



the fresh fork

Catering



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# REFRESHMENTS

<b>BOTTLED SOFT DRINKS</b>	<b>\$2.85 ea</b>
<b>BOTTLED WATER</b>	<b>\$2.5 ea</b>
<b>BOTTLED JUICE</b> <i>Apple, Orange or Cranberry</i>	<b>\$3 ea</b>
<b>MILK 2GO</b>	<b>\$3 ea</b>
<b>BOTTLED ICED TEA</b>	<b>\$3.5 ea</b>
<b>SPARKLING WATER</b>	<b>\$3.5 ea</b>
<b>STARBUCKS FRAPPUCCINO</b>	<b>\$5 ea</b>
<b>PITCHER OF JUICE</b> <i>Apple, Orange or Cranberry</i>	<b>\$15 ea</b>
<b>PITCHER OF TROPICAL PUNCH</b>	<b>\$15 ea</b>
<b>FRESHLY BREWED COFFEE (Serves 10)</b>	<b>\$24 ea</b>
<b>ASSORTED PREMIUM TEAS (Serves 10)</b>	<b>\$24 ea</b>







# Breakfast

\*Minimum order (10)\*

- |   |                |   |                |
|---|----------------|---|----------------|
| <b>✓ TOAST &amp; BAGEL</b><br>Assortment of toasts, bagels, cream cheese, fresh seasonal fruit and freshly brewed house coffee or tea.                              | <b>\$8 ea</b>  | <b>✓ BAKERS MINI</b><br>Assortment of mini morning pastries, whole fruit and freshly brewed house coffee or tea.  | <b>\$9 ea</b>  |
| <b>WAKE UP SANDWICHES</b><br>Biscuit or english muffin, sausage or bacon, free run egg, fresh seasonal fruit and freshly brewed house coffee or tea.                | <b>\$10 ea</b> | <b>✓ SIMPLY CONTINENTAL</b><br>Assortment of morning pastries, fresh seasonal fruit and freshly brewed house coffee or tea.   | <b>\$12 ea</b> |
| <b>✓ HEALTHY START</b><br>Yogurt and granola parfait, in house loaf and freshly brewed house coffee or tea.   | <b>\$13 ea</b> | <b>TEX MEX BREAKFAST</b><br>Assorted breakfast burritos, scrambled egg, Canadian cheddar, sausage or bacon, Pico de Gallo, fresh seasonal fruit and freshly brewed house coffee or tea. | <b>\$14 ea</b> |
| <b>✓ VISIT TO TUSCANY</b><br>Assortment of bagels, croissant, cold cuts, assorted sliced cheeses, fresh seasonal fruit, Jam and freshly brewed house coffee or tea. | <b>\$15 ea</b> | <b>COMPLETE BREAKFAST</b><br>Scrambled eggs, hash brown, bacon or sausage, toast, jams, fresh seasonal fruit and freshly brewed house coffee or tea.                                    | <b>\$16 ea</b> |



# BREAKS & SNACKS

\*Minimum order (10)\*

- |   |                     |
|---|---------------------|
| <b>GF FRESH SEASONAL FRUIT</b><br>Assortment of fresh local seasonal fruit, watermelon, honeydew, cantaloupe and etc.   | <b>\$5 ea</b>       |
| <b>GF CRUDITE</b><br>Seasonal vegetables with ranch and yogurt dip.   | <b>\$5 ea</b>       |
| <b>CLASSIC CHEESE</b><br>Assortment of chef's pick local cheeses. Garnish with crackers, grapes and berries.  | <b>\$8 ea</b>       |
| <b>FRUIT, VEGGIE &amp; CHEESE</b><br>Assortment of classic cheeses, crackers, fresh seasonal fruit and fresh vegetables.  | <b>\$10 ea</b>      |
| <b>ANTIPASTO</b><br>Assortment of cold cuts, grilled vegetables, cheese and baguette.   | <b>\$12 ea</b>      |
| <b>INTERNATIONAL CHEESE</b><br>Assortment of chef's pick international cheeses. smoked gouda, brie, gorgonzola, etc. Garnish with crackers, grapes and berries. | <b>\$14 ea</b>      |
| <b>LAUGHING SALMON (serves 30 – 40)</b><br>House cured organic chinook salmon (approx. 6lbs), laughing cow cheese, crackers and baguette.                       | <b>Market Price</b> |



# TOSSED SALADS

\*Minimum order (10)\*

- |           |  |               |
|-----------|--|---------------|
| <b>V</b>  | <b>MIXED GREENS</b><br>A mixed of greens, cucumber, carrot, tomato and red cabbage. Chef's pick dressing.  | <b>\$5 ea</b> |
| <b>V</b>  | <b>THAI NOODLES</b><br>Egg noodle, red pepper, green pepper, Napa cabbage, carrot, green onion, cilantro and oriental sesame dressing.                             | <b>\$5 ea</b> |
| <b>V</b>  | <b>PESTO PASTA</b><br>Penne noodle, red pepper, green pepper, broccoli, cauliflower, red onion and pesto dressing.   | <b>\$5 ea</b> |
| <b>V</b>  | <b>CLASSIC CAESAR</b><br>Romaine lettuce, croutons, lemon wedges, asiago cheese and Caesar dressing.   | <b>\$6 ea</b> |
| <b>GF</b> | <b>GREEN KALE</b><br>Kale, carrot, apple, edamame, chick pea, mixed of nuts and red wine vinegar dressing.   | <b>\$6 ea</b> |
| <b>V</b>  | <b>MEDITERRANEAN QUINOA</b><br>Organic quinoa, green lentils, roasted red pepper, green onions, cucumber, dates, corn, dried cranberry and balsamic feta dressing. | <b>\$6 ea</b> |
| <b>V</b>  | <b>GREEK GODDESS</b><br>Red pepper, green pepper, tomato, cucumber, olives, red onion, feta cheese topped with feta greek dressing.                                | <b>\$6 ea</b> |



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## HANDHELDS

\*Minimum order (10)\*

### **SOUTHWEST CHICKEN**

Grilled chicken breast, sweet chili mayo, cheddar, back bacon, lettuce, tomato and cucumber on focaccia bread.

**\$11 ea**

### **ROAST TURKEY BREAST**

Deli turkey, cranberry mayo, lettuce, tomato and swiss on multigrain.

**\$11 ea**

### **ASSORTMENT OF MINIS**

Chef's choice of mini sandwiches, including mini croissants and mini wraps. 3/person

**\$11 ea**

### **BUTTER CHICKEN WRAP**

Butter chicken, kale, roasted vegetables, paneer in a tortilla wrap.

**\$11 ea**

### **TEX-MEX GRILL WRAP**

Grilled chicken breast, spinach, lettuce, salsa, crema, cilantro, avocado in a spinach wrap.

**\$11 ea**

### **GF CURRIED SEASONAL VEGETABLES**

Grilled seasonal vegetables, arugula, paneer, hummus in a whole wheat tortilla wrap.

**\$11 ea**

### **IN-HOUSE ROAST BEEF**

Sliced beef, mayo horseradish, caramelized onion, provolone on a baguette.

**\$12 ea**

### **MONTREAL SMOKED MEAT**

Smoked meat, sauerkraut, havarti, lettuce, tomato, cucumber on a rye.

**\$12 ea**



# SUSHI

- (V) THE VEGETARIAN DELIGHTS** **\$60 /platter**  
1 futomaki roll, 2 garden rolls, 2 kappa maki rolls,  
2 yam rolls, 2 avocado rolls and 6 pieces of inari
- (V) CALIFORNIA & AVOCADO PLATTER** **\$60 /platter**  
5 california rolls and 5 avocado rolls
- TRAINEE PLATTER** **\$70 /platter**  
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** **\$90 /platter**  
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** **\$120 /platter**  
Assortment of premium rolls, scallop, unagi, ahi tuna,  
sockeye salmon and octopus rolls







## A LA CARTE

\*Minimum order (10)\*

**(V) MUSHROOM FETTUCCINE** **\$22 /person**

Wild mushroom, alfredo, fettucine noodle, house salad and garlic bread.

**(GF) GREEK SOUVLAKIS** **\$25 /person**

A skewer of marinated chicken breast or beef or veggie kabob, vegetable briami, rice pilaf, greek salad, tzatziki and pita flatbread.

**BUTTER CHICKEN** **\$25 /person**

Chicken breast, butter sauce, Aloo Gobi, roasted vegetables, basmati, house salad and naan bread,

**(GF) CACCIATORE** **\$25 /person**

Slow cooked chicken, herb tomato, pasta noodle, ratatouille, house salad and garlic bread.

**COQ AU VIN** **\$25 /person**

Simmered chicken in a wine demi sauce, mushroom, pearl onion, roasted potato, house salad and bread roll.

**BEEF BOURGUIGNON** **\$27 /person**

Beef stewed in a wine demi sauce, mushroom, pearl onion, roasted potato, house salad and bread roll.

**(GF) GRILLED SALMON** **\$28 /person**

Choice of teriyaki, beurre blanc, grilled sockeye, steamed season vegetables, rice pilaf, house salad and bread roll.

**SURF & TURF** **Market Price**

6oz of sous-vide AAA striploin, maple prawns, local seasonal vegetables, brown butter, herbs, baked potato, house salad and bread roll.





## BUFFETS

**\*Minimum order (10)\***

### **TOKYO BOUND**

Calrose rice, chef's vegetables, your choice of a tossed salad and 2 items of your choice:

- Tofu Teriyaki
- Corn Croquette
- Beef Teriyaki
- Chicken Teriyaki

**\$29 /person**

### **TASTE OF INDIA**

Basmati rice, seasonal vegetables, cucumber raita, garlic naan, your choice of a tossed salad and 2 items of your choice:

- Saag Paneer
- Chickpea Curry
- Aloo Gobi
- Pork Vindaloo
- Butter Chicken

**\$31 /person**

### **TRIP TO ROME**

Spaghetti aglio e olio or linguine pomodoro, steamed vegetables, your choice of a tossed salad, garlic bread and 2 items of your choice:

- Chicken Cacciatore
- Pork Milanese
- Eggplant Parmigiana
- Beef Piccata

**\$31 /person**



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## BUFFETS

**\*Minimum order (10)\***

### **MEXICAN FIESTA**

**\$31 /person**

Arroz a la mexicana (tomato rice), braised beans, cilantro crema, toasted tortilla, your choice of a tossed salad and 2 items of your choice:

- Seasonal Vegetables Fajita
- Eggplant Berenjena
- Pork Carnitas
- Chicken Pollo Guisado

### **KUNG PAO EXPRESS**

**\$31 /person**

Steamed rice, chow mein, steamed seasonal vegetables, spring rolls, your choice of a tossed salad and 2 items of your choice:

- Sweet & Sour Chicken or Pork
- Szechuan Beef or Chicken
- Sweet Chili Chicken or Pork
- Ginger Chicken or Pork
- Tofu Stir-Fry

### **ROAST ME UP**

**\$36 /person**

Herb roasted potato or garlic mashed potato, seasonal chef's vegetables, your choice of a tossed salad, bread roll, gravy and 2 items of your choice: (server needed)

- Herbed Roasted AAA Beef
- Roasted Pork Shoulder
- Turkey with stuffing (add \$3/person)



# CANAPES

\*Minimum 5 dozen per order (mix & match)\*

- |   |                    |
|---|--------------------|
| <b>V PAKORA</b><br>Crispy vegetable pakora served with plum chutney dipping sauce.  | <b>\$26 /dozen</b> |
| <b>PORK POT STICKERS</b><br>Pan seared pork pot stickers served with sambal dipping sauce.  | <b>\$28 /dozen</b> |
| <b>MEATBALLS</b><br>AAA Alberta ground beef served with spicy pomodoro dipping sauce.   | <b>\$28 /dozen</b> |
| <b>MAC &amp; CHEESE BITES</b><br>Old cheddar mac & cheese bites served with in-house made ketchup.                                | <b>\$28 /dozen</b> |
| <b>V CUCUMBER HUMMUS</b><br>Hummus in fresh cucumber cups topped with paprika oil.  | <b>\$30 /dozen</b> |
| <b>V CAPRESE SKEWER</b><br>Tomatoes, olives and bocconcini brushed with pesto balsamic vinegar.                                   | <b>\$32 /dozen</b> |
| <b>V MUSHROOM CAP BRUSCHETTA</b><br>Fresh classic bruschetta served in a cremini mushroom cup topped with a balsamic vinaigrette. | <b>\$32 /dozen</b> |
| <b>V Buttered Gnocchi &amp; Sundried Tomato</b><br>Herbed and butter gnocchi with marinated sundried tomato and olives            | <b>\$34 /dozen</b> |





# CANAPES

\*Minimum 5 dozen per order (mix & match)\*

**GF ROASTED PEAR PROSCIUTTO** **\$34 /dozen**

Bartlett pear wrapped prosciutto topped with a sweet vinaigrette.

**INDONESIAN CHICKEN SKEWERS** **\$34 /dozen**

Turmeric marinated chicken skewers served with a sweet soy dipping sauce.

**SMOKED SALMON MOUSSE** **\$36 /dozen**

Wild sockeye salmon served with cream cheese and herbs topped with fresh dill and extra virgin olive oil

**BEEF SLIDERS** **\$38 /dozen**

Chuck, prime and brisket beef sliders topped with aged cheddar and dijon mayo

**PULLED PORK SLIDERS** **\$38 /dozen**

In-house pulled pork sliders topped with coleslaw and in-house made bbq sauce.

**GF BEEF TATAKI** **\$38 /dozen**

Quick seared striploin topped with fresh seasonal vegetables and sesame soy sauce.

**CRISPY COCONUT SHRIMP** **\$38 /dozen**

Coconut breaded crispy 21/25 wild shrimp served with lime sweet chili sauce.

**CAJUN SHRIMP & WATERMELON SKEWERS** **\$38 /dozen**

Blackened shrimp with watermelon skewers topped with parsley oil.





# EVERYDAY PIZZA

\*16" in-house made dough & rich tomato sauce\*

**THREE CHEESE**

**\$20 ea**

**GARDEN VEGETABLES**

**\$22 ea**

**PEPPERONI**

**\$22 ea**

**HAWAIIAN**

**\$22 ea**

# PREMIUM PIZZA

\*16" in-house made dough & rich tomato sauce\*

**CHICKEN ENCHILADA**

**\$26 ea**

Shredded chicken, onions, jalapeno, beans, cheese blend, cilantro, sour cream and crispy tortilla.

**PULLED PORK**

**\$26 ea**

Smoked pork, bbq sauce, mozzarella and red onion.

**BACON CHEESE BURGER**

**\$26 ea**

Crispy bacon, beef, cheddar, caramelized onion, Tomato and pickles.

**V BUTTERNUT SQUASH**

**\$26 ea**

Roasted squash, fresh arugula, crumbled goat cheese and caramelized onions.







## DESSERTS

\*Minimum order (10)\*

### **BLONDIE (Mix & Match)**

Decadent dessert bar with white chocolate and raspberry.

**\$4 ea**

### **BROWNIE (Mix & Match)**

Just like my mom used to make.

**\$4 ea**

### **LEMON BAR (Mix & Match)**

Bursting with fresh lemon topped with toasted coconut.

**\$4 ea**

### **SALTED CARAMEL (Mix & Match)**

Light, sweet cookie slathered with salted caramel and ganache.

**\$4 ea**

### **CHEESECAKE**

Light creamy cheesecake topped with fresh seasonal fruit.

**\$8 ea**

### **TIRAMISU**

A classic Italian favourite.

**\$8 ea**

### **SEASONAL CRÈME BRULEE**

Ask flavour

**\$8 ea**

### **Celebration Cake ( serves 40-50 )**

Fruit and cream w/ custom message

**\$90 ea**



# GLUTEN-FREE, VEGAN OR NUT FREE

\*Minimum order (10)\*

## GLUTEN FREE MUFFINS

Seasonal assorted muffins.

\$4 ea

## VEGAN MUFFINS

Seasonal assorted muffins.

\$4 ea

## VEGAN YOGURT

Fresh seasonal flavours.

\$5 ea

## GLUTEN FREE, VEGAN & NUT FREE BAR

Chef's seasonal pick.

\$5 ea

## GLUTEN FREE SANDWICH

Choice of grilled chicken or prosciutto, gluten free bun, mayo, lettuce and tomato.

\$13 ea

## VEGAN SANDWICH

7 grain tempeh, guacamole spread, lettuce and tomato.

\$14 ea

## VEGAN & GLUTEN FREE PIZZA (serves 2 – 4)

Choice of margherita and roasted vegetables or spinach mushroom.

\$15 ea



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# ORDERING INFO

## **Dietary + Custom Items**

Gluten-free/vegetarian/vegan/ Plant based options available. Halal items & Kosher orders are available at an additional charge. Kosher can be done, please enquire for price. Notice of one week 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 and we must have a credit card or BCIT Org Code prior event.

## **Pickup & Delivery**

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

## **Service Staff**

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



custom  
selections  
available!

## CONTACT

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