



### **BREAKFAST**

BREAKFAST MENU Á LA CARTE BREAKFAST

# BREAKS & CAKES

TAKE A BREAK Á LA CARTE

Healthy Snacks

Nibbles

Party Cakes

### **PLATTERS**

A REFRESHING VARIETY

### **LUNCH**

### **LUNCH SELECTIONS**

Make It Soup'er

Sandwich Selections

**BOXED LUNCHES** 

FRESH MADE PIZZA

**HOT LUNCH BUFFETS** 

**COLD PLATE LUNCHEONS** 

**BBQ PACKAGES** 

**SALADS** 

### **DINNER**

#### **DINNER BUFFETS**

Appetizers

Main Entrées

Secondary Entrées

### **BEVERAGES**

HOT DRINKS
COLD DRINKS

### **SPECIAL**

VEGAN

**GLUTEN-FREE** 

LOW-CARB

INDIGENOUS

**SUSTAINABLE** 

### **PREMIUM**

BRUNCH LUNCH

LUNCH/DINNER

BBQ

**PLATTERS** 

**BUTCHER'S BLOCK** 

**STATIONS** 

**PREMIUM DESSERTS** 

### NOTE:

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





### 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 Salad

#### LOX & BAGEL 14

Fresh Bagels Cream Cheese Smoked Salmon Tomato, Onion & Capers Fresh Seasonal Sliced Fresh Baked Mini Muffins Fruit

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



### **OATMEAL & OVERNIGHT OATS**

\*Includes coffee and whole fruit

**OVERNIGHT OATS** 5

MAPLE BACON OATMEAL 5

Steel Cut Oats, Bacon, Maple Syrup

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**

### Á LA CARTE BAKED GOODS 3

Danish (Assortment)
Full Size Muffins (Assortment)

Vegan Full Size Muffins (Assortment)
 Loaves (Assortment)
 Homemade Granola Bars
 House Made Cinnamon Rolls

**VEG** Oatcakes

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



### TAKE A BREAK

### **VEG REJUVENATOR 8**

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

### ∨ FIELD AND ORCHARD 8

Fresh Fruit Kabobs
Fruit Salsa with Cinnamon Chips
Fruit 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**

Maple Blueberry Scones
Spiced Ginger Apple Cake
Oatmeal Cranberry 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 Bottled Water

#### **VEG DOLCE ITALIA 10**

Almond Shortbread Mini Biscotti Fruit Skewers Bruléed Mini Coffee Cream Tartlets Pitchers of Water Fair Trade Coffee and Tea Service

### 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
Assorted Chocolate Cookies Mud Pies
Chocolate Dipped Strawberries
Pitchers of Water
Fair Trade Coffee and Tea Service

### FOR THE CUP OF IT 9

Build Your Own Cupcake:

- · Assorted Cupcakes
- · Two styles of Icing
- Mixed Toppings
- Fresh Fruit Salad

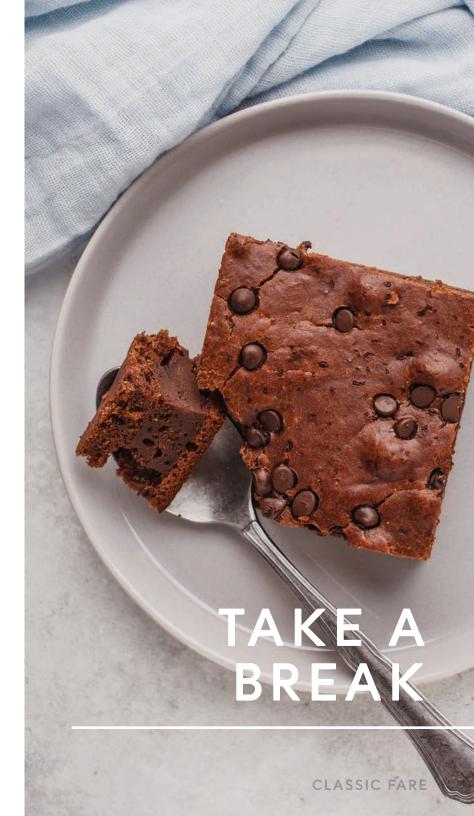
restri ruit Salaa

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
Bottled Water and Assorted Juices



### **VEG HEALTHY SNACKS**

FRUIT AND YOGURT PARFAITS 3 FRUIT KABOBS 4

INDIVIDUAL YOGURT 4 FRESH FRUIT SALAD 3.5

HOMEMADE GRANOLA BARS 3 WHOLE FRUIT 1.5

TRAIL MIX 4.5 PLAIN OATCAKES 3

FRUIT SALSA W/ CINNAMON CHIPS 4.5 CHOCOLATE DIPPED OATCAKES 3.5

### VEG NIBBLES

INDIVIDUAL BAGS OF ASSORTED CHIPS 2

INDIVIDUAL BAGS OF PRETZELS 2

INDIVIDUAL PACKAGES OF ASSORTED NUTS 4.5

RICE KRISPIE SQUARE 2

### **PARTY CAKES**

\* Your choice of vanilla, chocolate, or marble cake with vanilla, chocolate, or cream cheese icing.

CAKE FOR 25 PERSONS 55 ADD CREAM CHEESE ICING PRICES VARY

CAKE FOR 50 PERSONS 85 CUSTOM LOGO ON CAKE PRICES VARY

CAKE FOR 100 PERSONS 155



<sup>\*</sup> Please submit any writing wanted on your cake at the time of ordering.

### **SIDE SALADS**

### FRESH SELECTION OF SALADS 18

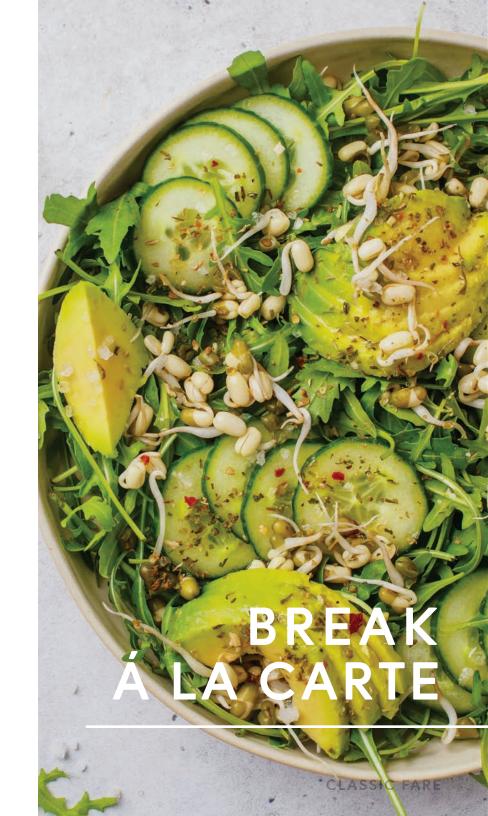
- Coleslaw
- · Potato Salad
- Pasta Primavera Salad
- Fresh and Healthy
   Mediterranean Green Salad
- Garden Salad
- · Caesar Salad
- · Traditional Spinach Salad
- · Greek Salad
- · Spinach Salad with Feta and Strawberries

Make your side salad a meal! Add Chicken, Salmon, Tofu, or Beef.



# **UTM Farms**

We use UTM produce whenever possible!







### A REFRESHING VARIETY

### VEG MARKET VEGETABLE PLATTER 50 SERVES: 10

Assorted fresh vegetables served with hummus

# √ FRESH FRUIT PLATTER 50 SERVES: 10

Seasonal fresh fruit garnished with berries

### V HUMMUS & PITA 30 SERVES: 10

House made 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

### VEG GOURMET CHEESE PLATTER 75 SERVES: 10

A selection of domestic and imported cheeses, garnished with fresh fruit, and served with assorted crackers

### VEG CHEESE BALL 50 SERVES: 10

A delectable cheese ball prepared in house, featuring a winning combination of local Ontario cheddar, parmesan and herbed cream cheese, rolled in nuts

### VEG ANTIPASTO PLATTER 90 SERVES: 20

Grilled eggplant, grilled zucchini, grilled peppers, grilled onions, grilled mushrooms, roasted garlic, and feta cheese, served with hummus and pita points



### A REFRESHING VARIETY

### LC ANTIPASTI PLATTER 150 SERVES: 20

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

### VEG COLD SEAFOOD PLATTER 130 SERVES: 20

A wonderful selection of seafood based on market availability

### LC CHARCUTERIE BOARD 210 SERVES: 20

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

# VEG SAVOURY SMOKED SALMON AND HERBED CHEESECAKE 75 SERVES: 15

A take on the classic cheeseball. Cheesecake made with smoked salmon, shaved pickled red onion, capers, and sour cream. Served with crackers and crostini

# 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
- Smoked 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





### MAKE IT SOUP'ER

SOUP OF THE DAY 4

Served with crackers

MEAT CHILI 5

Served with fresh rolls

**VEG VEGETARIAN CHILI 5** 

Served with fresh rolls

SEAFOOD CHOWDER 5

Served with fresh rolls

### **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

### CLASSIC-STYLE SANDWICHES 7.5

Served on a selection of bread or baguette with choice of 4 fillings

### WRAPS OR PREMIUM SANDWICHES 7.5

Served on a selection of ciabatta buns, pretzel buns, wraps and baquette with choice of 4 fillings

### 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
- \* = Wrap option only

#### **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\*



### **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 2 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
- 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
2 Freshly Baked Cookies
Juice, Pop, or Bottled Water

### FRESH MADE PIZZA

\* 16" Pizza made fresh and cut into 8 slices. Personal sized no gluten pizza available

### CLASSIC FLAVOURS 18

- Cheese
- Pepperoni Vegetarian
- Deluxe
- · Hawaiian Mediterranean

#### PREMIUM FLAVOURS 20

- Lotza Meatza
- BBO Chicken
- · Spinach & Ricotta
- Donair Style

### PIZZA LUNCHEON 9

20 PERSON MINIMUM

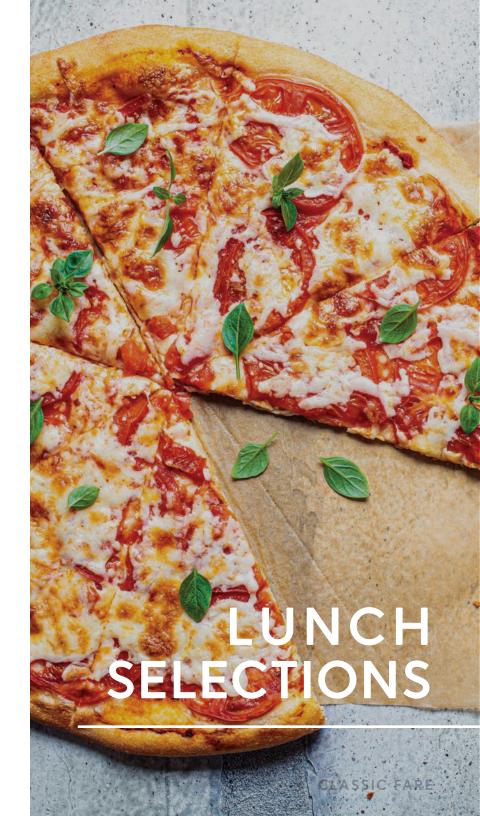
Build Your Own Caesar Salad

Gourmet Cookies

Whole Fresh Fruit

Assorted Individual Juice

Soda Water Service



### **HOT LUNCH BUFFETS**

### MEXICAN STYLE LUNCH 15

Chicken Fajitas

Seasoned Chicken, Sauteed Peppers and Onion, Soft Shell Tacos

Mexican Style Rice

Black Bean Salad

Chocolate Eclairs

### ASIAN STYLE LUNCH 15

Select One (1):

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

Vegetable Spring Rolls with Plum Sauce Asian Mixed Green Salad

Vegetable Stir Fried Rice

Pineapple Coconut Squares

### **ITALIAN STYLE LUNCH 15**

Select One (1):

- · Beef Lasagna
- Vegetarian Lasagna
- Spinach and Cheese Cannelloni

Classic Caesar Salad

Garlic Bread

Tiramisu Trifle

**V** VEGAN

### INDIAN STYLE LUNCH 15.5

Warmed Flatbread with Raita Sauce

Butter Chicken

Steamed Basmati Rice

Vegetable Chickpea Curry

Market Green Salad

Coconut Cake

### MEDITERRANEAN STYLE LUNCH 15.5

Select One (1):

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

Greek Salad

Fatoush Salad

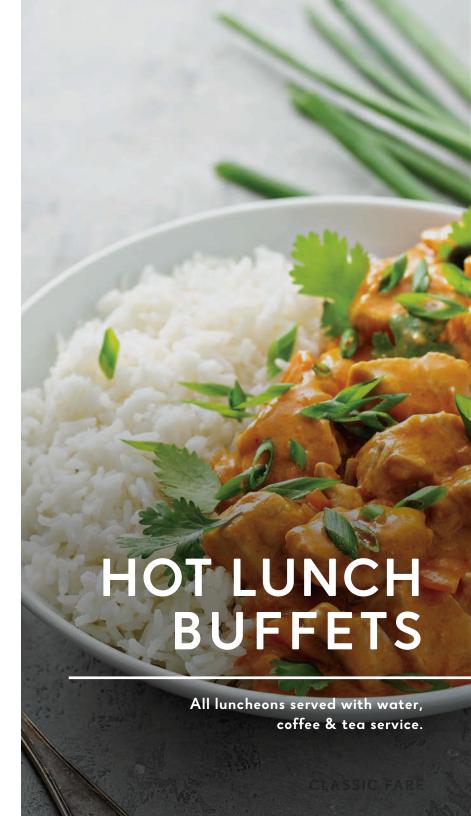
Antipasto Platter

Baklava

Fresh Fruit Salad

We can help you create the perfect menu to match your themed event.

Call us today to discuss!



### **COLD-PLATE LUNCHEONS**



#### VEG VEGETARIAN COLD-PLATE 14

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 Sliced Brie Cheese Seasonal Sliced Fruit Spiced Pecans Water Service

#### LC SLICED BEEF COLD-PLATE 13

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

### LC SALMON COLD-PLATE 17

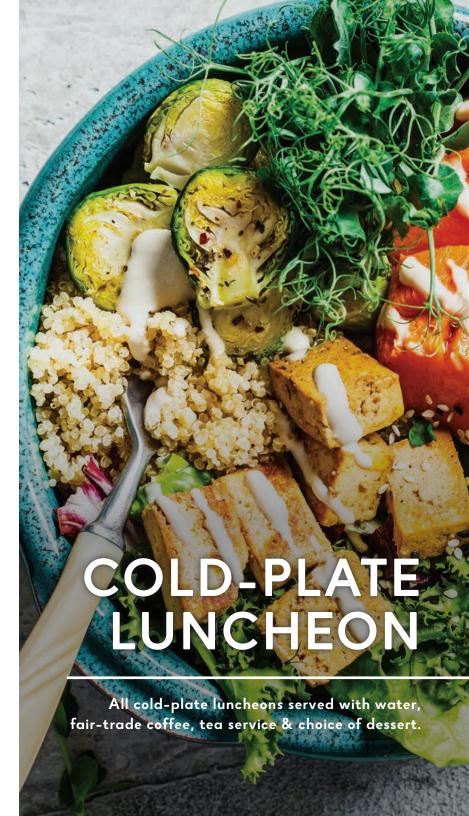
Herbed Baked Atlantic Salmon with Pickled Cucumber Mixed Green Salad with Herbed Goat Cheese Quinoa Salad Water Service Fair Trade Coffee and Tea Service



### **DESSERT CHOICES:**

Naturally Sweetened with UTM Honey!

- New York Style Cheesecake
- Carrot Cake
- Fruit Flan



## **BBQ PACKAGES**

### PATIO BBQ 15

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

Spolumbo 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

### WELLNESS BBQ 22

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

Grilled Chicken Breast with Whole Wheat Bun



# **DELUXE BBQ MENU**

### DELUXE 25

Red Bliss Potato Salad

Charred Onion and Whole Grain Mustard

Coleslaw

Hamburgers

Roasted Vegetable Platter

Garlic Confit and EVOO

Macaroni and Cheese

Hamburgers and Cheeseburgers

Corn on the Cob

Roasted Portobello Caps

Rosemary and Balsamic Vinegar

BBQ Marinated Grilled Chicken Breast

Corn on the Cob

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

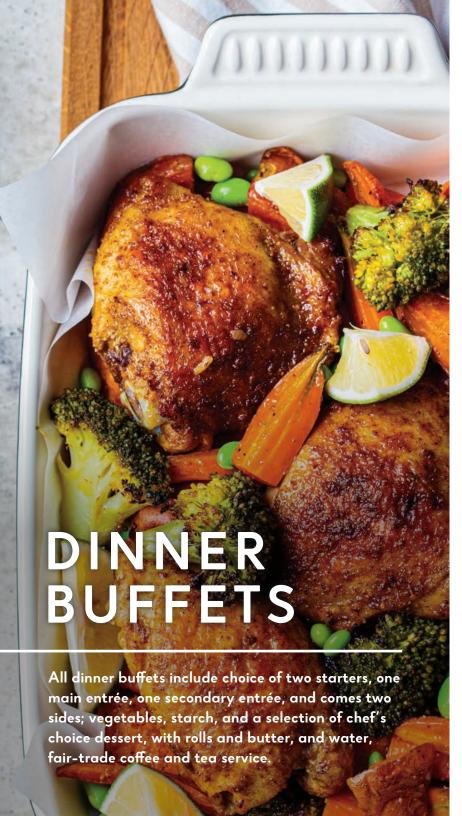
Assorted Soft Drinks and Bottled Water

Turn your BBQ into a Carnival themed event!

Contact your catering manager today.







# 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
- C Seared Salmon
  Served with Lemon Dill Sauce

- Herb Crusted Pork Tenderloin
  Served with Mango Salsa and Pork Reduction
- LC . Chicken Breast
- C . Parmesan Crusted Haddock

### SECONDARY ENTRÉES

Select One (1):

- VEG Vegetarian Lasagna
  Served with Garlic Parmesan Bread
  - Moraccan Stew
     Served with Rice
  - · Spinach and Cheese Cannelloni
  - Chicken Fettucine Alfredo
  - · Egaplant Parmesan



### **HOT DRINKS**

FAIR TRADE COFFEE AND TEA 2
Regular and Decaf Coffee

HOT TEA 1.5 Regular and Herbal Tea

HOT CHOCOLATE 2

# INFUSED WATER OPTIONS 3

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



### **COLD DRINKS**

SODA 2

JUICE 2

**BOTTLED WATER 2.5** 

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

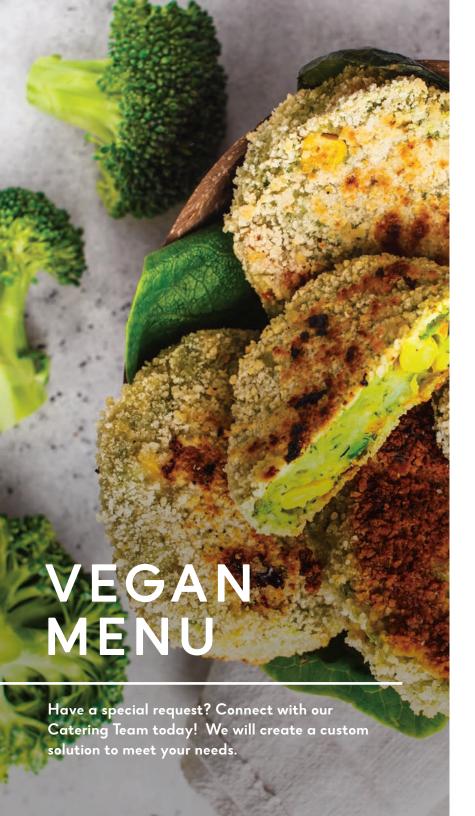
### **NEED MORE CAFFEINE?**

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.







### **VEGAN**

# SWEET POTATO CHICKPEA OATMEAL BOWL 13

Topped with turmeric roasted chickpeas, sautéed baby spinach and roasted sweet potato

#### Black Bean Brownie

Feel good about this sweet treat made with black beans, oats, cocoa and maple syrup

### SWEET POTATO TOFU GRAIN BOWL 13

Seven grain rice topped with southwest tofu, spinach, roasted sweet potatoes, black beans and lemon tahini dressing

#### Chocolate Beet Cake

### LEMON TAHINI FALAFEL BOWL 13

Couscous topped with baked falafels, roasted ginger carrots and cauliflower, kale, spinach, red cabbage and lemon tahini dressing

### Chocolate Aquafaba Mousse

This decadent chocolate mousse is made with aquafaba and chocolate chips

#### 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

#### VEGAN Á 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
- Miso Mustard

### **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

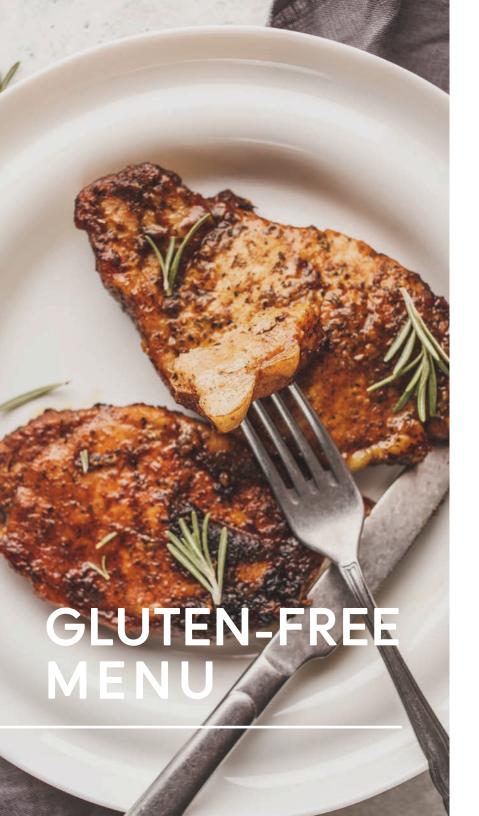


### **UTM Farms**

We use UTM produce whenever possible!

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





### NO GLUTEN MEALS

### MARRAKESH VEGETABLE STEW 14

Basmati Rice Chocolate Beet Cake Choice of Beverage

### BAKED CAJUN COD 14

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 14

Basmati Rice Chocolate Beet Cake Choice of Beverage

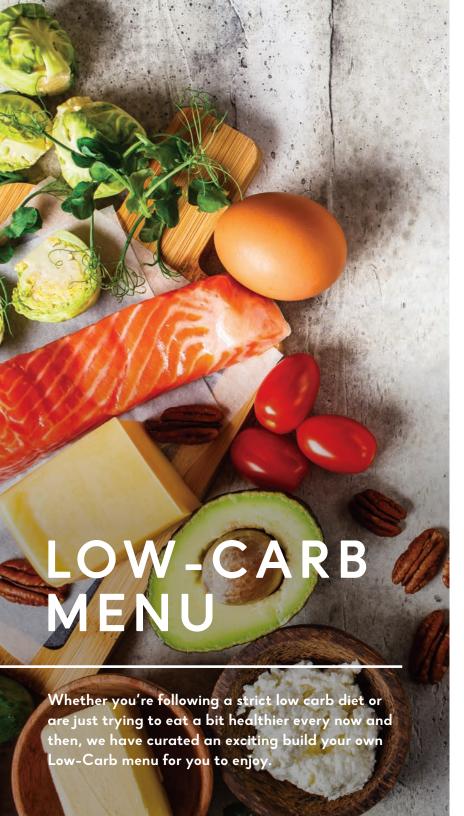
### BBQ BEEF BRISKET 15

Grilled Zucchini Flowerless Chocolate Cake Choice of Beverage



Look out for new Gluten Free offerings Monthly!





### LC LOW-CARB

#### BREAKFAST LETTUCE WRAPS 11

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

### Select One (1):

- Chorizo Breakfast Wrap
   Egg, Chorizo Sausage, Potato, Caramelized
   Onion, Feta, Cheddar
- Sweet Potato Breakfast Wrap
   Egg, Sweet Potato, Caramelized Onion,
   Roasted Red Pepper, Spinach
- BLT Bagel
   Bacon, Lettuce, Tomato, Mayo
- Sausage & Egg Biscuit
   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, Sassafras Chocolate Aquafaba Mousse

Choice of Hot and Cold Beverage

### **LITE FARE**

# BLACKENED CHICKEN AND AVOCADO SALAD 12

With An In House Made Olive Oil Vinaigrette

### UTM HONEY

#### GRILLED SALMON GREEK SALAD 12

With Lemon Basil Dressing And UTM Honey Dressing

#### CAULIFLOWER TABBOULEH SALAD 12

With Sliced Beef



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





### **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



### 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





# 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. Here are some of the ways we work to develop sustainable and delicious menus:

### **LOCAL FOOD**

Whenever possible, we will buy products from within a 100 KM radius, in an effort to support our local communities. Some local items will be subject to seasonal availability. If no option exists, we will make every effort to substitute the item(s) with a non-local organic product.

### **FAIR TRADE PRODUCTS**

A third-party certification that guarantees that economic, social and environmental criteria were met in the production and trade of an agricultural product.

### **BREAKFAST**

#### RISE AND SHINE CONTINENTAL 10

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

#### MORNING GLORY BUFFET 13

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

### Á LA CARTE

SEASONAL FRUIT

& ORGANIC LOW-FAT YOGURT 10
LOCAL SEASONAL
VEGETABLE BREAKFAST PANINI 5
ORGANIC GRANOLA BARS 3
ORGANIC YOGURT 3

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



### **LUNCH**

#### SIGNATURE SANDWICH BUFFET 17

\* Includes your choice of 3 sandwiches, Tossed Organic Green Salad with Choice of Dressing, Choice of 2 Desserts, Fair Trade Coffee and Tea Service

### 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

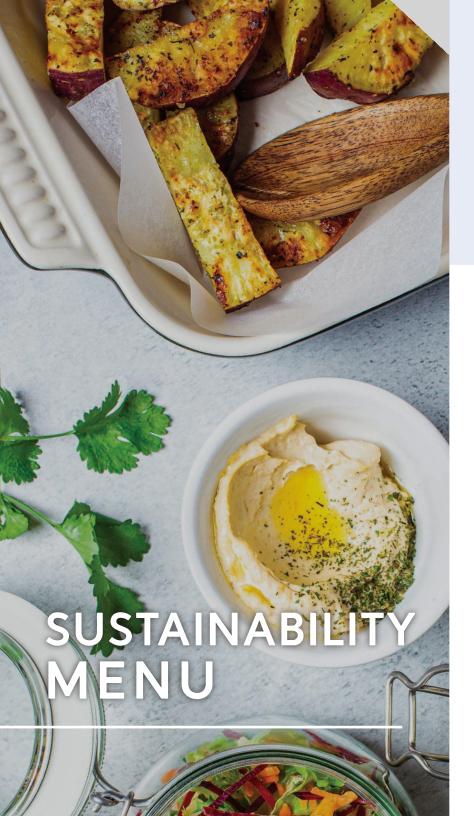
Organic Greens Tossed with Tomatoes and Cheese Panzanella Salad Choice of Two Entrées:

- 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 Hot Water with Tea Bags Service



### **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

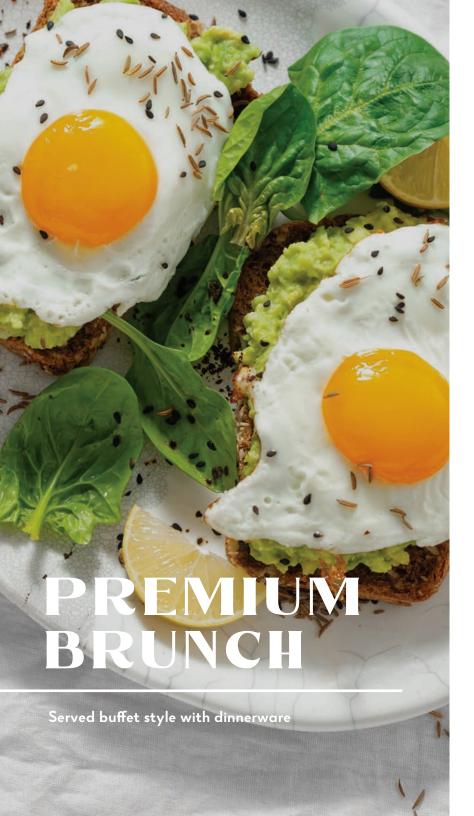
Bacon, Blue Cheese Crumbles and Avocado Mayo

# 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.





### **BRUNCH**

### PREMIUM BRUNCH 35

Mixed Field Green Salad
Sliced Fruit and Berries
Breakfast Breads and Breakfast Pastries
Bagels and Cream Cheese
Fruit Preserves and Butter
Fluffy Scrambled Eggs
Cinnamon Raisin French Toast
Smoked Bacon and Country Sausage
Home Fried Potatoes
Chicken Piccata with White Wine,
Lemon and Capers
Slow Roasted Eye Round of Beef

Harvest Rice Pilaf Chef's Selection of Desserts Chilled Assorted Juices, Fresh-Brewed FAIR-TRADE Coffee and Decaffeinated Coffee Hot and Iced Tea

### **ENHANCEMENTS**

**OMELET STATION 8** 

### YOGURT BAR 6

Fresh Berries, Granola, Honey, Pineapple and Melon

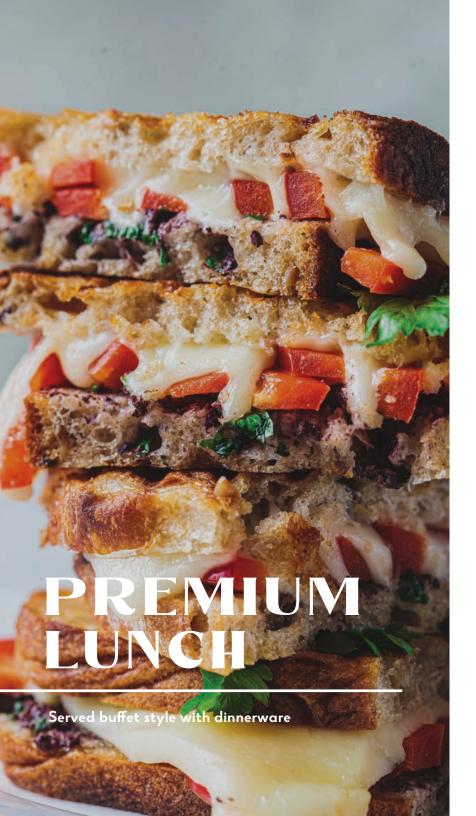
### WAFFLE STATION 7

Fresh Whipped Cream and Berries

MIMOSA, BLOODY MARY & SANGRIA 10

Chef Attendant +100 (4 hour service)

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



### LUNCH

#### PREMIUM LUNCH 35

Chef's Selectional Soups and Salads Select One (1):

- Classic Caesar
  Crisp Romaine, Shaved Parmesan
  and Croutons
- Mixed Field Greens Cherry Tomato and Cheese Crisps
- Tomato and Mozzarella
   Balsamic Reduction
- Roasted Seasonal Vegetable Display

# Sandwiches Select One (1):

- Freshly Roasted Turkey Breast
   Served with Roasted Peppers, Mesclun and Pesto Aioli on a French Baguette
- Carved Cured and Smoked Ham and Swiss
   Served on Rye Bread with Honey Whole Grain Mustard
- Roasted Vegetable Wrap Served with Alouette Herb Cheese and Spinach
- Roast Beef and Cheddar
   Served with Horseradish Cream and
   Field Greens on a French Baguette
- Grilled Chicken Salad
   Served with Grapes, Walnuts and Celery
   on Sourdough
- Roasted Pepper and Tomato
   Served with Mixed Greens, Mozzarella
   and Balsamic on Seven Grain Bread

#### Entrées

### Select One (1):

- Penne Vodka
   Peas, Parmesan and Chile
- Rigatoni
   Traditional Bolognese Sauce
- Roasted Salmon Whole Grain Mustard Sauce
- Grilled Chicken Caprese
   Roasted Tomato and Mozzarella
- Stuffed with Creamy Goat Cheese and Roasted
  Red Peppers with Basil Cream
  - Pork Loin rubbed with Garlic and Rosemary
     Served with House Made Apple Sauce
  - Grilled Herb Marinated Flank Steak
     Served with Charred Red Onion and
     Red Wine Jus

### Dessert

Chef's Selection of Sweet Confections and Fresh Fruit





### LUNCH/DINNER

# PREMIUM PLATED: BUILD YOUR OWN MENU 40

#### Salads

Select One (1):

VEG . Classic Caesar

Crisp Romaine, Shaved Parmesan and Croutons

Spinach Salad Cranberry, Toasted Almonds, Crumbled Goat Cheese, Sherry Vinaigrette

VEG • Mixed Green Salad

Apple, Gouda, Almonds, Honey Vinaigrette

#### Desserts

Select One (1):

NY Style Cheesecake
Mixed Berries and Vanilla Cream

GF • Flourless Chocolate Torte

Chocolate Mousse Cake
 Mixed Berries and Vanilla Cream

#### Entrées

Select Two (2):

Chicken Marsala

GF • French Breast of Chicken

Honey and Rosemary Glazed with a Light Garlic

Rosemary Jus

LC . Grilled Flank Steak

Cracked Black Pepper Jus

Roasted Salmon
 Whole Grain Mustard Cream or Citrus Buerre
 Blance

Roasted Chicken Breast
 Stuffed with Creamy Goat Cheese and Roasted
 Red Peppers with Basil Cream

Mushroom Ravioli
 Marsala Cream

#### Served With:

Fresh-Brewed Fair-Trade Regular & Decaffeinated Coffee Hot Teas Water / Infused Water



### LUNCH/DINNER

#### PREMIUM BUFFET 49

### Chef's Selectional Soups and Salads Select One (1):

- Classic Caesar
  Crisp Romaine, Shaved Parmesan
  and Croutons
- Mixed Field Greens
   Cherry Tomato and Cheese Crisps
- Tomato and Mozzarella

  Balsamic Reduction
- V Roasted Seasonal Vegetable Display

#### Desserts

Assortment of Fresh Baked Cakes and Mini Pastries

### Beverages

Fresh-Brewed Fair-Trade Regular & Decaffeinated Coffee Hot Tea Water

#### Entrées

Select Three (3):

- VEG Mushroom Ravioli

  Marsala Cream, Roasted Mushrooms, Spinach
- VEG Penne Vodka
  Peas. Chile and Parmesan
- GF . Sautéed Breast of Chicken
  - Fresh Made Bruschetta
- GF Roasted Sirloin of Beef
  Peppercorn Glaze
  - Braised Short Rib of Beef
     Truffle Jus
- VEG Tilapia Meuniere
  Brown Butter, Caper and Lemon
- VEG . Roasted Salmon
  Citrus Buerre Blanc

Chef Attendant +100 (4 hour service)



# PREMIUM BBQ

### PREMIUM BARBEQUE 35

C Roasted Vegetable Platter
Garlic Confit and EVOO
Macaroni and Cheese

Red Bliss Potato Salad

Charred Onion and Whole Grain Mustard

Mixed Greens Salad

Assorted Toppings and Trio of Dressings Hamburgers and Cheeseburgers Corn on the Cob

V Roasted Portobello Caps
 Rosemary and Balsamic Vinegar
 BBQ Marinated Grilled Chicken Breast
 Pulled Pork

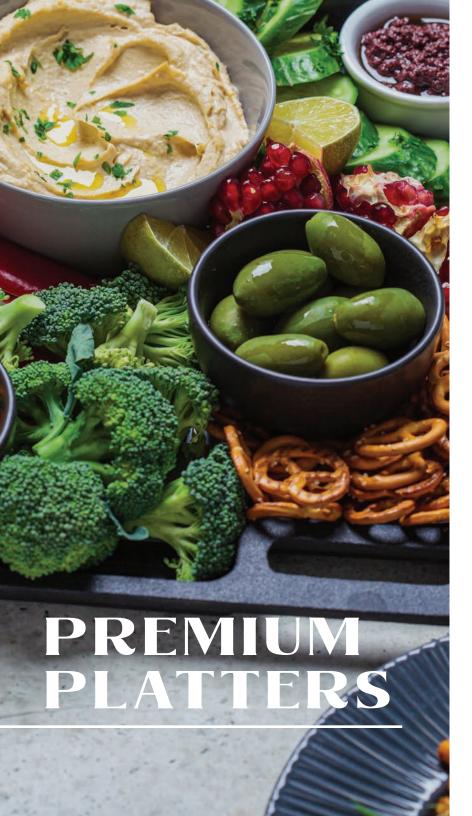
VEG Salmon Steaks with Citrus Vinaigrette Corn Bread Chocolate Cake Squares Seasonal Cobbler

### ENHANCEMENTS

**VEG SHRIMP KABOBS** 

**GF SAUSAGE AND PEPPERS** 

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



### PREMIUM PLATTERS

# RAW AND HEALTHY FRESH VEGETABLE CRUDITÉS 8

Chef's Specially Selected Raw Vegetables with Assorted House Made Dipsand Dressings

### RUSTIC ANTIPASTO 12

Herb Roasted Vegetables, Caponata, Brined Olives, Marinated Artichoke Hearts, Fresh Mozzarella, Whipped Cannelloni Beans, Aged Asiago and Provolone Cheeses, Roasted Peppers, Genoa Salami, Soppressata and Pepperoni. Served with Assorted Crostini and Bread Sticks

### MEDITERRANEAN DIPS AND SPREADS 10

Hummus, Tapenade and Cucumber Raita Served with Toasted Flatbreads, Crostini and Bread Sticks

### ARTISAN CHEESE 12

Freshly Baked Crostini and Flat Breads accompanied with Grapes and Berries

### BUTCHER'S BLOCK

### HERB ROASTED TENDERLOIN OF BEEF 16

Served with Red Wine Sauce and Horseradish Cream and Snowflake Rolls

### ROASTED TURKEY 12

Lemon Thyme and Butter Rubbed Whole Turkey Served with Sage Pan Gravy and Cranberry Apple Chutney

### BAKED HAM 12

Honey Mustard Glaze, Sweet and Sour Sauce and Grilled Pineapple

### FENNEL DUSTED PORK LOIN 12

House Made Apple Sauce and Calvados Jus



### **STATIONS**

### DIM SUM 14

Fried and Steamed Dumplings to include Shumai, Spring Rolls, Wontons and Pot Stickers. Served with Soy Sauce, Spicy Mustard, Cucumber and Ginger Salad, Duck Sauce and Black and White Sesame Seeds

#### SOUTH OF THE BORDER 12

Tasting of Chicken and Vegetable Empanadas, Cheese Quesadillas, Tortilla Chips, Fire Roasted Salsa, Sour Cream, Guacamole, Bean and Pepper Salad and Street Style Corn

#### SUSHI AND SASHIMI 20

A Seasonal Selection of the Freshest Fish and Vegetables available served with Traditional Accompaniments

### SLIDERS 10

Select Two (2):

- Cheeseburger Sliders with Lettuce, Tomato and Red Onion
- Crab Cake Sliders served with Cocktail Sauce, Tartar Sauce, and Remoulade Sauce
- Pulled Pork Sliders served with Tangy Slaw
- Warm Tomato and Mozzarella with Pesto Sliders

#### PASTA 12

Choose Two (2):

- Penne Vodka with Peas, Parmesan and Chile
- Rigatoni with Traditional Beef Bolognese Sauce
- Cheese Tortellini with Roasted Pepper and Alfredo Sauce
- Orecchiette with Broccoli Rabe, Garlic, Chile and Olive Oil
- Mushroom Ravioli with Spinach in Marsala Cream Sauce
- Shell Pasta with Vegetables, Garlic, Light Parmesan Cream

Served with Fresh Baked Italian Breads

#### ASIAN STIR FRY 14

Choose Two (2):

- Chicken
- Beef
- Petite Shrimp

Stir Fried Vegetables in an Orange Ginger Garlic Sauce Served with Jasmine or Fried Brown Rice

Chef Attendant +100 (4 hour service)



### **STATIONS**

#### MACARONI & CHEESE 9

\* Add Lobster 5

Crumbled Bacon, Broccoli, Sauteed Mushrooms and Onions, Peas, Grilled Chicken, Scallions

### STREET TACOS 10

Choose Two (2):

- · Pulled Chicken Tinga
- Ground Beef
- Chipotle Pork Carnitas

Served with Shredded Lettuce, Pico de Gallo, Mexican Cheese, Pickled Red Onion, Sour Cream, Slaw, Lime Wedges, Hot Sauce, Cilantro, Warm Corn and Flour Tortillas

#### BONE-OUT WINGS 9

Bone-Out Wings (Buffalo, BBQ and Sesame) with Blue Cheese, Ranch and Celery Chef Attendant +100 (4 hour service)

# Looking to have a themed event?

Our expert Event and Catering staff can help. Reach out to us to build your event and custom menu today!



### PREMIUM DESSERTS

#### MINIATURE DESSERTS 9

Chocolate Covered Strawberries, Tarts, Pies, Pastries, Mousse Parfaits and Cannolis

### ICE CREAM SUNDAES 7

Vanilla Bean Ice Cream and Chocolate Ice Cream with Assorted Toppings

### THE CANDY SHOP 8

Caramel and Chocolate Drizzled Popcorn, Tootsie Rolls, Lollipops, M&M's, Gummy Bears, Jelly Beans, Swedish Fish, Twizzlers, Starburst, Mini Hershey Bars, Reeses Pieces

### COOKIES AND MILK 6

Chocolate Chip, Oatmeal and Peanut Butter Cookies served with Regular and Chocolate Milk

### BAKERS DONUT WALL 6

Assorted Donuts paired with Warm Apple Cider

See what one of our satisfied customers said about one of our themed events:

"The Willy Wonka event felt like I was in the movie! Thank you for being so creative and the homemade chocolate blueberry cake was SUPERB!!" - Higher Education Client

