CATERING
HOSPITALITY SERVICES

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phone • 519-824-4120 ext 53350
MENU

1 BREAKFAST BUFFETS
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3 SANDWICH LUNCH BUFFETS
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## Breakfast Buffets

**Minimum 20 people**

### 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
- 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
- Sliced Fresh Fruit
- Whole Seasonal Fruit
- Individual Yogurts
- Granola Bars (VG)
- Cold Cereal and Milk
- Cottage Cheese
- Hard Boiled Egg

#### Hot Items
<table>
<thead>
<tr>
<th>Scrambled Eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg White Scramble - Tomato and Onion</td>
</tr>
<tr>
<td>Home Fries (V, GF)</td>
</tr>
<tr>
<td>Bacon</td>
</tr>
<tr>
<td>Pancakes</td>
</tr>
<tr>
<td>French Toast</td>
</tr>
<tr>
<td>Herb Crusted Tomato</td>
</tr>
</tbody>
</table>

**Enhancements - per person $4**

- Sliced Domestic Cheese and Crackers Platter
- French Toast, Caramelized Apples and Raisins, Cinnamon Cream
- Asparagus and Goat Cheese Quiche
- Ontario Farmed Mushroom and Leek Quiche
- Cheddar Omelette* (V, GF)
- Yogurt Parfait
### Beverages (prices per serving)
- Minimum order 15 people
  - $2.25 Fair Trade Coffee (locally roasted)/Tea
  - $2.25 Iced Tea
  - $2.25 Hot Chocolate
  - $2.25 Hot Apple Cider
  - $2.25 Lemonade

### Individual Beverages (prices per serving)
- $2 Canned Soft Drinks
- $2 Assorted Juices – Fairlee
- $5 Hitchhiker Lemonade
- $2 Milk or Chocolate Milk 250 ml
- $4 Smoothies
- $4 Soya Beverages

### Selection from the Bakery (prices per serving unless specified)
- Minimum Order 6
  - $12 House Baked Cookies (per dozen)
  - $3 Croissants
  - $3 Fruit Danishes
  - $3 Fresh House Baked Muffins
  - $3 Orange Cranberry 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 Homemade Granola Bars (VG)
- $2 Whole Fruit
# 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

## $22 per person

Minimum 20 people

| **Mixed Salads** | Mixed Greens, Cucumber, Grape Tomatoes, Balsamic Vinaigrette (VG, GF)  
Classic Caesar Salad w/ Grated Parmesan, Bacon Bits and Croutons  
Pasta Salad, Grape Tomatoes, Roasted Pepper, Red Wine Vinaigrette (VG)  
Multi Grain Salad, Scallion, Dried Fruits, Citrus Cardamom Dressing (VG) |
| **Sandwiches and 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 and 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 Veg, Radish, Cucumber  
Egg Salad, Shaved Cucumber on Croissant |
| **Desserts** | Lemon Yogurt Torte  
New York Cheesecake w/ Berry Compote  
Chocolate Cake  
Homemade Apple Crisp, Whipped Cream  
Assorted Squares and Tarts  
Fresh Cut Fruits |
<table>
<thead>
<tr>
<th><strong>Hot Lunch Buffets</strong></th>
<th>For your buffet, please choose 1 Soup &amp; 1 Salad or 2 Salads, 1 Entrée, 1 Starch, 1 Vegetable and 1 Dessert. All buffets include Cold Beverages, Rolls and Whipped Butter</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>$26 per person</strong></td>
<td></td>
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<tr>
<td><strong>Minimum 20 people</strong></td>
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<tr>
<td><strong>Chefs Kettle Soups</strong></td>
<td>Gingered Butternut Squash (V, GF) Ontario Farmed Mushroom Bisque (V, GF) Classic Chicken Noodle Market Vegetable Minestrone (VG)</td>
</tr>
<tr>
<td><strong>Salads</strong></td>
<td>Mixed Greens, Cucumber, Grape Tomatoes, Balsamic Vinaigrette (VG, GF) Classic Caesar Salad w/ Grated Parmesan, Bacon Bits and Croutons Pasta Salad, Grape Tomatoes, Roasted Pepper, Red Wine Vinaigrette (VG) Multi Grain Salad, Scallion, Dried Fruits, Citrus Cardamom Dressing (VG)</td>
</tr>
<tr>
<td><strong>Chefs Entrée Selections</strong></td>
<td>Herb Grilled Chicken Breast, Ontario Farmed Mushroom Jus (GF, DF) Thai Style Yellow Chicken Curry, Mushrooms, Onions, Squash, Peppers (GF, DF) Infusion Butter Chicken (GF) Cod Cakes, Mustard Caper Cream Sauce Meat Lasagna</td>
</tr>
<tr>
<td><strong>2nd entrée (add $6)</strong></td>
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<tr>
<td><strong>Chefs Vegetarian Entrée Selections</strong></td>
<td>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) Seared Asian Tofu, Scallion, Peppers (VG, GF)</td>
</tr>
<tr>
<td><strong>Add $5 Pasta Selections</strong></td>
<td>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)</td>
</tr>
<tr>
<td><strong>Potatoes and Starches</strong></td>
<td>Whipped Yukon Gold Potatoes (V, GF) Roasted Garlic and Caramelized Onion Mashed Potatoes (V, GF) Herb Roasted Mini Potatoes (VG, GF) Steamed Basmati Rice (VG, GF) Rice Pilaf with Vegetables (VG, GF) French Fries * (listed below) (VG, GF)</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>Local Seasonal Feature</td>
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<tr>
<td><strong>Desserts</strong></td>
<td>Lemon Yogurt Torte New York Cheesecake w/ Berry Compote Chocolate Cake Homemade Apple Crisp, Whipped Cream Assorted Squares and Tarts Fresh Cut Fruits</td>
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</tbody>
</table>
# Working Lunch (Plated)

$22 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
- House Smoked Chicken and Leek Tart, Pepper Ragout with Mixed Greens  
- Grilled Herb Marinated Chicken Breast with Penne, Roasted Garlic Alfredo sauce  
- Cod Cakes, Mustard Caper Cream Sauce, Red Cabbage and Apple Slaw  
- Moroccan Spiced Arctic Char with Stewed Tomato and Onion, Lemon Rice (UClub, Creelman)

## 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  
- 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)  
- California Salad, Honey Mustard Chicken Breast, Citrus Vinaigrette (GF, DF)  
- Seared Haddock, Lentil Salad, Sun Dried Tomato Vinaigrette * (GF, DF)

## Desserts
- Lemon Yogurt Torte  
- New York Cheesecake w/ Berry Compote  
- Chocolate Mousse Torte  
- Spiced Carrot Cake  
- Fresh Diced Fruits
<table>
<thead>
<tr>
<th><strong>Hot Dinner Buffets</strong></th>
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<tbody>
<tr>
<td><strong>$ 45 per person</strong></td>
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<tr>
<td><strong>Minimum 20 people</strong></td>
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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

<table>
<thead>
<tr>
<th><strong>Mixed Salads</strong></th>
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<tbody>
<tr>
<td>- choose 3 salads</td>
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</tbody>
</table>

Mixed Greens, Cucumber, Grape Tomatoes, Balsamic Vinaigrette (VG, GF)
Classic Caesar Salad w/ Grated Parmesan, Bacon Bits and Croutons
Traditional Greek Salad, Feta Cheese, Red Wine Vinaigrette (V, GF)
Roasted Potato Salad, Rosemary & Grainy Dijon Dressing (VG, GF)
Pasta Salad, Roasted Red Pepper, Grape Tomatoes, Ontario Mushrooms, Red Onions, Red Wine Vinaigrette (VG)
Multi Grain Salad, Scallions, Dried Fruits, Citrus Cardamom Dressing (VG)

<table>
<thead>
<tr>
<th><strong>Dinner Entrée Selections</strong></th>
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<tbody>
<tr>
<td>- choose one entrée</td>
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<tr>
<td>(add a second entrée $6)</td>
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</table>

U of G Honey Glazed Chicken Supreme, Lemon Thyme Jus (GF, DF)
Moroccan Spiced Arctic Char with Stewed Tomato and Onion
(additional charge per market price)
Lentil Bean Cake, Roasted Pepper and Tomato Chutney (V, DF)
Quinoa Chickpea Cake, Sweet Pepper Coulis (V, DF)
Vegetarian Bean Chili, Corn Chips (VG, GF)
Chickpea Masala (VG, GF)
Local Bean Stew, Basil, Tomatoes (VG, GF)
Spicy Tofu and Vegetable Coconut Curry (VG, GF)

<table>
<thead>
<tr>
<th><strong>Pasta Entrées</strong></th>
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<tr>
<td>- Choose one</td>
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</tbody>
</table>

Vegetable Lasagna (V)
Penne Pasta Primavera, Tomato (VG) or Cream Sauce (V) with Mixed Vegetables
Mushroom Ravioli, Sautéed Mushrooms, Herb Cream Sauce (V)
Baked Chicken Rotini, Rose Sauce, Mushrooms, Onions
Baked Cheese Tortellini, Roasted Vegetables, Tomato Sauce (V)

<table>
<thead>
<tr>
<th><strong>Potatoes and Starches</strong></th>
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</table>

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 (VG)
Wild Rice Pilaf (VG, GF)

<table>
<thead>
<tr>
<th><strong>Vegetables</strong></th>
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Local Seasonal Feature

<table>
<thead>
<tr>
<th><strong>Desserts</strong></th>
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<tbody>
<tr>
<td>- Choose one</td>
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</tbody>
</table>

Caramel Apple Cheesecake
Chocolate Blackout Torte
Apple Crisp, Whipped Cream
Flourless Chocolate Cake (GF)
Vanilla Cheesecake, Berry Compote
Fresh Cut Fruits
# 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

| $6 Appetizers | Butternut Squash Ravioli, Sage Butter, Cider Cream, Diced Tomato (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 (V, GF)  
  Roasted Tomato and Fennel Soup, Dill Sour Cream (V, GF) |
| Salads        | Mixed Greens, Cucumber 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, Pumpkin Seeds, Cider Vinaigrette (V, GF) |
| Chef’s Dinner | $55 Slow Roasted Prime Rib of Beef, Horseradish Jus (GF, DF)  
  $50 Braised Beef Short Ribs, Red Wine Reduction (DF)  
  $40 Herb and Garlic Roasted Chicken Supreme, White Wine Herb Jus (GF, DF)  
  $40 Mushroom, Spinach, Ricotta stuffed Chicken Breast, Garlic Herb Sauce  
  $32 Smoked Mozzarella Ravioli, Basil Pesto, Tomato Coulis (V)  
  $32 Lentil Bean Cake, Roasted Pepper and Tomato Chutney (VG, GF)  
  $32 Quinoa Chickpea Cake, Sweet Pepper Coulis (VG, GF)  
  $32 House Smoked Tofu Steak, Cilantro and Green Onion Sauce (VG) |
| Entrée Selections | 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)  
  Lentil Pilaf (VG, GF) |
| Vegetables    | Local Seasonal Feature |
| Desserts      | Triple Chocolate Mousse  
  Turtle Cheesecake  
  Flourless Chocolate Cake (GF)  
  Apple Crisp with Ice Cream  
  Apple Caramel Cheesecake |
## Receptions

### Cold Platters (serves 20)
- $90 Antipasto Platter
- $96 Cheese Board with Fruit and Crackers
- $40 Antojitos (30 pieces)
- $49 Vegetable Crudités, Dip
- $45 Cocktail Wrap, Sliced Deli Meats and Cheese (30 pieces)
- $45 Tea Sandwiches Turkey, Egg, Cucumber Cream Cheese (30 pieces)
- $60 Mini Ciabatta Sliders Sliced Deli Meats and Cheese (20 pieces)
- $60 Sliced Cheese, Crackers, Fruit

### Spreads & Dip (serves 20)
- $30 Taco Chips, Salsa Fresca, Guacamole, Lime Sour Cream
- $30 Pita Chips, Hummus
- $30 Garlic Crostini, Tomato Bruschetta
- $30 Creamy Spinach Artichoke Dip, Fried Pita
- $30 Masala Fried Chickpeas, Papadum, Cucumber Yoghurt
- $30 Spiced Red Lentil Dip, Naan Bites

### Sweets & Pastries (serves 20)
- $54 Assorted Squares (30 pieces)
- $55 Mini Cup Cakes (30 pieces)
- $100 Diced Fruit and Vanilla Yoghurt Dip (5 vases)
- $58 Fresh Sliced Fruit
- $12 Gourmet Cookies (per dozen)
# Passed Hors D'oeuvres

*Prices per dozen, Minimum 3-dozen*

## Cold

### Vegetarian
- $30 Caprese Skewers, Pesto Marinated Grape Tomatoes and Bocconcini (V, GF)
- $28 Roasted Beet Tartare, Woolwich Dairy Goat Cheese, Honey Mustard Glaze (V)
- $28 Tomato and Red Pepper Bruschetta, Garlic Croute (VG)
- $28 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

## Hot

### Vegetarian
- $28 Vegetarian Spring Rolls, Plum Sauce (VG)
- $28 Vegetarian Samosa, Tamarind Date Chutney (VG)
- $30 Ontario Mushroom Risotto Balls, Truffle Mushroom Aioli
- $28 Spanakopita
- $30 Breaded Ravioli, Tomato Coulis
- $30 Chickpea Fritter, Tomato Compote
- $28 Local Wild Mushroom Tartelettes, Brie, Herbs
- $28 Vegetable Dumpling, Ponzu Sauce
- $30 Fried Lentil Cakes, Pepper Coulis
- $30 Truffle Mac n Cheese Bites, Spicy Ketchup
- $30 Caramelized Onion & Smoked Canadian Cheddar Mini Quiche
- $30 Broccoli & Cheddar Fritters, Roasted Garlic Aioli
- $30 Vegetable Pakora, Mint Chutney

### Meat, Fish, Poultry
- $30 Tandoori Chicken Skewer, Cilantro Mint Chutney (GF)
- $30 Chicken Dumpling, Ponzu Sauce
- $30 House Smoked Chicken and Leek Tart
- $30 Homemade Beef Meat Balls, Spicy BBQ Sauce
- $30 Spicy Sausage Rolls, Homemade Chili Sauce
# Seasonal Outdoor Cooking

### U of G Fire Grill BBQ

$20 per person

Your Buffet includes 3 Salads, 1 Entrée, Fresh Cut Watermelon, Assorted Squares and Cold Beverages

<table>
<thead>
<tr>
<th>Salads</th>
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<tbody>
<tr>
<td>- choose 3 salads</td>
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<tr>
<td>Add 2nd Entree $4</td>
</tr>
<tr>
<td>Potato Salad with Pickles (V, GF)</td>
</tr>
<tr>
<td>Creamy Coleslaw (GF, DF)</td>
</tr>
<tr>
<td>Pasta Salad with Onions, Peppers, Grape Tomatoes (VG)</td>
</tr>
<tr>
<td>Greek Salad (V)</td>
</tr>
<tr>
<td>Mixed Green Salad, Balsamic Dressing (VG)</td>
</tr>
</tbody>
</table>

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

- $22 VG Meats Beef Burger (GF, DF), Caramelized Onion, Cheese
- $24 Smoked Quarter Chicken, Rosemary Jus (GF, DF)
- $2 Buttered Local Corn on the Cob (seasonal) (V, GF)
- $4 Homemade Apple Crisp