



TASTE | QUALITY | SERVICE

# CLASSIC FARE

BY UTM HOSPITALITY





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## PREMIUM

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## NOTE:

Unless otherwise specified, all items have a  
**10 person** minimum order requirement.





**BREAKFAST**





# BREAKFAST SELECTIONS

All Breakfast Buffets served with a selection of condiments, assorted fruit juice, teas and steaming-hot Fair Trade coffee.

\*Decaffeinated coffee available by request.

## MORNING MEDLEYS

### CONTINENTAL BREAKFAST 12

Select One (1):

- Apple Crisp  
*Cinnamon Roasted Apples, Parfait*
- Greek Yogurt Berry Parfait
- Blueberry & Honey Overnight Oats Parfait
- Salted Caramel Cheesecake Parfait

Select One (1):

- Freshly Baked Muffin
- Butter Croissant

Served With Butter & Fruit Preserves

Select One (1):

- Fruit Skewer
- Sliced Cheddar Cheese

### BISCUITS AND WRAPS 11

*\*Our Delicious Breakfast Biscuits And Wraps  
Are Individually Wrapped And Served Warm*

Choice Of:

- Chorizo Breakfast Wrap  
*Egg, Chorizo Sausage, Potato, Caramelized Onion, Feta, Cheddar, Flour Tortilla*
- Sweet Potato Breakfast Wrap  
*Egg, Sweet Potato, Caramelized Onion, Roasted Red Pepper, Spinach, Whole Grain Tortilla*
- BLT Bagel  
*Bacon, Lettuce, Tomato, Mayo, Bagel*
- Sausage & Egg Biscuit  
*Breakfast Sausage, Scrambled Egg, Cheddar, Biscuit*  
Served With A Fresh Fruit Salad

### CANADIAN BREAKFAST 13

Scrambled Eggs

Select One (1):

- French Toast
- Pancakes

*Both come with Canadian Maple Syrup*

Select One (1):

- Grilled Ham
- Crispy Bacon
- Farmer's Sausage

Country Style Home Fries

Fresh Baked Muffins

Fruit Platter

### LOX & BAGEL 14

Fresh Bagels

Cream Cheese Smoked

Salmon Tomato, Onion &

Capers

Fresh Seasonal Sliced Fruit

Fresh Baked Mini Muffins

**NOTE:** Unless otherwise specified, all items have a **10 person** minimum order requirement.

V VEGAN VEG VEGETARIAN GF GLUTEN-FREE IN INDIGENOUS LC LOW-CARB

CLASSIC FARE





# BREAKFAST À LA CARTE

## OATMEAL & OVERNIGHT OATS

*\*Includes coffee and whole fruit*

**✓ OVERNIGHT OATS 5**

**✓ APPLE CINNAMON OATS 5**

*Bananas, Greek Yogurt, Cinnamon*

**VEG TRAIL MIX OATMEAL 5**

*Steel Cut Oats, Raisins, Dried Cranberries,  
Pumpkin Seeds, Sunflower Seeds, Granola*

**✓ COCONUT CARROT CAKE**

**OVERNIGHT OATS 5**

*Carrot, Coconut, Maple Syrup, Oatmeal*

**✓ BANANA BREAD OVERNIGHT OATS 5**

*Bananas, Greek Yogurt, Cinnamon, Oatmeal*

## FRESHLY BAKED

**À LA CARTE BAKED GOODS 3**

Danish (Assortment)

Full Size Muffins (Assortment)

**✓ Vegan Full Size Muffins (Assortment)**

Loaves (Assortment)

Croissant

House Made Cinnamon Rolls

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**✓ VEGAN** **VEG** VEGETARIAN **GF** GLUTEN-FREE **IN** INDIGENOUS **LC** LOW-CARB

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**BREAKS & CAKES**



# TAKE A BREAK

## VEG REJUVENATOR 8

Fresh Fruit and Brownie Kabobs  
Pitchers of Juice and Water  
Fair Trade Coffee and Tea Service

## VEG FIELD AND ORCHARD 8

Fresh Fruit Kabobs  
Danish  
Pitchers of Water  
Fair Trade Coffee and Tea Service

## VEG ENERGIZER 8

Fresh Fruit Tray  
Individual Yogurt  
Gourmet Cookies  
Pitchers of Water  
Fair Trade Coffee and Tea Service

## VEG FARMERS BAKERY 8

**Fresh Baked Scones**  
**Coffee Cakes**  
**Oatmeal Cookies**  
Pitchers of Water  
Fair Trade Coffee and Tea Service

## VEG NIBBLES BREAK 10.5

Fruit and Cheese Kabobs  
Plain Potato Chips  
Dried Fruit and Nut Mix  
Assorted Chocolate Bars  
Individual Pop, Juice, or Pitchers of Water

## VEG COMMUNITY GARDEN 9

Fresh Salsa and Guacamole with Tortilla Chips  
Fresh Vegetable Platter  
Spinach and Red Pepper Dips with Pita Points  
Pitchers of Water

## VEG SHOCK-O-LATE CHOCOLATE 10

Chocolate Brownies  
**Chocolate Cookies**  
Chocolate Dipped Strawberries  
Pitchers of Water  
Fair Trade Coffee and Tea Service

## VEG DIP IT... DIP IT GOOD 10

Assorted Vegetable Sticks and Slices Mixture of  
Dipping Sauces  
Fresh Fruit Slices  
Cake Cubes  
Chocolate Dip and Cream Cheese Yogurt Dip  
Assorted Cold Beverages  
Pitchers of Water

## VEG FOR THE CUP OF IT 9

*Build Your Own Cupcake:*

- Assorted Cupcakes
  - Two styles of Icing
  - Mixed Topping
- Pitchers of Water  
Fair Trade Coffee and Tea Service

## VEG TIM HORTONS SWEETS

Delectable Array of Donuts:

Dozen 11.99

TimBits

- 20 - 4.29
- 50 - 9.29

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**NOTE:** Unless otherwise specified, all items have a **10 person** minimum order requirement.



# TAKE A BREAK

CLASSIC FARE



## VEG HEALTHY SNACKS

FRUIT AND YOGURT PARFAITS 4

INDIVIDUAL YOGURT 3

GRANOLA BARS 3

✓ TRAIL MIX 4.5

✓ FRUIT SALSA W/ CINNAMON CHIPS 5.5

✓ FRUIT KABOBS 4.5

✓ FRESH FRUIT SALAD 4

✓ WHOLE FRUIT 1.5

✓ SURVIVOR COOKIE 3

## VEG NIBBLES

INDIVIDUAL BAGS OF ASSORTED CHIPS 2.75

INDIVIDUAL BAGS OF PRETZELS 2.75

INDIVIDUAL PACKAGES OF ASSORTED NUTS 4.5

CHOCOLATE CHUNK COOKIES 2.5

## FRESHLY BAKED PIE

12

*Serves 8 Guests*

Blueberry  
Apple  
Cherry  
Lemon Merigue  
Coconut Cream

Add Whipped Cream  
1/person

## PARTY CAKES

\* Your catering manager will contact you to discuss your options.

CAKE FOR 8 GUESTS 24

CAKE FOR 40 GUESTS 85

CAKE FOR 80 GUESTS 155

\* Please submit any writing wanted on your cake at the time of ordering. Specialty cakes available with 5 days notice, please call your Catering Manager to discuss options

✓ VEGAN ✓ VEG VEGETARIAN GF GLUTEN-FREE IN INDIGENOUS LC LOW-CARB

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# BREAK À LA CARTE

CLASSIC FARE



## SIDE SALADS

FRESH SELECTION OF SALADS 4.50

- VEG • Coleslaw
- VEG • Potato Salad
- VEG • Pasta Primavera Salad
- VEG • Fresh and Healthy Mediterranean Green Salad
- V • Garden Salad
- V • Caesar Salad
- VEG • Traditional Spinach Salad
- VEG • Greek Salad
- V • Spinach Salad with Feta and Strawberries
- Mediterranean Chickpea Salad

Make your side salad a meal!

### ADD

Chicken	6.50
Salmon	7
Tofu	5
Beef	7

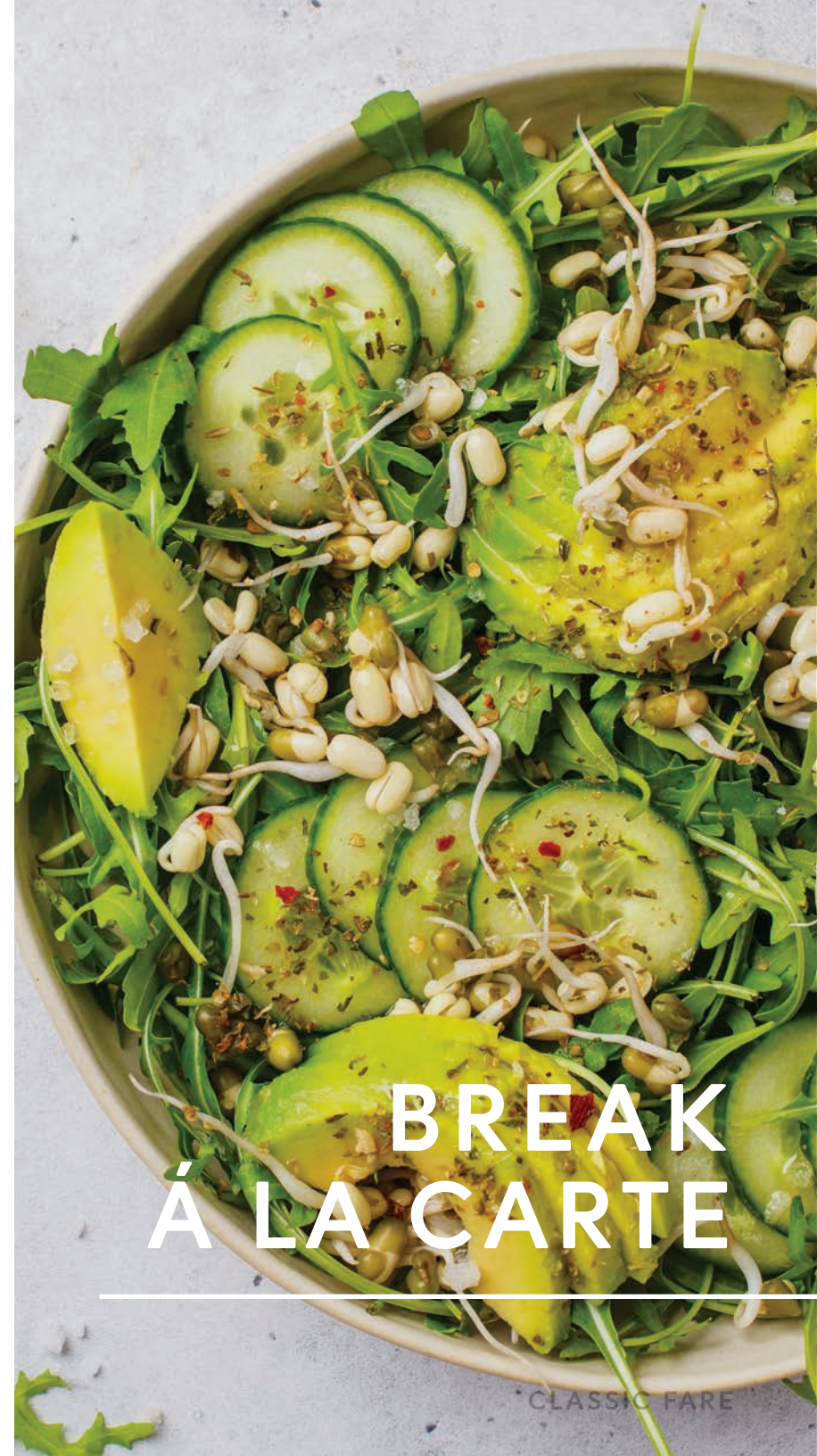


**UTM Farms**

We use UTM produce whenever possible!

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**BREAK  
À LA CARTE**

CLASSIC FARE









## A REFRESHING VARIETY

**V MARKET VEGETABLE PLATTER 50**  
**SERVES: 10**

Assorted fresh vegetables served with hummus

**V FRESH FRUIT PLATTER 50**  
**SERVES: 10**

Seasonal fresh fruit garnished with berries

**V HUMMUS & PITA 30**  
**SERVES: 10**

Creamy hummus served with fresh pita points

**VEG SPINACH AND ROASTED RED PEPPER DIPS 30**  
**SERVES: 10**

House made dips served with pita points, tortilla chips and specialty crackers

**V VEGAN MEZZA PLATTER 50**  
**SERVES: 10**

Roasted red pepper & bean dip, hummus, black bean dip, toasted pita points, celery and carrots, with roasted chickpeas and olives



# PLATTERS

**NOTE:** Unless otherwise specified, all items have a **10 person** minimum order requirement.

**V VEGAN** **VEG VEGETARIAN** **GF GLUTEN-FREE** **IN INDIGENOUS** **LC LOW-CARB**

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# PLATTERS

## A REFRESHING VARIETY

### LC ANTIPASTO PLATTER 90

**SERVES: 10**

*Grilled Eggplant, Grilled Zucchini, Grilled Peppers, Grilled Onions, Grilled Mushrooms, Roasted Garlic and Feta Cheese, served with Hummus and Pita Points*

### LC COLD SEAFOOD PLATTER 250

**SERVES: 20**

*A wonderful selection of seafood based on market availability. Some selections may include Chilled Shrimp, Salmon, Mussels, Oysters & Crab.*

### LC CHARCUTERIE BOARD 150

**SERVES: 20**

*Sliced prosciutto, sliced Genoa salami, sliced Calabrese salami, gherkins, Kalamata olives, grainy mustard, and house made crostini*

### LC GOURMET CHARCUTERIE BOARD 210

**SERVES: 20**

*An assortment of cured meats, pates, and pickled vegetables with toast baguette and house made condiments*

### OPEN FACED SANDWICH PLATTER 75

**SERVES: 15**

*A beautiful arrangement of open faced sandwiches served on classic baguette. Fillings include a mixture of the following*

- Herbed Goat Cheese with Roasted Vegetables
- Grilled Chicken Breast with Orange Basil Mayonnaise
- Shaved Roast Beef with Sautéed Mushrooms and Onions, topped with Provolone
- Smoked Salmon with Sweet Onion Cream Cheese
- Prosciutto with Sautéed Spiced Pears and Brie



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**LUNCH**



# MAKE IT SOUP'ER

## SOUP OF THE DAY 4

Served with crackers

## BEEFY CHILI 5

Savoury beefy chili loaded with veggies & beans

Please ask your Catering Manager for our delicious options

## V VEGGIE LOVERS CHILI 5

Chock full of garden vegetables & beans in a zesty chili tomato stew

# SANDWICH SELECTIONS

## TRADITIONAL WEDGE

### SANDWICH PLATTER 4.5

A selection of traditional wedge sandwiches on white & whole wheat bread

- Egg Salad
- Tuna Salad
- Sliced Turkey
- Veggie and Hummus



## PREMIUM SANDWICHES AND WRAPS 7.5

Served on a selection of freshly baked buns, baguettes, breads and wraps

## CLASSIC, WRAPS AND PREMIUM SANDWICH FILLING CHOICES:

### CLASSIC FILLINGS

- Mediterranean Grilled Chicken Pesto Mayonnaise
- Turkey with Cranberry Compote
- Black Forest Ham with Horseradish Mayonnaise
- Roast Beef with Stone Ground Mustard Mayonnaise
- Grilled Chicken Caesar

### VEGAN & VEGETARIAN FILLINGS

- Red Pepper and Feta Spread with Grilled Vegetables
- Hummus and Fresh Vegetables
- Roasted Sweet Potato and Hummus
- Tofu Banh Mi Ciabatta
- Chickpea and Couscou\*
- Falafel with Hummus and Vegetables\*
- Southwest Quinoa\*

\* = Wrap option only



# LUNCH SELECTIONS

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**NOTE:** Unless otherwise specified, all items have a **10 person** minimum order requirement.

CLASSIC FARE



## BOXED LUNCHES

### REGULAR BOXED LUNCHES 13

Sandwich on Ciabatta

Select One (1):

- Tuna
- Egg Salad
- Roast Beef Roast Turkey
- Vegetarian

Comes With:

Regular Potato Chips

Piece of Whole Fruit

1 Freshly Baked Cookies

Juice or Pop

### PREMIUM BOXED LUNCHES 16

Sandwich on Pretzel Bun or Wrap

Select One (1):

- Mediterranean Grilled Chicken with Pesto Mayonnaise
- Turkey with Cranberry Compote
- Hummus with Fresh Vegetables
- **VEG** Roasted Vegetables with Red Pepper and Feta Spread
- Roast Beef with Stone Ground Mustard Mayonnaise

Comes With:

Small Chef's Choice Salad

Regular Potato Chips

Piece of Whole Fruit

1 Freshly Baked Cookie

Juice or Pop

## FRESH MADE 'PIZZA PIZZA'

\* 16" Pizza made fresh and cut into 12 slices. Personal sized no gluten pizza available

### CLASSIC 19.99

- VEG** • Cheese
- Pepperoni
- VEG** • Garden Veggie

### SPECIALTY 21.99

- Meat Lovers
- Hawaiian
- BBQ Chicken

10" Gluten-Free pizza made fresh and cut into 4 slices.

### **GF** GLUTEN-FREE 10.99

- VEG** • Cheese
- Meat Lovers
- Pepperoni
- Hawaiian
- VEG** • Garden Veggie
- BBQ Chicken

**V** VEGAN **VEG** VEGETARIAN **GF** GLUTEN-FREE **IN** INDIGENOUS **LC** LOW-CARB

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# LUNCH SELECTIONS

CLASSIC FARE



# HOT LUNCH BUFFETS

## MEXICAN STYLE LUNCH 16.5

Chicken Fajitas

*Seasoned Chicken, Sautéed Peppers and Onion, Soft Shell Tacos*

Mexican Style Rice

Black Bean Salad

Chocolate Pastries

## ASIAN STYLE LUNCH 16.5

Select One (1):

- Sweet and Sour Chicken Stir Fry
- Orange Ginger Pork Stir Fry
- Teriyaki Beef Stir Fry
- Vegetable Stir Fry

All choices come with:

Vegetable Spring Rolls with Plum Sauce

Asian Mixed Green Salad

Vegetable Stir Fried Rice

Pineapple Coconut Squares

## ITALIAN STYLE LUNCH 16.5

Select One (1):

- Beef Lasagna
- Vegetarian Lasagna
- Spinach and Cheese Cannelloni

All choices come with:

Classic Caesar Salad

Garlic Bread

Tiramisu Trifle

## INDIAN STYLE LUNCH 16.5

Warmed Naan with Raita Sauce, Butter Chicken,

Steamed Basmati Rice

Vegetable Chickpea Curry

Market Greens

Coconut Cake

## MEDITERRANEAN STYLE LUNCH 16.5

Select One (1):

- Chicken Souvlaki with Tzatziki Sauce
- Pork Souvlaki with Tzatziki Sauce
- Falafel with Pita with Tzatziki Sauce

All choices come with:

Greek Salad

Fatoush Salad

Antipasto Platter

Baklava

Fresh Fruit Platter

**We can help you create the perfect menu to match your themed event.**  
Call us today to discuss!



# HOT LUNCH BUFFETS

All luncheons served with water,  
coffee & tea service.

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# COLD-PLATE LUNCHEONS



## LC VEG VEGETARIAN COLD-PLATE 15

Village Style Greek Salad  
Tabbouleh Salad  
Marinated Grilled Vegetables  
Vegetarian Kibbeh  
Water Service  
Fair Trade Coffee and Tea Service

## LC CHICKEN BREAST COLD-PLATE 15.5

Tender Sliced Herbed Chicken Breast  
Fresh Greens with Sliced Brie Cheese  
Seasonal Sliced Fruit  
Spiced Pecans  
Water Service  
Fair Trade Coffee and Tea Service

## LC SLICED BEEF COLD-PLATE 16.5

Tender Slices of Peppered Beef  
Pasta Primavera  
Spinach Salad topped with Mandarins,  
Strawberries, Almonds and Cheddar Cheese  
Water Service  
Fair Trade Coffee and Tea Service

## LC SALMON COLD-PLATE 17

Herbed Baked Atlantic Salmon with Pickled Cucumber  
Mixed Green Salad with Herbed Goat Cheese  
Quinoa Salad  
Water Service  
Fair Trade Coffee and Tea Service



### DESSERT CHOICES:

*Naturally Sweetened with UTM Honey!*

- New York Style Cheesecake
- Carrot Cake
- Fruit Flan



# COLD-PLATE LUNCHEON

All cold-plate luncheons served with water,  
fair-trade coffee, tea service & choice of dessert.

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# BBQ PACKAGES

## PATIO BBQ 17

Hamburgers and Jumbo Hot Dogs  
*Lettuce, Sliced Tomato, Sliced Cheese, Mayo, Pickles, Ketchup, Mustard, Relish*  
Classic Potato Salad  
Classic Coleslaw  
Traditional Tossed Salad  
Assorted Dessert Squares  
Sliced Fresh Watermelon  
Iced Tea or Fruit Punch  
Water Service

## TAIL GATE BBQ 19

Italian & Bratwurst Sausage  
*Lettuce, Sliced Tomato, Sliced Cheese, Mayo, Pickles*  
BBQ Chicken  
Market Green Salad  
Creamy Potato Salad  
Assorted Squares  
Fresh Vegetable Tray with Dip  
Sliced Seasonal Fruit  
Iced Tea or Fruit Punch  
Water Service

## LC WELLNESS BBQ 22

Grilled Chicken Breast with Whole Wheat Bun  
*Lettuce, Sliced Tomato, Sliced Cheese, Mayo, Pickles*  
*\*Vegetarian Burger Option Also Available*  
Mixed Greens Salad  
Quinoa Salad with Fresh Vegetables and Lime Dressing  
Roasted Herb Potatoes  
Fresh Sliced Watermelon  
Build Your Own Greek Yogurt Parfait  
Iced Tea  
Water Service  
Fair Trade Coffee Service



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# DELUXE BBQ MENU

## DELUXE 25

BBQ Marinated Grilled Chicken Breast  
Hamburgers and Cheeseburgers  
Red Bliss Potato Salad  
*Charred Onion and Whole Grain Mustard*  
Roasted Vegetable Platter  
Corn on the Cob  
Roasted Portobello Caps  
*Drizzled with Rosemary and Balsamic Vinegar*  
Watermelon Wedges  
Brownies

## WINGS UP! 19

Wings (1/2 Pound)

Select One (1):

- Grade A Breaded
- Gluten-Free Non-Breaded

*Fried to perfection then tossed in our signature sauces!*

Sauces

Select One (1):

- Mild
- Medium
- Salt and Pepper
- UTM Honey Garlic
- Hot UTM Honey Garlic

Served with:

Potato Salad

Coleslaw

Assorted Soft Drinks and Bottled Water



Turn your BBQ into a Carnival themed event!  
Contact your catering manager today.



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**DINNER**





# DINNER BUFFETS

All dinner buffets include choice of two starters, one main entrée, one secondary entrée, and comes two sides; vegetables, starch, and a selection of chef's choice dessert, with rolls and butter, and water, fair-trade coffee and tea service.

## BUILD YOUR DINNER BUFFET PACKAGE 25

### APPETIZERS

Select Two (2):

- Thai Coconut Curry Soup
- Roasted Squash and Parsnip Soup with Chives
- Traditional Caesar Salad

- Spinach Salad with Pears and Walnuts
- Market Greens Salad
- Quinoa Salad with Fresh Lime Dressing
- Creamy Style Potato Salad
- Creamy Pasta Primavera Salad

### MAIN ENTRÉES

Select One (1):

- LC** • Succulent Roast Beef  
*Served with Au Jus*
- LC** • Roast Turkey  
*Served with Apple and Pear Stuffing*
- LC** • Seared Salmon  
*Served with Lemon Dill Sauce*

- Herb Crusted Pork Tenderloin  
*Served with Mango Salsa and Pork Reduction*

- LC** • Chicken Breast
- LC** • Parmesan Crusted Haddock

### SECONDARY ENTRÉES

Select One (1):

- VEG** • Vegetarian Lasagna  
*Served with Garlic Parmesan Bread*
- Moroccan Stew  
*Served with Rice*
- Spinach and Cheese Cannelloni
- Chicken Fettucine Alfredo
- Eggplant Parmesan

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**V** VEGAN **VEG** VEGETARIAN **GF** GLUTEN-FREE **IN** INDIGENOUS **LC** LOW-CARB

CLASSIC FARE





**BEVERAGES**



## HOT DRINKS

### FAIR TRADE COFFEE AND TEA 2

*Regular and Decaf Coffee*

### FAIR TRADE HOT CHOCOLATE 2.5

## INFUSED WATER OPTIONS 3

- Basil Strawberry
- Blueberry Lemon
- Mint
- UTM Honey
- Bright Citrus



## COLD DRINKS

### SODA 2

### JUICE 2

### PITCHERS OF JUICE 9

### NON ALCOHOLIC PUNCH 12

### PITCHERS OF ICE WATER 7

*\*Water service ordered without catering order  
is subject to minimum catering charges*

## NEED MORE CAFFEINE?

**Looking for an elevated coffee station at your next all day meeting?**

We also offer a Cold Brew, Nitro Coffee station with a variety of flavour shots and non-dairy milks.

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**VEGAN**



# VEGAN MENU

Have a special request? Connect with our Catering Team today! We will create a custom solution to meet your needs.

## V VEGAN

### V SWEET POTATO CHICKPEA OATMEAL BOWL 15

*Topped with turmeric roasted chickpeas, sautéed baby spinach and roasted sweet potato. Includes Black Bean Brownie - this sweet treat is made with black beans, oats, cocoa and maple syrup.*

### V SWEET POTATO TOFU GRAIN BOWL 15

*Seven grain rice topped with southwest tofu, spinach, roasted sweet potatoes, black beans and lemon tahini dressing. Includes a Chocolate Beet Cake.*

### V LEMON TAHINI FALAFEL BOWL 13

*Couscous topped with baked falafels, roasted ginger carrots and cauliflower, kale, spinach, red cabbage and lemon Tahini dressing. Includes a Chocolate Aquafaba Mousse - This decadent creamy vegan mousse is made with aquafaba and Fair Trade chocolate chips.*

### V CHANA MASALA RICE BOWL 13

*Basmati rice topped with chickpeas simmered in a garam masala, turmeric and pepper spiced tomato sauce*

#### Chickpea Blondie

*This better blondie is made with chickpeas, oats, apple sauce, maple syrup and chocolate chips*

### V VEGAN À LA CARTE 3

- Root Veggie Fries
- Ginger Quinoa Pilaf
- Vindaloo Cauliflower
- Dukkah Sweet Potato
- Brussels Sprout Kimchi
- Collard Greens Slaw
- Spicy Tahini Power Greens
- Pita Crisps
- Crispy Chickpeas
- Beet Hummus
- Beet Ketchup **1.25**
- Miso Mustard **1.25**

### VEGAN DESSERT OF THE MONTH!

#### Halo Chip Cookie 4

*This delicious oatmeal chocolate chip cookie counts red lentils amongst the many reasons it sets itself apart from the rest*



## UTM Farms

We use UTM produce whenever possible!

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**GLUTEN-FREE**





# GLUTEN-FREE MENU

## GF NO GLUTEN MEALS

### MARRAKESH VEGETABLE STEW 15

Steamed Basmati Rice  
Chocolate Beet Cake  
Choice of Beverage

### BAKED CAJUN COD 15

Roasted Baked Potatoes and Onion  
Steamed Vegetables  
Gluten Free Brownies  
Choice of Beverage

### GLUTEN FREE PASTA FISULLI 15

Steamed Broccoli  
Fresh Salad  
UTM Honey and Lemon Vinaigrette Chef  
Selection Gluten Free Dessert  
Choice of Beverage

### ROASTED PORK LOIN WITH CRANBERRY GLAZE 15

Basmati Rice  
Steamed Broccoli  
Chocolate Beet Cake  
Choice of Beverage

### BBQ BEEF BRISKET 17

Grilled Zucchini  
Roasted Herbed Yukon Potato Wedges  
Flowerless Chocolate Cake  
Choice of Beverage



### CHOICE OF BEVERAGE:

Pop, Juice, Fair Trade Coffee or Tea. Water service included.

Look out for new Gluten Free offerings Monthly!

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**LOW-CARB**



# LOW-CARB MENU

Whether you're following a strict low carb diet or are just trying to eat a bit healthier every now and then, we have curated an exciting build your own Low-Carb menu for you to enjoy.

## LC LOW-CARB

### BREAKFAST LETTUCE WRAPS 11

*\*Our Delicious Breakfast Biscuits And Lettuce Wraps Low-Carb style*

Select One (1):

- **Chorizo Breakfast Lettuce Wrap**  
Egg, Chorizo Sausage, Potato, Caramelized Onion, Feta, Cheddar
- **Sweet Potato Breakfast Lettuce Wrap**  
Egg, Sweet Potato, Caramelized Onion, Roasted Red Pepper, Spinach
- **BLT Lettuce Wrap**  
Bacon, Lettuce, Tomato, Mayo
- **Sausage & Egg Lettuce Wrap**  
Breakfast Sausage, Scrambled Egg, Cheddar

Served With A Fresh Fruit Salad

### MAINS 17

- **Beef & Mushroom Meatloaf**  
Sautéed Mushrooms, Bacon, Winter Cabbage Slaw, Chive & Horseradish Creme Fraiche
- **Pan-Roasted Pork Tenderloin**  
Charred Broccoli, Walnuts, Pancetta, Aged Cheddar, Dijon and Roasted Garlic Cream Sauce
- **Moroccan Spiced Haddock**  
Roasted Cauliflower Puree w/ Dill and Preserved Lemon, Olive Oil Almonds, Marinated Olives, Roasted Pepper, Harissa Aioli
- **Mediterranean Baked Chicken**  
Olive Oil, Lemon, Sumac, Thyme, Sautéed Cauliflower 'Rice' w/ Almonds, Scallions, Garlic & Olive Oil

Comes With:

Soup Creole

Spiced Crème of Chicken & Celery,  
Smoked Paprika,

Chocolate Mousse

Choice of Hot and Cold Beverage

## LITE FARE

### BLACKENED CHICKEN AND AVOCADO SALAD 14

With An In House Made  
Olive Oil Vinaigrette

### GRILLED SALMON GREEK SALAD 12

With Lemon Basil Dressing And  
UTM Honey Dressing

### CAULIFLOWER TABBOULEH SALAD 12

With Sliced Beef



**NOTE:** Unless otherwise specified, all items have a **10 person** minimum order requirement.

V VEGAN VEG VEGETARIAN GF GLUTEN-FREE IN INDIGENOUS LC LOW-CARB

CLASSIC FARE





**INDIGENOUS**



# INDIGENOUS MENU

**CHEF  
JOSEPH  
SHAWANA**

ICAN BOARD CHAIR  
AND SHTCA INSTRUCTOR

## IN INDIGENOUS

### BUILD YOUR OWN INDIGENOUS MENU 35

#### STARTERS

Select One (1):

- Apple and Squash Soup
- Wild Rice and Berry Salad with Caramelized Shallot Dressing

#### MAIN

Select One (1):

- Blue and Mint Duck Breast
- Griddled Maple Squash

#### SIDES

Select One (1):

- Layered Root Vegetable with Corn Milk and Herbs
- Fire Roasted Corn with Evergreen Salt

#### DESSERTS

Select One (1):

- Bannock with Cinnamon and Lavander Syrup
- Wild Rice Cookies
- Amaranth and Cherry Cookies
- Sunflower Cookies

#### BEVERAGES

- Maple and Evergreen Tea
- Water

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CLASSIC FARE





## IN INDIGENOUS

### STARTERS 9

#### Three Sister's Soup

Traditional Three Sisters Soup made with Roasted Butternut Squash, Sweet corn and Green bean pureed with Vegetable Stock

#### Ojibway Corn Soup

White hominy corn, Heirloom beans, Rich Beef Bone Broth

#### Hunter's Stew

Slow braised Bison, with root vegetables

#### Sunchoke Soup

Slow Cooked Sunchokes, topped with dried Blueberries

#### Forest Mushroom Soup

Locally Foraged Mushrooms, and fresh aromatics of thyme, bay leaf and rosemary

### MAIN 20

#### Wild Herb Crusted Rainbow Trout

Wild Herb crusted trout stuffed with aromatics of Carrot, Onion, ginger, and wild garlic

#### Venison Shank and Farro Risotto

Slow braised Venison Shank, slow cooked with farro and finished with sweet corn milk

#### Braised Bison and Corn Cakes

Braised Bison with cedar, juniper, and maple syrup on top of white and yellow corn cakes

#### Hunter's Stew with Smashed Squash

Selection of Venison, Bison and elk slow cooked with turnip, onion and carrots, served with Smashed Squash

### SIDES 6

#### Dandelion and Flower Salad

Fresh Dandelion greens, fresh Berries garnished with edible flowers

#### Wild Rice and Strawberry Salad

Manitoulin Island Wild Rice, Strawberries, Fresh Local greens and a apple cider vinaigrette

#### Roasted Squash and Cranberry Salad

Butternut Squash Acorn Squash, Dried Cranberries and a Maple Dressing with Sumac

#### Fried Wild Rice Pilaf

Wild rice sautéed with fresh sweet corn, wild onions, wild ginger and garlic with birch syrup, Cranberries and Mushrooms

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CLASSIC FARE





**SUSTAINABLE**





# SUSTAINABILITY MENU

## We want to help make your next event green and trouble free.

Through these menu offerings, our goal is to support a more sustainable food system - one that benefits our health, our communities and our environment.

### LOCAL FOOD

Whenever possible, we will source products from within a 100KM radius, in an effort to support our local communities including UTM's Vertical and Freight produce farms as well we use UTM's honey from our very own beehives in our dishes.

\*Some organic ingredients may be subject to seasonal unavailability\*

### FAIR TRADE PRODUCTS

"We are a silver level certified Fair Trade Campus - that means that wherever possible we use Fair trade ingredients and exclusively use Fair Trade Coffee, Tea, Sugar, Cocoa & Cinnamon for our Classic Fare Catering"

### BREAKFAST

#### **VEG** RISE AND SHINE CONTINENTAL 10

Assorted Organic Muffins, Scones  
and Fruit Breads  
Seasonal Fruit Salad  
Freshly Squeezed Orange Juice Fair  
Trade Coffee and Tea

#### MORNING GLORY BUFFET 13

Free-Range Scrambled Eggs  
Hash Brown Potatoes from Local Growers  
Organic Bacon  
Fresh Fruit Tray  
Organic Yogurt Dipping Sauce

### À LA CARTE

#### SEASONAL FRUIT & ORGANIC LOW-FAT YOGURT 10

#### LOCAL SEASONAL VEGETABLE BREAKFAST PANINI 5

#### ORGANIC GRANOLA BARS 3

#### ORGANIC YOGURT 3

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CLASSIC FARE





# SUSTAINABILITY MENU

## LUNCH

### SIGNATURE SANDWICH BUFFET 17

\* Includes your choice of 3 sandwiches, Tossed Organic Green Salad with Choice of Dressing, Choice of 1 Dessert, Fair Trade Coffee and Tea Service. **Water service included.**

#### Choice of Three Sandwiches:

- **Brie, Apple and Spinach**  
Brie with Local Organic Granny Smith Apples and Fresh Organic Baby Spinach on a French
- **Tuna Salad with Apple**  
MSC approved Tuna with Organic Red Peppers, Jalapeños and Cilantro, mixed with Garlic Lemon Juice and Tabasco Sauce, topped with Organic Lettuce in a Whole Wheat Pita
- **Spinach and Artichoke Chicken**  
Grilled Free-range Organic Chicken, topped with Organic Portabella, Avocado Spread, and sliced Organic Red Onion, served on Organic Whole Wheat Club Rolls
- **Turkey and Balsamic Onion Quesadillas**  
Organic Smoked Turkey with Balsamic-marinated Red Onions, with Local Cheddar Cheese, served on a Whole Wheat Tortilla
- **Roasted Vegetable Sandwich**  
Roasted Organic Bell Peppers, Eggplant, Garlic with Balsamic Vinegar, Basil, Oregano and White Wine on a bed of Arugula, on Organic Sourdough Bread

#### Choice of Two Desserts:

- Seasonal Fruit Salad
- Dark Chocolate Date Brownie
- Organic Strawberry Shortcake

### FARMER'S BUFFET 19

Organic Greens Tossed with Tomatoes and Cheese  
Panzanella Salad

#### Choice of Two Entrées:

- MSC Salmon with Organic Onion Marmalade and Potato Galette
- Free-Range Chicken Breast, Spring Tomato and Mushroom Ragout with Quinoa Pilaf
- Pesto Tofu and Roasted Tomato Casserole with Saffron Pinenut Risotto

#### Choice of One Dessert:

- Blueberry and Pomegranate
- Chocolate Hazelnut

Organic Fair Trade Coffee and Tea. Water service included.

"Our Boxed Lunches are provided in traditional compostable boxes"

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# SUSTAINABILITY MENU

## BOXED LUNCH

Our Boxed Lunches are available in reusable containers or alternatively in traditional compostable boxes.

We would like to say "Thank You" for helping us save valuable natural resources and reduce waste when you opt in for the reusable container; after purchasing 10 boxed lunches your next one is on us!

### SLICE PORTOBELLO BAGUETTE 13

*Organic Portobello with Organic Arugula  
and Sun-dried Tomato*

### TURKEY COBB LAVASH 14

*Bacon, Blue Cheese Crumbles and  
Avocado Mayo*

### ORGANIC GARDEN VEGETABLES AND BOURSIN SANDWICH 14

*Garden Vegetable & Boursin  
and Grilled Vegetables*

**Each meal comes with fruit selection,  
a fresh baked brownie and a beverage.**

#### CHOICE OF BEVERAGE:

Pop, Juice, Fair Trade Coffee or Tea. Water service included.

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CLASSIC FARE





TASTE | QUALITY | SERVICE

## CLASSIC FARE

BY UTM HOSPITALITY

CONTACT US:

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