

Our talented catering culinarians have taken advantage of Autumn FLAVOURS by creating delightfully new dishes featuring the best of the season. These delicious dishes are available for a limited time. Contact our Catering department to schedule your next event with delicious food and impeccable service.



## BREAKFAST Á LA CARTE SELECTIONS & ADD ONS

### Sunrise BLT Egg Salad Wrap 1 Wrap | 740 cal

A flaky flatbread with herbed egg salad, crispy bacon, fresh tomato, sun-dried tomato pesto and mixed baby greens

### Honey Red Berry Yogurt Parfait 1 Parfait | 260 cal

Vanilla Greek yogurt topped with red berry cereal and toasted almonds with a honey drizzle



SUNRISE BLT  
EGG SALAD WRAP

## PREMIUM ADVENTURE BOX TAKEAWAYS

### Scottish Breakfast Adventure Box 1 Box | 620 cal

This fun adventure box features a Scotch egg, an artisan scone, savory & sweet orange and ham marmalade, and fresh raspberries & blueberries

### Mediterranean Traveler Adventure Box 1 Box | 340 cal

Take a dip! Baked pita chips served with baba ghanoush, hummus and a side of kalamata olives  
\$5.99 per guest

## PREMIUM TAKEAWAYS SALADS & SANDWICHES

### Jalapeño Chicken Wrap 1 Wrap | 600 cal

Red pepper & lime chicken salad, mashed black beans, jalapeño peppers & cheddar cheese on a hearty grain tortilla

### Muffaletta 1 Sandwich | 770 cal

Spicy sopressata, genoa salami, prosciutto, mortadella, ham, provolone and olive spread on ciabatta

## PREMIUM TAKEAWAYS SALADS & SANDWICHES CONT.

### Roasted Vegetable Hummus Baguette 1 Sandwich | 660 cal

Roasted broccoli, cremini mushrooms and eggplant with hummus, feta cheese and romaine lettuce on a baguette

### Grilled Chicken, Fig & Bleu Cheese Salad 1 Salad | 580 cal

Greens, oranges, figs, walnuts, bleu cheese & chicken served with fat-free raspberry vinaigrette and pita crackers

### Turkey, Pear & Freekah Salad 1 Salad | 570 cal

Baby kale, roasted turkey, herbed freekah, bosc pears, carrots and almonds served with low-fat balsamic dressing

### Roasted Squash, Apple & Chicken Salad 1 Salad | 420 cal

Greens, butternut squash, chicken, cranberries, apples and parmesan cheese with apple cider vinaigrette and pita crackers

## SERVED LUNCHEONS & DINNERS

### Pork Tenderloin, Sweet Potato & Rapini 1 Plate | 340 cal

Latin-spiced pork tenderloin served with sweet mashed potatoes and sautéed broccoli raab

### Pan-seared Chicken Breast with Asparagus 1 Plate | 680 cal

Seared crispy skin-on chicken breast with cranberries and leeks in a light cream sauce served with risotto and asparagus

### Seared Salmon with Kale and Quinoa Salad 1 Salad | 440 cal

Seared salmon filet over kale quinoa salad tossed with lemon dill vinaigrette and garnished with pickled red onions

### Spinach Salad with Lemon Shallot Artichoke Hearts & Grilled Chicken 1 Salad | 400 cal

Baby spinach, roasted artichoke hearts and goat cheese topped with grilled chicken in a lemon shallot vinaigrette

Consult with our catering team on adding a soup du jour to your package for an additional **cost per guest**.

 VEGAN  VEGETARIAN  MINDFUL



FLAVOURS  
by *sodexo*

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## HORS D'OEUVRES

Minimum group size - 10.

### Grilled Jerk King Trumpet Mushrooms

1 Serving | 160 cal  
Grilled king trumpet mushrooms seasoned with jerk spices topped with jalapeños and scallions

### Pretzel Bites with Sweet Sriracha Mustard

1 Serving | 160 cal  
Golden brown pretzel bites served with a sweet and spicy sriracha mustard



## SPECIALTY STATIONS

Minimum group size - 10.



1 Serving | 150-560 cal  
Honey sweetened overnight oats with your choice of tasty toppings!

### #TAILGATE

1 Guest | 470-2070 cal  
Build your own Tailgate party from a selection of delicious grilled sandwiches and sides!

- Fall Catering Specials and Prices are available through November 2017.
- 2,000 calories a day is used for general nutrition advice, but calorie needs vary.
- Additional nutritional information available.

## BEVERAGES & DESSERTS

Beet Apple Ginger Lemonade **VG**  
8 oz | 70 cal

Cranberry Roasted Pineapple Lemonade **VG**  
8 oz | 50 cal

Orange, Pear & Golden Beet Lemonade **VG**  
8 oz | 70 cal

Mexican Chocolate Pots de Crème **V**  
1 Pot | 720 cal  
Mexican sweet chocolate and cream infused with hot chiles and espresso coffee

Banana Nutella Trifle  
1 Dessert Cup | 230 cal  
Crumbled chocolate cake layered with Nutella mousse, sliced bananas and topped off with a Nutella drizzle and chocolate chips

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**VG** VEGAN **V** VEGETARIAN **M** MINDFUL