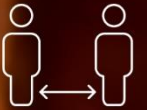


CARVED + CRAFTED *catering*

Lynda Koot
Manager of Conference Services
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780-465-3500







All Morning
Meal items
are packaged
together.
Sandwiches
individually
wrapped.

BREAKFAST

BEVERAGES

Raspberry Sparkling Punch 25 ppl	24.99/Dispenser
Tropical Island Punch 25 ppl	24.99/Dispenser
Canned Soft drinks Pepsi , Diet Pepsi, 7 Up, Ginger ale, Root Beer	2.29 each
Assorted bottled juices Apple, Orange, Cranberry, Grapefruit Cocktail	2.29 each
Premium Bottle Juice (Tropicana) Apple, Orange, Watermelon, Mango/Pineapple	3.89 each
Milk (250mL)	2.49 each
Bottled Water (591ml)	2.79 each
Hot Chocolate (1- 8oz c)	2.39 each
Coffee, Tea & Ice Water Bundle	22.99 / 10 cup 93.79 / 50 cup 165.49 / 100 cup

MORNING MEALS

CONTINENTAL BREAKFAST

13.49 per person

Fresh baked Danish, Muffins, Croissants and Cinnamon buns
Coffee, Tea and Juice

TRADITIONAL HOT BREAKFAST

18.29 per person

Scrambled Eggs
Choice of Bacon or Sausage Hash
Browns, Assorted Mini Pastries
Juice, Coffee, Tea

PANCAKES

Buttermilk or Berry Pancakes (3 pp)

6.89 per person

BREAKFAST A LA CARTE

Fresh Fruit Yogurt Parfait 9oz	5.95 per person
Seasonal Fresh fruit cup 9ozf	5.95 per person
Spinach and Cheese Frittatas	5.95 per person
Muffins, Juice, Coffee or Tea	5.95 per person
Mini Gourmet Pastries (2 pp)	3.49 per person
Gourmet Muffins with Whipped Butter	2.79 per person
Gourmet 1oz Cookies (2 each)	2.19 per person
Jumbo Cinnamon Buns	4.36 per person
Cinnamon Knots	3.19 per person
Turnover	3.19 per person
Assorted Whole Fruit	2.09 per person
Low Fat Yogurt	1.69 per person

PLATTERS

DELUXE SLICED FRUIT PLATTER

10 – 25 ppl (2.46 ppl)	61.49
20 – 40 ppl (2.15 ppl)	86.09
30 – 60 ppl (1.71 ppl)	102.49

VEGETABLE DIP PLATTER

10 – 25 ppl (2.08 ppl)	51.89
20 – 40 ppl (1.71 ppl)	68.29
30 – 60 ppl (1.41 ppl)	84.69

CHEESE PLATTER

10 – 25 ppl (3.28pp)	81.89
20 – 40 ppl (3.01 ppl)	120.29
30 – 60 ppl (2.73 ppl)	163.79

HAND CRAFTED SANDWICHES

TRADITIONAL BREAKFAST

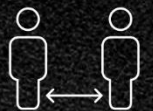
Bacon and egg	5.29 per person
Egg and cheese	5.29 per person
Hot ham and cheese	5.29 per person

CHOOSE YOUR BREAD

Biscuit
Wrap
English muffin



BOXED LUNCHES



Complete meals
boxed individually.

BOXED LUNCHES

EXPRESS BOX LUNCH

19.49 per person

All sandwiches served on chef's selection of freshly-baked Bread & Buns fresh fruit cocktail, potato chips, freshly-baked cookie or dessert square
Bottle of water or can of pop.

Sandwich Selections:

Bacon and turkey

Ham and swiss

Roast beef and cheddar

Cookstown grilled vegetable tuna salad Grilled chicken madras

Grilled Vegetable

CLASSIC SANDWICH PLATTER

17.89 per person

Made with Freshly Baked Breads, stuffed with quality Meats and Fillings and traditional garnishes. Served with your choice of Salad, Freshly Baked Cookies and a variety of Soft Drinks.

Egg Salad

Tuna Salad with grilled Veggies

Bacon Turkey

Ham and Swiss

Shaved Beef & Cheddar

Fresh Veggie with Cream Cheese

Grilled Vegetable

APPETIZERS

Toasted Flatbread with Dips

64.99 (10-20 ppl)

A Variety of delicious Spreads including Hummus and Tzatziki, served with Grilled Flatbreads and Pita.

Mexican Dip Platter

44.99 (10-20 ppl)

Tortilla Chips served with Tangy Salsa, Sour Cream and Guacamole.

Chicken Wings (12 per pound)

22.69

Flavors include Salt & Pepper, BBQ, Teriyaki or Hot Buffalo

Served with fresh vegetable sticks

Classic Feta & Spinach Spanakopita (per dozen)

16.89

Cheese and Spinach wrapped in a fluffy pastry, served with Tzatziki for dipping.

Chicken Tenders (per dozen)

28.79

Chicken Tenders with Plum sauce. Choose from two to four dozen.

Potato Skins (per dozen)

15.79

Crisp Potato Skins served with Cheddar Cheese, Chives and Sour Cream.

Sweet & Sour Turkey Meatballs (per 2 dozen)

19.39

Our Homestyle Turkey Meatballs baked in a Sweet & Sour Sauce. A Real Crowd Pleaser!

Savory Bruschetta Crisps (per dozen)

19.29

Fresh Roma Tomato, Basil & Garlic served on Baguette Crisps, topped with Fresh Parmesan Cheese.

Vegetarian & Pork Spring Rolls (per dozen)

17.99

Crispy Asian Spring Rolls available in Vegetarian or Pork

APPETIZER BUFFETS

The Crowd Pleaser

26.99 per person

Naan bread and Tortilla Chips.
Tzatziki sauce
Spicy Butter Chicken sauce Hummus
Salsa
Pierogis with Sour Cream and Cheese
Turkey Meatballs (or sweet & sour meatballs)
Vegetarian Spring Rolls with Sweet Chili dip
Fruit Platter and Veggie Platter
Dessert Platter

The Entertainer

22.99 per person

Naan bread and Tortilla Chips.
Tzatziki sauce
Spicy Butter Chicken sauce Hummus
Salsa
Pierogis with Sour Cream and Cheese
Turkey Meatballs (or sweet & sour meatballs)
Vegetarian Spring Rolls with Sweet Chili dip
Dessert Platter

The Starter

20.69 per person

Pierogis with Sour Cream and Cheese
Turkey Meatballs (or sweet & sour meatballs) Vegetarian Spring Rolls with
Sweet Chili dip
Mexican Dip Platter – Tortilla Chips served with Tangy Salsa, Sour Cream and
Guacamole
Dessert Platter

BEVERAGES NOT INCLUDED

BARBECUE

Quarter Pound Burger	19.29 per person
Jumbo Hot Dogs	15.69 per person
Vegetarian Burgers	18.19 per person

Barbecues served with one choice of salad, sliced tomatoes, onions, pickles, lettuce, BBQ Baked Beans, chocolate brownies, watermelon, lemonade or iced tea or a variety of pop.

Salad choices: Garden, Caesar, Greek, Spinach and Mandarin, Pesto Pasta, Marinated Vegetable or Vegetables and Dip



SALADS

All salads include Coffee, Tea or Assorted Beverages

BLACKENED CHICKEN CAESAR SALAD 19.39 pp

Chopped romaine lettuce, blackened chicken, grated parmesan cheese, and house-made croutons with our traditional Caesar dressing

TRADITIONAL CHEF'S SALAD 20.59 pp

Turkey, ham, cheddar, hardboiled egg, tomatoes, cucumbers, and crisp greens with creamy buttermilk dressing

GREEK SALAD WITH GRILLED CHICKEN 20.59 pp

Grilled chicken, tomatoes, cucumbers, kalamata olives, feta cheese, red onion, and mixed greens with a red wine vinaigrette

MEDITERRANEAN GRAIN SALAD 19.29 pp Chickpea, bulgur, parsley, mint, green onion, tomato, Greek feta dressing

CLASSIC MARINATED SALAD 19.29 pp Broccoli, cauliflower, zucchini, red onion, spinach, Greek feta dressing

VALUE SELECTION

17" PIZZA (SERVES 6)

Pepperoni or Cheese 20.99

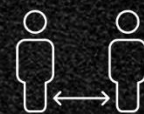
Hawaiian, Vegetarian, Deluxe, BBQ Chicken, Ham & Cheese 24.09

SOUP & BUNS 8.39

Chicken Noodle, Minestrone, Harvest Vegetable, Italian Herb & Tomato, Louisiana Spicy Chicken Gumbo, Cream of Mushroom, Cream of Broccoli and Cheese, Cream of Tomato & Roasted Red Peppers



BOXED MEALS



All meals are packaged individually and served hot in disposable packaging.

HOT MEALS

***Add on Coffee/Tea or Soft Drinks for only 2.09 per person**

Homemade Meat Lasagna 18.19

Homemade Meat Lasagna served with choice of Caesar or Market Green Salad and Garlic Bread. Prepared in portions of 12.

Homemade Vegetable Lasagna 16.89

Homemade Vegetable Lasagna served with choice of Caesar or Market Green Salad and Garlic Bread. Prepared in portions of 12.

Tortellini 18.19

Cheese-filled pasta smothered in lightly Herbed Tomato Blush Sauce. Served with choice of Caesar or Green Salad and Garlic Bread.

Penne Primavera 15.79

Penne Primavera with choice of Creamy Alfredo Sauce or lightly Herbed Tomato Sauce. Served with choice of Caesar or Market Green Salad and Garlic Bread.

Teriyaki or BBQ Chicken Dinner 19.39

Traditional Teriyaki flavoured Chicken Breasts served with Rice and choice of Caesar or Market Green Salad and rolls.

Lemon Dill Salmon 22.99

Fresh Lemon and Dill Marinated Salmon served with Rice and choice of Caesar or Market Green Salad and Rolls.

Butter Chicken 19.89

Boneless Chicken Tikka simmered in a Creamy Tomato Sauce. Served with Basmati Rice and choice of Caesar or Market Green Salad and Naan Bread.

HOT MEALS COMBO (includes drink)

Chili with Baked Potatoes

18.19

Your choice of Beef or Vegetarian Chili with Baked Potatoes, served with Grated Cheddar Cheese and Sour Cream. Includes a selection of Fresh Baked Rolls and Butter, Caesar or Garden Salad, Freshly Brewed Colombian Coffee, assorted Herbal Teas and assorted Chilled Beverages.

Vegetarian Fusilli al Forno

16.89

A half pan of Baked Fusilli in an Herbed Tomato Sauce served with Garlic Bread. Includes Caesar or Garden Salad, Freshly Brewed Coffee, assorted Herbal Teas and assorted Chilled Beverages.

Asian Stir-Fry

20.79

Your choice of Chicken, Beef or Vegetable Stir Fry with Mushrooms, Broccoli, Red and Green Peppers, Carrots, Onion, and Bok Choy tossed in a traditional Wok with Soya Sauce and Ginger, served over Jasmine Rice. Includes a selection of Fresh Baked Rolls and Butter, Caesar Salad or Garden Salad, Freshly Brewed Colombian Coffee, assorted Herbal Teas and assorted Chilled Beverages

Middle Eastern Meatloaf

20.59

Homemade meatloaf, garlic roasted potatoes ,honey glazed carrots tossed salad. Fresh Coffee, tea and assorted chilled beverages.

Sirloin Strip Steak

26.39

Grilled Five-Ounce Strip Steak topped with Caramelized Onions and Mushrooms and finished with Veal Demi-Glace, served Medium; includes a selection of Freshly Brewed Coffee, Assorted Herbal Teas, Assorted Chilled Beverages, Fruit Plate, Side of Rice and Vegetables.

DINNER BUFFETS

* All dinners are priced per person, dessert choices on the next page..

Almond Crusted Chicken Buffet

38.89

Chicken Breast breaded and crusted with roasted almonds, accompanied with Rosemary Roasted Potatoes, Seasoned Broccoli florets and Baby Carrots. Includes your choice of Soup or Salad, choice of Dessert, Fresh Baked Dinner Rolls with Butter, House Coffee and assorted Herbal Teas.

Fillet of Atlantic Salmon Buffet

38.89

Herb Grilled Atlantic Salmon Fillet served with Butter and Lemon Caper Sauce. Accompanied with Lemon and Fresh Herb Risotto and Roasted Zucchini Medley. Includes your choice of Soup or Salad, choice of Dessert, Fresh Baked Dinner Rolls with Butter, House Coffee and assorted Herbal Teas.

Roast Pork Loin Buffet

34.69

Oven Roasted Orange Ginger Glazed Pork Loin served with an Apple and Cranberry dressing and gravy. Accompanied by Garlic Mashed Potatoes and Roasted Vegetables. Includes your choice of Soup or Salad, choice of Dessert Fresh Baked Dinner Rolls with Butter, House Coffee and assorted Herbal Teas.

Oven Baked Whole Beef Striploin Buffet

40.99

Whole Striploin oven baked & served with Caramelized Pearl Onions and Merlot Jus. Accompanied by Smashed Potatoes and a variety of Roasted Beets. Includes your choice of Soup or Salad, choice of Dessert Fresh Baked Dinner Rolls with Butter, House Coffee and assorted Herbal Teas.

Vegetarian Gateau Buffet

28.34

Zucchini, Eggplant, Grilled Asparagus and Tomato layered with Grilled Tofu and Fresh Basil, served with a zesty Tomato Basil Sauce. Accompanied by a Quinoa Pilaf. Includes your choice of Soup or Salad, choice of Dessert, Fresh Baked Dinner Rolls with Butter, House Coffee and assorted Herbal Teas.

DINNER BUFFETS – DESSERT CHOICES

Banquet Dessert Choices Available

- ❖ French Apple Pie
- ❖ Assorted Buffet Cakes & Cheesecakes
- ❖ Lemon & Pecan Tarts

*Customized Deluxe Buffets are available upon request. Pricing will vary based on current Market Values and requests for the event *

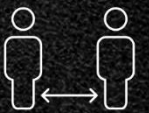
MADE WITHOUT GLUTEN

Caramel Turtle Cheesecake 62.79 10 Inch Traditional Rich and Creamy Gluten Free Turtle Cheesecake Serves 16 pieces per Cake.

Chocolate Almond Torte 68.89 Cut into large semi-sweet pieces of Chocolate Cake
Serves 16 pieces per Cake.



SNACKS + SWEETS



Personal Snack Pack
items packaged
individually and
bundled together.
Sweet Treats
individually wrapped.

SWEETS

Assorted Dessert Squares 3.49/person
A scrumptious assortment of your favorite Dessert Bars including Decadent Chocolate Brownies, Old Fashioned Date Squares, Traditional Nanaimo Bars, Butter Tarts, and Rocky Road Bars.

Gourmet Cookie Tray (30 Cookies) (2oz) 43.19
A selection of Freshly Baked Gourmet Cookies including Chocolate Chunk, Oatmeal Raisin, and White Chocolate Macadamia.

Regular Cookie Baskets (per Dozen) (1oz) 13.39
A selection of Freshly Baked Gourmet Cookies including (2oz) 17.29
Chocolate Chunk, Oatmeal Raisin, and White Chocolate Macadamia.

Mini Dessert Tasters Platter 24 Pieces 50.69
Assorted Mini Cheesecakes & Chocolate Eclairs

Deluxe Dessert Platter. 30 pieces 49.49
An assortment of Freshly Baked Cookies, Chocolate Brownies and Dessert Bars and Squares.

Assorted Cream and Fruit Pies. Each Pie serves 6-8. 26.59
A selection of favorites including Apple, Blueberry, Cherry, Coconut Cream, Lemon Meringue or Pumpkin.

POLICIES

- Unless otherwise specified, all catering orders have a minimum of 10 guests
- To ensure proper delivery/pick up time, place your orders with a 24 hour notice or sooner.
- Napkins and disposable cutlery will be provided as needed depending on menu choice and guest count.
- Delivery will be limited to a 5 km radius of campus for a \$20 dollar fee.
- All items are packaged in disposable containers and for the individual. When possible, recyclable and compostable packaging and flatware will be made available.
- Please let us know if any of your guests have food allergies and/or dietary restrictions; we are happy to accommodate.
- Sanitation and safety is of our utmost importance. Please see all labels for quality assurance and temperature on all menu selections that need refrigeration and heating.

STEP 1: EMAIL: lynda.koot@kingsu.ca

STEP 2: SELECT MENU ITEMS + SPECIFY PICK UP OR DELIVERY LOCATION

STEP 3: SERVE + ENJOY. EVERYTHING IS PACKAGED FOR THE INDIVIDUAL

THANK YOU



Served Safely.