a lime pineapple salsa.

ROASTED BONE-IN CHICKEN \$6.50

Served in a BBQ sauce. (DF, GF)

GREEK BONE-IN CHICKEN \$6.50

Served with red wine tomato au jus on the side. (DF, GF)

WHISKEY BBQ PULLED CHICKEN \$7.50

Served on a ciabatta bun. (DF)

GRILLED BALSAMIC CHICKEN BREAST \$6.50

Served with caramelized onions and bell peppers. (DF, GF)

CHICKEN BREAST NEPTUNE \$11

Topped with a creamy crab, shrimp and chive white wine sauce. (GF)

SESAME GINGER SOY CHICKEN \$6.50

Diced chicken marinated in sesame oil with fresh garlic, ginger, soy sauce and spring onion. (DF)

SZECHAUN CASHEW CHICKEN \$6.50

Diced breaded chicken tossed with toasted cashews, spring onion and a mild szechuan sauce.

PARMESAN & HERB CRUSTED CHICKEN BREAST \$7.50

Served with roasted red pepper and tomato bruschetta.

GRILLED OREGANO CHICKEN BREAST \$6.50

Served with your choice of sauce:

- Sundried tomato pesto cream sauce with roasted squash & wilted baby kale (GF)
- Roasted apple & peach au jus (DF, GF)
- Mediterranean roasted vegetable tomato pomodoro (DF, GF)
- Sautéed mushroom, spinach and spring onion cream sauce (GF)

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ENTRÉES SEAFOOD

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LEMON & HERB BAKED SALMON FILLET \$8.50

Served with your choice of sauce:

- Rustic spinach and tomato basil sauce (DF, GF)
- Mushroom dill cream sauce (GF)

CHARDONNAY POACHED SALMON \$9

Served with wild blueberry, cranberry and caramelized onion au jus. (DF, GF)

PISTACHIO CRUSTED HALIBUT \$20

Served with a roasted red pepper salsa. (DF, GF)

PINEAPPLE MANGO CURRY PRAWNS \$9.50 (DF, GF)

GARLIC CREOLE PRAWNS \$10.50

Served with onion, garlic, bell pepper, tomato and seasonings. (DF, GF)

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ENTRÉES SPECIALTY

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CHEF CARVED BISON SIRLOIN ROAST \$17

Served with an apple & peach chutney au jus, horseradish and dijon mustard. (DF, GF)
(30 guest minimum, 30 day lead time on order)

ROASTED BISON STEW \$12

Roasted bison, potato, mushroom, green beans, carrot and onion, simmered in an herb apple cider pan gravy. (DF, GF) *(30 guest minimum, 30 day lead time on order)*

SAGE ROASTED TURKEY \$9.50

Served with cranberry sauce and cider pan gravy. (DF, GF) *(20 guest minimum)*

HERB CRUSTED LEG OF LAMB \$15

Served with a red wine, pearl onion and mint demi-glaze. (DF, GF)
(20 guest minimum, 30 day lead time on order)

IRISH LAMB STEW \$10

Lamb, potato, carrot, onion, celery, parsnip, tomato and red wine. (DF, GF)
(20 guest minimum, 30 day lead time on order)

SEARED DUCK BREAST MEDALLIONS \$15.50

Served with a wild mushroom demi-glaze. (DF, GF)

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ENTRÉES VEGAN

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CURRIED LENTIL & SPINACH KORMA \$6.50

Served with onion, tomato, garlic and carrots. (V, GF)

SUMMER SUCCOTASH \$6

Lima beans, chickpeas, black beans, onion, bell pepper, tomato and spring onion with herbs & chili flakes. (V, GF)

ROASTED VEGETABLE CHANA MASALA \$6.50

Served with carrot, onion, celery, broccoli, cauliflower and garlic. (V, GF)

BLACK BEAN & BROWN RICE BALLS \$7

Plant based protein balls with black beans, brown rice, onions, bell peppers and peas simmered in a marinara sauce. (V, GF)

SWEET CHILI TOFU STIR FRY \$11

Served with onion, bell peppers, celery, carrots, broccoli and snap peas. (V, GF)

BEYOND MEAT & PORTABELLA STIR FRY \$12

Served with onion, carrots, celery, snap peas and mushroom stock. (V, GF)

BAKED CHICKPEA FALAFEL \$6

Served with a marinara sauce. (V, GF)

SWEET POTATO & CHICKPEA CURRY \$6.50

Served with onion, cilantro, coconut milk, tomato and garlic. (V, GF)

ROASTED VEGETABLE & BEAN RATATOUILLE \$6

Served with garden vegetables, black and kidney beans. (V, GF)

THAI COCONUT CURRY CAULIFLOWER \$6

Served with spring onions and cilantro. (V, GF)

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ENTRÉES STIR FRY

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BEEF CHOP SUEY \$12.50

Served with broccoli, cauliflower, celery and carrots. (DF)

THAI COCONUT CHICKEN \$11

Served with onions, bell pepper, celery and carrots. (DF, GF)

SWEET CHILI CHICKEN \$11

Served with onion, bell pepper, celery, carrots, broccoli and snap peas. (DF, GF)

HONEY GARLIC PORK LOIN \$11.50

Served with onion, bell pepper, celery, carrots, broccoli and snap peas. (DF)

TERIYAKI BEEF STEAK \$12.50

Served with onion, bell pepper, celery, carrots, broccoli and snap peas. (DF)

CAJUN TOMATO SHRIMP \$14

Served with onion, celery, carrots, bell peppers and corn. (DF)

GINGER SOY TURKEY & BOK CHOY \$12.50

Served with onion, mushroom, carrot and celery. (DF, GF)

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ENTRÉES PASTA

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TRADITIONAL BEEF LASAGNA \$9

Tomatoes, garlic, onions and beef layered and baked with a blend of ricotta, mozzarella, romano parmesan and asiago cheese.

SPAGHETTI & MEATBALLS \$9

Classic marinara sauce with all beef meatballs.

TURKEY PENNE \$9

Turkey tomato sauce with garden vegetables, garlic and herbs. (DF)

CHICKEN POMODORO PENNE \$9

Garden vegetables and chicken tossed in a garlic, tomato and herb sauce. (DF)

TUSCAN CHICKEN PESTO ALFREDO \$9

Creamy pesto alfredo sauce with onion, bell pepper, spinach and asparagus, served over penne noodles.

PORTABELLA & BABY KALE CHICKEN ROSE \$9.50

Portabella mushrooms, baby kale, onion, garlic, chicken in a rose sauce, served over bow-tie pasta.'

CHORIZO SAUSAGE MARINARA \$10.50

Tortellini pasta tossed with chorizo sausage, mushrooms, onion, bell pepper and garlic in a marinara sauce.

CREOLE SHRIMP & SPINACH \$12

Shrimp, spinach, onion, bell pepper and tomato in a spicy cajun style cream sauce served over rotini noodles.

BUTTERNUT SQUASH & BABY KALE PENNE \$5.50

Butternut squash, baby kale and onions tossed in a sun-dried tomato pesto cream sauce. (VG)

BECHAMEL VEGETABLE LASAGNA \$6.50

Baked vegetarian lasagna with garden vegetables, bechamel, ricotta, mozzarella and parmesan. (VG)

PESTO SPINACH & ARTICHOKE \$5.50

Spinach, artichoke and pearl onions tossed in a fire grilled tomato pesto rose sauce served over bow-tie pasta. (VG)

ROASTED VEGETABLE ALFREDO PENNE \$5.50

Broccoli, mushroom, bell pepper, onion and asparagus tossed in a creamy alfredo sauce. (VG)

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ENTRÉES PASTA

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MACARONI & CHEESE \$6

Creamy cheddar and asiago cheese sauce. (VG)

CHIPOTLE BACON MAC & CHEESE \$8

Chipotle cheese sauce with bacon and spring onions.

SRIRACHA CHICKEN AND CAULIFLOWER MAC & CHEESE \$9

Sriracha cheese sauce with chives and onions.

SICILIAN ROTINI VEGETABLE MARINARA \$5.50

Roasted artichokes, peppers, black olives and onions tossed in a tomato sauce. (VG, DF)

SPICY PENNE ARRIBIATA \$5.50

Asparagus, crushed chilies and black olives in a rustic tomato sauce. (VG, DF)

ROASTED SWEET POTATO ROTINI ALFREDO \$6

Garlic, onion, spinach and zucchini tossed in a creamy roasted sweet potato alfredo sauce. (VG)

CHEESE FILLED TORTELLINI \$6

Served in a roasted vegetable and oregano tomato sauce. (VG)

WILD MUSHROOM ROSE TORTELLINI \$7

Wild mushrooms, spinach, tomato and onions tossed in a rose sauce. (VG)

QUATTRO FROMAGGIO RAVIOLI \$7

Four cheese ravioli served in a roasted red bell pepper cream sauce. (VG)

VEGAN BLACK BEAN PENNE \$7

Plant based black bean balls tossed with lentil penne and sautéed garden vegetable marinara. (V, GF)
(10 person minimum)

BEYOND MEAT PRIMAVERA ROSE PENNE \$8.50

Plant based protein tossed with sautéed garden vegetables, crushed tomato and coconut milk served over lentil penne noodles. (V, GF) *(10 person minimum)*

VEGAN BAKED RATATOUILLE \$7

Roasted vegetable and tomato ratatouille tossed with lentil penne noodles baked with vegan mozza cheese. (V, GF) *(10 person minimum)*

VEGAN EGGPLANT LASAGNA \$7.50

Roasted eggplant slices layered with sautéed spinach, onion, zucchini and bell pepper. Served in a marinara sauce and topped with vegan mozza cheese. (V, GF) *(10 person minimum)*

VEGAN BUTTERNUT SQUASH & CHEESE \$6.50

Lentil penne tossed with roasted butternut squash, onion and herbs in a vegan cheese sauce. (V, GF)
(10 person minimum)

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PACKAGED BUFFETS

CHEF'S TABLE BUFFET \$27.50

Our chefs will create an inspired buffet for your event. Please let us know of any limitations you might have. (10 person minimum)

CHEF'S TABLE EXECUTIVE BUFFET \$35

Take your buffet to the next level with an elevated chef inspired menu. Please let us know of any limitations you might have. (10 person minimum)

COCONUT CRUSTED CHICKEN BREAST BUFFET \$25

(20 person minimum)

- Coconut crusted chicken breast served with a lime pineapple salsa.
- Baby spinach, kale & beet salad served with goat cheese, dried cranberries and red onion. (VG, GF)
Served with your choice of dressing:
 - Ranch, balsamic vinaigrette (V, GF), cranberry citrus vinaigrette (DF, GF), raspberry vinaigrette (V, GF), lemon tahini vinaigrette (V, GF), lime dijon vinaigrette (V, GF), herb vinaigrette. (V, GF)
- Mediterranean vegetable medley. (V, GF)
- Herb garden roasted baby potatoes. (V, GF)
- Chocolate lovers tray including silky chocolate truffle bars, german chocolate cake, triple chocolate fudge brownies and mini macaroons.
- Assorted canned beverages.

BARON OF BEEF BUFFET \$45

(20 person minimum)

- Assorted rolls served with butter.
- Organic greens, baby kale & berry salad with crumbled feta and toasted pecans. (VG, GF)
Served with your choice of dressing:
 - Ranch, balsamic vinaigrette (V, GF), cranberry citrus vinaigrette (DF, GF), raspberry vinaigrette (V, GF), lemon tahini vinaigrette (V, GF), lime dijon vinaigrette (V, GF), herb vinaigrette. (V, GF)
- Roasted vegetable and orzo salad with zucchini, mushroom, bell pepper, grape tomato, onion and bocconcini in a sundried tomato vinaigrette. (VG)
- Roasted broccoli and cauliflower. (V, GF)
- Vegan baked lentil penne ratatouille. (V, GF)
- Roasted garlic and herb mashed potato. (GF)
- Chef carved dijon crusted baron of beef served with red wine rosemary au jus, horseradish and dijon mustard. (GF)
- Assorted cakes including carrot, pear, maple, chocolate ganache, raspberry mousse, hazelnut tiramisu, and mocha buttercream.
- HOWL coffee and tea.

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PACKAGED PLATED

Priced per guest with a 50 person minimum.

Add a custom sorbet course to your plated meals for \$5 per person.

CUSTOMIZE YOUR PLATE

Have a great menu idea that you would like us to help you create? We will work with you to develop a customized plated menu tailored to your event.

Our plated selections below include assorted rolls & butter, salad course, dessert course and coffee and tea service to your table. Ask our coordinators about the seasonal salad and dessert pairings available.

MEDITERRANEAN CHICKEN \$45

Garlic & lemon seared chicken breast topped with a roasted red pepper, onion, spinach and artichoke pesto cream sauce. Served with greek seasoned wild rice pilaf and seasonal vegetables. (GF)

CARAMELIZED APPLE & FONTINA STUFFED CHICKEN \$53

Seared oregano chicken breast stuffed with caramelized apples, fontina cheese and cranberries topped with an apple cider cranberry demi-glaze. Served with roasted creamer potato and seasonal vegetables. (GF)

CHILI LEMON POACHED SALMON \$57

Lightly poached chili lemon wild salmon fillet topped with a rustic basil tomato & spinach sauce. Served with spring onion & mushroom wild rice pilaf and seasonal vegetables. (DF, GF)

BEEF TENDERLOIN MEDALLIONS \$67

Garlic and rosemary crusted AAA prime beef tenderloin seared with a roasted garlic brown butter, topped with a fresh thyme bordelaise and crispy fried onions. Served with baked brie & herb whipped potato and seasonal vegetables.

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VENUE POLICIES

GUARANTEED NUMBERS

A guaranteed number of guests is required seven (7) business days prior to the event. All service charges will be based on actual number of guests served, if more than the guaranteed guests are served. Pricing is subject to change, but will be guaranteed sixty (60) days prior to the function. Substitutions may apply within the sixty (60) day period depending on market availability and unforeseen circumstances. For further explanation please speak with your event coordinator.

INVOICING, DEPOSITS & PRICING

A non-refundable deposit is required within thirty (30) days of booking. Deposit amounts will be determined based on number of rooms/days required. 75% of the remaining balance is required seven (7) days before the event. For TRU departments an account code is required prior to all catering and events. Final invoice will be emailed between five (5) and ten (10) business days after the end of the event.

CANCELLATION POLICY

For the full cancellation policy please visit our website at tru.ca/cac. The following charges will apply: 25% of total estimated catering cost at sixty (60) to fifteen (15) days, 50% of total estimated catering cost at fourteen (14) to eight (8) days and 90% of total estimated catering costs at seven (7) days or less of the event date.

FOOD & BEVERAGE POLICY

The TRU Conference Centre will be the sole supplier of all food and beverage items in the Campus Activity Centre, Panaroma Room and The BC Centre. The only exception will be wedding and special event cakes when full catering has been provided. Based on Interior Health food service standards, high risk food (hot or cold) that have been at room temperature for more than two (2) hours must be disposed of by catering service staff. These food items cannot be removed from the area by the client or guest. Food and beverage selection is required fourteen (14) days prior to the event. All food and beverage charges are subject to applicable tax and 15% gratuity. Children three (3) and under are free.

LIQUOR SERVICE

For all cash and host bars, a guaranteed minimum revenue of \$550 must be generated. If the minimum is not reached, a bartender fee of \$150 will be charged or the difference between the minimum and actual sales; whichever is less. Table wine served at dinner is not calculated in bar revenue. Under the terms of the BC Liquor Act, the management of TRU Catering is prohibited from allowing any individual or group to provide their own alcohol at catered events.

OTHER RENTALS

For all orders from the regular menu, china service will be included when the event is held in the Campus Activity Centre. All areas outside of the Campus Activity Centre and all off-site catering will include a disposable service. China service can be provide for a fee.

FACILITY POLICIES

If excessive clean-up is required due to items such as confetti, popcorn, décor, etc., a minimum \$100 additional cleaning fee will apply. To ensure all requirements are agreed upon, a confirmed contract is required to be signed by the client. All events must be completed by 1:30 a.m. and vacated by 2 a.m. A minimum of \$50 per hour for each hour a function is late will be levied plus an additional \$20 per staff member. An additional fee per staff member will be charged for events hosted on Statutory Holidays. Fees depend on the staff required for the event. In the case of unforeseen circumstances we reserve the right to substitute a comparable function room. We reserve the right to inspect and regulate all private parties, meetings and receptions.

Liability or damage to the premises will be charged accordingly and is the responsibility of the person(s) booking the event. Space for the event is booked only for the times indicated in the contract. Setup and dismantle times, if required, are not included in the booking time and should be specified to your event coordinator. If displays, exhibits or products are used, arrangements for their arrival, unloading and departure must be made through the TRU Conference Office. Such displays, exhibits, or products are the responsibility of the exhibitor and we accept no liability whatsoever for any loss or damage.

The TRU Conference Centre is not responsible for damages to or loss of any articles left prior to, during or following any function by the client or their guests. We reserve the right to require security should situations warrant for either or both parties contracting said functions.



**THOMPSON
RIVERS
UNIVERSITY**
Conferences, Weddings
and Events

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