

# LUNCH

2019/2020 TRU CONFERENCE CENTRE CATERING MENU



**THOMPSON  
RIVERS  
UNIVERSITY**

# LUNCH SANDWICHES & WRAPS

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

## SANDWICHES & WRAPS \$9

Choice of three flavours served on an assortment of breads and wraps. Please see the sandwich and wrap selections.

## 1/2 SANDWICH & WRAP \$5.50

Choice of two flavours served on an assortment of breads and wraps. Must be ordered in even numbers. Please see the sandwich and wrap selections.

## BUILD YOUR OWN SANDWICH BAR \$9

Build your own consists of kaiser buns, assorted meats (sage roasted turkey, roast beef and honey ham), sliced cheese (cheddar, swiss and havarti), vegetable toppings (tomato, cucumber, red onion and lettuce), and condiments (mayo, mustard and hummus).

## PREMIUM BUILD YOUR OWN SANDWICH BAR \$15

Premium build your own consists of a selection of breads (focaccia, croissants, sourdough and eight grain), assorted meats (sage roasted turkey, roast beef, honey ham and genoa salami), egg salad, Sriracha tuna salad, sliced cheese (cheddar, swiss, havarti, marinated bocconcini and brie), assorted lettuce (organic greens, baby kale and spinach mix), vegetable toppings (tomato, cucumber, red onion, roasted portabella mushrooms and kalamata olives) and condiments (mayo, whole grain mustard, hummus and horseradish). *(15 guest minimum)*

## BOXED MEALS \$9

Start your boxed meals with three selections from our sandwich and wrap selections. Served in a biodegradable box. Please see the sandwich and wrap selections.

### Add 3 of the following for \$5.75:

- Whole fruit
- Carrots & ranch dip
- Nutri-Grain® Bar
- Brownie bites
- Cookie
- SunRype juice box
- Lay's® Potato Chips
- Yogurt cup

### Add 3 of the following for \$9.25:

- 9oz fruit cup
- SoLo® Energy Bar
- Lay's® Potato Chips
- Yogurt cup
- Bottled water
- Whole fruit
- Carrots & ranch dip
- 9oz salad cup with balsamic dressing
- Nutri-Grain® Bar
- Brownie bites
- Can of juice or pop
- SunRype juice box
- Cookie

---

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

TRU CATERING | [tru.ca/conferencecentre](http://tru.ca/conferencecentre) | [conferencecentre@tru.ca](mailto:conferencecentre@tru.ca) | 1-250-371-5723

# LUNCH SANDWICHES & WRAPS

## SANDWICH & WRAP SELECTIONS:

- Smoked prosciutto with pesto aioli, avocado, roasted red bell peppers, organic greens and havarti cheese.
- Smoked salmon & lemon dill cream cheese with red onion, cucumber, capers and organic greens.
- Sriracha tuna salad with mayo, organic greens, red and spring onions.
- Chopped chicken salad with diced apple, grapes, mayo, onion, celery and organic greens.
- Sage roasted turkey and avocado club with garlic aioli, romaine, tomato, bacon and cheddar cheese.
- Spinach and roast turkey with cranberry aioli, onion, tomato and monterey jack cheese.
- Roast turkey with pesto aioli, organic greens, tomato, cucumber and provolone cheese.
- Honey ham, poached apple and brie with pineapple curry aioli and baby spinach.
- Dijon ham and swiss cheese with whole grain mustard, caramelized onions, tomato and lettuce.
- Roast beef and portabella mushroom with horseradish aioli, red onion, organic greens and monterey jack cheese.
- Roast beef with BBQ aioli, romaine, tomato, caramelized onions and cheddar cheese.
- Egg salad with dill, Tabasco, red and green onions. (VG)
- Ratatouille stack grilled eggplant & zucchini with roasted red bell pepper, tomato, red onion, baby kale, marinara aioli and provolone cheese. (VG)
- Cucumber, avocado, dill cream cheese, organic greens, roasted bell pepper and havarti cheese. (VG)
- Gluten free sage roasted turkey, tomato, cucumber, organic greens, whole grain mustard and cheddar cheese. Served on gluten free bread. (GF)
- Gluten free roast beef, tomato, onion, lettuce, horseradish, mustard and monterey jack cheese. Served on gluten free bread. (GF)
- Gluten free avocado and cream cheese, roasted bell pepper, tomato and baby kale. Served on gluten free bread. (VG, GF)

## WRAP ONLY SELECTIONS:

- Grilled chicken caesar.
- BBQ ranch chicken & bacon with tomato, onion, romaine and triple cheese blend.
- Cajun chicken, roasted mushrooms and quinoa with tomato, cilantro, bell pepper, chipotle aioli, romaine and cheddar cheese.
- Teriyaki steak with an oriental sesame slaw and scallions.
- Grilled chicken and avocado with a sundried tomato aioli, organic greens, tomato, red onion and swiss cheese.
- Antipasto vegetable with eggplant, zucchini, onion, bell peppers, mushrooms, hummus, spinach, balsamic dressing and havarti cheese. (VG)
- Vegan roasted beet and baby kale with cucumber, dried cranberries, pecans, herb vinaigrette and vegan cheese. (V)
- Vegan citrus quinoa and spinach with bell pepper, onion, jalapeño, cilantro citrus dressing and vegan cheese. (V)
- Vegan greek with hummus, tomato, cucumber, bell pepper, black olive, onion, spinach and vegan cheese. (V)
- Vegan falafel with roasted red pepper & eggplant, baby kale, hummus and vegan cheese. (V)
- Vegan burrito with rice pilaf, black beans, corn, tomato & onion salsa, romaine and vegan cheese. (V)

---

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

TRU CATERING | [tru.ca/conferencecentre](http://tru.ca/conferencecentre) | [conferencecentre@tru.ca](mailto:conferencecentre@tru.ca) | 1-250-371-5723

# LUNCH TACO & SALAD BAR

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

## **POLLO ASADO CHICKEN TACO \$9**

Pollo asado chicken, pico de gallo, baja sauce, guacamole, triple cheese blend and lettuce served with soft flour & hard corn tortillas.

## **CARNE ASADA STEAK TACO \$10**

Carne asada steak, pico de gallo, shredded monterey jack, cilantro corn salsa, lettuce and Sriracha lime sour cream served with soft flour & hard corn tortillas.

## **SEAFOOD TACO DUO \$12**

Citrus & herb whitefish, garlic shrimp, asiago cheese, pineapple salsa, pico de gallo and Sriracha lime sour cream served with soft flour & hard corn tortillas. *(20 guest minimum)*

## **SUPER GRAIN SALAD BAR \$15**

*(20 guest minimum)*

**Includes the following:**

- Cajun blackened chicken (served hot) (DF, GF)
- Chickpea falafel (served hot) (V, GF)
- Quinoa (V, GF)
- Seven grain rice (V)
- Baby kale and organic greens
- Dried cranberries
- Poached pears
- Grape tomatoes
- Red onion
- Cucumbers
- Shredded carrots
- Paprika roasted chickpeas (V)
- Roasted pecans (V)
- Vegan mozza cheese (V, GF)
- Triple cheese blend
- Lemon tahini dressing (V, GF)
- Lime dijon vinaigrette (V, GF)
- Cranberry citrus vinaigrette (DF, GF)

---

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

**TRU CATERING** | [tru.ca/conferencecentre](http://tru.ca/conferencecentre) | [conferencecentre@tru.ca](mailto:conferencecentre@tru.ca) | 1-250-371-5723

# 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](http://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

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

**TRU CATERING** | [tru.ca/conferencecentre](http://tru.ca/conferencecentre) | [conferencecentre@tru.ca](mailto:conferencecentre@tru.ca) | 1-250-371-5723