



the FRESH FORK

ORDER

custom catering

AND BRING THE

*freshest  
flavors*

*to your next event*







## Breakfast

All prices are per person and based on a minimum of 12 people.

### **Seasonal Sunrise** 13.99

Yogurt parfait with fresh berries served alongside assorted freshly baked muffins and a fruit. Includes coffee, tea or juice.


### **Continental** 13.99

Fresh baked pastries, muffins, croissants, butter, jams and a fruit. Includes coffee, tea or juice.

### **Bakers Mini** 11.99

Mini danishes, muffins, croissants, butter, jams and a fruit. Includes coffee, tea or juice.

### **Breakfast Frittata** 18.99

 Red and green peppers, baby spinach, diced tomatoes, red onions, and mozzarella served with crispy breakfast potatoes and a fruit. Includes coffee, tea or juice.

### **Classic Breakfast Buffet** 18.99

Farm fresh scrambled eggs, crispy breakfast potatoes, croissants with butter, jams and a fruit. Choice of bacon, turkey bacon and sausage. Includes coffee, tea and juice.

All prices are per person and based on a minimum of 12 people. For each group of 12, two breakfast sandwich flavours can be chosen.


### **Egg and Bacon** 6.99

English muffin, egg, cheddar cheese, and crispy bacon.


### **Egg and Sausage** 6.99

English muffin, egg, cheddar cheese, and sausage patty.

### **Egg White and Turkey** 7.99

 English muffin, egg white, Swiss cheese and turkey bacon.

### **Vegetarian Breakfast Burrito** 8.99

 Scrambled eggs, spiced black beans, sweet peppers, home fries, fresh cilantro, and salsa wrapped in a warm tortilla.

### **Breakfast Burrito** 8.99

Scrambled eggs, sharp cheddar, salsa, and crispy bacon wrapped in a warm tortilla.





## A la carte

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<b>Cinnamon Bun</b> Freshly baked and topped with vanilla icing, one per person.	5.99
<b>Assorted Fruit Danishes</b> Freshly baked assorted fruit Danishes, one per person.	4.99
<b>House Baked Muffin</b> Assortment of freshly baked muffins, one per guest.	3.49
<b>Freshly Baked Cookie</b> 3oz freshly baked cookie	2.99
<b>Butter Croissant</b> Light and flaky	3.99
<b>Baker's Mini Scones</b> Baker's Choice of freshly baked mini scones. 2 pcs per order.	3.99
<b>Assorted Mini Pastries</b> Chef's choice of Mini Pastries. 2 pcs per order.	4.99
<b>Breakfast Loaf Slice</b> Baker's pick of the day	3.99
<b>Whole Fruit</b> A selection of fresh bananas, apples and oranges.	1.99
<b>Yogurt Parfait</b> Assorted individual Yogurt Parfait Cup with Mixed Nuts and Berries.	6.99



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## Salad

*All prices are per person and based on a minimum of 12 people. For each groups of 12, two different salad options can be chosen.*

### **The Caesar**

7.99

Crisp romaine, herbed croutons, applewood smoked bacon, and fresh parmesan.



### **Heritage Market Greens**

7.99

Roasted butternut squash, tomato, cucumber and julienned carrots on a bed of spring mix. Served with creamy ranch or balsamic vinaigrette.



### **Pasta Salad**

6.99

Vegetable fusilli with sundried tomato, broccoli, fire roasted red peppers, parmesan cheese, and a basil pesto dressing.



### **Mixed Grain Salad**

7.99

A blend of whole grains with grape tomatoes, bell peppers, red onions, arugula lettuce, pumpkin seeds and lemon with a sweet red wine dijon dressing.



### **The Greek**

7.99

Marinated olives, red onion, tomatoes, green peppers and feta cheese on chopped romaine finished with fresh oregano and parsley.



### **Classic Potato Salad**

6.99

Red skinned potatoes, mayonnaise, red onions, green onions, mustard.



### **Vegetable Thai Noodle Salad**

6.99

Steamed egg noodles, julienned carrots, bell peppers, cilantro, ginger, green onion, tossed in a thai sesame dressing.



# Roots & Seeds

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*All Roots & Seeds Power Grain bowls are served in individual bowls. Includes a dessert bar.*



## Ninja Chicken Bowl

17.99

Herbed brown rice, lemon roasted chicken, shaved cabbage, spinach, carrots, cucumber, edamame, mandarin oranges, crispy wontons, sesame seeds, Asian sesame dressing.



## Eden Tofu Bowl

17.99

Lemon turmeric quinoa, chili lime tofu, cabbage, arugula, broccoli, chickpeas, carrot, cucumber, green onions, sunflower seeds, balsamic dressing.



## Rebel Falafel Bowl

17.99

Kale, falafel, quinoa, red peppers, tomato, black beans, corn, sunflower seeds, chipotle citrus ranch dressing.

**Add a canned of pop or juice for \$2**



**ROOTS  
&  
SEEDS**







## Sandwiches

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*Substitutions and Gluten-Friendly options are available upon request for a fee.*

### **Classic Sandwich Platter ( serves up to 10 )**

69.99

A selection of freshly prepared classic sandwiches:

- Egg salad with cucumber
- Shaved beef with horseradish butter
- Fresh vegetable wrap with cream cheese and sunflower seeds
- Shaved black forest ham, dijon mustard and Swiss
- Tuna salad

### **Gourmet Sandwich Platter ( serves up to 10 )**

129.99

A selection of freshly prepared gourmet artisan sandwiches:

- Southwest chicken club
- Turkey with brie, roasted peppers, mango chutney
- Greek vegetarian wrap
- Caprese salad sandwich
- Black pepper striploin



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# Boxed Lunches

## *gourmet lunch box*

For each group of 12, two different sandwich options can be chosen.

*Gourmet artisan boxes come complete with whole fruit, canned of pop or small bottled juice and a freshly baked cookie.*

*Individual sandwiches are available upon request.*

### **Southwest Chicken Club** 19.99

Tex Mex seasoned chicken breast, chipotle mayo, arugula lettuce.


### **Turkey, Brie, & Roasted Pepper** 19.99

Oven roasted turkey, fresh leaf lettuce, fire roasted red peppers, and mango chutney.

### **Greek Vegetarian Wrap** 19.99

Roasted mushrooms and zucchini with crumbled feta, red onion, iceberg lettuce, and tzatziki on a whole wheat wrap.

### **Caprese** 19.99

 Basil pesto aioli, heirloom tomatoes, bocconcini, fresh basil and balsamic reduction on multigrain. (Cals 910)

## *classic lunch box*

For each group of 12, two different sandwich options can be chosen.


*Classic boxes come complete with whole fruit, canned of pop or small bottled of juice and a freshly baked cookie.*

*Individual sandwiches are available upon request.*

### **Tuna Salad Sandwich** 15.99

Albacore tuna, dill, light mayo, red onion, and lettuce on rye bread.

### **Egg Salad Sandwich** 15.99

 Fresh eggs, light mayo, cucumbers & lettuce on multi-grain.

### **Black Forest Ham Kaiser** 15.99

Shaved black forest ham, Swiss cheese, romaine lettuce with Dijon mustard.

### **Shaved Beef Sandwich** 15.99

Shaved roast beef, julienned carrots, lettuce, and horseradish aioli on onion bun.

### **Vegetarian Wrap** 15.99

Roasted vegetables, cucumbers, lettuce, cream cheese, sunflower seeds served in a whole wheat wrap.





## Buffet

Minimum order of 12, special requests, substitutions and plant-based proteins are available upon request for a fee.

### We Are The North

38.99

Potato au gratin, chef's vegetables, house Salad, breadsticks, grilled sundried tomato & chicken sausage and your choice of *baked cod with miso Beurre blanc* or *baked sockeye salmon with agave lemon herb sauce*.

### Spirit of India

32.99

Fluffy basmati rice, cucumber raita, garlic naan, house salad, aloo gobi and your choice of *butter chicken* or *pork vindaloo*.

### Insta Italy

32.99

Spaghetti aglio e olio, vegetables, house salad, garlicky bread, eggplant parmigiana and your choice of *chicken cacciatore* or *beef picata*.

### Mexican Fiesta

32.99

Arroz a la mexicana ( tomato rice ), braised beans, cilantro crema, warm tortilla, house salad and your choice of *pork carnitas* or *chicken pollo guisado*.

### Wok Up

32.99

Fried rice, soy sauce chow mein, house salad, spring roll, tofu stir-fry and your choice of *sweet & sour pork* or *szechuan beef*.

### Greek Tavern

35.99

Rice pilaf, roasted lemon potato, greek salad, pita bread, tzatziki, briami and your choice of *chicken* or *beef souvlaki*.

### The Butcher

35.99

Garlic pomme puree, roasted vegetables, house salad, yorkshire pudding, gravy and *AAA herbed roasted striploin*.



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## Canapés

Price is per dozen, minimum order is 6doz ( 2 choices ). Special Request and Substitutions are available upon request for a fee.

	<b>Arancini</b> <i>Risotto balls, mozzarella, panko</i>	41.99
	<b>Polenta Bites</b> <i>Polenta, olive tapenade</i>	38.99
	<b>Mushroom Vol-au-Vent</b> <i>Mixed mushrooms, puffed pastry</i>	47.99
	<b>Mushroom Cap Spinach Dip</b> <i>Classic spinach dip, mushroom</i>	35.99
	<b>Lion's Mane Taco Cup</b> <i>Lion's mane crumble, tortilla Cup, sour cream</i>	41.99
	<b>Smoked Tofu Tikka on Stick</b> <i>Smoked tofu, tikka masala</i>	32.99
	<b>Cucumber Hummus</b> <i>House-made hummus, cucumber cup</i>	32.99
	<b>Caprese Crostini</b> <i>Caprese salad, crostini, pesto, balsamic reduction</i>	34.99
	<b>Crispy Yam Sushi Cup</b> <i>Nori, sushi rice, yam tempura</i>	38.99
	<b>Brazilian Style Cheese Puff</b> <i>Gluten friendly cheese puff made of cassava flour</i>	21.99



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## Canapés

Price is per dozen, minimum order is 6doz ( 2 choices ). Special Request and Substitutions are available upon request for a fee.

<b>Beef Meatballs</b> <i>Tomato pomodoro, parmesan</i>	31.99
<b>Chicken Yakitori</b> <i>Teriyaki glaze</i>	36.99
<b>Beef Sliders</b> <i>AAA beef, aged cheddar, tomato jam, brioche bun</i>	44.99
<b>Shrimp Po'Boy</b> <i>Crispy shrimp, remoulade, slaw, brioche bun</i>	50.99
<b>Prosciutto Melon</b> <i>Melon ball, goat cheese, prosciutto</i>	35.99
<b>Smoked Salmon Mousse</b> <i>Salmon, herbed cream cheese, cucumber slice</i>	35.99
<b>Five-Spiced Turkey</b> <i>Ground turkey, lettuce wrap, hoisin</i>	41.99
<b>Beef Kofta Taco</b> <i>Spiced ground beef patty, tzatziki, pickled red onion</i>	44.99
<b>Ganjang Crispy Chicken</b> <i>Korean fried chicken, sticky soy</i>	31.99



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# Sushi



## THE VEGETARIAN DELIGHTS

80.99

1 futomaki roll, 2 garden rolls, 2 kappa maki rolls, 2 yam rolls, 2 avocado rolls and 6 pieces of inari

## CALIFORNIA & AVOCADO PLATTER

71.99

5 california rolls and 5 avocado rolls

## TRAINEE PLATTER

82.99

2 BC rolls, 1 california roll, 1 spicy california roll, 1 salmon maki roll, 1 tuna maki roll, 1 kappa maki roll, 2 yam rolls and 2 dynamite rolls

## CONNOISSEUR PLATTER

104.99

2 california, 2 dynamite, 1 town square roll, 1 spicy tuna, 1 spicy salmon, 1 chopped scallop, 3 pcs of salmon, tuna and ebi nigiri, 3 pcs inari and 3 pcs tobiko

## CHEF'S PREMIUM ROLLS

139.99

Assortment of premium rolls, scallop, unagi, ahi tuna, sockeye salmon and octopus rolls



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# Classic Pizza

16" ( extra-large ) in-house made dough & rich tomato sauce

 <b>Three Cheese</b>	21.99
 <b>Garden Vegetables</b>	22.99
<b>Pepperoni</b>	22.99
<b>Hawaiian</b>	22.99

# Premium Pizza

16" ( extra-large ) in-house made dough & rich tomato sauce

<b>Spicy Bbq Chicken</b> Chicken, tomato sauce, red onion, cheddar, mozzarella, bbq sauce.	26.99
<b>Pulled Pork</b> Smoked pork, tomato sauce, red onion, cheddar, mozzarella, bbq sauce.	26.99
<b>Bacon Cheese-Burger</b> Ground beef, crispy bacon, cheddar, mozzarella, red onion, julienne pickles	26.99
 <b>Ultimate Mushroom</b> Seasonal mixed mushroom, caramelized onion, béchamel, swiss, mozzarella, arugula	26.99



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## Snacks

*All prices are per person and based on a minimum of 12 people.*



### **Crudité**

6.99

A selection of fresh peppers, grape tomatoes, carrots, cauliflower, broccoli, and cucumbers with a side of buttermilk ranch and black olive dips.

### **Artisan Cheese Board**



Chef's selection artisan cheese. Served with grapes, berries, dried fruits, seeds and assorted artisanal crackers.

14.99

### **Antipasto**

Marinated olives, artichokes, roasted red peppers, feta, provolone, and cured meats served with grilled flat breads.

14.99

### **Charcuterie Board**

Selection of cured meats, cheeses, assorted nuts, dried fruits and crackers.

13.99

### **Breads and Dips**



House breads, red pepper hummus, lemon herbed yogurt with fresh dill.

6.99

### **Chips and Dips**



Yellow corn tortilla chips, tomato salsa, guacamole and sour cream.

4.99

### **Fresh Fruit Salad**



Cantaloupe, honeydew, pineapple and grapes.

6.99



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## Sweets

*Price is based on minimum order of 12*

### **Strawberry Shortcake**

Classic strawberry shortcake.

6.99

### **Double Chocolate Torte**

Chocolate cake with chocolate ganache cover.

8.99

### **Triple Chocolate Mousse Cake**

White, milk and dark chocolate mousse with chocolate glaze.

8.99

### **New York Cheesecake**

Trio berries compote.

7.99

### **Dessert Bar**

Choice of mixed berry crumble, double fudge brownie or oatmeal date bar.

2.99

## celebration

full sheet, ½ sheet, ¼ sheet cakes,  
specialty desserts and cupcakes

call our catering team to  
elevate your event!

custom  
selections  
available!



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## Beverages

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<b>Coffee Service (Serves 10)</b> Regular and Decaf coffee (upon request) with sugar, sweeteners, milk, cream and dairy free alternatives.	26.99
<b>Tea Service (Per Cup)</b> Tea service includes a variety of black and herbal tea.	2.69
<b>Water Dispenser (Serves 35)</b>	25.00
<b>Assortment of Bottled Soft Drinks</b>	3.15
<b>Bottled Water</b>	2.75
<b>Iced Tea Bottled</b>	3.85
<b>Assortment of Bottled Juice</b>	3.30
<b>Pitcher of Juice or Tropical Punch (Serves 10)</b>	16.50





# Policies

custom  
selections  
available!

## Dietary + Custom Items

Gluten-free/vegetarian/vegan/Plant-based options are available. Halal items & Kosher orders are available at an additional charge. Kosher can be done, please enquire about price. Notice of one week is required for kosher & Halal orders. Please advise of all Allergy and dietary restrictions.

## Ordering Lead Time

Orders must be placed and confirmed 72 hours in advance of the event. For events over 100 guests, or those that require liquor services or chef-attended stations, at least 5 working days' notice is required, so we can accommodate your event request.

## Billing

We reserve the right to adjust menu prices, however, quoted menu prices are honoured for all events within 60 days. Menu prices do not include all applicable taxes. A 15% service charge will be applied. A credit card or BCIT Org Code is required prior to the event.

## Pickup & Delivery

Set up will be completed 15 minutes before the start of the event and pick up will commence 30 minutes after the end of the event. Delivery charge off campus is \$40.00 plus a \$7.50 fuel surcharge.

## Service Staff

A server charge of \$35.00 per server per hour will be applied for staffed events, a bartender charge of \$45.00 per hour (1 bartender per 100 guests) & chef charge per hour of \$45.00.

## Room Setups

Room setups (tables & chairs) start at \$35.00 per room & linens at \$8.50 per tablecloth. If you require a podium, please contact A\V Services.

## Chinaware

China ware is available upon request at additional charges: \*Coffee Break Service - \$3.50 per guest. \*Meal Service - \$5.00 per guest.

## Food Safety

Please be aware that foods containing protein-(ie: meat, cheese, or seafood sandwiches and cream-filled pastries) and cut fruit that has been at room temperature for more than 2 hours, if eaten, may cause illness. Food left over from working lunches (with some exceptions such as plain baked goods without cream or custard fillings and uncut fruit) should not be eaten if it has not been kept chilled.

It is Compass Group Policy to protect our customers by removing these items from service after two hours



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## Contact

Emma Hlagi | BCIT  
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*custom  
selections  
available!*



Vegetarian



Vegan



Multigrain



Free-run eggs