CATERING
HOSPITALITY SERVICES

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phone • 519-824-4120 ext 53350

UNIVERSITY OF GUELPH
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# Breakfast Buffets

**Minimum 20 people**

<table>
<thead>
<tr>
<th>Breakfast Buffet</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
</table>
| **Gryphon Continental**      | **$11** | Bakery Assortment: Croissants, Danishes, Muffins, Scones  
Fruit Preserves and Whipped Butter  
Sliced Fruit  
Individual Yogurts  
Chilled Fruit Juice  
Fair Trade Coffee/Tea/Flavoured Teas |
| **Chef’s Breakfast**         | **$14** | Bakery Assortment: Mini Croissants, Mini Danishes, Mini Muffins  
Fruit Preserves and Whipped Butter  
Sliced Fruit  
Scrambled Eggs  
Bacon and Sausage  
Home Fried Potatoes (V, GF)  
Chilled Juices  
Fair Trade Coffee/Tea/Flavoured Teas |
| **Create Your Own Breakfast Buffet** |       | All breakfast buffets include Orange Juice or Apple Juice, Freshly Brewed Fair-Trade Coffee/Tea/Flavoured Teas |
|                              | **$13 Cold** | Select 4 cold breakfast items |
|                              | **$15 Hot Breakfast** | Select 3 cold and 3 hot items |

## Cold Items

- Mini- Croissants/ Danishes/ Muffins
- Seasonal Fruit Salad
- Sliced Fresh Fruit
- Whole Seasonal Fruit
- Individual Yogurts
- Granola/Yogurt
- Granola Bars (VG)
- Cold Cereal and Milk
- Cottage Cheese
- Strawberry Banana Smoothie
- Hard Boiled Eggs
### Hot Items

- Scrambled Eggs
- Egg White Scramble - Tomato and Onion
- Home Fries (V, GF)
- Hash Brown Patties (V)
- Bacon
- Pork Sausage
- Turkey Sausage (Add $1) GF
- Pancakes
- French Toast
- Herb Crusted Tomato

### Enhancements - per person

- Sliced Domestic Cheese and Crackers Platter
- French Toast, Caramelized Apples and Raisins, Cinnamon Cream
- Belgium Sugar Waffles, Berry Compote, Whipped Cream *
- Eggs Benedict with Canadian Bacon*
- House Smoked Chicken and Goat Cheese Quiche
- Asparagus and Goat Cheese Quiche
- Ontario Farmed Mushroom and Leek Quiche
- Cheddar and Herb Omelette* (V, GF)
- Egg Burrito with Roasted Red Peppers, Caramelized Onions and Salsa*
- Yogurt Parfait

**$4**
## Breaks

### Beverages (prices per serving)

- $2.25 Fair Trade Coffee (locally roasted)/Tea
- $2.25 Iced Tea
- $2.25 Hot Chocolate
- $2.25 Hot Apple Cider
- $2.25 Lemonade

Minimum order 15 people

### Individual Beverages (prices per serving)

- $2 Canned Soft Drinks
- $2 Assorted Juices – Fairlee
- $4 Hitchhiker Lemonade
- $2 Milk or Chocolate Milk 250 ml
- $4 Smoothies
- $4 Soya Beverages

### Selection from the Bakery (prices per serving unless specified)

- $12 House Baked Cookies (per dozen)
- $3 Croissants
- $3 Fruit Danishes
- $3 Fresh House Baked Muffins
- $3 Orange Cranberry Scones
- $3 Cheddar Scallion Scones
- $3 House Baked Loaves
- $3 Cinnamon Coffee Cake

### Coffee Break Favourites (prices per serving)

- $2 Potato Chips
- $3 Chocolate Bars
- $3 Mixed Nuts
- $3 Trail Mix
- $3 Biscotti
- $3 Homemade Granola Bars (VG)
- $2 Whole Fruit
- $3 Bagels Served with Cream Cheese
- $3 Harvest Grain Pretzels, Mustard
- $4 Ice Cream Novelties*
- $4 Gelato*

### Sandwich Lunch Buffets

For your buffet, please choose 1 Soup & 1 Salad or 2 Salads, 3 Sandwiches/ Wraps and 1 Dessert. All buffets include Cold Beverages

### Chef's Kettle Soups

- Gingered Butternut Squash (V, GF)
- Ontario Farmed Mushroom Bisque (V, GF)
- Curried Cauliflower and Potato Purée (V, GF)
Roasted Red Pepper and Tomato Bisque (V, GF)
Classic Chicken Noodle
Beef and Lentil (GF)
Market Vegetable Minestrone (VG)

### Mixed Salads
- Mixed Greens, Cucumber, Grape Tomatoes, Balsamic Vinaigrette (VG, GF)
- Classic Caesar Salad w/ Grated Parmesan, Bacon Bits and Croutons
- Kale Caesar- Kale, Tomatoes, Kalamata Olives, Caesar Dressing, Croutons
- Gyroph Kale Salad - Dried Cranberry, Orange, Wellesley Cider Dressing (VG, GF)
- Traditional Greek Salad, Feta Cheese, Red Wine Vinaigrette (GF)
- Roasted Potato Salad, Rosemary & Grainy Dijon Dressing (VG, GF)
- Rotini Pasta Salad, Arugula, Grape Tomatoes, Ontario Mushrooms, Red Onions, Red Wine Vinaigrette (VG)
- Multi Grain Salad, Scallion, Dried Fruits, Citrus Cardamom Dressing (VG)
- Roasted Root Vegetable Salad, Elmira Maple Cider Dressing (VG, GF)

### Sandwiches and Wraps
- Chicken Bacon Club Wrap, Baby Greens, Tomato, Cheddar
- Turkey Wrap, Baby Greens, Tomato, Avocado Mayo, Havarti
- Salmon Salad Wrap, Spinach, Tomato, Red Onion, Lemon Caper Dill Mayo
- Kale Chicken Caesar Wrap, Parmesan, Bacon, Caesar Dressing
- Chipotle Lime Chicken Salad, Lettuce, Tomato on Kaiser
- Italian Deli Sandwich, Salami, Capocollo, Roast Garlic Aioli, Provolone on Ciabatta
- Roast Beef, Arugula, Tomato, Red Onion, Grainy Dijon Mayo, Swiss on Kaiser
- Ham, Lettuce, Hot House Tomato, Honey and Mustard, Swiss on Kaiser

### Vegetarian Sandwiches and Wraps
- Roasted Eggplant and Red Pepper Wrap, Lettuce, Baba Ghanoush (VG)
- Mashed Chickpeas and Dill Wrap, Lettuce, Tomato (VG)
- Falafel Wrap, Hummus, Onions, Tomatoes, Cucumber, Tzatziki
- Tamarind Grilled Tofu Wrap, Sriracha Mayo, Lettuce, Pickled Veg, Radish, Cucumber
- Vegetable Pakora Wrap, Mint Chutney Mayo, Lettuce, Tomatoes
- Baba Ghanoush, Baby Greens, Roasted Red Peppers and Eggplant, on Croissant
- Egg Salad, Shaved Cucumber on Croissant

### Desserts
- Lemon Yogurt Torte
- New York Cheesecake w/ Berry Compote
- Boston Cream Pie
- Chocolate Cake
- Carrot Cake
- Caramel Pecan Brownie
- Tiramisu
- Wild Berry Cake
- Homemade Apple Crisp, Whipped Cream
- Assorted Squares and Tarts
- Fresh Cut Fruits

### Hot Lunch Buffets
$24 per person
Minimum 20 people

**Chef’s Kettle Soups**
- Butternut Squash, Cinnamon Cream (V, GF)
- Ontario Farmed Mushroom Bisque (V, GF)

For your buffet, please choose 1 Soup & 1 Salad or 2 Salads, 1 Entrée, 1 Starch, 1 Vegetable and 1 Dessert.
All buffets include Cold Beverages, Rolls and Whipped Butter
<table>
<thead>
<tr>
<th>Curried Cauliflower and Potato Puree (V, GF)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roasted Red Pepper and Tomato Bisque (V, GF)</td>
</tr>
<tr>
<td>Classic Chicken Noodle (DF)</td>
</tr>
<tr>
<td>Beef and Lentil (DF)</td>
</tr>
<tr>
<td>Market Vegetable Minestrone (VG, GF)</td>
</tr>
</tbody>
</table>

### Salads

- Mixed Greens, Cucumber, Grape Tomatoes, Balsamic Vinaigrette (VG, GF)
- Classic Caesar Salad w/ Grated Parmesan, Bacon Bits and Croutons
- Kale Caesar - Grape Tomatoes, Kalamata Olives, Roasted Garlic Dressing, Croutons
- Traditional Greek Salad, Feta Cheese, Red Wine Vinaigrette (V, GF)
- Roasted Potato Salad, Rosemary & Grainy Dijon Dressing (VG, GF)
- Rotini Pasta Salad, Arugula, Grape Tomatoes, Ontario Mushrooms, Red Onions, Red Wine Vinaigrette (VG)
- Multi Grain Salad, Scallions, Dried Fruits, Citrus Cardamom Dressing (VG)
- Roasted Root Vegetable Salad, Elmira Maple Cider Dressing (VG, GF)

### Chef’s Entrée Selections

#### 2nd entrée (add $6)

- Piri Piri Chicken, Homemade Chili Sauce (GF, DF)
- Herb Grilled Chicken Breast, Ontario Farmed Mushroom Jus (GF, DF)
- Roasted Chicken Breast, Chipotle Cream Sauce (GF)
- Herb and Mustard Grilled Chicken Breast, Herb Sauce (GF, DF)
- Pork Schnitzel, Lemon and Fried Capers
- Thai Style Yellow Chicken Curry, Mushrooms, Onions, Squash, Peppers (GF, DF)
- Sweet Chili Chicken, Peppers and Onions (GF, DF)
- Infusion Butter Chicken (GF)
- Kadhai Style Beef, Peppers, Onions and Tomatoes (GF, DF)
- Beef Ragout, Red Wine Mushroom Sauce (GF, DF)
- Beef Petit Fillet, Mushroom Peppercorn Jus * (U Club, Creelman) (GF)
- MSC Certified Cod Cakes, Mustard Caper Cream Sauce
- Fried MSC Certified Haddock, Tartare Sauce * (listed below)
- Meat Lasagna

### Chef’s Vegetarian Entrée Selections

- Ontario Farmed Mushroom and Asparagus Tart, Pepper Ragout
- Lentil Bean Cutlet, Roasted Pepper Sauce (DF)
- Chickpea and Lentil Stew, Tomatoes and Market Vegetables (VG, GF)
- Roasted Goat Cheese Polenta, Mushroom Cream Sauce
- Paneer Masala, Onions, Tomatoes, Peppers (GF)
- Grilled Tamarind Glazed Tofu, Scallion, Peppers (VG, GF)
- Moroccan Style Kibbeh, Yoghurt Tahini Sauce
- Perogies, Mushrooms, Onion

### Add $5 Pasta Selections

- Roasted Vegetable Lasagna (V)
- Baked Penne and Market Vegetable Primavera with Tomato (VG) or Cream Sauce (V)
- Cheese Tortellini with Roasted Vegetables and Roasted Tomato Sauce (V)

### Potatoes and Starches

- Whipped Yukon Gold Potatoes (V, GF)
- Roasted Garlic and Caramelized Onion Mashed Potatoes (V, GF)
- Buttermilk Mashed Potatoes (V, GF)
- Herb Roasted Mini Potatoes (VG, GF)
- Lemon and Herb Braised Yukon Gold Potatoes (VG, GF)
- Steamed Basmati Rice (VG, GF)
- Rice Pilaf with Vegetables (VG, GF)
Lentil Salad (VG, GF)
French Fries * (listed below) (VG, GF)

**Vegetables**
- Green Beans, Red Peppers
- Green and Yellow Beans, Carrots
- Market Vegetable Medley
- Corn, Peppers and Green Peas
- Roasted Root Vegetables
- Ratatouille
- Local Seasonal Feature

**Desserts**
- Lemon Yogurt Torte
- New York Cheesecake w/ Berry Compote
- Chocolate Mousse Torte
- Spiced Carrot Cake
- Caramel Pecan Brownie
- Tiramisu
- Raspberry Lemon Cake
- Homemade Warm Apple Crisp, Whipped Cream
- Assorted Squares and Tarts
- Fresh Cut Fruits
- Strawberry Cake
## Themed Lunch Buffets

**Minimum 20 people**

All buffets include Cold Beverages

### $20 Lasagna Lunch
- Mixed Greens, Balsamic Vinaigrette (VG) or Classic Caesar Salad
- Meat Lasagna or Roasted Vegetable Lasagna, Garlic Bread
- Tiramisu

### The Smoke House

**$24 - 1 meat option**
- Assorted Rolls, Whipped Butter
- Potato Salad or Coleslaw (V)

**Choose 1 meat option**
- Dry Rubbed 100 Mile Smoked Beef Brisket (GF, DF)
- House Smoked Quarter Chicken (GF, DF)
- Ontario Maple Baked Beans (VG, GF)
- Buttered Corn on the Cob (in season) or Corn and Peppers (V, GF)
- Apple Crisp, whipped cream

**$27 - 2 meat options**
- Assorted Rolls, Whipped Butter
- Mixed Greens, Balsamic Vinaigrette or Rotini Pasta Salad with Roasted Vegetables (V)

**Choose 1 Meat Option**
- Roasted Chicken Breast with Ontario Farmed Mushroom Cream Sauce (GF)
- Chicken Pot Pie
- Beef Stew with Root Vegetables (GF)
- Herb and Mustard Roasted Pork Loin, Apple Demi (GF, DF)
- Herb Marinated Petit Fillet with Green Peppercorn Sauce* (GF)
- Roasted Mini Potatoes or Rice Pilaf (VG, GF)
- Vegetable Medley (VG, GF)
- Apple Crisp, whipped cream

### The Wellington County

**$24 - 1 meat option**
- Assorted Rolls, Whipped Butter
- Mixed Greens, Balsamic Vinaigrette or Rotini Pasta Salad with Roasted Vegetables (V)

**Choose 1 Meat Option**
- Corn and Black Bean Salad (VG, GF)
- House Smoked Pulled Pork Carnitas (GF)
- Chipotle Lime Chicken (GF, DF)
- Ancho Beef Chili (GF, DF)

**$27 - 2 meat options**
- Accompanied with: Pico de Gallo, Sour Cream, Guacamole, Mixed Cheese, Shredded Lettuce, Sautéed Onions and Peppers, Mini Soft-Shell Tortilla
- Spanish Rice (VG, GF)
- Tres Leches Cake

### Fiesta Taco Bar

**$22 1 meat option**
- Corn and Black Bean Salad (VG, GF)

**Choose 1 Meat Option**
- House Smoked Pulled Pork Carnitas (GF)
- Chipotle Lime Chicken (GF, DF)
- Ancho Beef Chili (GF, DF)

**$25 2 meat options**
- Accompanied with: Pico de Gallo, Sour Cream, Guacamole, Mixed Cheese, Shredded Lettuce, Sautéed Onions and Peppers, Mini Soft-Shell Tortilla
- Spanish Rice (VG, GF)
- Tres Leches Cake

### Bollywood Buffet

**$22 1 meat option**
- Naan
- Kachumber (Tomato, Cucumber and Onion Salad) (VG, GF)

**Choose 1 Meat Option**
- Butter Chicken (GF)
- Chicken Masala (GF)
- Kadhai Beef (Beef with Onions, Peppers and Tomatoes) (GF)
- Kheema Aloo Matar (Spiced Beef Mince, Green Peas, Potatoes ) (GF)
- Masala Fried Haddock, Mint Chutney (GF)
- Aloo Palak (Potatoes in Spinach) or Samosa (V)
- Dal (Lentils) (VG)
- Basmati Rice (VG, GF)
- Gajar Halwa (Carrot Halwa) (V, GF)
$22 Garden Buffet

Assorted Rolls, Whipped Butter
Mixed Greens, Balsamic Vinaigrette (VG) or Couscous Salad, Citrus Vinaigrette (VG)

Choose 2 Vegetarian Entrées
Ontario Farmed Mushroom and Asparagus Tart, Pepper Ragout (V)
Lentil Bean Cutlet, Roasted Pepper Sauce (V)
Chickpea and Lentil Stew, Tomatoes and Market Vegetables (VG)
Roasted Goat Cheese Polenta, Mushroom Cream Sauce (V)
Paneer Masala, Onions, Tomatoes, Peppers (V)
Moroccan Style Kibbeh, Yogurt Tahini Sauce (V)
Roasted Mini Potatoes or Rice Pilaf (VG, GF)
Market Vegetable Medley (VG, GF)
Brownies (VG, GF)
# Working Lunch (Plated)

$20 per person  
**Minimum 20 people**

| 2 Course Lunch- Select 1 entrée and 1 dessert  
All plated lunches include selection of Bread Rolls, Whipped Butter,  
Freshly Brewed Fair-Trade Coffee/ Tea/ Flavored Teas |
|---|
| **Chef’s Entrée Selections** | Beef or Chicken Pot Pie with Mixed Greens  
House Smoked Chicken and Leek Tart, Pepper Ragout with Mixed Greens  
Lemon and Herb Roasted Chicken Breast, Rice Pilaf with Green Salad (GF, DF)  
Dukkah Spiced Chicken Breast, Quinoa Salad, Lemon Vinaigrette (GF, DF)  
Grilled Herb Marinated Chicken Breast with Penne, Roasted Garlic Alfredo sauce  
Bolognais Lasagna with Mixed Greens or Caesar Salad  
Fried MSC Certified Haddock, Tartare Sauce *, Cabbage Slaw (UC, Creelman) (DF)  
MSC Certified Cod Cakes, Mustard Caper Cream Sauce, Red Cabbage and Apple Slaw  
Pan Roasted MSC Certified Salmon, Citrus Beurre Blanc * (U Club, Creelman) (GF) |
| **Chef’s Vegetarian Entrée Selections** | Ontario Farmed Mushroom and Asparagus Tart with Green Salad  
Lentil Bean Cutlet with Kale Salad  
Mushroom Ravioli, Spinach, Grilled Portobello, Basil Cream Sauce with Green Salad  
Roasted Vegetable Lasagna with Green or Caesar Salad  
Falafel, Couscous Salad, Cucumber, Tomatoes, Citrus Dressing, Tzatziki  
Black Bean and Sweet Potato Quesadilla, Scallion Sour Cream, Salsa, Corn Salad  
BBQ Vegetarian Loaf, Roasted Potatoes, Corn and Pepper Succotash  
Chickpea Masala, Rice, Kachumber Salad (VG) |
| **Chef’s Entrée Salads** | Quinoa, Kale, Citrus, Sunflower Seeds, Herb Roasted Chicken Breast (GF, DF)  
Chicken Cobb Salad, Avocado Ranch (GF)  
California Salad, Citrus Vinaigrette, Honey Mustard Chicken Breast (GF, DF)  
Classic Chicken Caesar Salad (Prefer 6oz Striploin Steak * Add $6)  
Lentil Salad, Sun Dried Tomato Vinaigrette, Steamed MSC Certified Haddock * (GF, DF)  
Spinach and Arugula, Feta Cheese, Tomatoes, Herb Croutons, Beef Petit Fillet, Red wine Vinaigrette * |
| **Desserts** | Lemon Yogurt Torte  
New York Cheesecake w/ Berry Compote  
Chocolate Mousse Torte  
Spiced Carrot Cake  
Caramel Pecan Brownie  
Tiramisu  
Raspberry Lemon Cake  
Fresh Diced Fruits  
Strawberry Cake |
# Hot Dinner Buffets

## $ 40 per person

**Minimum 20 people**

For your buffet, please choose 3 Salads, 1 Entrée, 1 Pasta, 1 Starch, 1 Vegetable and 1 Dessert

All buffet selections include Bread Rolls, Whipped Butter, Freshly Brewed Fair Trade Coffee and Tea

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**Mixed Salads**

- choose 3 salads

<table>
<thead>
<tr>
<th>Salad Name</th>
<th>Dietary Restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed Greens, Cucumber, Grape Tomatoes, Balsamic Vinaigrette (VG, GF)</td>
<td></td>
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<tr>
<td>Classic Caesar Salad w/ Grated Parmesan, Bacon Bits and Croutons</td>
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<tr>
<td>Kale Caesar- Grape Tomatoes, Kalamata Olives, Roasted Garlic, Croutons (V)</td>
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<tr>
<td>Gryphon Kale Salad - Dried Cranberry, Orange Segments, Parmesan, Wellesley Cider Dressing (V, GF)</td>
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<tr>
<td>Traditional Greek Salad, Feta Cheese, Red Wine Vinaigrette (V, GF)</td>
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<tr>
<td>Roasted Potato Salad, Rosemary &amp; Grainy Dijon Dressing (VG, GF)</td>
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<tr>
<td>Rotini Pasta Salad, Arugula, Grape Tomatoes, Ontario Mushrooms, Red Onions, Red Wine Vinaigrette (VG)</td>
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<tr>
<td>Multi Grain Salad, Scallions, Dried Fruits, Citrus Cardamom Dressing (VG)</td>
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<tr>
<td>Roasted Root Vegetable Salad, Elmira Maple Cider Dressing (VG, GF)</td>
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</tbody>
</table>

**Dinner Entrée Selections**

- choose one entrée

  (add a second entrée $6)

<table>
<thead>
<tr>
<th>Entrée Name</th>
<th>Dietary Restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roast Top Sirloin (GF, DF)</td>
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<tr>
<td>Roasted Beef Striploin, Green Peppercorn Sauce (GF)</td>
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<tr>
<td>Herb &amp; Garlic Roasted Chicken Breasts, White Wine Herb Cream Sauce (GF)</td>
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<tr>
<td>U of G Honey Glazed Chicken Supreme, Lemon Thyme Jus (GF, DF)</td>
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<tr>
<td>Rosemary and Garlic Roast Leg of Lamb, Balsamic Jus (GF, DF)</td>
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<tr>
<td>Herb Crusted MSC Certified Haddock, Lemon Caper Sauce *</td>
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<tr>
<td>Mushroom Crusted MSC Certified Salmon, Maple Cream Sauce * - may occur additional charge per marked price</td>
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</tbody>
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**Chef’s Vegetarian Entrée Selections**

<table>
<thead>
<tr>
<th>Entrée Name</th>
<th>Dietary Restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lentil Bean Cake, Roasted Pepper and Tomato Chutney (DF)</td>
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<tr>
<td>Quinoa Chickpea Cake, Sweet Pepper Coulis (DF)</td>
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<tr>
<td>Vegetarian Bean Chili, Corn Chips (VG, GF)</td>
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<tr>
<td>Lentil and Chickpea Stew (VG, GF)</td>
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<tr>
<td>Multi Bean Stew, Basil, Tomatoes (VG, GF)</td>
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<tr>
<td>Spicy Tofu and Vegetable Coconut Curry (VG, GF)</td>
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**Pasta Entrées- Choose one**

<table>
<thead>
<tr>
<th>Entrée Name</th>
<th>Dietary Restrictions</th>
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</thead>
<tbody>
<tr>
<td>Meat Lasagna</td>
<td></td>
</tr>
<tr>
<td>Roasted Vegetable Lasagna (V)</td>
<td></td>
</tr>
<tr>
<td>Penne Pasta Primavera, Tomato (VG) or Cream Sauce (V) with Mixed Vegetables</td>
<td></td>
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<tr>
<td>Mushroom Ravioli, Sautéed Mushrooms, Herb Cream Sauce (V)</td>
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<tr>
<td>Baked Chicken Rotini, Rose or Béchamel Sauce - Mushrooms, Onions</td>
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<tr>
<td>Baked Cheese Tortellini, Roasted Vegetables, Tomato Cream Sauce (V)</td>
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</tbody>
</table>

**Potatoes and Starches - Choose one**

<table>
<thead>
<tr>
<th>Entrée Name</th>
<th>Dietary Restrictions</th>
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</thead>
<tbody>
<tr>
<td>Roasted Garlic and Caramelized Onion Mashed Potatoes (V, GF)</td>
<td></td>
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<tr>
<td>Buttermilk Mashed Potatoes (V, GF)</td>
<td></td>
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<tr>
<td>Herb Roasted Mini Potatoes (VG, GF)</td>
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<tr>
<td>Lemon and Herb Braised Yukon Gold Potatoes (VG, GF)</td>
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<tr>
<td>Steamed Basmati Rice (VG, GF)</td>
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<tr>
<td>Rice Pilaf with Vegetables (VG, GF)</td>
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<tr>
<td>Lemon Couscous (VG)</td>
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<tr>
<td>Wild Rice Pilaf (VG, GF)</td>
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<tr>
<td>Lentil Pilaf (VG, GF)</td>
<td></td>
</tr>
<tr>
<td>Vegetables- Choose one</td>
<td>Green Beans, Red Peppers</td>
</tr>
<tr>
<td></td>
<td>Green and Yellow Beans, Carrots</td>
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<tr>
<td></td>
<td>Market Vegetable Medley</td>
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<tr>
<td></td>
<td>Corn, Peppers and Green Peas</td>
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<tr>
<td></td>
<td>Roasted Root Vegetables</td>
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<td></td>
<td>Ratatouille</td>
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<tr>
<td></td>
<td>Local Seasonal Feature</td>
</tr>
<tr>
<td>Desserts- Choose one</td>
<td>Caramel Apple Cheesecake</td>
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<tr>
<td></td>
<td>Chocolate Caramel Brownie</td>
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<tr>
<td></td>
<td>Berry Burst Cake</td>
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<tr>
<td></td>
<td>Chocolate Blackout Torte</td>
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<tr>
<td></td>
<td>Seasonal Fruit Crisp, Whipped Cream</td>
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<tr>
<td></td>
<td>Flourless Chocolate Cake (GF)</td>
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<tr>
<td></td>
<td>Vanilla Cheesecake, Berry Compote</td>
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<tr>
<td></td>
<td>Fresh Cut Fruits</td>
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</tbody>
</table>
Plated Dinners
Minimum 20 people

All dinners include selection of Bread Rolls, Whipped Butter, Freshly Brewed Fair-Trade Coffee/Tea/Flavored Teas

Choose 1- Soup or Salad, 1 Entrée, 1 Starch, 1 Vegetable, 1 Dessert
If you would like to add a 4th course, choose from Appetizers

<table>
<thead>
<tr>
<th>$6 Appetizers</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Butternut Squash Ravioli, Sage Butter, Cider Cream, Diced Tomato (V)</td>
<td>Charcuterie Plate, Pickled Market Vegetables, Cured Smoked Meats, Cheese (GF)</td>
</tr>
<tr>
<td>Creamy Chicken and Ontario Farmed Mushroom, Crème Fraîche *</td>
<td>Penne Pasta, Sun Dried Tomato Sauce, Parmesan Cream, Basil (V)</td>
</tr>
<tr>
<td>House Smoked Chicken and Caramelized Onion Tart, Roasted Red Pepper Relish</td>
<td>King Cole Duck Confit, Maple Roasted Beets, Citrus Vinaigrette (GF, DF)</td>
</tr>
<tr>
<td>U of G Arctic Char Tartare, Micro Green Salad, Red Onion Sour Cream (GF)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Soups</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ratatouille Bisque, Woolwich Dairy Goat Cheese Crostini, Basil Oil (V)</td>
<td>Butternut Squash Soup, Pear Chutney (V, GF)</td>
</tr>
<tr>
<td>Cream of Mushroom, Garlic Croutons (V)</td>
<td>Cauliflower and Potato Purée, Curry Cream and Chives (V, GF)</td>
</tr>
<tr>
<td>Roasted Tomato and Fennel Soup, Dill Yoghurt (V, GF)</td>
<td></td>
</tr>
<tr>
<td>Roasted Red Pepper Bisque, Double Smoked Bacon, Herb Oil (GF)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Salads</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed Greens, Cucumber and Shaved Market Vegetables, Citrus Vinaigrette (VG, GF)</td>
<td>Roasted Beets, Arugula, Woolwich Dairy Goat Cheese, Honey Mustard Dressing (V, GF)</td>
</tr>
<tr>
<td>Pesto Marinated Tomato, Bocconcini, Kalamata Olives, Greens, Balsamic Vinaigrette (V)</td>
<td>Classic Caesar Salad, Grated Parmesan, Bacon Bits, Croutons</td>
</tr>
<tr>
<td>Kale Caesar- Grape Tomatoes, Croutons, Kalamata Olives, Roasted Garlic Dressing</td>
<td>Gryphon Kale Salad, Dried Cranberry, Orange Segments, Cider Dressing (VG, GF)</td>
</tr>
<tr>
<td>Chopped Salad, Grape Tomatoes, Bacon, Scallions, Blue Cheese, Avocado Ranch</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chef’s Dinner Entrée Selections</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$47 Herb Roasted Beef Tenderloin, Red Wine Jus (GF, DF)</td>
<td>$49 Grilled Bacon Wrapped 6oz Beef Fillet Mignon, Mustard Jus (GF, DF) *</td>
</tr>
<tr>
<td>$45 Slow Roasted Prime Rib of Beef, Horseradish Jus (GF, DF)</td>
<td>$42 Roasted Beef Striploin, Green Peppercorn Sauce (GF)</td>
</tr>
<tr>
<td>$45 Braised Beef Short Ribs, Red Wine Reduction (DF)</td>
<td>$41 Grilled “Bone in” Double Cut Pork Chop, Calvados Jus (GF, DF)</td>
</tr>
<tr>
<td>$35 Herb and Garlic Roasted Chicken Supreme, White Wine Herb Jus (GF, DF)</td>
<td>$35 Citrus and U of G Honey Glazed Chicken Supreme, Lemon Thyme Jus (GF, DF)</td>
</tr>
<tr>
<td>$35 Mushroom, Spinach, Ricotta stuffed Chicken Breast, Garlic Herb Sauce</td>
<td>$40 Mushroom Crusted Ocean Wise Certified U of G Arctic Char, Cider Cream * (GF)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetarian Entrée Alternatives</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$32 Smoked Mozzarella Ravioli, Basil Pesto, Tomato Coulis</td>
<td></td>
</tr>
<tr>
<td>$32 Lentil Bean Cake, Roasted Pepper and Tomato Chutney</td>
<td></td>
</tr>
<tr>
<td>$32 Quinoa Chickpea Cake, Sweet Pepper Coulis</td>
<td></td>
</tr>
<tr>
<td>$32 House Smoked Tofu Steak, Cilantro and Green Onion Sauce (VG)</td>
<td></td>
</tr>
</tbody>
</table>
### Potatoes and Starches

- Roasted Garlic and Caramelized Onion Mashed Potatoes (V, GF)
- Buttermilk Mashed Potatoes (V, GF)
- Herb Roasted Mini Potatoes (VG, GF)
- Lemon and Herb Braised Yukon Gold Potatoes (VG, GF)
- Steamed Basmati Rice (VG, GF)
- Rice Pilaf with Vegetables (VG, GF)
- Lemon Couscous (V, GF)
- Mushroom Risotto (V, GF)
- Wild Rice Pilaf (VG, GF)
- Lentil Pilaf (VG, GF)
- Quinoa and Corn Risotto (V, GF)

### Vegetables

- Green Beans, Red Peppers
- Green and Yellow Beans, Carrots
- Market Vegetable Medley
- Corn, Peppers and Green Peas
- Roasted Root Vegetables
- Ratatouille
- Local Seasonal Feature

### Desserts

- Triple Chocolate Mousse
- Turtle Cheesecake
- Fresh Fruit Cheesecake
- Flourless Chocolate Cake (GF)
- Crème Brulee
- Mixed Berry Crumble with Mapleton's Ice Cream
- Apple Caramel Cheesecake
- Homemade Sticky Toffee Pudding
- White Chocolate Raspberry Truffle
- Fresh Fruit Tart
- Raspberry Panna Cotta
## Receptions

<table>
<thead>
<tr>
<th>Cold Platters (serves 20)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$90 Antipasto Platter</td>
<td></td>
</tr>
<tr>
<td>$90 House Cured Ocean Wise Certified U of G Arctic Char **</td>
<td></td>
</tr>
<tr>
<td>$96 Cheese Board with Fruit and Crackers</td>
<td></td>
</tr>
<tr>
<td>$40 Antojitos (30 pieces)</td>
<td></td>
</tr>
<tr>
<td>$49 Vegetable Crudités, Dip</td>
<td></td>
</tr>
<tr>
<td>$45 Cocktail Wrap, Sliced Deli Meats and Cheese (30 pieces)</td>
<td></td>
</tr>
<tr>
<td>$45 Tea Sandwiches Turkey, Egg, Tuna, Cucumber Cream Cheese (30 pieces)</td>
<td></td>
</tr>
<tr>
<td>$60 Mini Ciabatta Sliders Sliced Deli Meats and Cheese (30 pieces)</td>
<td></td>
</tr>
<tr>
<td>$60 Sliced Cheese, Crackers, Fruit</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Spreads &amp; Dip (serves 20)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$30 Taco Chips, Salsa Fresca, Guacamole, Lime Sour Cream</td>
<td></td>
</tr>
<tr>
<td>$30 Pita Chips, House Smoked Chickpeas Hummus</td>
<td></td>
</tr>
<tr>
<td>$30 Garlic Crostini, Tomato Bruschetta</td>
<td></td>
</tr>
<tr>
<td>$30 Fried Pita, Spinach Artichoke Creamy Dip</td>
<td></td>
</tr>
<tr>
<td>$30 Masala Fried Chickpeas, Papadum, Cucumber Yoghurt</td>
<td></td>
</tr>
<tr>
<td>$30 Naan Bites, Spiced Red Lentil Dip</td>
<td></td>
</tr>
<tr>
<td>$45 Spiced Croute, MSC Certified Shrimp Dip</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sweets and Pastries (serves 20)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$54 Assorted Squares (30 pieces)</td>
<td></td>
</tr>
<tr>
<td>$55 Mini Cup Cakes (30 pieces)</td>
<td></td>
</tr>
<tr>
<td>$80 French Macarons (10 pieces)</td>
<td></td>
</tr>
<tr>
<td>$80 Petit Fours (30 pieces)</td>
<td></td>
</tr>
<tr>
<td>$100 Diced Fruit and Vanilla Yoghurt Dip (5 vases)</td>
<td></td>
</tr>
<tr>
<td>$58 Fresh Sliced Fruit</td>
<td></td>
</tr>
<tr>
<td>$12 Gourmet Cookies (per dozen)</td>
<td></td>
</tr>
</tbody>
</table>

## Themed Stand up Reception

**Minimum 30 persons, price per person**

### $15 Pan Asian
- Chicken Korma
- Chicken/Pork Dumpling, Ponzu Sauce
- Vegetarian Spring Roll
- Fried Rice

### $16 U of G Smokey BBQ
- House Smoked Pulled Chicken
- House Smoked Beef Brisket
- Ontario Cheddar Mac n' Cheese
- Ontario Maple Baked Beans

### $15 Mexican
- Pulled Pork Carnita
- Ancho Marinated Flank Steak with Chimichurri (Flour Tortilla, Red Cabbage, Salsa Fresca)
- Refried Beans
- Green Rice
| **Slider Bar** | $8 Pulled Pork, Pretzel Bun  
$9 Beef Burger, Ciabatta Bun, Spicy Aioli, Lettuce, Tomato  
$12 Beef Tenderloin Medallion, Ciabatta Bun, Spicy Aioli, Lettuce, Tomato  
Spicy Potato Wedges, Scallion Sour Cream  
Red Cabbage Slaw |
|---|---|
| **Pasta** | $8 Mushroom Ravioli, Portobello Mushrooms, Spinach, Herb Cream Sauce  
$8 Butternut Squash Ravioli, Sage Butter, Diced Tomatoes, Cider Cream Sauce  
$8 Penne, Chorizo, Herbed Tomato Sauce  
$8 Gnocchi, Tomato Relish, Arugula, Basil |
| **Antipasto Station** | $12 Salami, Capicollo, Prosciutto, Grilled Vegetables, Provolone, Pickled Eggplant, Marinated Artichokes, Olives, Bread Sticks, Baguette, Garlic Croute  
Add Baby Bocconcini Tomato Salad $3.50  
Add Garlic Shrimp (2 per person) $ 4.50  
Add Seafood Salad (Shrimp/Calamari) $ 4.50 |
| **Salad Station** | $8 Mixed Greens, Chopped Romaine, Grape Tomatoes, Cucumber, Red Onions, Kalamata Olives, Roasted Pepper, Hot Peppers, Feta, Pumpkin Seeds, Croutons, Balsamic Dressing  
Add Grilled Chicken $5  
Add Salmon Strips $7 |
| **Stations A la Carte** | $8 Butter Chicken, Basmati Rice, Cucumber Salad  
$8 Thai Chicken Curry, Lemon Grass Scented Rice, Pickled Radish  
$8 Chicken Tagine, Lemon Couscous, Mint Yoghurt  
$12 Beef Short Rib, Yukon Gold and Parsnip Purée, Natural Jus  
$10 Beef Stroganoff, Buttered Egg Noodles, Sour Cream, Pickles  
$14 Salmon Caper Ragout, Wild Rice Pilaf, Crispy Onions |
| **Vegetarian Alternatives** | $6 Falafel, Tabbouleh, Red Pepper Relish  
$5 Vegetable Samosa, Kuchumber Salad, Mint Coriander Chutney  
$7 Ratatouille, Goat Cheese Polenta  
$7 Mushroom Goulash, Sour Cream Whipped Potatoes |
## Passed Hors D'oeuvres

Prices per dozen, Minimum 3 dozen

### Cold

<table>
<thead>
<tr>
<th>Vegetarian</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$30 Caprese Skewers, Pesto Marinated Grape Tomatoes and Bocconcini (V, GF)</td>
<td></td>
</tr>
<tr>
<td>$28 Roasted Beet Tartare, Woolwich Dairy Goat Cheese, Honey Mustard Glaze (V)</td>
<td></td>
</tr>
<tr>
<td>$28 Eggplant Bruschetta, Garlic Crostini (VG)</td>
<td></td>
</tr>
<tr>
<td>$28 Tomato and Red Pepper Bruschetta, Garlic Crooute (VG)</td>
<td></td>
</tr>
<tr>
<td>$28 Kalamata Olive and Artichoke Tapenade, Ricotta, Fried Pita (V)</td>
<td></td>
</tr>
<tr>
<td>$30 Brie and Fig, Sweet Chutney, Balsamic Glaze (V)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meat, Fish, Poultry</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$30 Chili Lime Marinated Chicken, Mango Salsa (DF)</td>
<td></td>
</tr>
<tr>
<td>$30 Green Olive, Salami, Tomato Skewer (DF)</td>
<td></td>
</tr>
</tbody>
</table>

### Hot

<table>
<thead>
<tr>
<th>Vegetarian</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$28 Veg Spring Rolls, Plum Sauce (VG)</td>
<td></td>
</tr>
<tr>
<td>$28 Vegetarian Samosa, Tamarind Date Chutney (VG)</td>
<td></td>
</tr>
<tr>
<td>$30 Ontario Mushroom Risotto Balls, Truffle Mushroom Aioli</td>
<td></td>
</tr>
<tr>
<td>$28 Spanakopita</td>
<td></td>
</tr>
<tr>
<td>$30 Breaded Ravioli, Tomato Coulis</td>
<td></td>
</tr>
<tr>
<td>$30 Chickpea Fritter, Tomato Compote</td>
<td></td>
</tr>
<tr>
<td>$28 Local Wild Mushroom Tartelettes, Brie, Herbs</td>
<td></td>
</tr>
<tr>
<td>$28 Vegetable Dumpling, Ponzu Sauce</td>
<td></td>
</tr>
<tr>
<td>$30 Fried Lentil Cakes, Pepper Coulis</td>
<td></td>
</tr>
<tr>
<td>$30 Truffle Mac n Cheese Bites, Spicy Ketchup</td>
<td></td>
</tr>
<tr>
<td>$30 Caramelized Onion &amp; Smoked Canadian Cheddar Mini Quiche</td>
<td></td>
</tr>
<tr>
<td>$30 Broccoli &amp; Cheddar Fritters, Roasted Garlic Aioli</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meat, Fish, Poultry</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$30 Tandoori Chicken Skewer, Cilantro Mint Chutney (GF)</td>
<td></td>
</tr>
<tr>
<td>$30 Beef Empanadas, Chimichurri</td>
<td></td>
</tr>
<tr>
<td>$30 Chicken Dumpling, Ponzu Sauce</td>
<td></td>
</tr>
<tr>
<td>$30 House Smoked Chicken and Leek Tart</td>
<td></td>
</tr>
<tr>
<td>$30 Beef Meat Balls, Spicy BBQ Sauce</td>
<td></td>
</tr>
<tr>
<td>$30 Spicy Sausage Rolls, Homemade Chili Sauce</td>
<td></td>
</tr>
<tr>
<td>$30 Japanese Chicken Meat Balls, Lemon Grass Yuzu Glaze</td>
<td></td>
</tr>
</tbody>
</table>

**Chef attended (additional labour charges apply)**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$35 Woolwich Dairy Goat Cheese Mousse, Candied Shallots, Herb Croute (V)</td>
<td></td>
</tr>
<tr>
<td>$35 King Cole Duck Rillettes, Blueberry Compote, Brioche Croute</td>
<td></td>
</tr>
<tr>
<td>$35 Ocean Wise Certified U of G Arctic Char Tartare, Onion Crème Fraiche</td>
<td></td>
</tr>
<tr>
<td>$35 Braised Beef Short Rib, Parsnip Puree, Beet Frites</td>
<td></td>
</tr>
<tr>
<td>$35 Korean BBQ Glazed Pork Belly, Lotus Root Crisp, Sriracha Mayo</td>
<td></td>
</tr>
</tbody>
</table>
### Salads
- choose 3 salads

<table>
<thead>
<tr>
<th>Salad</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato Salad with Pickles</td>
<td>$4</td>
</tr>
<tr>
<td>Creamy Coleslaw</td>
<td></td>
</tr>
<tr>
<td>Pasta Salad with Onions</td>
<td></td>
</tr>
<tr>
<td>Mexican Corn Pepper and Bean</td>
<td></td>
</tr>
<tr>
<td>Red Cabbage Slaw</td>
<td></td>
</tr>
<tr>
<td>Greek Salad</td>
<td></td>
</tr>
<tr>
<td>Mixed Green Salad</td>
<td></td>
</tr>
</tbody>
</table>

Add 2nd Entree $4

***VG Meats Beef Burger (GF, DF)/ Vegetarian Burgers***

***Jumbo Hot Dogs/ Veggie Dogs***

***Grilled Chicken Breast (GF, DF) on a Bun***

### Upgrade your BBQ

$20 VG Meats Beef Burger (GF, DF), Caramelized Onion, Cheese

$22 Buttermilk Fried Chicken, Maple Candied Bacon, Cheddar

$22 House Smoked BBQ Ribs, Homemade Ancho BBQ Sauce (DF)

$23 Smoked Quarter Chicken, Rosemary Jus (GF, DF)

$23 Smoked Beef Brisket (GF, DF)

$30 8oz Baked Potato, Sour Cream, Cheese (GF)

$2 Buttered Local Corn on the Cob (seasonal) (V, GF)

$4 Homemade Apple Crisp
**COFFEE SERVICES**

**Beverages**

15 8oz cups/gallon

- **Fresh Brewed Organic FairTrade Coffee** $24.25 per gallon
  - Regular or Decaffeinated

- **Tea** $24.25 per gallon
  - An assortment of herbal and orange pekoe

- **Hot Apple Cider** $24.75 per gallon

- **Hot Chocolate** $22.25 per gallon

- **Fruit Juices:** $24.75 per gallon
  - Apple, Orange or Cranberry

- **Lipton's Crystal Drinks:** $22.25 per gallon
  - Iced Tea, Orange/Pineapple/Banana, Peach, Mango
  - Tropical Fruit Punch, or Lemonade

- **Tap Water** $3.00 per gallon

  Tap Water: University Centre Only $2.95 per pitcher

- **Individual Fruit Beverages and Juices** $2.00 each
  - Apple, Orange, Grapefruit, Cranberry, Apple/Grape, Pink Lemonade, Fruit Punch, Iced Tea

- **Individual Soft Drinks** $1.80 each
  - Coke, Diet Coke, Sprite, Sprite Zero, Ginger Ale, C-Plus Orange

- **Individual Milk 250ml** $1.80 each
  - White or Chocolate

- **Natural Spring Water** $1.80 each

**Pastries and Sweets**

price per pastry

min 6 of each type

- **All Butter Croissant** $2
- **Muffins** $2
- **Chocolate Hazelnut Croissant** $3
- **Almond Croissant** $3
- **Bagels with Cream Cheese** $3.50
- **Cinnamon Bun** $3
- **Homemade Granola Bars** $3
- **House Baked Banana Bread** $2.50
- **House Baked Zucchini Bread** $2.50
- **Mini All Butter Croissant** $1.50
- **Mini Tea Scones** $7 (per dozen)
- **Dark Chocolate Dipped Waffles** $3
- **Tim Horton’s Donuts** $10.55 (per dozen)
- **Timbits** $7.10 - (50pcs), $3.85 - (20pcs), $2.35 - (10pcs)
- **Petite Danish** $1.50
- **Lemon Poppy Seed Cake** $2.50
- **Freshly Baked Cookies** $12
- **Lemon Cranberry Scone** $2
## Gluten Free Pastries
price per pastry

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberry Muffin</td>
<td>$3</td>
</tr>
<tr>
<td>Cookies</td>
<td>$3</td>
</tr>
<tr>
<td>Chocolate Brownie</td>
<td>$3</td>
</tr>
</tbody>
</table>

## Breakfast Platters
serves 10

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast Platter</td>
<td>$20 (15pcs)</td>
</tr>
<tr>
<td></td>
<td>freshly baked assortment of mini - croissant, danish, muffins</td>
</tr>
<tr>
<td>Mini Chocolate Croissant</td>
<td>$25 (15 pcs)</td>
</tr>
<tr>
<td>Mini Beignet</td>
<td>$20 (15 pcs)</td>
</tr>
<tr>
<td></td>
<td>sugared chocolate hazelnut and red berry beignet</td>
</tr>
<tr>
<td>Mini Cinnamon Bun</td>
<td>$25 (15 pcs)</td>
</tr>
<tr>
<td>House Baked Apple Turnovers</td>
<td>$25 (15 pcs)</td>
</tr>
<tr>
<td>House Baked loaves</td>
<td>$25 (10 pcs)</td>
</tr>
<tr>
<td></td>
<td>assortment of apple, banana, zucchini</td>
</tr>
<tr>
<td>Savory Scones</td>
<td>$20 (15pcs)</td>
</tr>
<tr>
<td></td>
<td>assortment of sun dried tomato, cheddar</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>$25</td>
</tr>
<tr>
<td></td>
<td>melon, pineapple, grapes, oranges and berries</td>
</tr>
</tbody>
</table>

## Parfaits and Oatmeal
price per serving

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut &amp; Apple Overnight Oats Cup</td>
<td>$7</td>
</tr>
<tr>
<td></td>
<td>coconut milk, apple, raisins, overnight oats, cinnamon and shredded coconut</td>
</tr>
<tr>
<td>Wild Berry &amp;Yogurt Parfait</td>
<td>$7</td>
</tr>
<tr>
<td></td>
<td>full-fat yogurt, homemade granola, hemp hearts</td>
</tr>
<tr>
<td>PB, Cocoa and Berry Overnight Oat Cups</td>
<td>$7</td>
</tr>
<tr>
<td></td>
<td>peanut butter, cocoa, berries, yogurt, granola, chocolate chips</td>
</tr>
<tr>
<td>Elmira Peach and Rhubarb Parfait</td>
<td>$7</td>
</tr>
<tr>
<td></td>
<td>greek yogurt, local peach compote, rhubarb jam, uofg honey, homemade granola</td>
</tr>
</tbody>
</table>

## Coffee Service Packs
price per person
Min - 10

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pastry and Coffee</td>
<td>$5</td>
</tr>
<tr>
<td></td>
<td>croissant/danish/muffin, butter and preserves, fair trade coffee/tea</td>
</tr>
<tr>
<td>Quick and Tasty</td>
<td>$7</td>
</tr>
<tr>
<td></td>
<td>homemade loaf, cinnamon cake, cut fruit, fair trade coffee/tea</td>
</tr>
<tr>
<td>Cookies and Coffee</td>
<td>$4</td>
</tr>
<tr>
<td></td>
<td>house baked cookies, fair trade coffee/tea</td>
</tr>
<tr>
<td>Healthy Break</td>
<td>$5</td>
</tr>
<tr>
<td></td>
<td>homemade granola bars, whole fruit, fair trade coffee/tea</td>
</tr>
</tbody>
</table>

## Sandwiches
min 5 per order
price per sandwich

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deli Sandwich</td>
<td>$7</td>
</tr>
<tr>
<td></td>
<td>deli bread, mayo, lettuce, tomato, turkey/beef/ham/tuna/egg, pickles</td>
</tr>
<tr>
<td>Vegetarian Deli Sandwich</td>
<td>$6</td>
</tr>
<tr>
<td></td>
<td>deli bread, hummus, lettuce, tomato, roasted vegetables</td>
</tr>
<tr>
<td>Gourmet Sandwich</td>
<td>$8</td>
</tr>
<tr>
<td></td>
<td>assorted multigrain slices, mayo, lettuce, tomato, cheese, turkey/beef/ham, pickles</td>
</tr>
</tbody>
</table>
Deluxe Sandwich $9
crusty ciabatta/swiss triangles, mayo, lettuce, turkey/beef/ham, pickles, tomato, cheese

Croissant BLT $8
house baked multi grain croissant, inhouse roasted local chicken, bacon, lettuce, tomato

Brioche Rolls $9
brioche bun, house smoked chicken salad, tomato, lettuce

Vegetarian Deluxe $7
crusty ciabatta/swiss triangles, marinated grilled tofu, pickled onions, roasted pepper, goat cheese

Gluten Free Meat Sandwich $7
gluten free bread, mayo, lettuce, tomato, turkey/beef/ham, cheese

Gluten Free Vegetarian Sandwich $6
gluten free bread, hummus, lettuce, tomato, roasted vegetables, cheese

Wraps
price per wrap
min 5

House Wrap $8
soft tortilla, mayo, lettuce, tomato, cheese, deli meats, hot peppers, pickles

Deluxe Wrap $9
multi grain tortilla, mayo, lettuce, tomato, cheese, house roasted chicken/beef, hot peppers, pickles

Vegetarian Wrap $7
soft tortilla, hummus wrap, lettuce, tomato, cheese, house roasted vegetables, roasted red peppers

Vegetarian Deluxe Wrap $8
multi grain tortilla, marinated grilled tofu, pickled onions, roasted pepper, goat cheese

Gluten Free Meat Wrap $7
multi grain tortilla, mayo, lettuce, tomato, cheese, house roasted chicken/beef, hot peppers, pickles

Gluten Free Vegetarian Wrap $7
multi grain tortilla, hummus, lettuce, tomato, cheese, house roasted vegetables, roasted red peppers
Salads
small – serves 10
large – serves 20

Mixed Greens and Vegetables S $35 L $70
cucumber, grape tomatoes, shredded carrots, mixed greens, balsamic vinaigrette

Classic Caesar S $35 L $70
romaine, parmesan cheese, croutons, bacon bits, caesar dressing

Traditional Greek S $35 L $70
cucumber, tomato, red onion, feta, red wine vinaigrette, peppers, romaine

Greens and Dried Fruit S $35 L $70
mixed greens, grated carrots, mandarin oranges, cheddar, pumpkin seeds, dried cranberry

Kale Caesar S $40 L $80
tomatoes, kalamata olives, roasted garlic parmesan dressing, croutons

Kale and Cranberry S $40 L $80
kale, cabbage, dried cranberry, orange, wellesley cider dressing

Potato and Rosemary S $40 L $80
roasted potatoes, gherkins, red onions, celery, rosemary & grainy dijon dressing

Arugula Pasta S $40 L $80
rotini, arugula, grape tomatoes, olives, artichokes, mushrooms, red wine vinaigrette

Multi Grain and Dried Fruit S $40 L $80
multigrain, scallion, dried fruits, citrus cardamom dressing

Roasted Root Vegetable S $40 L $80
roasted root vegetables, greens, elmira maple cider dressing

Individual Salads
per serving - min 5

Cider Glazed Salmon and Spinach $12
cider glazed msc certified salmon, spinach, red onion, hardboiled egg, capers, shallot vinaigrette

Spicy Quinoa Chicken $10
quinoa, ancho chicken, cabbage, fava beans, tomatoes, sriracha ranch dressing

Tandoori Chicken $10
tandoori chicken, spinach, red onions, cucumber, lettuce, mint yoghurt dressing

Grilled Chicken Breast and Bacon $10
grilled chicken, bacon, blue cheese, tomatoes, lettuce, mustard vinaigrette

Chimichurri Chicken $10
couscous, chimichurri chicken, red cabbage slaw, tomatoes, lime vinaigrette lettuce

Southern Style Vegetable $9
roasted sweet potato, corn, black beans, cabbage, fried tortilla, jalapeno cilantro dressing

Chickpea and Baby Kale $10
baby kale and cabbage slaw, crisp chickpeas, goat cheese, tomatoes, red wine vinaigrette
Chef’s Main Course
All selections served with rolls and butter
Min 10 unless otherwise specified
priced per person

Shepherd’s Pie $9.00
Beef Bourguignon with Whipped Potatoes (GF) $9.00
Beef Chili (GF) $9.00
Lasagna (min 12) $9.00
Mac n Cheese with Smoked Chicken $9.00
Chicken Pot Pie $9.00
Baked Cheese Tortellini (min 12) (V) $9.00
Baked Pasta Primavera, Tomato Cream Sauce (min 12) (V) $9.00
Asparagus and Mushroom Quiche (min 6) (V) $9.00
Vegetarian Bean Chili (VG, GF) $5 – 8.50
Thai Vegetable Curry with Rice (GF) $8.50
Butter Chicken with Rice (GF) $10.00
Paneer Peas Masala with Rice (V, GF) $9.00
Chickpea Curry with Rice (V, GF) $8.50
Vegetable Ratatouille with Polenta (V) $9.00
Vegetable Enchilada Casserole (V) $8.50

Pizzas
Large (16” – 12 Slices) $17.95 per pizza
choose any three (3) toppings: ham, bacon, pepperoni, sausage, green peppers, onion, mushrooms, pineapple, black olives, green olives, tomatoes, red onion, and extra cheese

Gourmet Toppings Additional Charge $2.20 per topping
No substitutions are permitted. Choose from: feta cheese, artichoke hearts, roasted red peppers, pesto, roasted chicken breast, sun dried tomatoes

Dipping Sauce $0.75
Choose from: Creamy Garlic, Cheddar Jalapeno

Combo Special $1.50
With any pizza order, add soft drinks for an additional charge
**Platters**

priced per platter
small – serves 10
large – serves 20

- **Fresh Vegetables** S $20 L $40
carrots, celery, grape tomatoes, peppers, cucumber, broccoli, cauliflower, red pepper dip

- **Antojito** S $20 L $40
mini tortilla pin wheels with spicy cream cheese

- **Cocktail Wrap** S $20 L $40
mini tortilla wraps with chicken, ham, roast beef, turkey, grilled vegetables pickle, hot pepper or roasted red pepper

- **Pita, Crostini and Dips** S $20 L $40
pita, crostini, hummus, bruschetta

- **Fresh Fruit** S $25 L $50
melon, pineapple, grapes, oranges and berries

- **Cheese and Crackers** S $30 L $60
cheddar, swiss, havarti, marble, gouda, grapes, crackers

- **Cocktail Sliders** S $30 L $60
ciabatta, cold meats, lettuce, tomato, cheese, mayo

- **Tea Sandwiches** S $20 L $40
mini deli sandwiches with egg, tuna, chicken, turkey, cucumber cream cheese

- **Cured Meats, Pickles and Cheese** S $35 L $75
salami, capicollo, olives, pickled eggplant, provolone, croute

**Desserts**

- **Brownies** S $25 L $50
caramel pecan, triple chocolate chunk, tiger

- **Sweet and Tart** S $25 L $50
nanaimo bars, lemon coconut squares

- **Dessert Squares** S $25 L $50
date square, macaroon madness, lemon, mixed berry

- **House Baked Cookies** $12 per dozen

- **House Baked Shortbread Cookies** $18 per dozen

- **Carrot Cake with Cream Cheese Icing**
serves 20 $40 serves 40 $70

- **Layer Cakes (14 slices)** $50
lemon yogurt torte, chocolate mousse, new york cheesecake, berry torte