

Catering Services Menu

Event and Theatre Services

Mount Royal University



MOUNT ROYAL
UNIVERSITY
1910

| Event and Theatre Services

All Day Meeting Packages

| Minimum Order: 15 per selection | Price per person | Includes china service | Served with Seattle's best coffee based on 1.5 cups per person |

Package One | \$38.50

- Breakfast Buffet** | Choose one
- Foothills Continental | p. 4 |
 - Parisian | p. 4 |

- AM Break** | Choose one
- Healthy Trail Mix
 - Individual Whole Fruit
- Includes coffee & tea

- Lunch** | Choose One of Each
- Sandwich Platters | p. 6 |
 - Salad | p. 6 |
- Includes coffee, tea, soft drinks & juice

- PM Break** | Choose one
- Cheddar popcorn
 - Assorted 2 oz. cookies
- Includes coffee & tea

Package Two | \$47.50

- Breakfast Buffet** | Choose one
- Keep it Simple | p. 4 |
 - Health Matters | p. 4 |

- AM Break** | Choose one
- Tuscan Getaway | p. 4 |
 - Healthy | p. 4 |
- Includes coffee & tea

- Lunch Buffet** | Choose one
- Classic Chef's Chicken | p. 7 |
 - Peking Take Out | p. 7 |
 - Signature Sandwich Artist | p. 7 |
- Includes coffee, tea, soft drinks & juice

- PM Break** | Choose one
- Midway | p. 5 |
 - Assorted 2 oz. cookies
- Includes coffee & tea

Package Three | \$58.50

- Breakfast Buffet** | Choose one
- Health Matters | p. 4 |
 - Signature Rocky Mountain | p. 4 |

- AM Break** | Choose one
- Country Picnic | p. 4 |
 - Paris | p. 4 |
- Includes coffee & tea

- Lunch Buffet** | Choose one
- Lil' Italian Pasta | p. 7 |
 - Classic Messenia | p. 7 |
 - Grasslands & Fences | p. 7 |
- Includes coffee, tea, soft drinks & juice

- PM Break** | Choose one
- Chocolate Taster | p. 5 |
 - Assorted 2 oz. cookies
- Includes coffee & tea

Breakfast Chilled

| Minimum order: 10 | Price per person | Includes Seattle's best coffee, tea, ice water and china |

Tasty Grain Bars with Whole Fruit | \$8.25

9-grain bars infused with wild berries, baked fresh in house **V**
Red apples, navel oranges, bananas, pears (subject to seasonal availability). **V GF VG**

Baker's Muffin with Whole Fruit | \$8.25

Assorted full size breakfast muffins flavour infused & individually topped with crumbles. Red apples, navel oranges, bananas, pears (subject to seasonal availability). **V**

Morning Breads with Whole Fruit | \$8.25

Freshly baked sliced fruit & sweet breads, including blueberry, banana, chocolate & lemon poppy seed. Red apples, navel oranges, bananas, pears (subject to seasonal availability). **V**

Croissant Medley with Whole Fruit | \$9.50

Freshly baked flavoured mini croissants served with whipped butter, crème fraiche & subtle herb infused cream cheese. Flavours include apricot, chocolate, aged cheddar, & plain butter. Red apples, navel oranges, bananas, pears (subject to seasonal availability). **V**

Baker's Mini Medley Sweet with Fresh Sliced Fruit | \$9.50

Fruit-filled pastries, sweet cinnamon buns, chocolate croissant rolls & muffins. **V**
Tasteful selection of melons, pineapple, strawberries, berries & grapes. **V GF VG**

Baker's Mini Medley Savory with Fresh Sliced Fruit | \$9.75

Egg & chive strudel, leek & butter lattice, Swiss & ham biscuit, feta & spinach stuffed croissant, cheddar & herb scones. Tasteful selection of melons, pineapple, strawberries, berries & grapes. **V**

Breakfast Fruit Parfait with Whole Fruit | \$9.95

Parfait-berries, vanilla yogurt & granola crumble. Red apples, navel oranges, bananas, pears (subject to seasonal availability). **V**

Breakfast Warmed

| Minimum order: 12 | Price per person | Includes Seattle's best coffee, tea, ice water and china |

Classic Muffin Egger with Hash Browns | \$9.50

Choose bacon, tomato or ham. Individually wrapped.

Breakfast Soft Taco with Hash Browns | \$10.00

Choose beef, pork sausage or grilled vegetable with salsa fresca.

Breakfast Egg Croissant with Hash Browns | \$11.00

Choose: black forest ham & Swiss, smoked turkey and cheddar or grilled shitake mushroom and caramelized onion.

Gluten Free | Add \$2.25 per person

Options: English muffin or soft taco with notice. **GF**

Breakfast Action Stations

| Minimum order: 15 | Price per person | Includes chef, Seattle's best coffee, tea, ice water and china |

Omelette Station | \$14.25

Bacon, ham, turkey, (mushrooms, tomatoes, onions and cheese). **V GF**

Fried Egg Station | \$14.25

Prepared over easy, medium, hard or scrambled. **GF**

Crepe Station | \$15.25

Your choice of crepes with strawberry, banana and blueberry served with whipped cream. **V**

Breakfast Taco Station | \$16.50

Scrambled eggs, peppers, sausage, monterey jack cheese with sour cream and salsa.

Breakfast Buffet

| Minimum order: 15 | Price per person | Includes Seattle's best coffee, tea, ice water and china |

Foothills Continental | \$14.25

- Baker's pride assorted mini pastries, croissants & muffins
- Fresh sliced fruit selection **V GF VG**

Parisian | \$15.25

- Sweet mini fruit danishes
- Stuffed savory croissants
- Fresh fruit kabobs with vanilla yogurt
- Cottage cheese & roast apple

Keep It Simple | \$16.50

- Scrambled eggs **GF**
- Choice of bacon or sausage **GF**
- Hash browns
- Fruit salad **V GF VG**

Health Matters | \$16.50

- Hard boiled eggs **GF**
- Lean smoked turkey rolls
- Low-fat cream cheese & 9-grain croissants
- Served with fresh fruit cocktail, Greek yogurt, alpine fruit & nut blend

Signature Rocky Mountain | \$18.50

- Assorted mini pastries, croissants & muffins
- Fresh sliced fruit **V GF VG**
- Greek yogurt with alpine granola
- Western chive & pepper scrambled egg **GF**
- Choose two: bacon, breakfast sausage, grilled ham, beef sausage, Canadian back bacon or roast portobello
- Country style rustic roast potato **V VG**

Break Packages

| Minimum order: 6 per selection | Price per person | Includes china and choice of pop or juice |

Midway | \$9.50

- Cheddar popcorn **V GF**
- Mini corn dogs with spicy mustard
- Mini powdered donuts **V**
- Cinnamon pastries **V**

Tuscan Getaway | \$9.50

- Artisan baguette crostini's & crackers with fresh bruschetta, cracked pepper brie, prosciutto & apple compote
- Honeyed melon fruit cocktail **V GF**

Healthy Habits | \$9.50

- Freshly baked grain bars **V VG**
- Fresh baby carrots & cucumbers with dilled sour cream dip **V GF VG**
- Assorted individual yogurt **GF V**
- Fresh melon & strawberry skewers **VG GF V**

Paris | \$9.50

- 9-Grain granola bar **V**
- Vanilla yogurt **V**
- Fresh sliced melon **V GF VG**
- Sliced brie **GF**

Chocolate Taster | \$10.50

- Baker's pride brownies
- Chocolate dipped strawberries
- Triple chocolate cookies
- Chocolate tarts **V**

Country Picnic | \$10.50

- Fresh fruit kabobs **V GF VG**
- Greek yogurt and mountain granola **V**
- Crudités with buttermilk ranch dip **V GF**
- Artisan baguette wedges with salad fillings dill tuna, chicken and egg **V**

Lunch Boxes

| Minimum order: 12 | Price per person | All lunch boxes are self-contained | Includes mini bottled water |

Classic Lunch Boxes | \$12.25

Choose white or brown bread and choice of filling:

- Roast beef
- Smoked turkey
- Black forest ham
- Egg salad **V**
- Tuna salad
- Chicken salad

Complete with whole fruit, cheese slice and gourmet cookie

Salad Bowls | \$12.25

- Blackened chicken romaine salad with Caesar dressing
- Market greens with chicken breast and peppercorn ranch
- Crunch Thai chicken salad with sesame Thai dressing

Euro Lunch Boxes | \$14.50

Gourmet sandwiches on artisan breads and rolls assembled fresh with your choice of fillings:

- Black forest ham
- Western roast beef
- Smoked meat
- Turkey breast
- Egg salad **V**
- Tuna salad

Complete with whole fruit, cheese slice and gourmet cookie

Gluten Free | Add \$2.25

Options: Breads with notice **GF**

Lunch Hot Stews & Chili

| Minimum order: 12 | Price per person | Includes china and ice water |

Hearth Kettle Warmth | \$12.25

Choose one

- Rocky mountain bison chili **V GF**
- Six bean vegan chili **V VG GF**
- Granville island fisherman's stew **GF**
- Hungarian paprika goulash **GF**
- Lean turkey & forest mushroom stew **GF**
- Beef pot roast & root vegetable stew **GF**

Sides

Choose one

- Garlic butter parmesan bread sticks **V**
- Freshly baked roll with butter **V**
- Freshly baked artisan bread **V**

Lunch Packages

| Minimum order: 10 | Price per person | Choose: platter with soup or salad | Includes china and ice water |

PLATTERS | Choose one

Open Face French Crostinis | \$13.50

Classic French monsieur style, thick sliced baguette rounds with delicate toppings:

- Cumin egg & apple compote **V**
- BC grilled salmon, crisp caper
- Baby shrimp, gorgonzola

International Tortilla Wraps | \$13.75

Flavour-infused tortilla wraps with your favourite fillings:

- Southern fajita sirloin beef, mozza, tomato fresca
- Greek roasted vegetable, feta & olive **V**
- Blackened rubbed chicken Caesar, parmesan, crispy capers
- Italian chorizo, havarti, grilled eggplant & peppers

New York Deli | \$14.85

Assorted on a sliced variety, thick or thin, always delicious:

- Shaved roast beef, grainy dijon, caramelized onion on potato rosemary loaf
- Montreal smoked meat, Swiss, mustard seed aioli on marble rye
- Roast turkey, roma tomato, cranberry mayo on corta loaf
- Black Forest ham, pepper havarti, bistro spread, sour dough panini bun
- Tuscany roast vegetables, tzatziki mayo, thick sliced garlic loaf **V**

Mediterranean Bagels, Buns & Croissants | \$14.85

Stuffed with tempting fillings & spreads, old-country style:

- Roast pear & chunky chicken salad, multigrain bagel
- White bean hummus, roasted vegetables, tzatziki, multigrain croissant **V**
- BC smoked salmon, shaved red onion, onion bun
- Shaved roast beef olive-gherkin tapenade, honey bagel

Classic Rocky Mountain Rustic Ciabattas | \$14.85

Always fresh with that old world blend of crust & softness, served on assorted ciabatta bread:

- Alberta roast beef, horseradish cheddar
- Charred lemon chicken, bacon, Swiss
- Grilled eggplant, garlic hummus, feta **V**
- Pulled pork, pickled onion & cranberry salsa

Deluxe Rocky Mountain Rustic Ciabattas | \$15.50

Always fresh with that old-world blend of crust & softness, served on assorted ciabatta bread:

- Peppered bison, onion tangle, blueberry compote
- Apple cider portabella, pepper havarti, baby greens **V**
- Roast lamb, caramelized onion, minted grape relish
- Asiago chicken, shitake mushroom, Guinness cheddar

Gluten Free | Add \$2.25 per person

Option: gluten free breads with 2 weeks' notice **GF**

SOUP | Choose one

- Country chicken noodle
- Creamy broccoli & cheddar **V**
- Cream of mushroom **V**
- Heart warming tomato & cream **V**
- Boston clam chowder
- Traditional Italian wedding
- Tuscan vegetable **V GF VG**

SALAD | Choose one

- 9-Grain medley **V GF VG**
A perfect blend of texture & taste quinoa, basmati rice, wild rice, tomato, chive, grape, mandarin & citrus vinaigrette
- Farmers market chopped salad **V GF**
Mixed iceberg & field greens, roma tomato, cucumber, red cabbage, radish, peppers & shredded carrot, cool buttermilk ranch & light Italian dressing
- Roasted garlic classic Caesar **V GF**
Oven roasted garlic cloves adds accent to crisp romaine, parmesan shred, rustic loaf croutons & lemon wedges
- Roasted red potato & jalapeno jack salad **V GF**
Buttermilk cream & grainy mustard mayo, egg & sour pickle
- Mediterranean leaf lettuce & prosciutto crisps **V GF**
Tender leaves topped with roasted peppers, raspberries, manchego cheese, kalamata olive & greek yogurt dressing
- Whole wheat penne & forest mushroom **V GF VG**
Citrus poached mushrooms, charred onion, cherry tomatoes, sweet peppers, artichoke, roasted beets & sundried tomato vinaigrette | Add \$1.25 per person
- Messenia Greek classical **V GF**
Born from the south of Greece along the Messenia gulf, the city of Kalamata; olives, roma tomato, cucumber, feta and herb olive oil vinaigrette | Add \$1.25 per person
- Strawberry & spinach **V GF**
Fresh sliced strawberries accented with olive oil, tossed with walnuts, shaved red onion, brown mushroom, buffalo mozzarella & apple cider vinegar | Add \$1.25 per person

Themed Buffet Lunch

| Minimum order: 15 | Price per person | Includes china and ice water |

Cabo San Taco | \$18.75

Choose one

- Fajita chicken
- Spicy taco beef

Includes

- Mexicana grilled vegetables **GF VG V**
- Soft shelled tortillas & hard shelled **GF**
- Toppings include: tomato fresca, sour cream, guacamole, diced onion, tomato & lettuce **V**
- Garden chopped salad with buttermilk ranch
- Assorted baked pie

Classic Chef's Chicken | \$18.75

Choose one

- Rancher's chipotle roast chicken
- Italian chicken parmesan

Includes

- Wild parsley buttered linguine
- Spinach, strawberry & almond toss, balsamic drizzle **V**
- Fresh rolls **V**
- Apple pie **V**

Signature Sandwich Artist | \$19.85

Choose one

- International tortilla wraps | p. 6 |
- New York deli | p. 6 |

Choose one

- Classic soup | p. 6 |
- Roasted garlic classic Caesar | p. 6 |

Includes

- Pickle and olive bites
- Fresh honeyed melon cocktail & fruit tarts

Peking Take Out | \$19.85

- Classic ginger beef
- Veggie spring rolls with plum sauce **V**
- Fried rice
- Garden chopped salad with mandarin vinaigrette
- Cookies & tarts **V**

BYOB Burger Bar | \$19.85

Build your own on a crusty kaiser with all the fixings.

Choose one

- 7oz sirloin chuck burger
- Grilled chicken breast
- Veggie burger **V**

Includes

- Macaroni cheddar salad & garden chopped salad **V**
- Cajun rubbed jumbo potato wedges with cilantro ranch dip **V GF**
- Chocolate cream pie

Tuscan Baked Pasta | \$20.95

Choose one

- Classic beef lasagna
- Tuscan roast vegetable lasagna **GF**
- Forest mushroom & chicken baked penne
- Bacon cheddar mac & cheese
- Spaghetti meatball marinara
- Baked layered pesto eggplant, mozzarella, cottage cheese **GF**

Includes

- Italian tomato romaine toss with roast pepper vinaigrette
- Garlic parmesan artisan loaves
- Lemon meringue pie

Alberta Beef | \$22.00

Choose one

- Alberta beef hand carved with mesquite onion gravy
- Braised sirloin & mushroom
- Tender beef stroganoff

Includes

- Roasted red potato wedges **V**
- Honey baby carrots **V**
- Cilantro country coleslaw **V**
- Fresh rolls **V**
- Apple pie **V**

Lil' Italian Pasta | \$25.50

Choose two

- Classic linguine alfredo served with grilled chicken
- Whole wheat penne with ragout of forest mushroom and buffalo mozzarella **V**
- Formaggi tortellini with artichoke, roma fresca broth, goat cheese and olives **V**
- Pesto linguini with grilled chicken breast, lemon cream, charred peppers and asiago

Includes

- Roast garlic Caesar
- Strawberry spinach and mushroom **GF VG V**
- Garlic buttered brushed artisan bread **VG V**
- Baker's sweet square and cheesecake tart medley

Classic Messina | \$26.50

- Greek-inspired breast of chicken **GF**
- Ancient grain quinoa with oregano, red wine marinated rustic grilled vegetables **GF VG V**
- Pita bread, feta, Kalamata and artichoke tapas with tzatziki **V**
- Roma tomato, red wine poached fig and cucumber salad **GF VG V**
- Lemon squares and dusted chocolate brownies

Grasslands and Fences | \$28.75

- Rancher's 5 oz. striploin steak sandwich
- Sourdough garlic loaf topped with sautéed balsamic mushroom and crispy onion tangle
- Cajun potato wedges **GF VG V**
- Pepper jus **GF**
- Broccoli and whole wheat penne salad **VG V**
- Iceberg roma cucumber medley **GF VG V**
- Apple cider crisp tarts and minted strawberry **VG V**

Lunch Buffet & Plated Service

| Minimum order: 25 | Includes staff, china, artisan mini rolls with butter, Seattle's best coffee, decaf coffee, tea and water service | Linen included on cocktail tables and round tables |

BUFFET STYLE

Lunch Buffet | \$25.50

- Choose two salads or choose one soup & one salad
- Choose one entrée
- Includes baker's pride dessert selection

Additional Entrée | \$6.75

PLATED & SERVED

Two courses | \$26.50

Three courses | \$28.75

Four courses | \$34.25

ENTRÉE LUNCH | Course

POULTRY, BEEF & PORK

Panko Breaded Parmesan Lemon Chicken citrus mushroom risotto, seasonal vegetable & kale sauté

Herb Roasted Chicken oven roasted leg with buttery mashed potatoes & seasonal vegetables **GF**

Chicken Parmigiana herbed tomato sauce with roasted potatoes, Caesar salad, garlic bread

Italian Style Cannelloni Beef cheese filled, Caesar salad and garlic bread

Beef Lasagna and Caesar salad

Sea Salt & Cracked Pepper Alberta Sirloin smashed fennel baby potato, roasted root vegetable **GF**

Argentine Roast Pork Loin, Chimichurri Glazed Apple maple roasted sweet potato, seasonal vegetable panache **GF**

SEAFOOD

Dill Cream & Charred Lemon Herb Poached Salmon basmati rice, haricot bean & teardrop tomato **GF**

VEGETARIAN

Layered Pesto Grilled Portobello & Eggplant 9-grain quinoa & cranberry, browned walnut cauliflower **V GF VG**

Panko Breaded Parmesan Eggplant citrus mushroom risotto, seasonal vegetable & kale sauté **V GF VG**

Italian Style Cannelloni Spinach cheese filled, Caesar salad and garlic bread **V**

Roasted Vegetable Lasagna and Caesar salad **V**

HAND CRAFTED SOUP | Course

- Heartwarming tomato cilantro bisque **V GF**
- Wicked Thai chicken **GF**
- Alberta beef & mushroom barley **GF**
- Autumn squash & sweet potato **V GF VG**
- Broccoli & emmental cream & pesto oil **V**

SALAD | Course

- Mediterranean leaf, prosciutto crisp & Greek yogurt **GF**
- Farmer's market chopped with crisp vegetable & buttermilk ranch **GF V**
- Roasted garlic classic Caesar with asiago crostini **V**
- Strawberry, grilled asparagus & roast red pepper with balsamic dressing **V GF**
- 9-grain quinoa, cashew & blueberry with mandarin vinaigrette **V GF VG**
- Gorgonzola, artichoke & beefsteak tomato with honey balsamic dressing **V GF**

DESSERT | Course

- Assorted squares
- Mascarpone cheesecake **GF**
- Chocolate mousse
- Apple crisp
- Assorted layer cake
- Crème brulee **V GF**
- Fruit plate **V GF VG**

Reception Packages

| Minimum order: 25 | Price per person | Includes china |

MRU Tapas | \$16.50

6 - 8 pieces per person

- Pub-style chicken wings cracked pepper & sea salt **GF**
- Crispy papered prawns with wasabi remoulade
- Chef's seasonal crudités fresh assortment of crisp garden vegetables served with classic roast onion dip **GF V VG**
- Tortilla trio taster: guacamole, tomato fresca, black bean & corn salsa with crisp whole wheat tortilla chips **V VG**
- Cheesecake bites, and assorted tarts

MRU Special | \$22.00

10 - 12 pieces per person

- Garden spring rolls with ginger & wasabi remoulade **V VG**
- Asian beef skewers with sesame soy marinade
- Smokey bbq meatballs **GF**
- Stuffed mushroom caps with red pepper and cream cheese **V GF**
- Bacon wrapped scallops **GF**
- Cheddar cheese tray and baguette rounds **V**

MRU Deluxe | \$28.75

10 - 12 pieces per person

- Chimichurri glazed beef tossed in chimichurri butter **GF**
- Vegetable samosas with buttermilk cream & grainy mustard mayo **V**
- Classic feta & spinach spanakopitas served with cooling tzatziki sauce **V**
- Savory bruschetta tarts tomato basil tart with asiago **V VG**
- Tuscan desserts chocolate dipped tarts, mini horns with assorted cream & mousse fillings **V**

MRU Royal | \$33.00

14 - 16 pieces per person

- Alberta striploin steak skewers with parsley horseradish remoulade **GF**
- Chimichurri glazed beef skewers **GF**
- Marinated citrus chicken skewer choose: spicy Jamaican or butter chicken **GF**
- Classic feta & spinach spanakopita **V**
- Assorted mini quiche
- Grilled asparagus spears wrapped in prosciutto **GF**
- Stuffed crimini mushroom caps with roasted red pepper & cream cheese **V GF**
- Soft ripened cheese & grape display delicate brie & boursin, fresh grapes, candied almond & walnut served with dried cranberry baguette rounds **V**
- Alberta Rocky Mountain Game Taster local cured & flavour infused samples served with spicy deli mustard & vodka fig onion jam, served with artisan rye & sourdough olive loaf. Includes game sausage samples of blueberry bison & farmers elk, terrines of game & fruit **GF**

Substitute any items from Reception Packages:

- Pub style chicken wings **GF**
- Smokey bbq meatballs **GF**
- Feta spinach spanakopita
- Grilled asparagus spears wrapped in prosciutto **GF**
- Chimichurri glazed beef tossed in chimichurri butter **GF**

Add on

Seattle's best coffee, tea and ice water | \$2.50

Chef Reception Action Station

| Minimum Order: 25 | Price per person | Includes chef and china |

Roast Turkey Baguettes | \$11.00

Wild parsley & grainy mustard rubbed roast turkey breast, thin sliced & layered on a cranberry baguette, red wine poached cherry & fig compote.

Italian Impressions | \$13.25

Sautéed & plated to order. Four-cheese stuffed agnolotti with grana Padano, Roma tomato chutney & fresh basil. Served on a bed of warmed kale & butter-poached scallops.

Slider Central | \$13.25

Made-to-order sliders accompanied with side cones of mesquite seasoned kettle yam strings and chipotle dip.

- Alberta bison medallion slider sourdough bun with sundried tomato aioli & sour pickle relish
- Poblano lime bbq pulled pork, artisan ciabatta with blueberry compote.

Jumbo Gulf Prawn Sauté | \$13.25

Warmed garlic prawns, fresh lemon squeeze, tossed with charred Anaheim pepper, nestled on a bed of pesto orzo. **GF**

Pan Seared Petite Fillet | \$15.50

Marinated alberta beef tenderloin pan seared finished with sambuca flambé. **GF**

Peppered Crusted Prime Rib | \$15.50

Carved thin & served in an artisan pretzel roll. Served with spicy horseradish aioli, grilled portobello mushroom, grainy dijon & garlic mayo, & peppercorn jus. **GF**

Rocky Mountain Duo | \$15.50

Alberta sirloin carved over smashed fingerling potato with cabernet jus topped with garlic butter prawn skewer & asparagus tips. **GF**

Dinner Buffet

| Minimum Order: 25 | Price per person | Includes staff, china, artisan mini rolls with butter, Seattle's best coffee, decaf, tea and water service | Linen included on cocktail tables and round tables |

ENTRÉES | Choose one

POULTRY, BEEF & PORK

Lemon Chicken | \$27.50
Panko breaded parmesan style

Asiago & Almond Crusted Chicken | \$28.50
Roma tomato fresca

Alberta Sirloin | \$28.75
Sea salt & cracked pepper **GF**

Asado Beef Kabobs | \$28.75
Chimichurri glazed **GF**

Classic Roasted Herb Chicken Breast | \$37.75 **GF**

Beer Roasted Pork Loin | \$39.75 **GF**

Roast Alberta Beef Striploin | \$41.85

SEAFOOD

Poached Salmon | \$29.75
Dill cream & charred Anaheim pepper **GF**

VEGETARIAN

Grilled Portobello & Eggplant | \$25.50
Layered pesto **V GF VG**

CHEF CARVED ENTRÉES | Choose one

POULTRY, BEEF & PORK

Alberta Pork Loin | \$39.75
Blueberry & apple stuffed, cabernet sauvignon cream

Cracked Pepper Turkey Breast | \$41.95
Artisan stuffing, pan gravy and orange cranberry sauce

Alberta Roast Striploin | \$44.00 per person
Horseradish aioli & cremini mushroom sauce **GF**

Beer Roasted Pork Loin | \$47.50 per person
with traditional glazed apple

Alberta Beef Fillet Mignon | \$50.75 per person
Seared 6oz wrapped in bacon with mushroom sauce **GF**

Alberta Prime Rib | \$52.95 per person
Grainy mustard crust, Yorkshire thimbles, cognac jus **GF**

Complimentary Secondary Entrée | Choose one

| Included with Chef carved entrée |

- Chicken breast with roasted red pepper sauce **GF**
- Portobello mushroom stack **V GF VG**
- Spinach and cheese cannelloni **V**

SALADS | Choose two

- Mediterranean green leaf & balsamic roasted vegetables with Greek yogurt **V GF**
- Farmer's market chopped with crisp vegetables & buttermilk ranch **V GF**
- Roasted garlic classic Caesar with parmesan croutons **V**
- Strawberry, grilled asparagus & lolla rossa with balsamic **V GF VG**
- 9-grain quinoa, cashew, blueberry with mandarin vinaigrette **V GF VG**
- Feta, artichoke, roma tomato, cucumber & Kalamata with honey balsamic **V GF**
- Red potato salad **V GF**
- Mandarin & spinach salad **V GF VG**
- Roasted corn & bowtie pasta salad **V VG**

HOT VEGETABLES | Choose one

- Seasonal vegetables **V GF VG**
- Honey glazed carrot **V GF VG**
- Ratatouille **V GF VG**
- Cauliflower polonaise **V GF VG**

HOT STARCH | Choose one

- Mashed Potatoes with nutmeg butter and cream **V GF**
- Herb roasted baby potatoes **V VG GF**
- Basmati Mediterranean herbed rice pilaf **V VG GF**
- Hungarian butter braised potatoes **V GF**
- Mushroom couscous cooked in a vegetable broth **V VG**

DESSERT | Choose two

- Assorted cakes and squares **V**
- Roasted apple crisp with whip cream **V**
- Assorted cheesecake bites **V**
- Chocolate decadence platter **V**
- Chocolate mousse **V GF**

Plated & Served Dinner

| Minimum order: 25 | Entrée price includes side vegetables, one starch and one dessert | Soup and salad as priced | Includes staff, china, artisan mini rolls with butter, Seattle's best coffee, decaf, tea and water service | Linen included on cocktail tables and round tables |

HAND CRAFTED SOUP | Add \$6.75 per person

- Heart warming tomato bisque **V GF**
- Classical French onion with asiago crouton **V**
- Wicked Thai chicken **V**
- Autumn squash & sweet potato **V GF VG**
- Broccoli & emmental cream with pesto oil **V**

SALAD | Add \$7.75 per person

- Asian poached pear with candied walnuts, butter leaf & honey Greek yogurt **V GF VG**
- New York chopped with crisp iceberg wedge, blue cheese crumble, radish & buttermilk ranch **V GF**
- Strawberry, grilled asparagus & red leaf lettuce with balsamic dressing **V GF VG**
- 9-grain quinoa with cashew, blueberry, asiago & mandarin vinaigrette **V GF VG**
- Marinated bocconcini, artichoke, tomato & honey balsamic **V GF**
- Roasted garlic Caesar with parmesan croutons **V GF**
- Strawberry spinach salad with raspberry vinaigrette **V GF**
- Caprese thinly cut san marzano tomatoes, layered with fresh mozzarella and basil with balsamic glaze **V GF**

HOT VEGETABLES | Included

- Broccoli & cauliflower au gratin **V GF**
- Roasted green & yellow zucchini **V GF VG**
- Honey glazed carrots **V GF**

STARCH | Included | Choose one

- Roasted new potato **V GF VG**
- Roasted garlic mashed **V GF**
- Basmati rice pilaf **V GF VG**

DESSERT | Included | Choose one

- Tiramisu with candied almond slivers **V**
- Classic crème caramel with almond tuile **V GF**
- Mocha white chocolate mousse with chocolate tulip and berries **V**
- New York cheesecake wedge with cumin buttered banana or berry compote **V**
- Roast deep apple cup **V**

ENTRÉE | Price per person | Choose one

POULTRY

Walnut Crusted Chicken | \$28.75

Brie & pear salsa

Stuffed Chicken Breast | \$39.75

Choice of cordon bleu or kiev

Classic Roasted Herb Chicken Breast | \$39.75 **GF**

BEEF, PORK & LAMB

Roast Pork Loin | \$30.95

Chimichurri glazed apple **GF**

Alberta Tenderloin | \$38.75

Sea salt & cracked pepper

Alberta New York Steak | \$39.75

Peppercorn & blackberry demi **GF**

Almond & Grainy Mustard Rack of Lamb | \$41.85

Mint jelly **GF**

Alberta Striploin Steak | \$44.00

6oz with wild mushroom sauce **GF**

Alberta Prime Rib | \$46.25

Grainy mustard crust & cognac jus **GF**

Bison Tenderloin | \$48.50

Citrus poached cremini mushroom **GF**

SEAFOOD

Poached Salmon | \$33.00

Dill cream & charred lemon **GF**

Cedar Plank Salmon | \$41.85

Lemon butter **GF**

VEGETARIAN

Grilled Portobello & Eggplant | \$25.50

Layered pesto **V GF VG**

Beverages

Seattle's Best Coffee

Freshly brewed regular coffee
10 cup urn | \$20.00 per urn
50 cup urn | \$100.00 per urn
100 cup urn | \$200.00 per urn

Seattle's Best Decaf

Freshly brewed decaf
10 cup urn | \$20.00 per urn
50 cup urn | \$100.00 per urn
100 cup urn | \$200.00 per urn

Starbucks Premium Coffee

Freshly brewed regular coffee
10 cup urn | \$30.00 per urn
50 cup urn | \$150.00 per urn
100 cup urn | \$250.00 per urn

Starbucks Premium Decaf

Freshly brewed decaf
10 cup urn | \$30.00 per urn
50 cup urn | \$150.00 per urn
100 cup urn | \$250.00 per urn

All Day Coffee and Tea Service | \$7.50 per person

Minimum order: 50
Seattle's best coffee, decaf and teas based on 1.5 cups per person
Refreshed for 3 break services

Tea | \$2.25 each

Selection of individual tea bags served with hot water

Hot Chocolate | \$2.25 each

Individual packages served with hot water

Soft Drinks | \$2.25 each

Assorted: Pepsi, diet Pepsi, Schweppes ginger ale, 7up

Juice | \$2.25 each

Assorted Dole juices: orange, apple, tropical

Bottled Water | \$2.50 each

Sparkling Water | \$3.00 each

Premium Fruit Punch | \$38.50 per gallon

Note: One gallon contains 22 servings

Ice Water Station | \$30.00 per dispenser

30 servings

Fruit-Infused Water Dispenser | \$35.00 per dispenser

30 servings infused with lemon

All Day Water Service | \$1.00 per person

Minimum order: 50
Ice water and fruit-infused with lemon refreshed throughout the day |

CATERING POLICIES AND PROCEDURES

Ordering

Our menu offers a wide assortment of food and beverage options. Our standard coffee is Seattle's Best. Upgrade to Starbucks coffee regular and decaf \$1.00 per person.

Should you wish to order items that are not part of our menu, our team would be pleased to customize a menu for your special event. Custom orders will have 18% gratuity charge and 5% GST applies to all food and beverage orders.

Minimum Order

- \$55.00 minimum spend applies for all food and beverage orders per room Monday – Friday.
- \$110.00 minimum spend applies for all weekend food and beverage orders per room (excludes gratuity and GST charges).
- 15% gratuity charge and 5% GST applies to all food and beverage orders.
- For any special order items please consult with your Event Coordinator regarding costs, cancellation notice and confirmation deadlines, as these parameters may vary.

Catering Cancellation Policy

Basic catered events which include beverage orders, breaks, breakfasts and lunches:

- A minimum of 5 business days' notice is required to place an order for any catered event.
- 3 business days prior to the event - if no request to modify an order is received by 9 a.m. the catering order will be confirmed as per the most up-to-date quote on file. The client will be billed for the confirmed number of attendees or the actual number of guests served, if greater than confirmed number.

A minimum of 3 business days notice is required for cancellation of basic catered events. Failure to cancel within the cancellation policy will result in catering fees being charged to the client. A phone call and e-mail notification are required for cancellation.

Large catered events over 100 people, banquets & receptions:

- A minimum of 10 business days notice is required to provide a final estimate of expected number of guests.
- 5 business days prior to the event - Final Number Guarantee.
- 3 business days prior to the event - if no request to modify an order is received by 9 a.m. the catering order will be confirmed as per the most up-to-date quote on file. The client will be billed for the confirmed number of attendees or the actual number of guests served, if greater than confirmed number.

A minimum of 7 business days notice is required for cancellation of large events, banquets and receptions. Failure to cancel within the cancellation policy will result in catering fees being charged to the client. Please note, however, that costs for any items ordered specifically for the banquet that are not from this menu will be charged to the client once items have been ordered. A phone call and e-mail notification are required for cancellation.

Product Quality and Quantity

To ensure compliance with Alberta Health and Safety regulations, leftover food and beverage items from catered functions may not be removed from the premises. Due to Food Safety and Quality Regulations perishable food items will not be permitted to be left out longer than 2 hours. No credit will be applied for leftover food and beverage items. Beverages are billed on quantity ordered and note billed by consumption.

Mount Royal University is committed to sustainability. We use china for all services. Bottled water or dispensers of lemon water are available upon request for the fees specified as per the menu. All food delivered will be covered or wrapped. Beverages will be pre-chilled and placed on ice. Our catering deliveries do not provide a "buffer of extra food". Production of food and beverage items is specific to the number of guests requested.

Menu pricing will only be guaranteed 90 days prior to an event as menu items and prices may vary due to fluctuating market costs and availability. Event and Theatre Services reserve the right to make adjustments to the menu in special circumstances due to unforeseen fluctuations and market value of items.

Staffing

For events less than 60 people, food and beverage will be set out and cleared only during breaks. For events over 60 people, food and beverage service will have dedicated catering staff. The appropriate amount of service staff & chefs will be included and supplied for functions. Additional staffing charges will apply for split buffets, split chef action stations or requests for additional staff as per the specified rates. Additional reception staff may be hired for large events.

Catering Staff | Minimum 3 hours | \$30.00 per hour |

The appropriate amount of service staff will be included and supplied for functions. Additional catering staff requested for upscale catered events will incur additional charges.

Chef | Minimum of 3 hours | \$40.00 per hour |

The appropriate amount of chefs will be included and supplied for functions. Additional chefs requested for split buffets or additional needs will incur additional charges.

Linens and Napkins

Linens are included on round tables and reception tables for lunch buffets, plated lunches, dinner buffets and plated dinners. Linens will be provided for buffet tables as part of the catering services.

Additional linen is available for round tables, registration tables, cocktail tables, presenter tables, display booths or awards tables. The following fees apply:

Linens | \$5.00 per linen

Sizes: 85 x 85 or 52 x 114 | Choose: Black or White

Napkins | \$1.25 per napkin

Choose: Black or White

Speak with your Event Coordinator if you wish to inquiry about custom linen orders and décor options. These can be provided with notice. All quotes are customized based on specific event needs. Additional colours are available upon request with 3 weeks' notice.

Set Up and Delivery

- Catering linens are included with lunch and dinner buffets, and plated lunch and dinners. Additional charges will apply for registration tables etc.
- Plate ware, utensils, napkins and appropriate condiments accompany all food and beverage services.
- Confirmation of the time that food service should be set up, and the event start and end times are required for all functions. Catering staff will arrive 15 minutes prior to the specified delivery time.
- Due to food quality standards, if an event continues more than 15 minutes longer than the scheduled food delivery time, catering staff will enter the room to set-up and deliver food in order to ensure the quality of the food is maintained.

Clean Up

Fees may apply to service pick-ups requested outside of regular business hours 7:00 a.m. - 7:00 p.m. To minimize disruption during meetings, catering staff will remove used dishes from meeting tables only when guests depart the room or are on a break, unless a pre-designated time for clearing has been confirmed.

For clients with multiple food service requests during a day, each service will be cleaned up at the next specified delivery time. All food and beverage items will be removed from the room unless alternative arrangements have been made at the time of booking. Please note that some items may not be permitted to be left out longer and therefore clearing is done at the discretion of our catering team in order to ensure Health and Safety Standards are maintained.

Bus pans will be provided at the side of the room to minimize disruption caused by clearings. If clients wish not to have bus pans, they must indicate this to their Event Coordinator prior to the event.

The final clearing of the room will be done at the end of the day after guests depart. Requested timelines regarding clearing and busing of rooms will need to be reviewed and assessed by your Event Coordinator no later than 2 weeks prior to the event start date. Depending on timelines, additional fees may apply.