

CATERING MENU

BCIT

TM

**BRITISH COLUMBIA
INSTITUTE OF TECHNOLOGY**

chartwells
where hungry minds gather



2018 – 2019 Menu



the fresh fork

SEASONAL CATERING. QUALITY SERVICE.



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menu



REFRESHMENTS

Freshly brewed coffee (serves 10)

- House blend (decaf/regular) 19
- Premium blend (decaf/regular) 24

Tazo tea (serves 10) 20

Assorted regular and herbal teas

Bottled water 2.5

Montpellier Sparkling water 3.5

Juice (bottle) 2.5

Juice pitchers (serves 8-10) 15

apple, orange or cranberry

V8 Juice 3

Tropical punch pitchers (serves 8-10) 15

Soft drinks (cans) 1.5

chocolate or 2% milk (237 ml) 3

chocolate or 2% milk (473 ml) 4

Soy milk 2.5

Pureleaf teas 3.5

Naked smoothies 5

Starbucks Frappuccino 5



menu



BREAKFAST FOR ALL

Minimum 20

Simply Continental

11

assortment of morning pastries | fresh seasonal fruit | freshly brewed coffee and tea

Bakers Mini

8

assortment of mini morning pastries | fresh seasonal fruit | freshly brewed coffee and tea

Healthy Start

11

vanilla Yogurt | cereal muesli | dried fruit | granola | in-house loaf | fresh fruit | freshly brewed coffee and tea

Wake Up Sandwich

10

biscuits | egg | bacon/sausage/ham | canadian cheddar | hash-brown | freshly brewed coffee and tea

Burrito Breakfast

12

assorted tortilla | scrambled egg | canadian cheddar | bacon or sausage | hash-brown | pico de gallo | freshly brewed coffee and tea

Complete Breakfast

15

Scrambled eggs | hash-brown | bacon/sausage/ham | assorted toast | butter and jams | fresh seasonal fruit | freshly brewed fair trade coffee and tea

Visit to Tuscany

13

european breakfast | assorted bagels and breads | croissants | cold cuts | sliced cheeses | fresh seasonal fruit | freshly brewed coffee and tea



menu



BREAKFAST FOR YOU

Min order 10

Energy Bar	3
Whole grain cereal Bar	3
Mini Greek Yogurt Parfait (5oz)	3
Breakfast Yogurt Parfait	5
Fresh Fruit platter with yogurt dip	4
Wake Up Sandwich	6
Homemade Oatmeal cookie	2
Cinnamon Bun	3.5
Fruit Danish (assorted)	3.5
Muffin (assorted)	2.5
Butter Croissant	3

TIMEOUTS

A LA CARTE

fresh sliced fruit – minimum 10 guests <i>Sliced seasonal fruit 4oz per order</i>	4
classic cheese selection – minimum 10 <i>Assorted classic cheeses crackers fruit 2oz per</i>	6
international cheese selection – minimum 10 <i>Assorted of imported cheeses crackers fruit 2oz per</i>	8.5
trail mix <i>mix in house of assorted dried fruits and nuts</i>	3.5
Potato Chips with Chipotle Aioli – minimum 10 <i>Hand-cut potato chips aioli</i>	2
Festive Platter – minimum 10 guests <i>spinach & sour cream dip pita flatbread crudités</i>	6.5

menu



HANDHELDS (MIN 10 GUESTS)

All handhelds are priced per person based on 10 person minimums.
Add a side of any salads \$3

Southwest Chicken Club 10
seasoned chicken | jack cheese | bacon | tomato | focaccia

Roast Beef Sandwich 10
oven roasted | horseradish mayo | onion kaiser

Turkey Breast 10
turkey breast | cranberry aioli | toasted ciabatta

Curried Chicken Salad Wrap 10
spiced chicken salad | lettuce | tomato | onion jam

Roasted vegetable and hummus Wrap 10
oven roasted vegetables | garlic hummus | arugula

Italian Sandwich 10
genoa salami | tomato | peppers | provolone | pesto mayo | focaccia

Tuna Salad 10
tuna salad | roasted tomato | lettuce | tapenade

Montreal Smoked Sandwich 10
pastrami | sauerkraut | dijon mustard | rye | swiss cheese

The Parisian 10
brie | cranberry aioli | arugula | baguette | red onion

menu



LUNCH BOXES (MIN 10 GUESTS PER)

Our Lunch boxes are served in the container that best suit your event: Meals are served in Biodegradable boxes – china is available upon request.

Includes your choice of pop or juice and a chef chosen dessert of the day.

Bento Box A

17

chicken/beef teriyaki | calrose Rice | seasonal vegetable | fresh Fruit | mixed greens | salmon/tuna sashimi | california roll | miso soup

Bento Box B

16

crispy tofu teriyaki | calrose rice | corn croquette | seasonal vegetable | fresh fruit | mixed greens | avocado roll | miso soup

Mexican Grilled Chicken Wrap

17

grilled mexican chicken breast | tortilla | arugula | spinach | sundried tomato dressing | corn chips | salsa

Tofu Wrap Meal

16

marinated grilled tofu | ginger and lime | crispy vegetable | tortilla | Sweet Chili | quinoa | spinach | fruits

Smoked Salmon Bagel

18

smoked salmon | capers | red onions | cream cheese | lemon wedge | orzo | spinach | date | fruit

Ciabatta Meal Caprese with Prosciutto

18

prosciutto | ciabatta | bocconcini | aioli | tomato | spinach | basil | greens

Corned Beef Sandwich

18

artisan bread | corned beef | sauerkraut aioli | dijon mustard | tomato | red onion | pickles | provolone | apple Coleslaw

menu



A LA CARTE (MIN 20 GUESTS)

Comes with your choices of 2 salads and bread

Greek Souvlakis	21
grilled marinated vegetable skewers veggie briami rice pilaf lemon potato pita house tzatziki	
Chicken	2
Beef	3
Prawns	4
Thai Curry	21
thai style red or green curry tofu vegetables coconut jasmine rice	
chicken	2
beef	3
prawns	4
Authentic Butter Chicken	22
spices butter Sauce tandoori chicken breast scented basmati rice garlic naan	
Chicken Cacciatore	22
slow cooked chicken thighs tomato herbs pasta noodle fresh baked rolls	
Indonesian Beef Rendang	23
simmered tender beef spices coconut milk potato pandan scented jasmine rice	
Mushroom Medley Fettucine	20
chef's picked seasonal mushrooms parmesan cream fettucine noodles asiago fresh baked rolls	
Pan-seared B.C Sable fish	30
seared sable chef's seasonal salsa brown rice vegetable medley	
Westcoast Teriyaki Salmon	25
baked wild sockeye house teriyaki wild rice pilaf seasonal vegetables	



menu



BUFFETS (MIN 20 GUESTS)

Comes with your choices of 2 salads.

ChinaTown

28

rice and steamed egg noodle | stir-fry vegetables | spring rolls | choice of 2 proteins :

- sweet & sour pork or chicken
- szechuan beef or chicken
- sweet chili chicken or shrimp
- teriyaki beef or chicken
- stir-fry tofu

Add egg tart

2

Taste of India

28

basmati Rice | steamed vegetables | cucumber Raita | garlic naan | choices of 2 proteins :

- dahl
- saag paneer
- chickpea curry
- pork vindaloo
- butter chicken
- bombay beef

Add coconut rice pudding

2

Trip to Italy

23

chicken cacciatore or angus meatballs | eggplant parmigiana | garlic bread | a choice of :

- linguine pomodoro
- butter penne
- spaghetti aglio olio

Add tiramisu bites

2

Mexican Fiesta

28

arroz a la mexicana (tomato rice) | braised black beans | cilantro crema | toasted tortilla | choice of 2 proteins :

- fajita seasonal vegetables
- eggplant berenjena
- pork carnitas
- chicken pollo guisado
- beef picadillo

Add mango mousse cup

2

menu



MARKET CARVERY (MIN 30 GUESTS)

Comes with your choices of 2 salads and bread roll

Herb-crusted Pork

22

house spices | roasted potato | house gravy | apple sauce | bread rolls

Oven-Roasted Beef

25

slow-cooked beef | lemon pepper roasted potato | mushroom gravy | horseradish cream | yorkshire pudding

Turkey

25

thigh and breast | roasted garlic mashed potato | cranberry sauce | caramelized brussel sprout | turkey gravy | bread rolls

Braised leg of Lamb

30

12 hours braised with red wine | scalloped potato | mint raita | vegetable briami | pita

ITALIAN PIES

Hand-Tossed fresh dough with rich pizza sauce and generous cheese. One size 16"

Vegetarian

18

tomato sauce | peppers | mushroom | onion | diced tomato | olives | mozza

Hawaiian

20

tomato sauce | pineapple | ham | mozza

Deluxe

20

tomato sauce | pepperoni | olives | onion | peppers | mushroom | mozza

Mediterranean

18

tomato sauce | peppers | onion | diced tomato | feta

menu



TOSSED (MIN 10 GUESTS)

Salads are priced per person based on 10 people minimums. Choice of any 2 salads that accompany a buffet is no additional charge (except spinach cobb add \$2)

Mixed Market Greens	4
seasonal marinated vegetables market greens house dressing	
Caesar Salad	4
chopped romaine lettuce garlic croutons parmesan	
<i>add grilled chicken breast</i>	4
<i>Add cajun shrimp</i>	5
Classic Potato Salad	4
red skin potato capers dijon mustard fresh dill	
Spicy Thai Noodle Salad	4
vermicelli noodles vegetables fresh lime thai peanut dressing	
Pesto Penne Pasta Salad	4
pesto vegetables olives artichoke	
Southern Style Coleslaw	4
shredded cabbage carrots buttermilk dressing	
Mediterranean Quinoa Salad	4
seasonal vegetables market greens house dressing	
Greek Salad	4
cucumbers tomato olives feta red wine vinegar dressing	
Spinach Chicken Cobb Salad	8
spinach egg bacon grilled chicken maple dressing	

menu



CANAPES AND PLATTERS

*Canapes are priced per doz and minimum of 5doz per order (mix&match)

*platters serves up to 10

Canapes

Pakorras Plum chutney	24
Pork Pot stickers sambal dressing	26
Meatballs spicy pomodoro parmesan	28
Indonesian Chicken Skewers sweet soy dressing	32
Mini assorted quiche aged balsamic	28
Beef sliders aged cheddar dijon mayo	35
Pulled Pork sliders coleslaw house bbq	35
Mac & Cheese Bites house ketchup	28
Mini Crab Cakes lemon aioli	38
Jerk Chicken skewers herb oil	32
Smoked salmon pepper and lemon crostini	32
Cajun prawns chef's salsa	35
Beef Tataki sweet soy garlic	35
Crispy coconut shrimp lime sweet chili	35
Cucumber & Hummus cup paprika oil	28
Caprese skewer pesto balsamic	28
Mushroom cap bruschetta balsamic glaze	32

Platters

Vegetable Crudit� ranch	35
Grilled vegetables balsamic drizzle	45
Antipasto grilled bread	60
Domestic Cheese fruit crackers	60
Toasted flatbread hummus sundried tomato spread	40
Fresh fruit yogurt dip	40

Sushi

The Rix Box serves 5-8 50

1 futomaki roll | 2 garden rolls | 2 kappa maki rolls | 2 yam rolls | 2 avocado rolls | 6pcs inari

Campus cafe Box serves 5-8 60

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 | 2 dynamite rolls |

Town square Box serves 8-10 80

2 california rolls | 2 dynamite rolls | 1 town square roll | 1 spicy tuna | 1 spicy salmon | 1 chopped scallop | 3pcs salmon nigiri | 3pcs tuna nigiri | 3pcs ebi nigiri | 3pcs inari | 3pcs tobiko

menu



BUILD IT YOUR WAY

Minimum 25. Chef attended. Included 2hrs of chef's labour

Bruschetta Bar

18

garlic crostini | bruschetta mix | parmesan | basil | tapenade | toppings

Canadian Poutine Bar

20

seasoned kennebec potato | montreal cheese curd | house gravy | pulled pork | frank's Chicken | toppings

Salad Bar

20

seasonal greens | roast beef | grilled chicken | toppings | dressings

Slider Bar

25

100% beef | cajun chicken | pulled pork | white or whole wheat buns | canadian cheddar | toppings

Sundae Bar

15

vanilla bean ice cream | chocolate sauce | hot caramel | whipped cream | blueberry | strawberry | mango | raspberry coulis | crushed peanuts | M & M's | reese's pieces | gummy bears

VALUE

All value meals serves up to 10

Chips, salsa, guac

(serves 10)

20/platter

fresh salsa | corn chips | house guacamole

Sandwich platter

(serves 10)

40/platter

Assorted sandwiches (tuna, egg, roasted vegetable and turkey)

Three-cheese pizza

14/box

16" fresh tossed dough | tomato sauce | mozza | feta | cheddar

Quick lunch box

min 10

10/box

ham & cheddar or tuna or grilled vegetable | brown or white toast | chef's salad | fruit | juice box

Jerk Chicken meal

min 10

14/person

marinated leg & thigh | jamaican rice & peas | chef's vegetables | lime crema

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HEALTHY SELECTIONS

A LA CARTE

Vegan & Gluten Free Yogurt	3.5
Vegan & Gluten Free Fruit Parfait	5.5
Vegan & Gluten Free Mac & Cheese	11
Vegan & Gluten Free Pizza (8 Slices) Choices of Fire Roasted Veggies or Supreme	20
Vegan & Gluten Free Cheezecake (8 Pieces) Choice of Strawberry or Chocolate	18
Vegan & Gluten Free Sandwich	10
Gluten Free Sandwich	10
Vegan & Gluten Free Muffin Choices of Blueberry Chai, Pumpkin Walnut	4
Vegan & Gluten Free Mini Muffins	2.5
Vegan and Gluten Free Raspberry Pecan Crumble with Dark Chocolate	4.5
Vegan & Gluten Free Individual Bundt Cake Choice of Almond Frangipane, Pumpkin Walnut or Carrot Cashew	6

menu



DESSERTS

Minimum order 10

Mango mousse cup 2.5

Small squares of brownies | blondies

Chocolate Platter 3.5

Small squares of brownies | blondies

Assortment of Squares 3

A tasty selection of various flavoured squares

Assortment of mini Cheesecake bites 3

A tasty selection of mini cheesecakes

Gourmet Cookies 2

white chocolate | double chocolate | milk chocolate | macadamia nuts | raisins

Cupcakes 3.5

Assortment of in-house cupcakes

Profiteroles tower 50

Choux pastry | chocolate sauce & caramel drizzles

celebration cakes

price includes personalized greetings

3 business days are required for all cake orders

half slab, serves 40-50 80

full slab, serves 80-100 140

menu



ORDERING INFO

dietary + custom items

When a meal package is ordered for a group and a guest has a food allergy and/or is gluten-free/vegetarian/vegan, this guest will be accommodated at no additional charge as long as the alternate menu item(s) is/are chef's choice. Each menu item in the package will be accommodated for this guest. If a **specific** alternate item is requested, there is an additional charge of \$2.00 per order per item.

When a meal package is ordered for a group, the fillings, breads, salads are chef's choice. If selecting a specific filling and/or bread, there is an additional charge of \$2.00 per order per item. If selecting a specific salad, there is an additional charge of \$1.00 per order per item. Salad selections must come from the menu's side salads.

Halal items are available at a charge of \$2.00 per order per item. Minimum notice of 5 working days required for halal orders. Kosher can be done, please enquire for price. minimum notice of one week required for kosher orders. Wrapping and labelling special meals and custom selections is no additional charge.

ordering lead time

Orders must be placed and confirmed at least 3 working days in advance of the event, however we will try our best to accommodate last minute requests. Please speak with your event coordinator to determine what can be offered for last minute requests. For events over 100 guests, or those that require liquor services or chef-attended stations, and for all concessions, at least 5 working days' notice is preferred so we can best accommodate your event requests.

minimums

Catering orders under \$100.00 will be charged a \$25.00 delivery charge and does not include taxes and service charges. This is per order and per location.

cancellations

We realize that emergency cancellations do occur, and will do our best to avoid any cancellation charges. If an order is cancelled with at least 3 working days notice, no cancellation charges will be applied, except for specialty ordered food products or prepared foods that cannot otherwise be utilized. Less than 3 working days notice will be determined on a per event basis.

billing

We reserve the right to adjust menu prices, however listed menu prices are honoured for all events within 60 days. Menus are priced before tax. A 15% service charge will be applied.



ORDERING INFO

timing

As a general guideline, setup for each catering order will start as early as 30 minutes prior to the order time. We strive to have it completely set up 15 minutes prior to the order time. Pickup for each event will be 30 minutes after each order end time. Other setup and pickup times may be arranged upon request.

service staff

As a general guideline, one server will be provided at no charge for all events over thirty (30) guests with buffet service. If a client requests staff for events smaller than 30 guests, or for break out / coffee services, one will be provided at an additional charge of \$30.00 per server per hour. When an event includes passed hors d'oeuvres and/or a carving station, service staff will be provided at an additional charge, unless client requests no additional staff. Staff charge of \$30.00 per server per hour will be applied.

melamine ware

Catering is served with melamine ware, compostable cutlery and disposable napkins. Melamine ware is included at no charge. Please note we reserve the right to use disposable ware for catering orders in open public spaces on campus at no extra cost to clients, and will be discussed prior with client.

china ware

Full china ware is available upon request at additional charges:
coffee break service - \$3.50 per guest per order
Full meal service (breakfast, lunch, dinner) - \$5.00 per guest per order
Full china service is included with buffet service.

health & safety

The health and safety of our guests is a top priority to BCIT food services. Our food services team is comprised of staff certified in: first aid, basic and advanced food safety and serving it right, and follow all company and provincial health & safety and food and beverage regulations. As per liquor control board regulations, no outside food or non-alcoholic beverage of any kind is permitted to be brought into, served, or consumed, at an event catered by BCIT food services unless authorized in writing by the executive director of food services. For food safety reasons, any food that is not consumed during the event may not be removed by the client at the end the event, no exceptions.