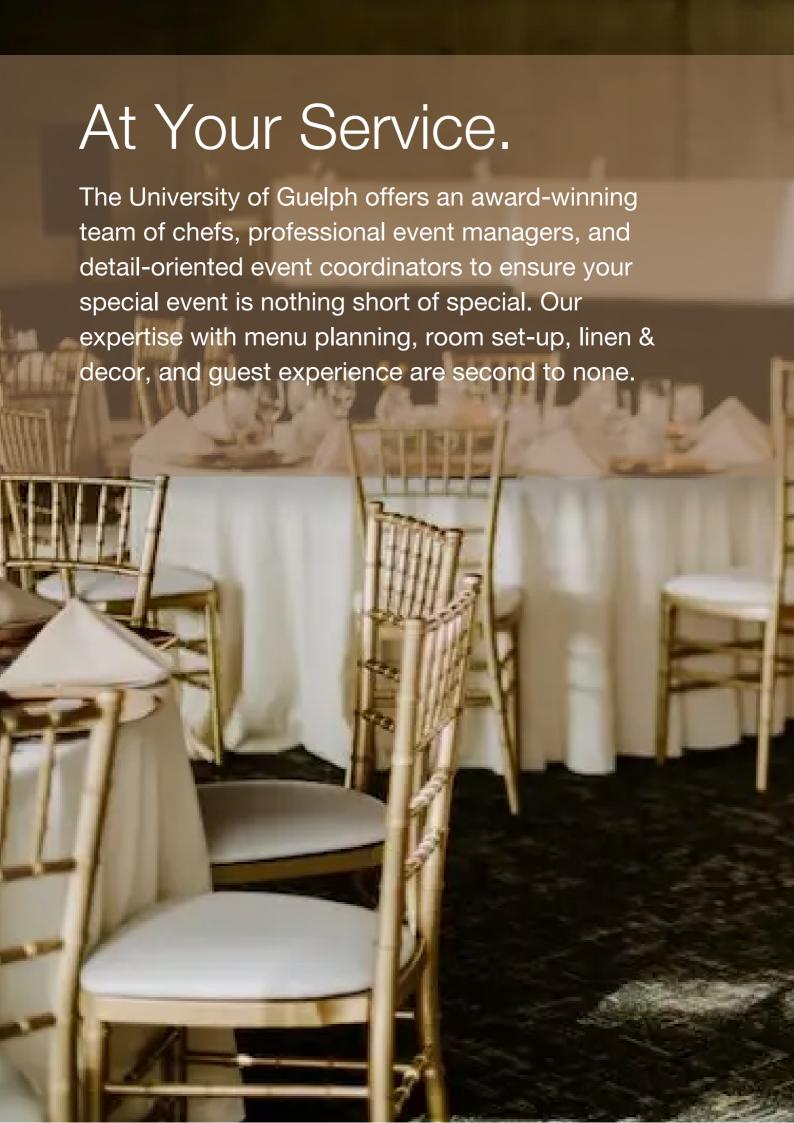
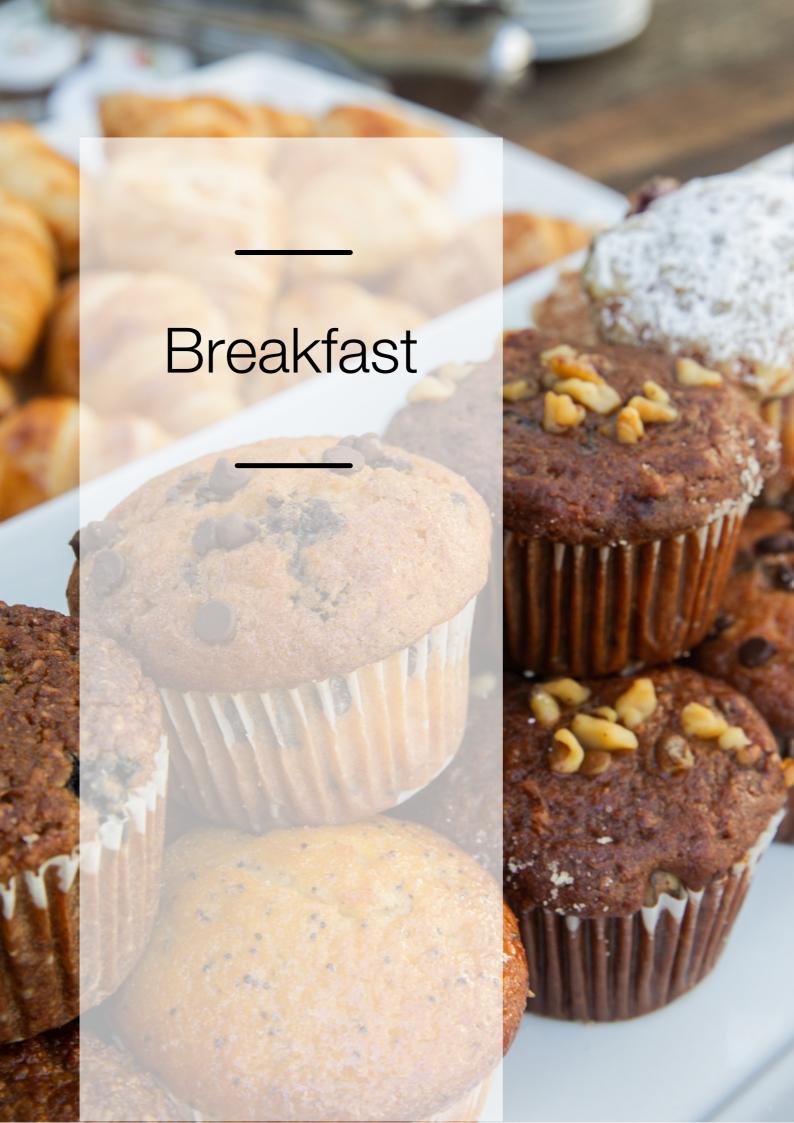


# Real Chefs. Real Food.

We pride ourselves in purchasing only the best locally sourced, quality ingredients for your menu - sometimes, even from our own backyard. Whether it is a working lunch or a gala dinner, we are passionate about providing our guests with a memorable culinary experience, every time.







# **Breakfast Buffets**

All Buffets are Inclusive of Orange Juice or Apple Juice, Freshly Brewed Fair Trade Coffee & Tea Minimum of 20 people

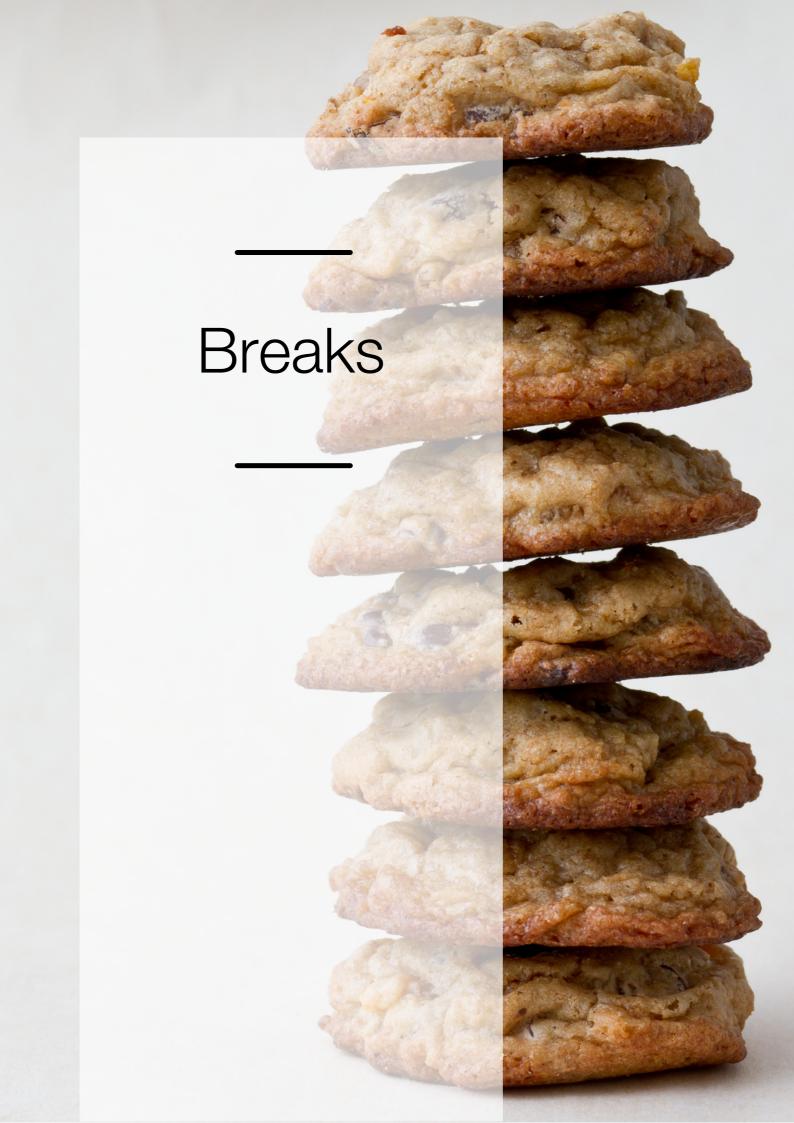
#### \$12 Gryphon Continental Assortment of Croissants, Danishes, Muffins & Scones Fruit Preserves & Whipped Butter Sliced Fresh Fruit Individual Yogurts Chef's Breakfast \$15 Assortment of Croissants, Danishes, Muffins & Scones Fruit Preserves & Whipped Butter Sliced Fresh Fruit Scrambled Eggs Bacon Home Fried Potatoes (v,gf) Create Your Own Breakfast Buffet \$14 Cold Breakfast Buffet - Select 4 Cold Items Hot Breakfast Buffet - Select 3 Cold & 3 Hot Items \$16 Cold Items Hot Items Croissants/Danishes/Muffins Scrambled Eggs Egg White Scramble Tomato & Onion Sliced Fresh Fruit Individual Yogurts Home Fries (v, gf) Granola Bars (vg) Bacon Cold Cereal & Milk Pancakes Cottage Cheese French Toast Hard Boiled Eggs Herb Crusted Tomato

# Enhancements (per person)

\$5

French Toast, Caramelized Apples and Raisins, Cinnamon Cream Goat Cheese, Roasted Red Peper and Caramelized Onion Quiche Mushroom, Leek and Cheddar Quiche Cheddar Omelette (V, GF) Yogurt Parfait





# Breaks

Beverages priced per serving Minimum Order 15 people	
Fair Trade Coffee & Tea Iced Tea Hot Chocolate Hot Apple Cider Lemonade	\$2.50 \$2.50 \$2.50 \$2.50 \$2.50
Individual Beverages priced per serving	
Canned Soft Drinks Assorted Juices Hitchhiker Lemonade Milk or Chocolate Milk (500ml) Smoothies Soya Beverages	\$2.25 \$2.25 \$5.25 \$3.00 \$4.25 \$4.25
Bakery priced per serving unless specified Minimum Order 6	
House Baked Cookies (per dozen) Croissant Fruit Danish Freshly House Baked Muffins Orange Cranberry Scones House Baked Loaves Cinnamon Coffee Cakes	\$13.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00
Coffee Break Favourites priced per serving	
Potato Chips Chocolate Bars Mixed Nuts Trail Mix Homemade Granola Bars (VG, GF) Whole Fruit	\$2.00 \$2.00 \$2.00 \$2.00 \$3.00 \$2.00





# Lunch Buffets

All Lunch Buffets are a Minimum Order 20 People Inclusive of Cold Beverages

#### Sandwich Lunch Buffet

\$23

Please Choose 2 Salads, 3 Sandwiches/Wraps, and 1 Dessert

#### Mixed Salads

Mixed Greens, Cucumber, Grape Tomatoes, Balsamic Vinaigrette (VG, GF)
Classic Caesar Salad w/ Grated Parmesan, Bacon Bits and Croutons
Mediterranean Pasta Salad, Grape Tomato, Cucumber, Bell Pepper, Feta Cheese, Lemon
Herb Vinaigrette (VG)
Multi Grain Salad, Scallion, Dried Fruits, Citrus Cardamom Dressing (VG)

#### Sandwiches & Wraps

Chicken Bacon Club Wrap, Baby Greens, Tomato, Cheddar Turkey Wrap, Baby Greens, Tomato, Avocado Mayo, Havarti Roast Beef, Arugula, Tomato, Red Onion, Grainy Dijon Mayo, Swiss on Kaiser

#### Vegetarian Sandwiches & Wraps

Roasted Eggplant and Red Pepper Wrap, Lettuce, Baba Ghanoush (VG)
Falafel Wrap, Hummus, Onions, Tomatoes, Cucumber, Tzatziki
Cilantro Sesame Tofu Wrap, Sriracha Mayo, Lettuce, Pickled Onion, Radish, Cucumber
Egg Salad, Shaved Cucumber on Croissant

#### Desserts

Lemon Yogurt Torte
New York Cheesecake with Berry Compote
Chocolate Cake (Made in House)
Apple Crisp, Whipped Cream
Assorted Squares and Tarts
Fresh Cut Fruits
Freshly Baked Cookies



Hot Lunch Buffet \$27

Select 1 Soup & 1 Salad, or 2 Salads, 1 Entrée, 1 Starch, 1 Vegetable & 1 Dessert

#### Chef's Kettle Soup

Thai Curried Butternut Squash Soup (VG, GF)

Parsnip and Apple Soup (VG, GF)

Market Vegetable Minestrone (VG)

#### Mixed Salads

Greens, Shaved Vegetables, Cucumber, Grape Tomatoes, Balsamic Vinaigrette (VG, GF)

Classic Caesar Salad with Grated Parmesan, Bacon Bits and Croutons

Mediterranean Pasta Salad, Grape Tomato, Cucumber, Bell Peppers, Feta Cheese, Lemon Herb Vinaigrette (VG)

Multi Grain Salad, Scallion, Dried Fruits, Pumpkin Seeds, Citrus Cardamom Dressing (VG)

#### Chef's Entrée Selections

Add a Second Entree \$6

Herb Grilled Chicken Breast, Ontario Mushroom Cream Sauce (GF, DF)
Thai Style Yellow Chicken Curry, Mushroom, Onion, Squash, Pepper (GF, DF)
Infusion Butter Chicken (GF)

Cod Cakes, Mustard Caper Cream Sauce

Meat Lasagna

#### Chef's Vegetarian Entrée Selections

Goat Cheese, Roasted Red pepper and Caramelized Onion Tart (V)

Moroccan Spiced Quinoa and Butternut Squash Cutlet (VG, GF)

Chickpea and Lentil Stew, Tomatoes and Market Vegetables (VG, GF)

Grilled Polenta with Tomato and Basil Ragout (V, GF)

Paneer Masala, Onions, Tomatoes, Peppers (V, GF)

Seared Asian Tofu, Scallion, Peppers (VG, GF)

Pasta \$5

Roasted Vegetable Lasagna (V)

Penne and Market Vegetable Primavera with Tomato (VG)

Cheese Tortellini with Roasted Vegetables and Tomato Cream Sauce (V)

#### Potatoes & Starches

Whipped Yukon Gold Potatoes (V. GF)

Herb Roasted Mini Potatoes (VG, GF)

Steamed Basmati Rice (VG, GF)

Rice Pilaf with Vegetables (VG, GF)

French Fries (VG, GF) \* (University Club, Creelman)

#### Local Seasonally Featured Vegetables

#### Desserts

Lemon Yogurt Torte
New York Cheesecake with Berry Compote
Chocolate Cake Homemade
Apple Crisp, Whipped Cream
Assorted Squares and Tarts
Fresh Cut Fruits

# Working Lunch (Plated)

Minimum Order 20 People Inclusive of Bread Rolls, Whipped Butter, Freshly Brewed Fair Trade Coffee & Tea

## Two Course Lunch Select 1 Entrée & 1 Dessert

\$24

#### Chef's Entrée Selections

House Smoked Chicken and Leek Tart, Mixed Greens
Herb Marinated Chicken Breast with Penne, Roasted Garlic Cream Sauce
Cod Cakes, Mustard Caper Cream Sauce, Mixed Greens and Lemon Herb Vinaigrette
Moroccan Spiced Salmon with Stewed Tomato and Onion, Lemon Rice (University Club,
Creelman)

## Chef's Vegetarian Entrée Selections

Goat Cheese, Roasted Red Pepper and Caramelized Onion Tart with Green Salad with Balsamic Dressing

Moroccan Spiced Quinoa and Butternut Squash Cutlet, Arugula Chickpea Salad, Lemon Herb Vinaigrette (VG, GF)

Mushroom Ravioli, Spinach, Mushrooms, Basil Cream Sauce with Green Salad

Roasted Vegetable Lasagna with Greens or Caesar Salad

Falafel, Couscous Salad, Cucumber, Tomatoes, Citrus Dressing, Tzatziki

Black Bean and Sweet Potato Quesadilla, Scallion Sour Cream, Salsa, Corn Salad

Chickpea Masala, Rice, Kachumber Salad (VG)

#### Chef's Entrée Salads\*

Herb Roasted Chicken Breast, Quinoa, Kale, Citrus, Sunflower Seeds, (GF, DF)

Chicken Cobb Salad, Avocado Ranch (GF)

Power Salad with Grilled Chicken, Chickpeas, Edamame, Purple Cabbage, Spinach, Carrot, Hemp Seeds, Mango Basil Vinaigrette

#### Desserts

Lemon Yogurt Torte
New York Cheesecake with Berry Compote
Chocolate Mousse Torte
Spiced Carrot Cake
Fresh Cut Fruits

\*Grilled Tofu can be substituted for chicken on all salads





# **Plated Dinner**

Minimum Order 20 People Inclusive of Bread Rolls, Whipped Butter, Freshly Brewed Fair Trade Coffee & Tea

Select 1 Soup or Salad, 1 Entrée, 1 Starch, 1 Vegetable, 1 Dessert A 4th course may be added by selecting an additional Appetizer

Appetizers \$6

Butternut Squash Ravioli, Sage Butter, Cider Cream, Roasted Squash (V) Penne Pasta, Sun Dried Tomato Sauce, Parmesan Cream, Basil (V) House Smoked Chicken and Caramelized Onion Tart, Roasted Red Pepper Relish

#### Soups

Butternut Squash Soup, Pear Chutney (V, GF)
Cream of Mushroom, Garlic Croutons (V)
Curried Cauliflower and Potato Purée, Coconut Cream (VG, GF)
Leek and Potato Soup (V, GF)

#### Salads

Mixed Greens, Cucumber, Cherry Tomatoes, and Shaved Market Vegetables, Citrus Vinaigrette (VG, GF) Roasted Beets, Arugula, Woolwich Dairy Goat Cheese, Honey Mustard Dressing (V, GF) Pesto Marinated Tomato, Bocconcini, Kalamata Olives, Greens, Balsamic Vinaigrette (V) Classic Caesar Salad, Grated Parmesan, Bacon Bits, Croutons Mixed Greens, Shaved Apple, Shaved Carrots, Pumpkin Seeds, Cider Vinaigrette (V, GF)

#### Chef's Entrée Selections

Slow Roasted Prime Rib, Horseradish Jus (GF, DF)	\$55
Braised Beef Short Ribs, Red Wine Reduction (DF)	\$50
Herb and Garlic Roasted Chicken Supreme, White Wine Herb Jus (GF, DF)	\$40
Ricotta and Spinach Stuffed Chicken Supreme, Mushroom Cream Sauce (GF)	\$45
Smoked Mozzarella Ravioli, Basil Pesto, Tomato Coulis (V)	\$32
Moroccan Spiced Quinoa and Butternut Squash Cutlet and Tomato Chutney (VF, GF)	\$32
Korean Spiced Braised Tofu with Gochujang BBQ Sauce	\$32

#### Potatoes & 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 (V, GF)
Lemon Couscous (V, GF)
Lentil Pilaf (VG, GF)

#### Local Seasonal Featured Vegetables

#### Desserts

Triple Chocolate Mousse Tiramisu Torte Flourless Chocolate Cake (GF) Apple Crisp with Ice Cream Apple Caramel Cheesecake Select 2 Salads, 1 Entrée, 1 Pasta, 1 Starch, 1 Vegetable & 1 Dessert

Minimum Order 20 People

Inclusive of Bread Rolls, Whipped Butter, Freshly Brewed Fair Trade Coffee & Tea

#### Mixed Salads

Mixed Greens, Cucumber, Grape Tomatoes, Balsamic Vinaigrette (VG, GF)

Classic Caesar Salad with Grated Parmesan, Bacon Bits and Croutons

Traditional Greek Salad, Feta Cheese, Red Wine Vinaigrette (V, GF)

Mediterranean Pasta Salad with Grape Tomato, Cucumber, Feta Cheese, Bell Pepper, Lemon

Herb Vinaigrette (V)

Potato Salad, Scallions, Pickles, Dill and Grainy Dijon Dressing (VG, GF)

Multi Grain Salad, Scallion, Dried Fruits, Pumpkin Seeds, Citrus Cardamom Dressing (VG)

#### Chef's Entrée Selections

Add a Second Entrée \$6

U of G Honey Glazed Chicken Supreme, Thyme Jus (GF, DF)

Ricotta and Spinach Stuffed Chicken Supreme, Mushroom Herb Cream Sauce (GF)

Moroccan Spiced Salmon with Stewed Tomato and Onion (MP)

Lentil Bean Cake, Roasted Pepper and Tomato Chutney (V, DF)

Moroccan Spiced Quinoa and Butternut Squash Cutlet, Sweet Pepper Coulis (VG, DF)

Vegetarian Local Bean Chilli, Tortilla Chips (VG, GF)

Chickpea Masala (VG, GF)

Smoked Cauliflower Steak with Chimichurri (VG, GF)

Spicy Tofu and Vegetable Coconut Curry (VG, GF)

#### Pasta

Roasted Vegetable Lasagna (V)

Penne Primavera with Tomato (VG) or Cream Sauce (V) with Mixed Vegetables

Mushroom Ravioli, Sautéed Mushrooms, Herb Cream Sauce (V)

Baked Chicken Rotini, Rose Sauce, Mushrooms, Onions and Mozzarella

Baked Cheese Tortellini, Roasted Vegetables, Tomato Sauce (V)

#### Potatoes & 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 (V, GF)

Lemon Couscous (V, GF)

Wild Rice and Basmati Pilaf (VG, GF)

## Local Seasonal Featured Vegetables

#### **Desserts**

Caramel Apple Cheesecake

Tiramisu Torte

Apple Crisp, Whipped Cream

Flourless Chocolate Cake (GF)

Vanilla Cheesecake, Berry Compote

Fresh Cut Fruits



# Platters & Sweets

\$90 \$110 \$45 \$55 \$50 \$50 \$60 \$60
\$35 \$35 \$35 \$35 \$35 \$35
\$60 \$60 \$100 \$60 \$13



# Passed Hors D'Oeuvres Priced Per Dozen, Minimum Order of 3 Dozen

# Cold

# Vegetarian

Caprese Skewers, Pesto Marinated Grape Tomatoes and Bocconcini (V, GF)	\$30
Roasted Beet Tartare, Woolwich Dairy Goat Cheese, Honey Mustard Glaze (V)	\$30
Tomato and Red Pepper Bruschetta, Garlic Croute (VG)	\$30
Kalamata Olive and Artichoke Tapenade, Ricotta, Fried Pita (V)	\$30
Brie and Fig, Sweet Chutney, Balsamic Glaze (V)	\$30
Roasted Red Pepper and Goat Cheese Mousse, Garlic Croute	\$30

# Hot

# Vegetarian

\$32
\$32
\$32
\$32
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\$32
\$32
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\$32
\$32
\$32
\$32

## Meat, Poultry & Fish

Tandoori Chicken Skewer, Cilantro Mint Chutney (GF)	\$34
Chicken Dumpling, Ponzu Sauce	\$34
House Smoked Chicken and Leek Tart	\$34
Homemade Beef Meat Balls, Spicy BBQ Sauce	\$34
Spicy Sausage Rolls, Homemade Chilli Sauce	\$34





## U of G Fire Grill BBQ

\$23

Select 2 Salads and 1 Entrée Inclusive of Fresh Cut Melon, Assorted Squares and Cold Beverage

## Minimum Order 20 People

#### Salads

Potato Salad with Pickles (VG, GF)
Creamy Coleslaw (VG, GF)
Greek Salad (V)
Macaroni Salad (VG)
Mixed Green Salad, Balsamic Dressing (VG)

### Entrée Selections

Add a Second Entrée \$5

VG Meats Beef Burger (GF, DF) / Vegetarian Burgers (VG) Jumbo Hot Dogs / Veggie Dogs Grilled Chicken Breast (GF, DF) on a Bun

# Upgrade Your BBQ

VG Meats Beet Burger (GF, DF), Caramelized Onion, Cheese	\$25
Smoked Quarter Chicken, Rosemary Jus (GF, DF)	\$26
Buttered Local Corn on the Cob (seasonal) (V, GF)	\$3
Homemade Apple Crisp	\$4

