



Downtown Campus



CATERING MENU



the lazy Gourmet

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ABOUT US



About The Lazy Gourmet

Founded by Susan Mendelson in Vancouver in 1979, The Lazy Gourmet has staked its claim as one of the Western Canada's premier catering and event planning companies. In its more than four decades as an leader in the food and beverage industry, The Lazy Gourmet has helped private and corporate clients create memorable experiences via menus that showcase locally sourced ingredients and West Coast flavours served with a signature sense of hospitality by a seasoned family of service professionals. In 2022, The Lazy Gourmet joined the family at Compass Group Canada, the nation's leading food service provider.

Sustainability

Sustainability is one of the main pillars in our philosophy. It is something we have proudly embraced since we founded our company 45 years ago. We're excited to see that our new parent company Compass Group Canada shares that same commitment.

As a member of Compass Group Canada we are proud to continue this commitment, making an impact on sustainability on a national and global scale. Recognising the importance of collective action in achieving net zero objectives and reducing food waste, The Lazy Gourmet is committed to supporting collective programs which are creating positive change in the food system that promote well-being for people and planet.

[Learn More](#)



CATERING ARRANGEMENTS

How to Order

All catering arrangements are subject to the policies of BCIT Downtown Campus. Please contact your BCIT contact to place your catering order,

Compostable service items and/or necessary food service equipment are included. China service is available at an additional charge per service.



Order Deadlines & Catering Guarantees

Our Event Planner will require your preliminary order 2 weeks before the event. Final details are due at 12:00pm on the Tuesday of the week prior to your event.

Don't see something you like? Please contact your event planner, so that we can provide a custom menu.

Payment

All associated catering costs will be added to the final BCIT invoice.

All payments will be made directly to BCIT.

All in One Pricing

All prices listed are inclusive of delivery and service fee. All pricing applies to weekday catering Monday to Friday. Weekend service minimum is \$500 or may be available on request for smaller orders.

Cancellation Policy

Decreases in guest count and all other changes are due at 12:00 pm on the Tuesday of the week prior to your event. 100% Cancellation fee will be charged after this time. All cancellations must be in writing to the attention of BCIT Downtown Campus events team.

Allergy Policy

The Lazy Gourmet can accommodate special dietary requests pertaining to allergies or cultural restrictions. Kindly be aware that items marked **mwG** (made without Gluten), **v** (Vegetarian), **VG** (Vegan), **mwD** (made without Dairy) and **mwN** (made without Nuts) on the menu are prepared with ingredients that fit these indicators. However, we cannot guarantee their absolute freedom from cross-contamination in our kitchen.



FALL & WINTER 2025 FRESH SHEET

MUFFINS

APPLE PIE
SPICED PEACH
CHOCOLATE BUTTERSCOTCH
CRANBERRY ORANGE

DESSERT BARS

CHEESECAKE BROWNIE
APPLE RUMBLE BAR
CHERRY FRANGIPANE



SCONES

CHEDDAR JALAPENO
APRICOT CRANBERRY
CHOCOLATE STRAWBERRY
MAPLE APPLE CHAI

SANDWICHES/WRAPPS

Pork Katsu Sandwich

pork katsu with coleslaw, japanese mayo and tonkatsu sauce on sourdough bread made without dairy/nuts

Tuna Provencal

Tuna provencal salad with lettuce, roasted red pepper, red onion, cucumber and kalamata aioli on a ciabatta bun made without dairy/nuts

Sabich Wrap

Fried eggplant and egg with romaine, israeli salad, amba and tahini dressing in a flour tortilla made without vegan. made without dairy/nuts

Sweet Chili Tofu

Sweet chili tofu with lettuce, tomato, roasted red peppers, crispy fried onions and ginger green onion mayo on bread made without vegan. made without dairy/nuts

BEVERAGES



BEVERAGES

À LA CARTE

Fair Trade Canada Certified Coffee and Tea <i>Milano coffee and a variety of herbal and regular tea which will include a Fair Trade Certified option, decaf available. milk, cream, sugars and oat milk are included with coffee service. minimum 10 cups.</i>	\$3.6
Assorted Cold Beverages <i>assorted soft drinks, Perrier sparkling water, San Pellegrino fruit drinks</i>	\$3.6
Add Honey to Any Service or Hot Water with Lemon	\$6
Water Station <i>a water station can be added to any service. 1.5 cups per person up to 100 people</i>	\$20
Assorted Juices	\$3.6

SPECIALTY BEVERAGES

priced per serving

Hot Chocolate <i>minimum 10</i>	\$4
Fresh Squeezed Juice <i>8oz glass. minimum 10 glasses</i>	\$6
Orange or Grapefruit	

BREAKFAST



BREAKFAST

À LA CARTE

priced per item.

Assorted Muffins, Scones and Croissants v with whipped butter and house-made preserves. minimum 6	\$4.5
Assorted Bagels mwD mwN served with cream cheese. minimum 6	\$4.5
Assorted Coffee Cake Slices v Chef's Choice. minimum 6	\$3.5
Assorted Pastries v minimum 6 per type	
Croissants	\$4.5
Pain-Au-Chocolat	\$5
Cinnamon Buns	\$4.75
Cinnamon Twists	\$4.5
Fruit Danish	\$5
Banana Bread Slice	\$3.5
Stuffed Mini Croissants, Ham & Cheddar or Tomato, Asiago & Pesto	\$4.5
Vegan Bagels, Muffins, Coffee Cake Slices (Chef's Selections, minimum 6) mwD VG	\$5.5
Savoury Danishes minimum 6 per type	\$5.75
Spinach Tomato Feta, Bacon Onion Provolone, Potato Sausage Boursin	
Granola Bars mwG *not Celiac mwD v made with seeds, nuts, oats, and honey. minimum of 6	\$5
Hard Boiled Eggs mwG v whole egg, sliced in half. minimum 6	\$6
Deviled Eggs mwD mwG mwN v per dozen. minimum 3 dozen	\$43
Truffle or Prosciutto Crisp & Chives	

BREAKFAST



FRUIT & YOGURT

Fresh Fruit Kebabs <i>mwD mwG mwN VG</i>	\$7.75
Mini Fruit Kebabs <i>mwD mwG mwN VG</i>	\$5.25
Assorted Greek Yogurt wG <i>mwN V</i> 125ml	\$4.75
West Coast Parfait <i>v</i> minimum of 6	
<i>layered yogurt, house-made granola and seasonal berry compote</i>	
Mini (3oz)	\$5
Regular (6oz)	\$9.5
Vegan Coconut Berry Quinoa Parfait (3oz) minimum of 6 <i>mwG*not Celiac mwD VG</i>	\$5.75
Sun-Ripened Fresh Fruit Presentation <i>mwD mwG mwN VG</i> <i>garnished with seedless grapes and seasonal berries</i>	
Small (serves 10)	\$54
Medium (serves 20)	\$96
Large (serves 30)	\$144
Whole Fruit <i>mwD mwG mwN VG</i>	\$3.25
Fresh Fruit Salad <i>mwD mwG mwN VG</i> minimum 6	\$5.5 per cup
Overnight Oats mason jars	\$12

BREAKFAST PLATTERS

priced per platter

Lazy Gourmet Bakery Platter *v*

a variety of Muffins, Scones, Pain au Chocolat, Sweet Danish (custard and raspberry), Lemon Loaf Slices

Small (28 pieces)	\$102
Medium (39 pieces)	\$144
Large (54 pieces)	\$198

Lazy Gourmet Savory Platter *v*

Savoury Danish (Potato, Sausage, Caramelized Onion and Bacon), Spinach and Feta Swirls, Butter Croissants, Cinnamon Sour Cream Coffee Cake Slices, Savoury Scone

Small (28 pieces)	\$102
Medium (39 pieces)	\$144
Large (54 pieces)	\$198

BREAKFAST

HOT À LA CARTE

priced per item

Breakfast Wraps \$13
minimum 6 per type

served with salsa

Scrambled eggs, ham, and cheese *mwN*
Scrambled eggs, cheese and spinach *mwN V*

Breakfast Sandwich \$10.75
minimum 6 per type. served in foil bags
served on English muffin

Egg, Cheddar Cheese and Tomato *mwN V*
Egg, Bacon and Cheddar Cheese *mwN*
Egg, Crispy Kale, Squash and Parmesan Sauce *mwN V*
Egg, Grandfather Ham, Cheddar and Tomato Aioli *mwN*

Vegan Breakfast Sandwich *mwD mwN VG* \$12
with beyond meat patty, lettuce, tomato,
Vegan mayo on pretzel bun
minimum 6

Breakfast Bagel \$11.25
minimum 6 per type. served in foil bags

Egg, Cheddar Cheese and Tomato *mwN V*
Egg, Bacon and Cheddar Cheese *mwN*

Frittata \$11.25
minimum 6 per type

Mediterranean Frittata *mwG mwN V*
peppers, tomatoes, olives

Sausage Frittata *mwG mwN*
peppers, tomatoes, olives



BREAKFAST

COLD BREAKFAST BUFFETS

priced per person

The Continental \$16.5

House-Baked Muffins, Scones and Croissants v
(1.5 pastries per person)

House-Made Fruit Preserves, Marmalade and Whipped Butter v

Fresh Fruit Platter **mwD mwG mwN VG**

Fair Trade Organic Coffee and Tea
milk, cream, sugars and oat milk are included with coffee service. decaf coffee available upon request

The Fitness Instructor \$20

Granola Bars **mwG***not Celiac **mwD V**

(1 piece per person)

Fruit Skewers **mwD mwG mwN VG**

Greek Yogurt v

Juice and San Pellegrino

Fair Trade Organic Coffee and Tea
milk, cream, sugars and oat milk are included with coffee service. decaf coffee available upon request



BREAKFAST

HOT BREAKFAST BUFFETS

priced per person

The Jetsetter \$25
minimum 10

Belgian Waffles served with Maple Syrup,
Berry Compote and Whipped Cream **v**

Choice of Bacon or Sausage (3 pieces) **mwD mwG mwN**

Pitchers of Apple and Orange Juice

Fair Trade Organic Coffee and Tea
milk, cream, sugars and oat milk are included with
coffee service. decaf coffee available upon request

Downtown \$28
minimum 10

Mediterranean Frittata **mwG mwN v**

Focaccia Points **mwD mwN v**

Hashbrown Cubes **mwD mwG mwN VG**

Fresh Fruit Platter **mwD mwG mwN VG**

Pitchers of Apple and Orange Juice

Fair Trade Organic Coffee and Tea
milk, cream, sugars and oat milk are included with
coffee service. decaf coffee available upon request

First Class \$32
minimum 10

Scrambled Eggs with Chives **mwD mwN v**

Bacon **mwD mwG mwN**

Hashbrown Cubes **mwD mwG mwN VG**

Broiled Tomatoes **mwD mwN VG**

Freshly Baked Muffins, Scones and Croissants **v**

House-Made Fruit Preserves **v**

Pitchers of Apple and Orange Juice

Fair Trade Organic Coffee and Tea
milk, cream, sugars and oat milk are included with
coffee service. decaf coffee available upon request

BREAKS



BREAKS

DAYTIME BREAKS

priced per person. minimum order of 6.

Cambridge Break \$7.75

Gourmet Cookies **v**

Fair Trade Organic Coffee and Tea
milk, cream, sugars and oat milk are included with coffee service. decaf coffee available upon request

Dartmouth Break \$13

Gourmet Cookies **v**

Mini Fruit Salad Bites **mwD mwG mwN VG**

Fair Trade Organic Coffee and Tea
milk, cream, sugars and oat milk are included with coffee service. decaf coffee available upon request

Princeton Break \$13

Assorted Local and Import Cheeses with Fresh Berries, Dried Fruits and Nuts **v**
served with baguette and crackers

Fair Trade Organic Coffee and Tea
milk, cream, sugars and oat milk are included with coffee service. decaf coffee available upon request

Columbia Break \$12

Individual Crudité and Hummus Cups
mwD mwG mwN VG

Root Vegetables Chips and Assorted Dips **mwG V**
Fair Trade Organic Coffee and Tea
milk, cream, sugars and oat milk are included with coffee service. decaf coffee available upon request



BREAKS

BREAKOUT PACKAGES

priced per person. minimum order of 6.

Northwestern Break \$17

Assorted Mezze **mwN V**
 marinated olives, dolmades, falafel balls,
 spicy tahini dip, artichoke dip,
 flatbread with oven-dried tomatoes and spinach

Strawberry Basil Lemonade

Fair Trade Organic Coffee and Tea
 milk, cream, sugars and oat milk are included with
 coffee service. decaf coffee available upon request

NYU Break \$18

Popcorn Bar **mwG mwN**
 truffle and rock salt, classic butter and
 sriracha lemon

Kettle Chips **mwG V**

House-Made Fruit Gelées **mwD mwG mwN VG**

House-Made Chocolate Almond Bark **mwG V**

Fair Trade Organic Coffee and Tea
 milk, cream, sugars and oat milk are included with
 coffee service. decaf coffee available upon request

Brown Break \$13

Edamame with Chili Rock Salt **mwD mwG VG**

Coconut Bliss Balls **mwD mwG VG**

Fair Trade Organic Coffee and Tea
 milk, cream, sugars and oat milk are included with
 coffee service. decaf coffee available upon request

Vegan Break \$13.5

Vegan Salted Chocolate and Rosemary Cookies
mwD mwG mwN VG

Pesto Hummus and Rice Crackers **mwD mwG mwN VG**

Fair Trade Organic Coffee and Tea
 milk, cream, sugars and oat milk are included with coffee
 service. decaf coffee available upon request

Fair Trade Break \$16.5

this break includes Fair Trade Canada Certified items such
 as:

Banana Bread **V**

Chocolate Caramel Brownie Bites **V**

Fair Trade Organic Coffee and Tea
 milk, cream, sugars and oat milk are included with coffee
 service. decaf coffee available upon request

West Coast Break \$16

prepared in house by The Lazy Gourmet.
 minimum 20 guests

Smoked Salmon Flatbread with Lemon, Dill
 and Red Onion **mwN**

Cinnamon Sugar Fried Bannock Bread **mwN**

Saskatoonberry Tarts **mwN**

Fair Trade Tea

À LA CARTE

minimum 10 cups per order. 1 cup serves 2 people on average. please contact your event planner for appropriate
 serving sizes for your group

Popcorn \$6 per cup/ \$8 per bag (1.5 cups)
 Butter **V**
 Sriracha Lemon Popcorn **V**
 Truffle and Rock Salt **V**

Chips **mwG V** \$5 per cup
 Pretzels **mwD VG** \$5 per cup
 Peanut Butter Protein Balls **mwD V** \$3 each
 minimum 12

BREAKS

PLATTERS

all platters come in one size and serve up to 30 guests unless otherwise indicated. serving sizes vary based on the full assortment of offerings on your order.

Cheese and Charcuterie
with local and European cheese, local salamis and cured meats, honey, mixed nuts, olives, gherkins, red pepper jelly, house made ciabatta and foccacia

Small (serves 10) \$174
Medium (serves 20) \$210
Large (serves 30) \$270

Cheese Platter *mwG mwN V*
European and domestic cheeses

Medium \$132
Large \$180

Platter of Asian *mwD mwG mwN V*
Marinated BC Albacore Tuna \$270
with Korean chili sauce

Vegetable Platter *mwD mwG mwN V*
with dips

Small (serves 10) \$54
Medium (serves 20) \$96
Large (serves 30) \$162

Satay Platter *mwD mwG mwN* \$310
honey mustard chicken, Korean BBQ beef, herbed lemon prawns and spicy cilantro aioli

Plant Based Asian Vegetable Platter *mwD VG* \$260
Szechwan eggplant, sambal green beans, smashed cucumber, togarashi edamame, sweet soy cauliflower bites, crispy salt & pepper tofu, papadams and sesame cashew dip

Sun-Ripened Fresh Fruit Presentation
mwD mwG mwN VG

garnished with seedless grapes and seasonal berries

Small (serves 10) \$54
Medium (serves 20) \$96
Large (serves 30) \$144

LUNCH



LUNCH

SANDWICHES AND WRAPS À LA CARTE

a selection of rotating Fresh Sheet sandwiches and wraps is available, please check with your event planner for the current selection

30% Vegetarian will be provided unless otherwise requested
priced per item.

all sandwiches can be made gluten free by using our gluten free buns. all sandwiches can be made dairy free upon request.

Assorted Sandwiches **\$15.50**

minimum 6 per type, unless ordering an assortment

Order an assortment or choose from the selections below:

Grandfather Ham and Swiss *mwN*
ham, swiss, lettuce, tomato, grainy dijon aioli

Smoked Turkey *mwD mwN*
turkey, apricot chutney, lettuce, tomato, caramelized onion aioli

Classic Roast Beef *mwN*
roast beef, red onions, jalapeño harvarti, lettuce, tomato, smooth dijon aioli

Mediterranean Chickpea *mwD mwN VG*
smoke paprika hummus, red peppers, yellow peppers, zucchini, lettuce, tomato, cucumbers, olives

Free Range Egg Salad *mwN V*
egg, mayonnaise, green onion, lettuce, cucumbers

Tuna Dill Cucumber Salad *mwD mwN*
tuna, dill, mayonnaise, lettuce, cucumbers

Canadian Italian *mwN*
mortadella, prosciutto, salami, provolone, dijon mustard, sun-dried tomato aioli, lettuce, tomato

Assorted Wraps **\$15.50**

minimum 6 per type, unless ordering an assortment

Order an assortment (minimum 6), or choose from the selections below:

Crispy Chicken Caesar Wrap *mwN*
chicken tender, romaine, bacon, caesar dressing, parmesan, wrapped in a tortilla

Buffalo Chicken Wrap *mwN*
buffalo chicken, romaine, celery, red onions, crispy fried onions, ranch, spinach tortilla

Smoked Eggplant Wrap *mwD mwN VG*
house made eggplant dip, spinach, chickpeas, red pepper, yellow pepper, zucchini

Spicy Beef and Pineapple Wrap *mwN*
chipotle beef, bell peppers, romaine, grilled pineapple salsa and a lime aioli

ADDITIONAL STAFFING COSTS

Event Lead **\$48 per hour***

Server/Bartender **\$40 per hour***

Chef **\$45 per hour***

*minimum 4 hours. a service charge of 22% applies to service staff

LUNCH

SANDWICH BUFFETS

Executive Lunch

per person. can be ordered with sandwiches, wraps, or a selection of both

1 sandwich or wrap per person \$22

1.5 sandwiches or wraps per person \$28

all sandwiches can be made gluten free by using our gluten free bread

all sandwiches can be made dairy free upon request

30% Vegetarian will be provided unless otherwise requested

Includes:

Fresh Fruit Platter **mwD mwG mwN VG**

Selection of Dessert Bars

The Corporate Express \$23.5

per person. can be ordered with sandwiches, wraps, or a selection of both

Selection of Sandwiches and Wraps

House Mixed Greens Salad OR Classic Caesar Salad

Triple Chocolate Chunk Cookies

all sandwiches can be made gluten free by using our gluten free bread

all sandwiches can be made dairy free upon request

30% Vegetarian will be provided unless otherwise requested



PACIFIC RIM LUNCH

Individually Packaged \$31
per person. minimum 6 per type

Choice of:

1) Chicken Gado Gado
on Indonesian noodles with coconut peanut sauce, green salad, crab salad* and orange slices

2) Maple Glazed Salmon **mwD mwN**
encrusted with sesame and topped with blackberry port sauce on noodles with green salad, crab salad* and orange slices

3) Tofu Gado Gado **mwD mwG V**
on Indonesian noodles with coconut peanut sauce with green salad, spinach gomaе and orange slices

*crab salad includes gluten

LUNCH

ENTRÉE SALADS

priced per person. minimum 6 per type. all entrée salads can be made gluten free or dairy free upon request. each salad is served in a compostable bowl with a recyclable lid

Mixed Greens Salad with BC Chicken with lemon herb vinaigrette mwD mwG mwN	\$25
Vegetarian Salad v portobello mushrooms, spinach, and Swiss cheese with roasted garlic vinaigrette and focaccia bread	\$23
Chicken Caesar Salad mwN caesar salad with house-made croutons with grilled chicken and focaccia bread	\$25
Lemongrass Grilled Chicken Breast Salad with spicy peanut sauce, on a bed of mixed greens mwD mwG	\$25



POWER BOWLS

priced per person. minimum 6 per type. each bowl is served in a compostable bowl with a recyclable lid

Falafel Bowl mwN v falafel with spinach, pickled beets, roasted carrots, house-made lebaneh, couscous and spicy zataar citrus vinaigrette	\$25
Buffalo Cauliflower Bowl mwD mwG mwN VG avocado crema, pickled onions, tomato and cucumber salsa, rice, coleslaw base with mustard sauce	\$25
Hawaiian Chicken Bowl mwG mwN grilled pineapple, sautéed spinach, edamame and onions served over sushi rice with sriracha aioli	\$25
Tuna Poke Bowl mwN with tuna, avocado, dried seaweed flakes, crispy wontons, sesame seeds and house poke sauce	\$25

SOUP

8oz serving. minimum 6 orders per type

Tomato Basil mwD mwN VG with garlic croutons	\$8
Wild Mushroom mwD mwN VG with herbed croutons	\$8
Butternut Squash mwD mwG mwN VG	\$8
Mama's Chicken Vegetable mwD mwG mwN with wild rice	\$8
Carrot Ginger mwD mwG mwN VG	\$8
Thai Chicken mwD mwG mwN	\$10

LUNCH

LUNCH BUFFETS

priced per person. minimum order of 6. please select only **ONE package per event**. If you prefer this boxed, please add \$3.

Mexican Vacation \$34.5
Served buffet style

Romaine with Chopped Tomatoes and Avocado **mwN V**
served with crispy tortillas with lime dressing

Charred Corn and Bean Salad **mwG mwN V**
with creamy chipotle dressing (0.5 cups per person)

Taco Shells
3 per person

Build Your Own Taco Bar

Battered White Fish **mwD mwN**

Ancho Pork **mwD mwG mwN**

Pulled Jackfruit **mwD mwG mwN VG**

served with red cabbage, cilantro, sliced jalapeños, tomatoes, lettuce **mwD mwG mwN VG**, Queso Fresco **mwN V**, Pico de Gallo **mwD mwG mwN VG**, avocado mousse **mwN V** and chipotle cream **mwN V**

Cinnamon Sugar Churros **mwN V**

Chicken Cacciatore \$28
Served buffet style

Chicken with Grilled Vegetables **mwG mwN**
served over buttered egg noodles

1 per person

Arugula and Romaine Salad
grape tomatoes, red onions, cucumbers, focaccia croutons with a basil apple cider vinaigrette

Roasted Eggplant **mwG mwN V**

Buttered Egg Noodles **mwN V**

Build Your Own Bao \$26
Served buffet style

Kale and Broccoli Salad **mwD mwG mwN V**

with goji berries, toasted sesame seed, miso caesar dressing

Crispy Five Spice Chicken **mwD mwN**
3 per person

Crispy Tofu **mwD mwG mwN VG**

Cucumbers, Green Onions and Pickled Veggies
with a variety of sauces

Vegetarian Gyoza **mwD mwN V**
soy ginger dipping sauce

Chicken Shawarma \$26
Served buffet style

Mixed Greens Salad **mwD mwG mwN V**
tomatoes, onions, banana peppers and a lemon garlic tahini dressing

Marinated and Grilled Shawarma Chicken **mwG mwN**
1 per person

Saffron Basmati Rice **mwD mwG mwN VG**

Za'atar Spiced Roasted Cauliflower and Eggplant
mwD mwG mwN VG
tahini sauce and toum (garlic sauce) **mwD mwN VG**

LUNCH

LUNCH BUFFETS

priced per person. minimum order of 6. please select only **ONE package per event**. If you prefer this boxed, please add \$3.

Pad Thai Lunch \$25
Served buffet style

Mixed Greens **mwD mwN**
with Asian vegetables, crisp wontons, and cilantro ginger dressing

Tofu **VG** or Chicken Pad Thai **mwD mwG**
must choose in advance. minimum of 6 per type
*contains eggs

Spring Rolls **mwD mwN**
2 per person

Pasta Lunch \$25
Served buffet style

Caesar Salad **mwN**

Braised Short Rib or Spinach and Ricotta Cannelloni
mwN

Garlic Bread
1 per person

Shanghai Noodle Box \$25
Served buffet style

Sweet Soy and Ginger Marinated Flank Steak
with vegetables and Shanghai noodles **mwD mwN**

Spring Rolls **mwD mwN**
2 per person

Mixed Greens **mwD mwN**
with Asian vegetables, crisp wontons, and cilantro ginger dressing

Peri Peri \$30
Served buffet style

Rainbow Slaw with Mango, Toasted Coconut Flakes,
Lime Cilantro Vinaigrette **mwD mwG mwN VG**

Roasted Peri Peri Chicken Breast **mwD mwG mwN**
1 per person

Spicy Roasted Baby Potatoes **mwD mwG mwN VG**
Grilled Eggplant, Peppers & Olives **mwD mwG mwN VG**

The Greek \$34.5
choose chicken, beef or falafel. minimum 6 per type

Greek Salad **mwD mwG mwN**
with feta, tomatoes, olives, cucumber and romaine

Chicken **mwG mwN**, Beef **mwD mwG mwN**
or Falafel Skewers **mwD mwG mwN VG**
3 per person

Greek Rice **mwD mwG mwN VG**

Lemon Roasted Potatoes
1 per person

Pita Bread, Hummus **mwD mwG mwN VG** & Tzatziki **mwD mwG mwN V** 1 per person

BUILD YOUR OWN CORPORATE HOT BUFFET LUNCH

Main + Side OR Salad: \$27

Salad + Main + Side : \$33

Add Dessert: \$5

priced per guest. minimum 20 guests per order

Choose one SALADS

Baby Spinach Salad **mwG V**
with grilled peaches, candied walnuts, blue
cheese and our summer peach dressing

Kale Panzanella Salad **mwD mwN VG**
with red onion, tomato, belgian endive, kale,
parsley and peppers with pitas and a red
wine vinaigrette

Green Salad **mwD mwG mwN VG**
corn, strawberries, cherry tomatoes,
spring herb dressing

Classic Caesar Salad **mwN V**
with housemade croutons

Greek Salad **mwG mwN V**
cucumbers, peppers, tomatoes, red onion,
black olives, feta, Greek dressing

House Mixed Greens **mwD mwG mwN VG**
with cherry tomatoes, cucumbers and
balsamic vinaigrette

Choose one MAINS

Tuscan Beef Short Rib **mwG mwN**
with UBC Farm mashed potatoes

AAA Seared Flat Iron Steak **mwD mwG mwN**
with cherry tomato confit and chimichurri
served over UBC Farm smashed potatoes

Soy Shallot Marinated Chicken Breast **mwG
mwN**
with brown butter mushrooms
served over herb roasted potatoes

Roasted Chicken **mwG mwN**
with gremolata and mashed potatoes

Sweet Chili Chicken **mwD mwG mwN**
with gremolata served over jasmine rice

Teriyaki Wild BC Salmon **mwG mwN**
over black forbidden rice

Miso Glazed BC Cod **mwD mwG mwN**
with a jalapeño and pineapple salsa and
coconut rice

Roasted Cauliflower Steak **mwD mwG mwN VG**
with quinoa and kale ragout

Panko Crusted Aubergine **mwN V**
with braised red cabbage and cocoa
vegetable ragout

Artisan Ravioli **V**
filled with butternut squash in beurre blanc
with crushed hazelnuts

Choose one SIDES

Garlic Soy Bok Choy

Roasted Broccolini **mwD mwG mwN VG**

Green Beans **mwN V**
with Japanese sesame dressing
served at room temperature

Grilled Vegetable **mwD mwG mwN VG**
grilled red and yellow peppers, eggplant,
zucchini, portobello mushrooms and fresh
fennel served with a splash of aged balsamic

Herb Roasted Seasonal Vegetables
mwG mwN V

Add-on DESSERT

Selection of Dessert Bites
mini cupcakes, mini tarts, macarons, cake bites, squares & bars



RECEPTION

RECEPTION: À LA CARTE

PLATTERS

all platters come in one size and serve up to 30 guests unless otherwise indicated. serving sizes vary based on the full assortment of offerings on your order.

Plant Based Asian mwG mwN VG Vegetable Platter Szechwan eggplant, sambal green beans, smashed cucumber, togarashi edamame, sweet soy cauliflower bites, crispy salt & pepper tofu, papadams and sesame cashew dip	\$264	Premium Cheese Platter mwG mwN V selection of Five Benton Brothers' procured artisan cheeses with garnish	\$270
Satay Platter mwD mwG mwN honey mustard chicken, Korean BBQ beef, herbed lemon prawns and spicy cilantro aioli	\$312	European and Domestic Cheese Platter mwG mwN V served with crackers	
Vegan Tapas Platter vg roasted heirloom carrots, roasted zucchini, roasted peppers, blistered tomatoes, vegan cheese, cashew dip, walnut pesto, grapes, nuts and dried fruit	\$264	Small (serves 10)	\$90
Charcuterie Board a selection of nastrano salami, mortadella, Tuscan chicken apple sausage, soppressata, prosciutto, grandfather ham, genoa salami, duck rillette accompanied by mustard, caper berries, pickles, mixed olives		Medium (serves 20)	\$144
Small (serves 10)	\$150	Large (serves 30)	\$222
Medium (serves 20)	\$174	Root Vegetable Chip Platter mwG mwN V beet, yam, taro root and potato chips, served with a caramelized onion dip	\$144
Large (serves 30)	\$252	West Coast Seafood Platter mwD mwG mwN with candied salmon, garlic prawns, seared BC albacore tuna and scallops	\$420
Cheese and Charcuterie with local and European cheese, local salamis and cured meats, mixed nuts, olives, gherkins, red pepper jelly, honey served with house-made ciabatta and focaccia		Harvest Platter mwG mwN V with roasted heirloom carrots, cinnamon roasted yams, garlic roasted mushrooms, roasted artichoke & red peppers, pesto bocconcini, castevello olives, squash feta dip, beet hummus, charred green onion yogurt dip served with house-made ciabatta and focaccia	\$195
Small (serves 10)	\$174	Maple Planked Salmon mwD mwG mwN	\$132
Medium (serves 20)	\$210	Assorted Smoked Salmon Platter mwD mwG mwN	\$312
Large (serves 30)	\$270		

RECEPTION: À LA CARTE

CANAPÉS

\$43 per dozen, minimum 3 dozen.

Some items will require a Chef and may require service staff

COLD

Cuban Sliders **mwN**

with Swiss, dijon mustard and sweet pepper garnish

Wild Mushroom and White Bean **mwD mwN V**

with truffle caviar on crostini

Roasted Apple Tart **mwN V**

with brûlée brie and mission fig

Chicken Saltibocca Lolly **mwG mwN**

prosciutto wrapped chicken, sage and white wine marinade

Nori Wrapped Teriyaki Salmon **mwG mwN**

with horseradish crème fraîche, yuzu pearls

Tuna Poke Cup **mwD mwN**

with radish, green onions, sesame and sprouts

Burrata and Prosciutto Flatbread **mwN**

roasted apple, reduced balsamic

Red and Yellow Beet Carpaccio **mwN**

cucumber dill yogurt, arugula, pretzel bread

Coriander-Rubbed Albacore Tuna **mwD mwG mwN**

roasted red pepper, house spices, sunflower seeds, pomegranate seeds, muhammara dip

Mini Croissant Sandwiches **mwN**

grilled vegetables & Boursin

New York Steak au Poivre **mwD mwG mwN**

on rosemary skewer

Harissa Cauliflower Toast **mwD mwN VG**

Tiger Prawn Brioche Toast

with sun-dried tomato jam, garnished with chives,

Caviar-topped Charred Asparagus Tips

with asparagus mousse on a brioche crisp

HOT

One Bite Short Rib Gougère **mwN**

braised beef short rib in French cheese puff

One-Bite BC Albacore Tuna Slider **mwD mwN**

with butter lettuce and light wasabi mayo

Brussel Lollipops **VG**

toasted pecans, barrel aged maple syrup

Wild Mushroom Risotto Ball **mwN V**

on white wine truffle cream sauce

Vegetable Gyoza **mwD mwN V**

with soy ginger dipping sauce

Brie and Roasted Apple Grilled Cheese Sandwich **mwN V**

with salted caramel butter

Spring Roll **mwD mwN V**

with spicy plum dipping sauce

Mini Samosas **mwD mwN VG**

with fruit chutney

Lemongrass Thai Chicken Skewer **mwD mwN**

with sweet cucumber chili dipping sauce

Steak-Wrapped Frites

Korean Fried Chicken Skewers **mwD mwN**

Crispy Chicken Parmesan Bite

fried chicken with spicy tomato jam on a parmesan crisp, garnished with a basil chip

ADDITIONAL STAFFING COSTS

Event Lead \$48 per hour*

Server/Bartender \$40 per hour*

Chef \$45 per hour*

*minimum 4 hours. a service charge of 22% applies to service staff

CHEF'S STATIONS, BARS, AND CULINARY ACTIVATIONS

Elevate your signature event or happy hour with a touch of culinary artistry. Our team collaborates with you to craft a bespoke dining experience that will captivate your guests.

POPULAR CHEF STATIONS

Torched Aburi Chef Station

Experience the artistry of aburi-style sushi, expertly torched to perfection before your eyes.

Pan Fried Gnocchi Chef Station

Indulge in pillowy gnocchi, pan-fried and served fresh in a Parmesan wheel

Custom Chocolate Bar Painting Chef Station

Unleash your inner artist with a customizable chocolate bar station, where guests can design their own sweet masterpieces.

Slider Bar

Savor a variety of gourmet sliders, each crafted with unique and delectable ingredients.

Build Your Own Taco Bar

Delight in the freedom to create your perfect taco with an array of fresh, flavorful fillings and toppings.

Bao Bar

Enjoy fluffy steamed bao buns filled with an assortment of mouthwatering choices.



Details

Our Chef Stations, Bars, and Activations are priced per person and may require additional staffing. Please inquire with your Lazy Gourmet Event Planner for detailed pricing and customization options.

DESSERT



DESSERT

priced per dozen

- A Selection of Seasonal Biscotti **v** \$36
minimum 2 dozen
- A Selection of Seasonal Dessert Bars **v** \$36
minimum 2 dozen
- A Selection of Seasonal Cookies **v** \$36
minimum 2 dozen
- A Selection of Seasonal Cupcakes **v** \$57
minimum 2 dozen
- A Selection of Seasonal Mini Cupcakes **v** \$43
minimum 2 dozen
- A Selection of Seasonal Macarons **mwG v** \$43
minimum 2 dozen
- Mini Tarts **v** \$43
lemon, chocolate satin, key lime meringue,
Creamsicle, or Jack Daniels
minimum 2 dozen per type

- Assorted House-Made Truffles **mwG v** \$38
truffles made from Belgian chocolate
minimum 2 dozen
- Cheesecake Bites **mwG mwN v** \$57
dipped in dark, milk, or white chocolate
minimum 2 dozen per type
- Vegan Mini Cupcake **mwD mwN v** \$28
minimum 2 dozen per type
- Vegan Chocolate Avocado Mousse \$36
in 3oz shot glass **mwD mwG mwN VG**
- Mini Fresh Fruit Kabobs **mwD mwG mwN VG** \$5.25 each
- Seasonal Fruit Salad Buffet \$7 per guest
priced per person. minimum 10 **mwD mwG mwN VG**
An assortment of 4-5 different fruits or berries
arranged in bowls. Your guests get to pick and choose
which ones they wish to add to their dessert plate.



DESSERT

WHOLE CELEBRATION CAKES

	7"	9"	8x12"	12x16"	16x24"
Carrot Cake v	\$48	\$72	\$120	\$180	\$255
Nigella's Double Fudge Chocolate mwN v	\$54	\$78	\$138	\$240	\$305
Flourless Hazelnut Fudge Torte mwG v	\$54	\$78			
Chocolate Mousse Meringue mwG mwN	\$54	\$96			
Traditional Black Forest Cake mwN v		\$138			
People Served	6-8	9-14	18+	40+	80+

Cake Cutting Fee \$1.80 per person

ADD-ON	
Basic Writing with Icing	\$12

PIES

Fresh Baked Pies
7" pies. serves 6-8

Apple Pie mwN v	\$48
Raspberry Rhubarb mwN v	\$54
Cherry mwN v	\$54



the Lazy Gourmet