

# BON APPÉTIT



THOMPSON  
RIVERS  
UNIVERSITY



2019/2020 TRU CONFERENCE CENTRE CATERING MENU

# CATERED DELIGHTS



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

Whatever your needs, we've got you covered!

Our expert coordinators and talented catering team offer a diverse skill set and experiences to best assist you in designing the perfect culinary experience for your theme and budget.

We strive to offer an excellent variety of healthy, fresh, seasonal and locally sourced creative food. We provide a large variety of options, along with dietary and food preference considerations. Our new design allows you to create your own meal by choosing items individually. The à la carte menu gives you the power to be creative and make selections specific to your event and guests.

You are welcome to challenge us with your unique ideas or let us explore our creative boundaries to develop options that fit perfectly with your event. Our team is happy to assist and make recommendations. The options are endless.

TRU Conference Centre will help you make your event truly unique.





## EXECUTIVE CHEF, TREVOR BISSON

Trevor is a graduate of our very own TRU Culinary Arts program and has been working at TRU since 2011. After spending the summer in Paris in his early twenties, Trevor developed a love for French style cuisine. Trevor takes pride in all the food he creates, ensuring that everyone enjoys what they eat!

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

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# BREAKFAST BAKERY

*Priced 10 per basket.*

## PASTRIES \$31

Assortment of muffins, mini danishes, apple turnovers and mini raspberry cream cheese strudels. Served with butter and preserves.

## MUFFINS \$31

Assortment of chocolate chip, carrot, bran, blueberry, lemon and banana muffins. Served with butter and preserves.

## GLUTEN FREE BLUEBERRY MUFFINS \$39

Served with butter and preserves. (DF, GF)

## MINI MUFFINS \$24

Assortment of blueberry, banana and chocolate chip. Served with butter and preserves.

## BAGELS \$36

Assortment of original, onion, blueberry, sesame and cinnamon raisin. Served with butter, preserves and cream cheese.

## MINI DANISHES \$21

Assortment of cinnamon, vanilla, raspberry, maple and apple.

## BLUEBERRY TEA SCONES \$31

Served with butter and preserves.

## RASPBERRY CREAM CHEESE STRUDELS \$21

## APPLE TURNOVERS \$30

## DELECTABLE LOAVES \$35

Your choice of banana bread, chocolate chunk, cranberry lemon, oatmeal apple, carrot, fruit & fiber or summer berry. Served with honey butter.

## VEGAN BANANA BREAD \$40 (V, DF)

## CROISSANTS \$38

Served with butter and preserves.

## MINI BLUEBERRY QUINOA CORNBREAD MUFFINS \$18 (V, GF, NF)

## MINI BACON, CHEDDAR & CHIVE CORNBREAD MUFFINS \$20 (GF, NF)

## PEANUT BUTTER ENERGY BITES \$13

Oats, peanut butter, coconut, maple syrup, cocoa powder and vanilla. (V, GF)

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# BREAKFAST COLD

*Priced per guest with a 10 person minimum.*

## CEREAL & MILK \$4

Assortment of Cheerios™, Rice Krispies™, Corn Flakes® and Raisin Bran®.

## YOGURT PARFAIT BAR \$6.50

Strawberry and greek yogurts served with granola, mixed berries, raisins, dried cranberries, almonds and walnuts.

## FRUIT SALAD \$6

Assorted fruit in a light fruit juice.

## YOGURT CUPS \$2.25

Assorted flavours.

## WHOLE FRUIT \$1.75

Assortment of apples, oranges and bananas.

## CLASSIC FRUIT SMOOTHIE \$5

A 12oz blend of greek yogurt, banana, berries and orange juice. (GF)  
*(10 person minimum. Served in the CAC building only, restrictions apply)*

## VEGAN FRUIT SMOOTHIE \$5

A 12oz blend of almond milk, banana, berries and orange juice. (V, GF)  
*(10 person minimum. Served in the CAC building only, restrictions apply)*

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# BREAKFAST HOT

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

## CREPE BAR \$8

Warm crepes with strawberry jam, Nutella, maple syrup, poached apricots & peaches, berries, toasted pecans, chocolate sauce, vanilla and cocoa flavoured whipped creams. (15 guest minimum)

## CINNAMON FRENCH TOAST \$6.50

Served with butter and syrup.

## BUTTERMILK PANCAKES \$4

Served with butter and syrup.

## BC SCRAMBLED EGGS \$3.50

## BC EGG & CHEDDAR OMELET \$4.50

## HAM FRITTATA CUPS \$4.50

Ham and BC eggs with onion, spinach, tomato and cheddar. (GF)

## MEDITERRANEAN FRITTATA CUPS \$4

BC eggs, onion, spinach, tomato, feta and dill. (VG, GF)

## BEEF SAUSAGE ROLLS \$5

Served with basil tomato dipping sauce.

## MEXICAN SCRAMBLE \$6.50

BC scrambled eggs, onion, tomato, bell pepper and cheddar. Served with a side of pico de gallo and lime cilantro sour cream.

## BREAKFAST TACO BAR \$7

Build your own breakfast taco with soft flour & hard corn tortillas, BC scrambled eggs, bacon crumble, triple cheese blend, guacamole, pico de gallo and lime cilantro sour cream.

## TRADITIONAL EGGS BENNY \$11

Poached BC egg, ham and hollandaise served on an english muffin.

*(Served in the CAC building only, restrictions apply)*

## SMOKED SALMON BENNY \$13

Poached BC egg, smoked salmon, tomato, capers and dill hollandaise served on an english muffin.

*(Served in the CAC building only, restrictions apply)*

## BREAKFAST POUTINE BAR \$9.50

Build your own breakfast poutine with BC scrambled eggs, tater tots, shredded mozza, tomato, green onion, diced ham, bacon crumble and tarragon béarnaise sauce.

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# BREAKFAST SIDES

*Priced per guest with a 10 person minimum. Restrictions may apply.*

## SMOKED BACON \$3.50

Three pieces per person.

## PORK BREAKFAST SAUSAGE \$4.50

Three sausages per person.

## TURKEY SAUSAGE \$4

Three sausages per person. *(14 day lead time on order)*

## PORK SAUSAGE PATTIES \$3.50

Two patties per person.

## PORK FARMER SAUSAGE \$5.75

Two sausages per person.

## GLAZED TOUPIE HAM \$3.50

Two slices per person.

## TURKEY BACON \$5.50

Three pieces per person. *(14 day lead time on order)*

## TOAST STATION \$3

Assortment of breads with butter, fruit preserves, honey and peanut butter. Two pieces per person.

## TATER TOTS \$3

## MINI FRIED POTATO PANCAKES \$3.50

## COUNTRY ROASTED POTATOES \$3.50

## OLD FASHIONED HASH-BROWNS \$3

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# 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

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# 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)

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# 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)

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# 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)

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# 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

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

## **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

*Priced per guest with a 20 person minimum unless otherwise stated.*

## 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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# PAIRINGS SOUP, STEW, CHILI & BREAD

Priced per guest with a 10 person minimum.

## SOUP

All soups are served with crackers.

- Roasted turkey and rice. (DF, GF).....\$6
- Grilled chicken and lentil. (DF, GF).....\$6
- Roast beef and potato. (DF, GF).....\$6.50
- Chicken and italian sausage. (DF, GF).....\$6.50
- Bacon, potato and corn chowder. (GF).....\$6.50
- Thai shrimp and brown rice bisque. (DF, GF).....\$8
- Cauliflower, baby kale and cashew. (V, GF).....\$6
- Tomato, black bean and roasted vegetable. (V, GF).....\$6
- Coconut and cumin pumpkin. (V, GF).....\$6
- Hearty garden vegetable. (V, GF).....\$6
- Sweet potato and scallion. (V, GF).....\$6.50

## STEW

- Turmeric roasted cauliflower and potato. (V, GF).....\$6
- Roasted mushroom, garlic and wild rice. (V, GF).....\$6.50

## CHILI

- Butternut squash and black bean. (V, GF).....\$6
- Beef. (DF, GF).....\$7.50
- Mexican chicken. (DF, GF).....\$7
- Mediterranean chickpea. (V, GF).....\$6

## BREAD

- Baked in house bannock served with honey butter and preserves. (VG).....\$4.25
- Local traditional fried bannock served with honey butter and preserves. (50 person minimum).....\$4.75
- Assorted rolls served with whipped butter. (VG).....\$1.75
- Classic mini cornbread muffins. (VG).....\$1.75
- Garlic toast. (VG).....\$1.50
- Baked naan bread. (VG).....\$2
- Grilled pita bread served with tzatziki and hummus. (VG).....\$1.50
- Warm cheddar biscuits served with whipped butter. (VG).....\$2

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# PAIRINGS SALAD

*Priced per guest with a 10 person minimum.*

## SALAD

- Chinese marinated cucumber with sautéed garlic and bell peppers in a rice wine vinegar dressing. (V, GF) ..... \$4.50
- Balsamic marinated vegetable. (V, GF) ..... \$5
- Citrus quinoa, spinach & corn. (V, GF) ..... \$5
- Carolina roasted potato with bell peppers, onion, celery and dill in a dijon vinaigrette. (V, GF) ..... \$5
- Cilantro lime coleslaw. (VG) ..... \$4.50
- Tuscan macaroni with feta, cucumber, tomato, onion, bell pepper and olives in a greek feta vinaigrette. (VG) ..... \$5
- Multi-grain rice & feta with bell pepper, carrot, red onion, tomato and cilantro in a herb vinaigrette. (VG) ..... \$5
- Roast beet and mandarin orange with red & spring onion and almonds in an orange dijon vinaigrette. (V, GF) ..... \$4.50
- Lemon chickpea and vegetable. (V, GF) ..... \$4.50
- Greek vegetable with feta. (VG, GF) ..... \$5
- Tomato, cucumber and bocconcini. (VG, GF) ..... \$5.50
- Caesar salad with croutons and asiago cheese. .... \$5
- Broccoli, grape & cheddar cheese with red onion, almonds and shredded carrot in a cranberry vinaigrette. (VG, GF) ..... \$5
- Avocado caprese tortellini with red pepper, tomato, onion and spinach in a pesto dressing. (VG) ..... \$6
- Roasted vegetable and orzo with zucchini, mushroom, bell pepper, grape tomato, onion and bocconcini in a sundried tomato vinaigrette. (VG) ..... \$5
- Organic greens chopped with tomato, carrot, onion, cucumber and your choice of dressing. (V, GF) ..... \$4
- Organic greens, baby kale & berries with crumbled feta, toasted pecans and your choice of dressing. (VG, GF) ..... \$5
- Poached pear, gorgonzola cheese and organic greens with toasted walnuts, red onion and your choice of dressings. (VG, GF) ..... \$6
- Baby spinach, kale and beets served with goat cheese, dried cranberries, red onion and your choice of dressings. (VG, GF) ..... \$5

## DRESSING CHOICES

*Choice of up to three per green salad.*

- 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)

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# PAIRINGS POTATO, NOODLE & GRAIN

Priced per guest with a 10 person minimum.

## POTATO

- Mashed roasted garlic and herbs (GF).....\$3.50
- Whipped gorgonzola and horseradish (GF).....\$6
- Smashed creamy yukon gold (GF).....\$3.50
- Whipped baked brie and tarragon (GF).....\$5.50
- Roasted greek and lemon (V, GF).....\$3.50
- Herb roasted baby potato (V, GF).....\$3.50
- Golden fried tater tots (GF).....\$3
- Spicy fried wedges (GF).....\$3
- Baked potato with chives, butter, bacon bits and sour cream (GF).....\$4
- Sweet potato roasted with garlic and herb (V, GF).....\$4
- Mashed red skinned potato with sour cream, butter, chives, garlic and dill (GF).....\$4
- Whipped cream cheese and oregano (GF).....\$5
- Sweet potato mash with butter and chives (GF).....\$4.50

## NOODLE

- Stir fried chow mein (VG).....\$3.50
- Lemon and oregano orzo (VG, DF).....\$4

## GRAIN

- Lemon ginger basmati (V, GF).....\$3.50
- Roasted mushroom and spring onion fried rice (V, GF).....\$4
- Wild rice blend with wild mushrooms (V, GF).....\$4.50
- Greek wild rice with herbs, onions and red bell pepper (V, GF).....\$4
- Cilantro lime pilaf (V, GF).....\$3.50
- Spanish style pilaf with tomato, spinach, onion and crushed chilies (V, GF).....\$4
- Seven grain rice pilaf (V).....\$4
- Steamed brown rice (V, GF).....\$4
- Creamy pesto parmesan rice with sundried tomato, onion and red pepper (GF).....\$4.50
- Grilled vegetable quinoa pilaf (V, GF).....\$4.50

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# PAIRINGS VEGETABLE & SIDES

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

## VEGETABLE DISHES

- Garlic roasted button mushrooms. (V, GF).....\$3.50
- Brussel sprouts with balsamic glaze. (V, GF) .....\$4
- Lemon and oregano roasted carrots. (V, GF).....\$3.50
- Honey dill steamed carrots. (DF, GF).....\$3.50
- Roasted beets. (V, GF).....\$3.50
- Seared green beans with sambal. (V, GF).....\$4.50
- Grilled asparagus almondine. (V, GF).....\$5
- Cilantro and lime roasted corn. (V, GF) .....\$3.50
- Curried cauliflower. (V, GF).....\$4
- Steamed broccolini drizzled with herb citrus vinaigrette and lemon zest. (V, GF).....\$4

## VEGETABLE MEDLEYS

(20 person minimum)

- Roasted broccoli and cauliflower. (V, GF) .....\$4
- Roasted root vegetable medley. (V, GF) .....\$4
- Mashed butternut squash, carrot and parsnip trio. (V, GF) .....\$4.50
- Mediterranean vegetable medley. (V, GF).....\$4.50
- Balsamic vegetable medley. (V, GF).....\$4.50
- Seared brussel sprouts and bacon. (DF, GF).....\$5.50
- Scandinavian sautéed cabbage, carrot and onion. (V, GF).....\$3.50
- Oriental stir fry medley. (V, GF) .....\$4.50
- Seasoned peas & carrots with roasted bell peppers and garlic spices. (V, GF).....\$3.50

## SIDES

- Kettle chips with ranch dip. (VG) .....\$3.75  
Choice of plain, salted, sea salt & black pepper, greek, dill, cajun or lemon pepper.
- Corn tortilla chips served with guacamole, salsa and sour cream. (VG, GF) .....\$3.75
- Apple cranberry stuffing. (VG, DF).....\$4

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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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# HORS D'OEUVRES HOT & COLD

*Priced per dozen. Orders must be for a minimum of 3 dozen per selection.*

## COLD

- Crostini topped with artichoke parmesan olive tapenade and roasted bell pepper. (VG) .....\$26
- Crostini topped with fire grilled tomato goat cheese, prosciutto, baby kale and cranberry.....\$30
- Crostini topped with hummus, grilled eggplant, zucchini, grape tomato and bell pepper. (VG, DF).\$26
- Focaccia topped with smoked salmon, lemon dill cream cheese, red onion and fried capers. ....\$35
- Mini bocconcini salad skewers drizzled with balsamic glaze. (VG, GF).....\$29
- Watermelon salad bites with mint, feta and balsamic glaze. (VG, GF).....\$30
- Mini taco with asian marinated cucumber, carrot, herbs, garlic and sambal. (V).....\$29
- Sweet & spicy chili lime marinated jumbo prawns. (DF, GF).....\$38
- Seared sesame ginger ahi tuna with sweet soy and spring onion sauce. (DF).....\$38

## HOT

- Philly steak puff pastry roll with swiss cheese, caramelized onions and bell peppers.....\$31
- Rock crab, mushroom duxelle and herb cream cheese puff pastry roll. ....\$35
- Peppered beef tenderloin, horseradish, bacon and blue cheese roll. (GF).....\$40
- Caramelized onion, grape tomato, garlic and feta puff pastry roll. (VG).....\$27
- Brie, cranberry and almond phyllo. (VG).....\$27
- Gorgonzola, pear, walnut and caramelized onion phyllo. (VG).....\$29
- Chicken and vegetable gyoza with soy sauce. ....\$21
- Vegetarian spring rolls with plum sauce. (VG).....\$26
- Spanakopita with tzatziki. (VG).....\$26
- Mini samosa with a sweet mango plum sauce. (VG).....\$23
- Mini vegetarian quiche. (VG).....\$21
- Coconut crusted shrimp with tropical salsa.....\$33
- Crab cakes with a roasted red pepper aioli. ....\$34
- Crab, chive and cream cheese stuffed button mushroom caps with asiago cheese. (GF).....\$34
- Roasted bacon wrapped brussel sprout skewer with caesar gastrique.....\$23
- Parmesan crusted chicken bites topped with micro greens and drizzled with marinara aioli. ....\$32
- Mini all beef meatballs. ....\$20
- Tempura battered mushrooms with chili soy sauce. (VG).....\$18
- Striploin steak bites with portabella mushroom, chipotle aioli and micro greens. (GF) .....\$36
- Vegan black bean & brown rice balls simmered in marinara. (V).....\$21

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# HORS D'OEUVRES CHEF STATION

*25 guest minimum based on two appetizers per person.*

## CHEF ACTION STATION

Elevate your event with a chef action station.

Let us wow the crowd with a chef attended action station where your food is cooked in front of your guests.

Have an idea to fit your theme? Let us know and we can work with you to customize an action station designed to fit your event.

Need some inspiration? We have provided four samples to inspire your creativity.

### ESCARGOT PROVENÇAL \$11.50

Flambéed escargot with red wine, garlic, onion, bell pepper and parsley.

### SAMBUCA PRAWNS \$11.50

Tiger prawns sautéed in butter with garlic, parsley and flambéed with anise sambuca.

### CHILI PRAWNS \$11.50

Spicy prawns sautéed in garlic, ginger, sambal chilies and sprinkled with parsley.

### RED THAI COCONUT CHICKEN \$11.50

Flambéed garlic, onion, bell pepper drizzled with red thai curry sauce and parsley.

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# PLATTERS ASSORTMENT

Small (10-15 guests), medium (20-30 guests) and large (40-50 guests). Can be ordered individually or added to any meal. Any platter can have gluten free cracker or bread substitutions.

## MARKET VEGETABLE (SMALL \$72 / MEDIUM \$98 / LARGE \$170)

Assorted vegetables served with ranch dip. (VG)

## PICKLED VEGETABLE (SMALL \$54 / MEDIUM \$76 / LARGE \$146)

Gherkins, baby dill pickles, beets, pearl onions, manzanillo olives and banana peppers. (V)

## VEGETARIAN ANTIPASTO (SMALL \$109 / MEDIUM \$170 / LARGE \$274)

Balsamic marinated roasted eggplant, zucchini, asparagus, red onion, bell peppers, tomato and garlic cloves. Served with herb marinated bocconcini, kalamata olives and panini bread. (VG)

## SLICED FRUIT & YOGURT (SMALL \$89 / MEDIUM \$128 / LARGE \$234)

Assorted seasonal fruit with strawberry yogurt dip. (VG, GF)

## FRUIT & CHEESE (SMALL \$98 / MEDIUM \$164 / LARGE \$276)

Assorted seasonal fruits, cheddar, marble and swiss cheese. Served with grapes, berries and an assortment of crackers. (VG)

## CHEESE & CRACKERS (SMALL \$96 / MEDIUM \$160 / LARGE \$270)

Brie, cheddar, swiss, mozza and marble cheese. Served with crackers and berries. (VG)

## GOURMET CHEESE & BAGUETTE (SMALL \$120 / MEDIUM \$200 / LARGE \$315)

Herb goat cheese balls, creamy brie, gorgonzola, sharp cheddar and smoked gouda cheese. Served with garlic baguette crostini, crackers, berries and grapes. (VG)

## COLD CUT SELECTION (SMALL \$96 / MEDIUM \$160 / LARGE \$270)

Ham, turkey, roast beef and genoa salami.

## DELI SELECTION (SMALL \$98 / MEDIUM \$172 / LARGE \$280)

Ham, turkey, roast beef, genoa salami with assorted pickles, cheese and crackers.

## CHARCUTERIE (SMALL \$142 / MEDIUM \$219 / LARGE \$328)

Herb marinated bocconcini, creamy brie, sharp cheddar, genoa salami, smoked prosciutto, roasted garlic, roast turkey, pepperoni and kalamata olives. Served with panini bread, crackers, berries and grapes.

## SEAFOOD DELIGHT (SMALL \$140 / MEDIUM \$240 / LARGE \$400)

Sriracha chili prawns, smoked salmon and herb citrus ice shrimp. Served with a lemon dill aioli, capers, roasted red onion, roasted red bell peppers, baked flat bread, garlic baguette crostini, grilled lemons and limes.

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# PLATTERS ASSORTMENT

*Small (10-15 guests), medium (20-30 guests) and large (40-50 guests). Can be ordered individually or added to any meal. Any platter can have gluten free cracker or bread substitutions.*

## **THE MEXICAN SNACK (SMALL \$58 / MEDIUM \$80 / LARGE \$155)**

Pico de gallo salsa, guacamole, lime cilantro, sour cream, roasted corn & black bean salsa and chipotle ranch dip. Served with salted kettle chips and corn tortilla chips. (VG)

## **CHIPS & DIPS (SMALL \$54 / MEDIUM \$76 / LARGE \$146)**

Tomato salsa, sour cream, bruschetta and hummus. Served with garlic baguette crostini and corn tortilla chips. (VG)

## **MEDITERRANEAN (SMALL \$72 / MEDIUM \$98 / LARGE \$170)**

Market vegetables with ranch dip, bruschetta and hummus. Served with garlic baguette crostini and corn tortilla chips. (VG)

## **CHEF'S PREMIUM DIP PLATTER (SMALL \$70 / MEDIUM \$120 / LARGE \$195)**

Smoked salmon & dill cream cheese dip, cranberry & spinach dip and rustic avocado, tomato & feta salsa. Served with garlic baguette crostini and corn tortilla chips.

## **GLUTEN FREE SNACK (SMALL \$56 / MEDIUM \$79 / LARGE \$150)**

Garlic olive tapenade, roasted red pepper & spring onion, hummus, pico de gallo and herb goat cheese. Served with crackers, crostini, corn tortilla chips and berries. (VG, GF)

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# DESSERTS SWEET TREATS

*Priced per 20 treats per basket unless otherwise stated.*

## **BAKER'S SPECIALTY \$21**

A variety of items hand selected by our in-house baker.

## **BROWNIE VARIETY \$22**

Traditional chocolate, marble chocolate, triple chocolate and deep dutch brownies.

## **FRUIT SENSATION \$22**

Blueberry cheesecake, triple berry crumble, lemon shortbread bar and apple blackberry crumble.

## **CHOCOLATE LOVERS \$22**

Silky chocolate truffle bars, german chocolate cake, triple chocolate fudge brownies and mini macaroons.

## **CAKE LOVERS \$23**

Key lime cake, blueberry swirl cheesecake, summer berry cheesecake and caramel turtle cheesecake.

## **NANAIMO LOVERS \$22**

An assortment of four nanaimo bar flavours, traditional, irish cream, cappuccino and peanut butter.

## **MINI CUPCAKES \$24**

Red velvet, vanilla bean and salted caramel.

## **GLUTEN FREE COMBO \$25.50**

Mini brownie bites, nanaimo bars and fresh melon. (GF)

## **COOKIES \$15**

Chocolate chip, double chocolate, white chocolate macadamia nut and oatmeal raisin.

*(Priced per dozen)*

## **MINI COOKIES \$9**

Chocolate chip, double chocolate, white chocolate macadamia nut and oatmeal raisin.

*(Priced per dozen)*

## **CREAM PUFFS \$17**

Drizzled with chocolate sauce and garnished with berries. (NF) *(Priced per dozen)*

## **MARSHMALLOW RICE BARS \$24**

Made with brown butter and sprinkled with sea salt. (GF) *(Priced per dozen)*

## **GLUTEN FREE BROWNIE BITES \$15**

(GF) *(Priced per dozen)*

## **GLUTEN FREE NANAIMO BARS \$16**

(GF) *(Priced per dozen)*

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# DESSERTS PREMIUM

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

## **BANANA CHOCOLATE CHIP CUSTARD \$6**

Homemade custard with banana and chocolate chips. (GF, NF)

## **COCONUT PANNA COTTA \$6**

Served with vanilla whipped cream and mint. (GF, NF)

## **FLOURLESS CHOCOLATE TORTE \$7**

Served with berries, vanilla whipped cream and mint. (GF, NF)

## **WHIPPED STRAWBERRY CHEESECAKE \$7**

No bake strawberry cheesecake with graham cracker crumbs, vanilla whipped cream and strawberries. (NF)

## **SWIRL CHEESECAKE \$6.50**

Assortment of caramel, blueberry, chocolate and strawberry. *(30 guest minimum)*

## **ASSORTED CAKES \$6.50**

Assortment of carrot, pear, maple, chocolate ganache, raspberry mousse, hazelnut tiramisu and mocha buttercream. *(30 guest minimum)*

## **VEGAN BANANA CAKE \$5**

Garnished with berries and raspberry coulis. (V, NF)

## **VEGAN PINA COLADA RICE PUDDING \$5**

Served with coconut, fresh pineapple and maple syrup. (V, GF, NF)

## **VEGAN CHOCOLATE GANACHE CAKE \$8**

Garnished with berries and raspberry coulis. (V, GF, NF)

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# LATE NIGHT SNACKS

*Can only be purchased as an add-on to event catering. Must be served between 8 p.m. - 10:45 p.m.  
Priced per person with a 10 person minimum.*

## SANDWICH STATION \$9

Build your own sandwich with a selection of meat, cheese, vegetables and condiments:

- Turkey
- Roast beef
- Ham
- Cheddar cheese
- Swiss cheese
- Shredded lettuce
- Sliced tomato
- Margarine
- Mayo
- Mustard

## SLIDER STATION \$9

Build your own slider with your choice of:

- BBQ pulled pork sliders served with horseradish & dijon mustard.
- Mini all beef meatballs served with marinara sauce & triple cheese blend.

Served with kettle chips with ranch dip in your choice of flavours:

- Plain, salted, sea salt & black pepper, greek, dill, cajun or lemon pepper

## POUTINE BAR \$9

Build your own poutine. Battered plank fries served with classic cheese curds, triple cheese blend, gravy, green onions, jalapeños, tomatoes and crumbled bacon.

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# BEVERAGES HOT & COLD

*Priced per guest unless otherwise stated.*

## HOWL COFFEE \$2.50

TRU's very own custom coffee. Brewing only 100% fair trade organic certified coffee, sourced ethically in partnership with Fair Trade Canada. *(Served in 10 cup urns)*

## TEA \$2.25

*(Served in 10 cup urns)*

## HOT CHOCOLATE \$2.25

*(Served in 10 cup urns)*

## HOT APPLE CIDER \$2.25

*(Served in 10 cup urns)*

## CHOCOLATE MILK \$4.50

*(473ml - one dozen minimum order)*

## 2% MILK \$4.50

*(473ml - one dozen minimum order)*

## ALMOND MILK \$3.50

*(V, GF) (250ml)*

## FAIRLIFE ULTRAFILTERED CHOCOLATE MILK \$3.75

*(240ml)*

## SAN PELLEGRINO \$3.50

## SUNRYPE JUICE BOXES \$1.70

## CLASSIC FRUIT SMOOTHIE \$5 (GF)

A 12oz blend of greek yogurt, banana, berries and orange juice.  
*(10 person minimum. Served in the CAC building only, restrictions apply)*

## VEGAN FRUIT SMOOTHIE \$5 (V, GF)

A 12oz blend of almond milk, banana, berries and orange juice.  
*(10 person minimum. Served in the CAC building only, restrictions apply)*

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# BEVERAGES HOT & COLD

*Priced per person unless otherwise stated.*

## DASANI® BOTTLE WATER \$3.25

## SMART WATER \$5

## CANNED POP \$2.75

Coke, Diet Coke, Sprite and Gingerale.

## CANNED JUICE \$2.75

Ice tea, apple and orange.

## CRYSTAL JUICE

Choice of iced tea, lemonade, fruit punch and peach punch.

- 60oz pitcher \$12.50
- 30 cup igloo \$45
- 50 cup igloo \$65

## REAL FRUIT PUNCH

Made with real fruit juices.

- 30 cup igloo - \$64
- 50 cup igloo - \$93

## FRUIT JUICE

Choice of apple, orange and cranberry.

- 60oz pitcher - \$18
- 30 cup igloo - \$64
- 50 cup igloo - \$93

## FRESH SQUEEZE LEMONADE

- 60oz pitcher - \$18
- 30 cup igloo - \$64

## INFUSED WATER \$1.25

Choice of lemon, lime, orange, melon, cucumber and mint.

## SPARKLING APPLE JUICE \$16 (750ml bottle)

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# ALCOHOL BAR SERVICE

## WHITE WINE BY THE GLASS \$6

Jackson Triggs Chardonnay

## RED WINE BY THE GLASS \$6

Jackson Triggs Cabernet Sauvignon

## DOMESTIC BEER \$6

## PREMIUM DOMESTIC BEER \$6.25

## IMPORT BEER \$6.50

## IRON ROAD SEASONAL BEER \$6.25

## RED COLLAR SEASONAL BEER \$9 (473ml)

## COOLERS \$6.50

## REGULAR HIGHBALLS \$6

Vodka, gin, rye, white rum and dark rum

## PREMIUM HIGHBALLS \$6.25

Whiskey, spiced rum

## LIQUEURS \$6.50

Baileys and Jägermeister

*Cash bar prices listed include applicable taxes. 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 the bar revenue. Under the terms of the BC Liquor License Act, the TRU Conference Centre is prohibited from allowing any individual or group to provide their own alcohol at catered events.*

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# ALCOHOL WINE

## WHITE WINE

- Jackson Triggs Reserve Select Sauvignon Blanc.....\$26
- Inniskillin Estate Series Select Pinot Grigio.....\$30
- Monte Creek Hands Up White .....\$33
- Harper’s Trail Silver Main Riesling.....\$35.50

## ROSÉ

- Jackson Triggs Reserve Select Rosé .....\$27
- Diabolica Rosé.....\$32

## RED WINE

- Jackson Triggs Reserve Select Merlot.....\$26
- Inniskillin Estate Series Select Cabernet Sauvignon.....\$30
- Monte Creek Hands Up Red .....\$33
- Harper’s Trail Pinot Noir .....\$35.50

## SPARKLING WINE

- Yellow Tail Pink Bubbly .....\$28

*Wine pricing is subject to applicable taxes and a 15% gratuity. Not all wine selections are available for purchase on the bar. Clients are able to choose wines that are not listed in our wine selections for consumption at their event. Some restrictions may apply.*

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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

- The deposit is non-refundable.
- In the event of a situation beyond human control, not induced by negligence, the TRU Conference Centre will not be held responsible. Inclement weather is not a valid cause for cancellation of an event under contract. Written notice (email acceptable) to cancel a space or catering is required. In all cases, food will not be prepared or provided.

The following charges will apply:

- 25% of total estimated catering cost at sixty (60) to fifteen (15) days of event date.
- 50% of total estimated catering cost at fourteen (14) to eight (8) days of event date.
- 90% of total estimated catering costs at seven (7) days or less of event date.

Room rental:

- 100% of the room rental at thirty (30) days or less.

Additional:

- Any costs incurred by Thompson Rivers University related to your event.

## 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.

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# VENUE POLICIES

## 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.

## FACILITIES POLICIES

- If excessive clean up is required due to items such as confetti, popcorn, decor, 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 seven (7) days prior to the event.
- 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 premise 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.
- Set-up 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 Centre office. Such displays, exhibits or products are the responsibility of the owner 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.

## PAYMENT METHODS

- Payment methods accepted are: VISA, MaterCard, AMEX, cash, debit or cheque - made payable to: Ancillary Services, 805 TRU Way, Kamloops, BC V2C 0C8.



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