CATERING MENU













EAT AT TRU



THOMPSON UNIVERSITY Conferences, Weddings

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.







Physical Address: 1055 University Drive, Kamloops, BC V2C 0C8

Mailing Adress: 805 TRU Way, Kamloops, BC V2C 0C8



Google Map of TRU

Phone: 250-371-5723 | Email: conferencecentre@tru.ca | Web: tru.ca/conferencecentre



EXECUTIVE CHEF, TREVOR BISSON

Trevor is a graduate of Thompson Rivers University Culinary Arts program and has been leading our culinary team since 2011.

This a la carte menu showcases Trevor's pride in creating delicious food for all to enjoy.

Bon Appétit!



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BREAKFAST

BAKERY | Priced 10 per basket.

PASTRIES - \$39

Assortment of muffins, mini danishes, turnovers and tea scones. Served with butter and preserves.

MUFFINS - \$39

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

GLUTEN FREE BLUEBERRY MUFFINS - \$45

Served with butter. (DF, GF)

MINI MUFFINS - \$30

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

BAGELS - \$42.50

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

MINI DANISHES - \$28

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

COID I Priced per guest with a 10 person minimum.

CEREAL & MILK - \$5.25

Assortment of Cheerios[™], Rice Krispies[™], Corn Flakes[®] and Raisin Bran[®]. Served with 2% milk.

YOGURT PARFAIT BAR - \$8.75

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

FRUIT SALAD - \$7

Pineapple, honey dew, cantaloupe, orange segments and grapes in a light simple syrup.

YOGURT CUPS - \$2.75

Assorted strawberry, vanilla, peach and blueberry flavours.

BLUEBERRY TEA SCONES - \$39

Served with butter and preserves.

RAISIN TEA SCONES - \$39

Served with butter and preserves.

APPLE TURNOVERS - \$38

DELECTABLE LOAVES - \$44

Choice of banana bread, chocolate chunk, morning glory, or fruit & fiber. Served with honey butter.

CROISSANTS - \$45

Served with butter and preserves.

PEANUT BUTTER ENERGY BITES - \$18.50

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

WHOLE FRUIT - \$2

Assortment of apples, oranges and bananas.

CLASSIC FRUIT SMOOTHIE - \$7

A 12oz blend of greek yogurt, banana, berries and orange juice. (GF)

(Served in the CAC building only, restrictions apply)

VEGAN FRUIT SMOOTHIE - \$7

A 12oz blend of almond milk, banana, berries and orange juice. (V, GF)

(Served in the CAC building only, restrictions apply)



BREAKFAST

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

CINNAMON FRENCH TOAST - \$8

Served with butter and syrup.

BUTTERMILK PANCAKES - \$6

Served with butter and syrup.

BC SCRAMBLED EGGS - \$4.50

BC EGG & CHEDDAR OMELET - \$6

BACON & CHEDDAR FRITTATA CUPS - \$6

Smoked bacon and BC eggs with spring onion, and cheddar. (GF)

HAM FRITTATA CUPS - \$6

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

MEDITERRANEAN FRITTATA CUPS - \$5.50

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

MEXICAN SCRAMBLE - \$8.50

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

TOFU SCRAMBLE - \$5.25

Crumbled tofu with sautéed onion, bell peppers and spices. Finished with spring onion. (V, GF, NF)

BREAKFAST TACO BAR - \$9

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.

BREAKFAST POUTINE BAR - \$13

Build your own breakfast poutine with BC scrambled eggs, tater tots, shredded mozza, tomato, green onion, diced ham, bacon crumble and tarragon béarnaise sauce. (Served in the CAC building only, restrictions apply)

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

SMOKED BACON - \$5.25 (3 per person)

PORK BREAKFAST SAUSAGE - \$6.75 (3 per person)

TURKEY SAUSAGE - \$5.25 (3 per person/14 day lead time)

PORK SAUSAGE PATTIES - \$6 (2 per person)

GLAZED TOUPIE HAM - \$6 (2 per person)

TURKEY BACON - \$6.75 (3 per person/14 day lead time)

TOAST STATION - \$4.25 (2 per person)

Assortment of breads with butter, fruit preserves and peanut butter.

TATER TOTS - \$4

MINI FRIED POTATO PANCAKES - \$4.50

COUNTRY ROASTED POTATOES - \$4.50

OLD FASHIONED HASH BROWNS - \$4



LUNCH

SANDWICHES & WRAPS | Priced per guest with a 10 person minimum unless otherwise stated.

SANDWICHES & WRAPS - \$10

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

1/2 SANDWICH & WRAP - \$6.50

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 - \$10

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 - \$18

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 bell pepper and kalamata olives) and condiments (mayo, whole grain mustard, hummus and horseradish). (15 guest minimum)

BOXED MEALS - \$10

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 \$7:

- Whole fruit
- Carrots & ranch dip
- Nutri-Grain® Bar
- Brownie bites

Add 3 of the following for \$11:

- 9oz fruit cup
- Nutri-Grain® Bar
- Lay's® Potato Chips
- Yogurt cup
- Bottled water
- Whole fruit

- Cookie
- SunRype juice box
- Lay's® Potato Chips
- Yogurt cup
- 9oz salad cup with balsamic dressing
- Cookie
- Brownie bites
- Can of juice or pop
- SunRype juice box
- · Carrots & ranch dip



LUNCH

SANDWICHES & WRAPS | Priced per guest with a 10 person minimum unless otherwise stated.

SANDWICH & WRAP SELECTIONS:

- Genoa salami with pesto aioli, avocado, roasted red bell peppers, organic greens and havarti cheese.
- Sriracha tuna salad with mayo, organic greens, red and spring onions.
- Chopped chicken salad with diced apple, grapes, mayo, onion, celery and lettuce.
- · 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 swiss 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 dill pickle with whole grain mustard, organic greens, red onion and cheddar cheese.
- Roast beef with BBQ aioli, romaine, tomato, caramelized onions and cheddar cheese.
- Egg salad with dill, Tabasco, red and green onions. (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 and bacon with tomato, onion, romaine and triple cheese blend.
- 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 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, tomato, cucumber, baby kale, hummus and vegan cheese. (V)



LUNCH

TACO & SALAD BARS | Priced per guest with a 10 person minimum unless otherwise stated.

POLLO ASADO CHICKEN TACO - \$11

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

CARNE ASADA STEAK TACO - \$13

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.

SUPER GRAIN SALAD BAR - \$18.50 (20 guest minimum)

The super grain salad bar 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 apricots
- · Grape tomatoes
- Red onion
- Cucumbers
- Shredded carrots
- Paprika roasted chickpeas (V)
- Roasted pecans (V)
- Vegan mozza cheese (V, GF)
- Triple cheese blend
- Balsamic vinaigrette (V, GF)
- Greek herb vinaigrette (V, GF)
- Italian vinaigrette (DF, GF)



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

THYME RUBBED ROASTED PORK LOIN - \$14

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

SWEET & SOUR BONELESS PORK - \$9.50

Golden fried breaded pork tossed in sweet and sour sauce. (DF)

BBQ PULLED PORK KAISER - \$13

BBQ braised pulled pork shoulder served with jumbo kaiser buns. (DF)

PORK TENDERLOIN MEDALLIONS - \$16.50

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

MAPLE GLAZED CRANBERRY HAM - \$9

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

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

DIJON CRUSTED BARON OF BEEF - \$12.50

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

KOREAN SESAME GINGER BEEF - \$9.50

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

BEEF VINDALOO - \$10.50

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

SWEDISH STYLE BRAISED BEEF MEATBALLS - \$9.50

Served in a creamy dill gravy.

SALISBURY BUTCHER STEAK - \$9.50

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

BEEF DIP - \$14

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.

Add on fajita spiced onions and bell peppers - \$3.75



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

MEDITERRANEAN CHICKEN - \$9

Diced chicken marinated in olive oil, garlic & herbs. Served with tzatziki dip. Can be served in whole chicken breasts upon request. (GF)

BUTTER CHICKEN - \$9.75

Sliced chicken breast simmered in an Indian butter sauce. (GF)

COCONUT CRUSTED CHICKEN BREAST - \$10

Served with a lime pineapple salsa.

ROASTED BONE-IN CHICKEN - \$8.50

Served in a BBQ sauce. (DF, GF)

GREEK BONE-IN CHICKEN - \$8.50

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

GRILLED BALSAMIC CHICKEN BREAST - \$9

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

LEMON ROSEMARY CHICKEN BREAST- \$9

Served with artichoke, kalamata olive and spinach marinara. (DF, GF)

CILANTRO LIME CHICKEN BREAST- \$9

Served with roasted sweet bell pepper and a citrus coconut curry sauce. (DF, GF)

SESAME GINGER SOY CHICKEN - \$9

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

PARMESAN & HERB CRUSTED CHICKEN - \$10

Chicken breast served with roasted red pepper and tomato bruschetta.

GRILLED OREGANO CHICKEN BREAST - \$9

Served with your choice of sauce:

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

Substitute Halal chicken - \$5 (30 day lead time on order)

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

LEMON & HERB BAKED SALMON FILLET - \$10.50

Served with your choice of sauce:

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

CHARDONNAY POACHED SALMON - \$11

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

PINEAPPLE MANGO CURRY PRAWNS - \$11.25

Pan seared garlic prawns simmered in a mild pineapple and mango curry sauce. (DF, GF)

GARLIC CREOLE PRAWNS - \$12.25

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



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

CHEF CARVED BISON SIRLOIN ROAST - \$20

Served with an apple & peach chutney au jus, horseradish and dijon mustard. (DF, GF) (30 guest minimum, 60 day lead time on order)

ROASTED BISON STEW - \$14.50

Roasted bison, potato, mushroom, green beans, carrot and onion, simmered in an herb apple cider pan gravy. (DF, GF) (30 guest minimum, 60 day lead time on order)

SAGE ROASTED TURKEY - \$11

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

HERB CRUSTED LEG OF LAMB - \$20

Served with a red wine, pearl onion and mint demi-glaze. (DF, GF) (30 guest minimum, 60 day lead time on order)

IRISH LAMB STEW - \$14.50

Lamb, potato, carrot, onion, celery, parsnip, tomato and red wine. (DF, GF) (30 guest minimum, 60 day lead time on order)

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

CURRIED LENTIL & SPINACH KORMA - \$8.25

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

SUMMER SUCCOTASH - \$7.75

Seven bean medley, onion, bell pepper, tomato and spring onion with herbs & chili flakes. (V, GF)

ROASTED VEGETABLE CHANA MASALA - \$8.25

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

PLANT PROTEIN & BROWN RICE BALLS - \$8.75

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

SWEET CHILI TOFU STIR FRY - \$13.50

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

CRUMBLE & MUSHROOM CACCIATORE - \$10

Black bean plant protein crumble, mushroom, tomato, bell pepper, spinach and onion. (V, GF)

BAKED CHICKPEA FALAFEL - \$7.75

Served with a marinara sauce. (V, GF)

ROASTED VEGETABLE & BEAN RATATOUILLE - \$8

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

THAI COCONUT CURRY CAULIFLOWER - \$8

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



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

BEEF CHOP SUEY - \$16

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

THAI COCONUT CHICKEN - \$14

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

SWEET CHILI CHICKEN - \$14

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

TERIYAKI BEEF STEAK - \$16

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

CAJUN TOMATO SHRIMP - \$17

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

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

TRADITIONAL BEEF LASAGNA - \$11

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

SPAGHETTI & MEATBALLS - \$11

Classic marinara sauce with all beef meatballs.

TURKEY PENNE - \$11

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

CHICKEN POMODORO PENNE - \$11

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

TUSCAN CHICKEN PESTO ALFREDO - \$11

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

MUSHROOM & BABY KALE CHICKEN ROSE - \$11.50

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

CREOLE SHRIMP & SPINACH - \$14.50

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

BUTTERNUT SQUASH & BABY KALE PENNE - \$7.50

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

BECHAMEL VEGETABLE LASAGNA - \$9.50

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

PESTO SPINACH & ARTICHOKE - \$7.50

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

ROASTED VEGETABLE ALFREDO PENNE - \$6.50

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

SICILIAN ROTINI VEGETABLE MARINARA - \$7.50

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

SPICY PENNE ARRIBIATA - \$7.50

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

ITALIAN SAUSGAE MARINARA - \$12.50

Tortellini pasta with Italian sausage crumble, mushroom, onion, bell pepper and garlic in marinara a sauce.



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

MACARONI & CHEESE - \$8.50

Creamy cheddar and asiago cheese sauce. (VG)

CHIPOTLE BACON MAC & CHEESE - \$11

Chipotle cheese sauce with bacon and spring onions.

CHICKEN & CAULIFLOWER MAC & CHEESE - \$12

Sriracha cheese sauce with chives and onions.

CHEESE FILLED TORTELLINI - \$9

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

WILD MUSHROOM ROSE TORTELLINI - \$10.50

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

QUATTRO FROMAGGIO RAVIOLI - \$10.50

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

VEGAN PLANT PROTEIN PENNE - \$9.50

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

PLANT PROTEIN PRIMAVERA ROSE PENNE - \$11

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

VEGAN BAKED RATATOUILLE - \$9

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

VEGAN BUTTERNUT SQUASH & CHEESE - \$8.50

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

PLATED MENU

CUSTOMIZE YOUR PLATE

Priced per guest with a 50 person minimum.

Add a custom sorbet course to your plated meals. Inquire for custom options and pricing.

Interested in a plated menu?

Plated dinners may be custom designed by our chef or you can create your own. We are happy to assist you with pairing items that compliment one another and fit with your event theme.

Our extensive menu offers many dietary friendly options as well as fun and unique courses that will set your event apart. Plated meals can range in the number of courses, the possibilities are extensive!

Please contact your event coordinator for more information.



PAIRINGS

SOUP | Priced per guest with a 10 person minimum. All soups are served with crackers.

 Roasted turkey and rice soup. (DF, GF). Grilled chicken and lentil soup. (DF, GF). Roast beef and potato soup. (DF, GF). Chicken and Italian sausage soup. (DF, GF). Bacon, potato and corn chowder. (GF). Tomato, black bean and roasted vegetable soup. (V, GF). Coconut and cumin pumpkin soup. (V, GF). Hearty garden vegetable soup. (V, GF). Carrot ginger soup. (V, GF). \$7
STEW Priced per guest with a 10 person minimum.
 Turmeric roasted cauliflower and potato stew. (V, GF). Roasted mushroom, garlic and wild rice stew. (V, GF).
CHILI I Priced per guest with a 10 person minimum.
 Butternut squash and black bean chili. (V, GF) Beef chili. (DF, GF) Mexican chicken chili. (DF, GF) Mediterranean chickpea chili. (V, GF) \$7.50 BREAD Priced per guest with a 10 person minimum.
 Baked in house bannock served with honey butter and preserves. (VG) Local traditional fried bannock served with honey butter and preserves. (60 person minimum) \$8.50 Assorted rolls served with whipped butter. (VG) Garlic toast. (VG) Baked naan bread. (VG) Grilled pita bread served with tzatziki and hummus. (VG) \$2.75 Warm cheddar biscuits served with whipped butter. (VG) \$2.75
SIDES Priced per guest with a 10 person minimum.
 Kettle chips with ranch dip. (VG) (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) Apple cranberry stuffing. (VG, DF) \$5



PAIRINGS

SALAD | Priced per guest with a 10 person minimum.

• Chinese marinated cucumber salad with sautéed garlic and bell peppers in a rice wine vinegar dressing. (V, GF) \$5.2	25
Balsamic marinated vegetable salad. (V, GF) \$5	75
• Citrus quinoa, spinach and corn salad. (V, GF)\$5	75
• Carolina roasted potato salad with bell peppers, onion, celery and dill in a dijon vinaigrette. (V, GF)	75
Cilantro lime coleslaw. (VG) \$5.2	25
• Tuscan macaroni feta salad with cucumber, tomato, onion, bell pepper and olives in a greek feta vinaigrette. (VG)	\$6
• Multi-grain rice and feta salad with bell pepper, carrot, red onion, tomato and cilantro in a herb vinaigrette. (VG)	\$6
• Roast beet and mandarin orange salad with red & spring onion and almonds in an orange dijon vinaigrette. (V, GF)\$5.2	25
• Lemon chickpea and vegetable salad. (V, GF)	25
Greek vegetable salad with feta. (VG, GF)	\$6
• Tomato, cucumber and bocconcini salad. (VG, GF)	75
• Caesar salad with croutons and asiago cheese in a caesar dressing \$5	75
• Broccoli, grapes and cheddar cheese salad with red onion, almonds & carrot in a cranberry vinaigrette. (VG, GF) \$5	75
• Organic greens chopped salad with tomato, carrot, onion, cucumber and choice of dressing. (V, GF)	75
• Organic greens, baby kale & berry salad with crumbled feta, toasted pecans and choice of dressing. (VG, GF)	\$6
 Poached pear, gorgonzola cheese and organic greens with toasted walnuts, red onion and 	
choice of dressings. (VG, GF)\$7.2	25
Baby spinach, kale and beet salad served with goat cheese, dried cranberries, red onion and	
choice of dressings. (VG, GF).	\$6

DRESSING CHOICES

Choice of up to three per green salad.

- Ranch
- Balsamic vinaigrette (V, GF)
- Raspberry vinaigrette (V, GF)

- Golden Italian dressing (V, GF)
- Greek herb vinaigrette (V, GF)

GRAIN | Priced per guest with a 10 person minimum.

\$4
\$4.50
\$5.25
\$4 . 75
\$4
\$4.75
\$4 . 75
\$4.75
\$5.75



PAIRINGS

NOODLE | Priced per guest with a 10 person minimum. POTATO | Priced per guest with a 10 person minimum. • Whipped gorgonzola and horseradish potato. (GF) \$7.25 • Roasted greek and lemon potato. (V, GF).....\$4.25 Golden fried tater tots. \$4 • Spicy fried potato wedges. \$4 • Whipped cream cheese and oregano potato. (GF).....\$6.25 VEGETABLE DISHES | Priced per guest with a 10 person minimum. Garlic roasted button mushrooms, (V, GF) \$4.25 Brussel sprouts with balsamic glaze. (V, GF) \$4.75 • Lemon and oregano roasted carrots. (V, GF).....\$4 • Honey dill steamed carrots. (DF, GF).....\$4 • Roasted beets. (V, GF) \$4 VEGETABLE MEDLEYS | Priced per guest with a 20 person minimum. • Roasted broccoli and cauliflower, (V, GF)......\$5.25 • Roasted root vegetable medley. (V, GF).....\$5.25 Mediterranean vegetable medley. (V, GF)\$5.25 Balsamic vegetable medley. (V, GF) \$5.25 • Oriental stir fry medley. (V, GF).....\$5.25 • Seasoned peas and carrots with roasted bell peppers and garlic spices. (V, GF)......\$4.25



HORS D'OEUVERS

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

Crostini topped with artichoke, parmesan, olive tapenade and roasted bell pepper. (VG)	\$33
• Crostini topped with fire grilled tomato, goat cheese, prosciutto, baby kale and cranberry	
Crostini topped with hummus, grilled zucchini, grape tomato and bell pepper. (VG, DF)	
• Focaccia topped with smoked salmon, lemon dill cream cheese, red onion and fried capers	
Mini bocconcini salad skewers drizzled with balsamic glaze. (VG, GF)	\$36
Watermelon salad bites with mint, feta and balsamic glaze. (VG, GF)	
• Mini taco with asian marinated cucumber, carrot, herbs, garlic and sambal. (V)	
Sweet & spicy chili lime marinated jumbo prawns. (DF, GF)	
HOT Priced per dozen. Orders must be for a minimum of 3 dozen per selection.	
Philly steak puff pastry roll with swiss cheese, caramelized onions and bell peppers	\$4(
Rock crab, duxelle mushroom and herb cream cheese puff pastry roll	\$45
Caramelized onion, grape tomato, garlic and feta puff pastry roll. (VG)	\$34
Brie, cranberry and almond phyllo. (VG)	\$34
Gorgonzola, pear, pecan and caramelized onion phyllo. (VG)	\$37
Chicken and vegetable gyoza with soy sauce.	\$28
Vegetarian spring rolls with plum sauce. (VG)	\$33
Spanakopita with tzatziki. (VG)	\$33
Mini samosa with a sweet mango plum sauce. (VG)	\$29
Coconut crusted shrimp with tropical salsa	\$42
Crab cakes with a roasted red pepper aioli	\$45
• Parmesan crusted chicken bites topped with micro greens and drizzled with marinara aioli	\$40
Mini all beef meatballs.	\$27
Roasted chicken wings (hot, lemon pepper, greek or cajun). (GF, DF)	\$29
Tempura battered mushrooms with chili soy sauce. (VG)	\$23
• Vegan zucchini boats stuffed with greek spiced plant protein crumble and vegan cheese. (V, GF)	\$36
Vegan plant protein & brown rice balls simmered in marinara. (V)	\$29

CHEF ACTION STATION | Elevate your event. 25 guest minimum based on two appetizers per person.

ESCARGOT PROVENCAL - \$15.50

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

SAMBUCA PRAWNS - \$15.50

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

CHILI PRAWNS - \$15.50

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

RED THAI COCONUT CHICKEN - \$15.50

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



PLATTERS

ASSORTMENT | Small (10-15 guests), medium (20-30 guests) and large (40-50 guests).

MARKET VEGETABLE

SMALL - \$85 / MEDIUM - \$115 / LARGE - \$198

Assorted vegetables served with ranch dip. (VG)

PICKLED VEGETABLE

SMALL - \$64 / MEDIUM - \$90 / LARGE - \$172)

Gherkins, baby dill pickles, beets, assorted olives and banana peppers. (V)

VEGETARIAN ANTIPASTO

(SMALL - \$129 / MEDIUM - \$199 / LARGE - \$319)

Balsamic marinated vegetables and garlic cloves. Served with herb marinated bocconcini, kalamata olives and panini bread. (VG)

SLICED FRUIT & YOGURT

(SMALL - \$106 / MEDIUM - \$150 / LARGE - \$272)

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

FRUIT & CHEESE

(SMALL - \$118 / MEDIUM - \$194 / LARGE - \$325)

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

CHEESE & CRACKERS

(SMALL - \$115 / MEDIUM - \$189 / LARGE - \$315)

Assorted soft and hard cheese. Served with crackers and berries. (VG)

GOURMET CHEESE & BAGUETTE

(SMALL - \$142 / MEDIUM - \$236 / LARGE - \$368)

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

COLD CUT SELECTION

(SMALL - \$115 / MEDIUM - \$189 / LARGE - \$315)

Ham, turkey, roast beef and genoa salami.

DELISELECTION

(SMALL - \$118 / MEDIUM - \$202 / LARGE - \$328)

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

CHARCUTERIE

(SMALL - \$168 / MEDIUM - \$257 / LARGE - \$380)

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.

THE MEXICAN SNACK

(SMALL - \$68 / MEDIUM - \$94 / LARGE - \$181)

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 - \$64 / MEDIUM - \$90 / LARGE - \$172)

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

MEDITERRANEAN

(SMALL - \$85 / MEDIUM - \$115 / LARGE - \$198)

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

GLUTEN FREE SNACK

(SMALL - \$66 / MEDIUM - \$93 / LARGE - \$174)

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



DESSERTS

SWEET TREATS I Priced per guest with a 10 person mimum unless otherwise stated.

BAKER'S SPECIALTY - \$27 (20 treats per basket)
A variety of items hand selected by our in-house baker.

BROWNIE VARIETY - \$28 (20 treats per basket)
Traditional chocolate, marble chocolate, triple chocolate and deep dutch brownies.

CHOCOLATE LOVERS - \$28 (20 treats per basket) Silky chocolate truffle bars, maple chocolate cake, chocolate brownies and mini macaroons.

MINI CHOCOLATE CUPCAKES - \$30 (20 treats per basket)

(20 treats per busket)

GLUTEN FREE COMBO - \$33 (20 treats per basket) Mini brownie bites, nanaimo bars and fresh fruit. (GF)

COOKIES - \$18.50 (Priced per dozen)
Chocolate chip, double chocolate, white chocolate macadamia nut and oatmeal raisin.

GLUTEN FREE BROWNIE BITES - \$19

(Priced per dozen) (GF)

GLUTEN FREE NANAIMO BARS - \$20.50

(Priced per dozen) (GF)

WHIPPED STRAWBERRY CHEESECAKE - \$9

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

SWIRL CHEESECAKE - \$8 (30 guest minimum)
Assortment of caramel, blueberry, chocolate and strawberry.

STRAWBERRY SHORTCAKE STATION - \$8.50

Vanilla sponge cake, fresh strawberries, mix tri berries and vanilla whipped cream. (NF)

VEGAN CHOCOLATE GANACHE CAKE - \$9.50

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



LATE NIGHT

SNACKS | A perfect add-on to any event. Priced per guest with a 10 person minimum. Served between 8 p.m. - 10:45 p.m.

SANDWICH STATION - \$11

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 and mustard on a kaiser bun.

POUTINE BAR - \$12

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

SLIDER STATION - \$12

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.

BEVERAGES

COLD | Priced per guest unless otherwise stated.

CHOCOLATE MILK - \$5.75 (473ml - 1 dozen minimum order)

2% MILK - \$5.75 (473ml - 1 dozen minimum order)

SAN PELLEGRINO - \$4.25

SUNRYPE JUICE BOXES - \$2.25

DASANI® BOTTLE WATER \$3.50

SMART WATER \$5.50

CLASSIC FRUIT SMOOTHIE - \$7 (10 person minimum)
A 12oz blend of greek yogurt, banana, berries and orange
juice. (GF) (Served in the CAC building only, restrictions apply)

VEGAN FRUIT SMOOTHIE - \$7 (10 person minimum)
A 12oz blend of almond milk, banana, berries and orange juice. (V, GF) (Served in the CAC building only, restrictions apply)

CANNED POP \$2.75

Coke, Diet Coke, Sprite and Gingerale.

CANNED JUICE \$3

Iced tea, apple and orange.

CRYSTAL JUICE

(60oz - \$15 / 30 CUPS - \$53 / 50 CUPS - \$80)

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

REAL FRUIT PUNCH

(30 CUPS - \$74 / 50 CUPS - \$105)

FRUIT JUICE

(60oz - \$21 / 30 CUPS - \$74 / 50 CUPS - \$105)

Choice of apple, orange and cranberry.

FRESH SQUEEZE LEMONADE

(60oz - \$21 / 30 CUPS - \$74)

INFUSED WATER \$1.50

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

SPARKLING APPLE JUICE \$18 (750ml bottle)



BEVERAGES

HOT | Priced per guest unless otherwise stated.

HOWL COFFEE - \$2.85 (Served in 10 cup urns)

TRU's very own 100% fair trade organic certified custom coffee.

HOT CHOCOLATE - \$2.85 (Served in 10 cup urns)

TEGA TEA - \$2.85 (Served in 10 cup urns) Fair trade organic certified tea blends.

HOT APPLE CIDER - \$2.75 (Served in 10 cup urns)

ALCOHOL

BAR SERVICE

Cash bar prices listed include applicable taxes. For all cash and host bars, a guaranteed minimum revenue of \$600 must be generated. If the minimum is not reached, a bartender fee of \$175 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.

WHITE WINE BY THE GLASS - \$6.50

Jackson Triggs Chardonnay

RED WINE BY THE GLASS - \$6.50

Jackson Triggs Cabernet Sauvignon

REGULAR HIGHBALLS - \$6.75

Vodka, gin, rye, white rum and dark rum

PREMIUM HIGHBALLS - \$7.25

Whiskey and spiced rum

LIQUEURS - \$7.75

Baileys, Jägermeister and butter ripple schnapps

DOMESTIC BEER - \$6.50

Budweiser, Coors Light, Sleeman Original

PREMIUM DOMESTIC BEER - \$6.75

Okanagan Springs Pale Ale and Sleeman Honey Brown

IMPORT BEER - \$7.25

Heineken and Corona

BUDWEISER ZERO - \$6.50

Non-alcoholic

KAMLOOPS LOCAL BEERS

Iron Road Seasonal Beer\$	6.50
Red Collar Seasonal Beer (473ml)	9.25

COOLERS & CIDERS

Smirnoff Ice	\$7.25
Growers	\$6.50

COCKTAILS

Caesars	\$7.25
Long Island	\$7.25



ALCOHOL

WINE

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.

WHITE WINE

Jackson Triggs Reserve Select Sauvignon Blanc	\$29
Inniskillin Estate Series Select Pinot Grigio	\$33
Monte Creek Hands Up White	
Harper's Trail Silver Main Riesling	
ROSÉ	
Jackson Triggs Reserve Select Rosé	\$27.50
Diabolica Rosé	\$36
RED WINE	
Jackson Triggs Reserve Select Merlot	\$30
Inniskillin Estate Series Select Cabernet Sauvignon	\$33
Monte Creek Hands Up Red	\$37
Harper's Trail Pinot Noir	\$40
SPARKLING WINE	
Yellow Tail Pink Bubbly	\$31



VENUE POLICIES

GUARANTEED NUMBERS

- A guaranteed number of guests is required eight (8) 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.
- Prices are 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 room/days required.
- 75% of the remaining balance is required eight (8) 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 cost at seven (7) business days or less of event date.
- 100% of total labour costs at 24 hours notice or less of the event date, in addition to 90% of the total estimated catering cost.

Room Rental:

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

Additional:

 Any costs incured 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 speical 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.
- Childern three (3) and under are free.

LIQUOR SERVICE

- For all cash and host bars, a guaranteed minimum revenue of \$600 must be generated. If the minimum is not reached, a bartender fee of \$175 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 License 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 the Campus Activity Centre and all off-site catering will include a disposable service. China service can be provided for a fee.

FACILITY POLICIES

- If excessive clean up is required due to items such as confetti, popcorn, decor, etc., a minimum \$150 additional cleaning fee will apply, subject.
- To ensure all requirements are agreed upon, a confirmed contract is required to be signed by the client eight (8) 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 \$22 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, MasterCard, AMEX, cash, debit or cheque.
- Made payable to: Ancillary Services, 805 TRU Way, Kamloops BC, V2C 0C8

