



SFU Dining Services

Catering Menu – *Great Impressions*

2013 – 2014

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BREAKFAST SELECTIONS – *minimum 5 guests per order*

DAY BREAK

6.19

- v Mini croissants, muffins, scones, Tasty Grain granola bars, apple turnovers (2 per)
Butter, preserves and honey
Fresh morning juices
Freshly brewed fair trade coffee and tea sampler

DAY BREAK DELUXE

7.99

- v Mini croissants, muffins, scones, Tasty Grain granola bars, apple turnovers (2 per)
- v Sliced banana bread and lemon loaf (1 per)
Butter, preserves and honey
- gf • v • vg Fresh sliced fruit
Fresh morning juices
Freshly brewed fair trade coffee and tea sampler

HEALTHY START

9.99

- v Fresh baked Tasty Grain granola bars (1 per)
- v Honey, raw sugar, sun-dried fruits and mixed nuts
- v Low fat granola and cereal with skim and 2 % milk
- gf • v Low fat vanilla and fruit yogurt (1 per)
- gf • v • vg Fresh sliced fruit
Fresh morning juices
Freshly brewed fair trade coffee and tea sampler

THE EXECUTIVE

13.99

- v Mini croissants, muffins, scones, Tasty Grain granola bars, apple turnovers (2 per)
Butter, preserves and honey
- gf • v • vg Fresh sliced fruit
- gf • v Free-range scrambled eggs
- gf Maple smoked bacon and country sausage (3 pieces of each per)
Fresh morning juices
Freshly brewed fair trade coffee and tea sampler



Our menus include **vegan (vg)**, **vegetarian (v)** and **items made-without-gluten (gf)**. All coffee and tea selections served are fairtrade certified and we use Oceanwise seafood whenever possible.



BREAKFAST SELECTIONS – *minimum 30 guests per order*

EAGLE MOUNTAIN BUFFET – *minimum 30 guests per order* 20.99

- v Mini croissants, muffins, scones, Tasty Grain granola bars, apple turnovers (2 per)
- gf • v • vg Fresh sliced fruit
- gf Thick sliced smoked bacon
- gf Grilled chorizo sausage with fire roasted vegetables
- gf • v Roasted potato duo hash
- gf Free-range scrambled eggs with parsley and parmesan

Select one of the following 4 items:

- v Citrus scented French toast **or** whole wheat blueberry pancakes **or**
- v Belgium waffles **or** strawberry stuffed crepes with whipped cream
- gf • v House-made fruit syrups, whipped cream, traditional maple syrup
- Fresh morning juices
- Freshly brewed fair trade coffee and tea sampler

CENTENNIAL PARK BRUNCH BUFFET – *minimum 30 guests per order* 29.99

- v Bakery fresh rolls and flatbread served with whipped butter, honey and preserves
- v Assorted breakfast pastries
- gf • v • vg Fraser Valley greens and herbs with assorted dressings
- gf • v Baby spinach with fresh apple, candied walnuts and blue cheese
- v • vg Couscous with sun-dried fruits and toasted pumpkin seeds
- v Orzo pasta salad with sun-dried tomatoes and arugula
- gf • v Mykonos Greek salad with feta cheese
- gf • v • vg Crudités with dip
- gf • v International cheese selection
- gf • v • vg Fresh sliced fruit
- gf • v Grilled vegetable, vine tomatoes and bocconcini antipasto

Select one item from each of the following 4 groups:

- Traditional eggs benedict **or** eggs benedict Tofino (with smoked salmon) **or**
eggs benedict Florentine **or** Free-range scrambled eggs with parsley and parmesan
- v Whole wheat blueberry pancakes **or** citrus scented French toast **or**
- v strawberry stuffed crepes with whipped cream **or** Belgium waffles
- gf Grilled mango chicken breast with sun-dried apricot jus **or**
- gf Wild BC sockeye salmon with a creamy pernod bisque **or** Thai green curry penne primavera
or Potato cheddar perogies with caramelized onions, scallions and double smoked bacon
- gf • v Roasted potato hash **or** seven grain rice pilaf
- gf • v Garlic scented seasonal vegetables
- gf • v Whipped cream, house-made fruit syrups, corn syrup, traditional and pure maple syrup
- Fresh morning juices
- Freshly brewed fair trade coffee and tea sampler

COFFEE BREAKS – *minimum 5 guests per order per item*

THE SWEET TOOTH – *2 pieces per guest* 6.99

- v Chocolate covered granola bars
- v Assorted dessert squares
- v Fresh baked cookies
- Freshly brewed fair trade coffee and tea sampler

THE WORKING BREAK 8.99

- gf • v • vg Diamond trail mix
- v Classic cheese platter with crackers
- gf • v • vg Basket of whole fresh fruit
- Assorted beverages
- Freshly brewed fair trade coffee and tea sampler

Buffet enhancements on page 5 and page 12 can also be served for coffee breaks

BEVERAGES

Ice water will be provided with all catering services at no charge

Assorted Beverages (soft drinks & juices)	2.29 each
Fresh Juices: apple, orange or cranberry (serves 8-10)	12.99 each
Iced Tea or Lemonade (serves 8-10)	12.99 each
Cambros of Iced Tea or Lemonade (serves 80)	89.99 each
Chocolate or 2% Milk (500 ml)	2.29 each
Bottled Water	2.29 each
Bottled Sparkling Water	2.99 each
Ice Water Pitcher – <i>charged only if no other catering is ordered</i>	19.99 each
Flavour Infused Ice Water Tower (serves 20 – 30)	17.99 per tower
<i>Flavours include: BC wild berry (seasonal), cucumber fresca, lemon lime, lemon mint</i>	
Tropical Fruit Punch (non-alcoholic – serves 40)	79.99
Freshly Brewed Fair Trade Coffee (serves 10)	17.49 each
Assorted Fair Trade Tea	1.74 each
Hot Chocolate	1.74 each

Soy Milk (natural flavour) is available upon request additional 1.00 per order



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BUFFET ENHANCEMENTS

BREAKFAST + COFFEE BREAK SELECTIONS – minimum 5 guests per order

v	Whole Wheat Pancakes	2.99
	<i>served with traditional maple syrup, butter and whipped cream (v)</i>	
v	French Toast or Pancakes	2.99
	<i>Add to any breakfast includes: maple syrup, butter and whipped cream (1 per)</i>	
v • vg	Hot Cereal with toppings: fresh berries, nuts, brown sugar, honey	4.99
v	Bagels with Toaster, Cream Cheese & Preserves (1 per)	3.29
v	Mini Breakfast Bites	4.99
	<i>Scrambled egg BLT, smoke salmon and avocado, fruit jam and cream cheese</i>	
	<i>Served on mini croissants, wraps and rolls</i>	
v	Baker's Minis (2 per)	3.19
	<i>Assorted freshly baked mini pastries including, muffins, Tasty Grain granola bars, scones, croissants and apple turnovers served with butter, preserves and honey</i>	
gf • v • vg	Fresh Sliced Fruit	3.99
gf • v • vg	Tropical Fruit	4.69
	<i>Sliced seasonal and tropical fruit</i>	

A LA CARTE SELECTIONS

v	Fresh Baked Full Size Pastries	2.99 each
	<i>sticky buns, muffins, Danishes, croissants, almond croissants, scones, apple turnovers</i>	
v	Assorted Biscotti (1.5 per)	2.99
v	Fresh Baked Tasty Grain Granola Bars (1 per)	1.99
v	Banana or Lemon Loaf (1 per)	1.99
v	Carrot Cake Loaf with Cream Cheese Icing	2.99
v	Fresh Fruit Parfait	3.29
	<i>Layers of creamy low-fat vanilla yogurt, granola & seasonal fresh fruit (1 per)</i>	
gf • v	Assorted Low Fat Vanilla and Fruit Yogurt Cups	1.99
	<i>Flavors include: strawberry, blueberry, peach, raspberry (1 per)</i>	
gf • v • vg	Whole Fresh Fruit	1.49
	<i>A selection of seasonal whole fresh fruit (1 per)</i>	
gf • v • vg	Tropical Fruit Skewers (1.5 per)	5.99
v	Fresh Baked Gourmet Cookies (1 per)	1.99
v	Assorted Dessert Squares (1.5 per)	2.99
	<i>May include: Nanaimo bars, brownies, mix berry crumble, butter bars</i>	
v	Assorted Mini Cheesecakes	4.99
	<i>Flavors include: raspberry, turtle, New York (2 per)</i>	
v • vg	Bowls of Chips	2.49
gf • v • vg	Diamond Trail Mix	2.99



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LUNCH SELECTIONS – *minimum 5 guests per order per item*

DELI SANDWICHES (1 per, cut in half)

Assorted Deli-Style Sandwiches served on artisan breads and rolls:

mini Ciabatta, sun-dried cranberry loaf, multigrain, marble rye, Portuguese buns and whole wheat

Sandwich toppings include:

flavoured aioli, tomato, cucumber, lettuce and selected cheese

Fillings may include the following and will always include a vegetarian option:

Roasted chicken and avocado club, wild BC sockeye salmon, roast beef,

deli-style turkey breast, Italian deli

v *Tomato and cucumber, grilled Portobello with cream cheese*

Select your own fillings: additional 1.00 per order per item

DELI WRAPS (1 per, cut in half)

Assorted Deli-Style Wraps served on whole wheat, spinach, sun-dried tomato or regular wraps

Wrap fillings include:

flavoured aioli, tomato, cucumber, lettuce and selected cheese

Fillings may include the following and will always include a vegetarian option:

Roasted chicken and avocado club, wild BC sockeye salmon, roast beef,

deli-style turkey breast, Italian deli

v *Tomato and cucumber, grilled Portobello with cream cheese*

Select your own fillings: additional 1.00 per order per item

DELI SANDWICH MINI'S (2 per)

Mini Croissants, Rolls and Mini Ciabatta

Sandwich toppings include:

flavoured aioli, tomato, cucumber, lettuce and selected cheese

Fillings may include the following and will always include a vegetarian option:

Roasted chicken and avocado club, wild BC sockeye salmon, roast beef,

deli-style turkey breast, Italian deli

v *Tomato and cucumber, grilled Portobello with cream cheese*

Select your own fillings: additional 1.00 per order per item

ABOVE DELI OPTIONS SERVED WITH THE FOLLOWING ITEMS 10.99 / guest

gf • v • vg Crudités with Dip

v Assorted Dessert Squares and Assorted Chilled Beverages

ABOVE DELI OPTIONS SERVED WITH THE FOLLOWING ITEMS 13.99 / guest

v Chef's Soup Creation (vegetarian based)

v Chef's Choice of Salad

gf • v • vg Fresh Sliced Fruit and Assorted Chilled Beverages

SANDWICH INDEX

Roasted Chicken Club	<i>Roasted chicken breast, avocado, tomato, selected cheese, chive aioli</i>
BC Salmon	<i>Baked wild BC salmon, with lemon dill aioli and baby greens</i>
Roasted Beef	<i>Roast beef, horseradish aioli, tomato, cucumber, selected cheese, lettuce</i>
Deli-Style Turkey	<i>Turkey, cranberry aioli, tomato, cucumber, selected cheese, lettuce</i>
Italian Deli	<i>Capicola, salami, Dijon aioli, tomato, cucumber, selected cheese, lettuce</i>
v Tomato and Cucumber	<i>Roma tomato, cucumber, green pepper, selected cheese, lettuce</i>
v Grilled Portobello	<i>Grilled Portobello, spinach, Boursin cream cheese</i>

A LA CARTE LUNCH SELECTIONS

DELI SANDWICHES OR WRAPS (1 per, cut in half) 6.49

Assorted Deli-Style Sandwiches served on artisan breads and rolls:

mini Ciabatta, sun-dried cranberry loaf, multigrain, marble rye, Portuguese buns and whole wheat

Sandwich toppings include:

flavoured aioli, tomato, cucumber, lettuce and selected cheese

Fillings may include the following and will always include a vegetarian option:

Roasted chicken and avocado club, wild BC sockeye salmon, roast beef,

deli-style turkey breast, Italian deli

v *Tomato and cucumber, grilled Portobello with cream cheese*

Select your own fillings: additional 1.00 per order per item

DELI WRAPS (1 per, cut in half) 6.49

Assorted Deli-Style Wraps served on whole wheat, spinach, sun-dried tomato or regular wraps

Wrap fillings include:

flavoured aioli, tomato, cucumber, lettuce and selected cheese

Fillings may include the following and will always include a vegetarian option:

Roasted chicken and avocado club, wild BC sockeye salmon, roast beef,

deli-style turkey breast, Italian deli

v *Tomato and cucumber, grilled Portobello with cream cheese*

Select your own fillings: additional 1.00 per order per item

SANDWICH MINIS (2 per) 6.49

Mini Croissants, Rolls and Mini Ciabatta

Sandwich toppings include:

flavoured aioli, tomato, cucumber, lettuce and selected cheese

Fillings may include the following and will always include a vegetarian option:

Roasted chicken and avocado club, wild BC sockeye salmon, roast beef,

deli-style turkey breast, Italian deli

v *Tomato and cucumber, grilled Portobello with cream cheese*

Select your own fillings: additional 1.00 per order per item

CLASSIC BOXED LUNCH TO GO (1 per) 7.99

Selection of Classic Deli-Style Wraps served on a variety of fresh flour tortillas

Juice Box, Piece of Whole Fruit and Cookie

PIZZA SELECTIONS

16" PIZZA – 10 slices per pizza

Pizzas are traditional style with tomato sauce and mozzarella 16.99 each

Classic Pepperoni – *loaded with pepperoni* Hawaiian – *ham & pineapple*

v Three Cheese – *Mozzarella, Parmesan & cheddar* Deluxe Vegetarian – *assortment of veggies*

Create Your Own Three Topping Pizza – select from: 19.99 each

Pepperoni, ham, bacon, chicken, sausage, ground beef, green

peppers, black olives, spinach, tomato, onion, banana peppers, mushrooms

LUNCH ENHANCEMENTS

GARDEN FRESH MEAL SIZE SALADS

	Simply Caesar	7.29 (meal size)
	<i>Crisp hearts of romaine tossed in a creamy Caesar dressing topped with parmesan cheese and toasted focaccia croutons</i>	
gf • v • vg	Maple Spinach Salad	7.69 (meal size)
	<i>Fresh baby spinach tossed with granny smith apples and candied walnuts served with a maple mustard vinaigrette</i>	
gf • v	Greek Mykonos Salad	7.99 (meal size)
	<i>Iceberg and romaine lettuce mixed with cucumbers, tomatoes, black olives, bell peppers, sweet onions and feta cheese served with herb and garlic vinaigrette</i>	
gf • v • vg	Spring Mix Salad	6.99 (meal size)
	<i>Fresh spring mix lettuce with cherry tomatoes served with house dressing</i>	

GARDEN FRESH SIDE SALADS – minimum 5 guests per order

gf • v	Red Bliss Potato Salad	2.99
	<i>Red potatoes tossed with red onion, celery, parsley and free-range eggs served with a honey Dijon dressing</i>	
gf • v • vg	Hot House Chickpea Salad	2.79
	<i>Crisp iceberg lettuce, Roma tomatoes, cucumbers, bell peppers and chickpeas served with house dressing</i>	
	Simply Caesar	3.29
	<i>Crisp hearts of romaine tossed in a creamy Caesar dressing topped with parmesan cheese and toasted focaccia croutons</i>	
gf • v • vg	Maple Spinach Salad	3.69
	<i>Fresh baby spinach tossed with granny smith apples and candied walnuts served with a maple mustard vinaigrette</i>	
gf • v	Greek Mykonos Salad	3.99
	<i>Iceberg and romaine lettuce mixed with cucumbers, tomatoes, black olives, bell peppers, sweet onions and feta cheese served with herb and garlic vinaigrette</i>	
gf • v • vg	Spring Mix Salad	2.99
	<i>Fresh spring mix lettuce with cherry tomatoes served with house dressing</i>	
v	Thai Noodle Salad	2.99
	<i>Chow mien noodles tossed with matchstick vegetables served with sweet soy vinaigrette</i>	
v • vg	Couscous Salad	3.29
	<i>Couscous with fresh Italian parsley and toasted pumpkin seeds</i>	
v • vg	Quinoa Salad	3.99
	<i>Quinoa with fresh vegetables and herbs tossed in a lemon vinaigrette</i>	
gf • v • vg	Margarita Black Bean Salad	3.99
	<i>Black beans tossed with fresh pico de galo and avocado</i>	

SALAD ADD-ONS

gf	Grilled Chicken Breast	3.49	gf • v • vg	Grilled Marinated Tofu	2.99
gf	Grilled Wild BC Salmon	3.99	v	Garlic Bread Stix (2 per)	1.99
gf • v • vg	Fire-Roasted Vegetables	2.99	v	Assorted Rolls (1 per)	0.99

HOUSE-MADE SOUPS – minimum 10 guests per order

gf • v	Carrot and Ginger	3.99
v	Chef's Soup of the Day (always vegetarian based)	3.99

HOT LUNCH SELECTIONS – *minimum 10 guests per order per item*

BAKED PASTA BUFFET 15.99

- v Caesar Salad with toasted focaccia croutons and Garlic Bread
- Baked Penne with Beef Bolognese
- v Baked Wild Mushroom Alfredo Fettuccini
- v Assorted Dessert Squares
- Assorted Chilled Beverages

WEST COAST SALMON EXPRESS 18.99

- v Fresh Baked Rolls and Butter
- gf • v • vg Hot House Chickpea Salad
- gf Wild BC Salmon with lemon scented cream
- gf • v Jasmine Scented Rice with green onions
- gf • v Buttered Broccoli and Cauliflower
- gf • v • vg Sliced Fresh Fruit
- Assorted Chilled Beverages

VEGETARIAN UTOPIA 15.99

- gf • v Maple Spinach Salad
- v • vg Pita and Hummus
- v • vg Couscous Stuffed Bell Peppers
- gf • v Fire-Roasted Vegetable Stack with Camembert and balsamic glaze
- v Orange Scented Seven Grain Rice Pilaf
- gf • v • vg Fresh Sliced Fruit
- Assorted Chilled Beverages

ROAST CHICKEN FEAST 18.99

- gf • v Red Bliss Potato Salad
- v Fresh Baked Rolls and Butter
- Honey Balsamic Roasted Chicken
- gf • v Herb and Garlic Baby Potato Duo
- gf • v Sautéed Peppers and Baby Carrots
- v Assorted Dessert Squares
- Assorted Chilled Beverages

A TASTE OF MEXICO 23.99

- gf • v • vg Corn Tortilla Chips with pico de galo
- gf • v Tortilla Soup with sour cream and scallions
- gf • v Mixed Field Greens and Herbs with assorted dressings
- gf • v • vg Sweet & Spicy Papaya Salad
- gf • v • vg Margarita Black Bean Salad

Taco Station:

- gf Spiced ground beef, refried beans, salsa, sour cream, tomatoes, cheddar and avocado with soft and crisp tacos **or** Baked chili chicken with Mozzarella
- gf • v Spanish Paella
- gf • v • vg Fresh Sliced Fruit and Assorted Dessert Squares
- Assorted Chilled Beverages

To book your event and order catering contact Meeting, Event & Conference Services (MECS) email meetbby@sfu.ca or call 778-782-4910 or 778-782-3854

HOT DISHES TO SHARE

gf	Baked Three Cheese Macaroni and Cheese (serves 8-10)	69.99
	Meat or Vegetarian Lasagna (serves 8-10)	79.99
gf	Diamond Curried Chicken with Basmati Rice (serves 8-10)	89.99
v	Garlic Scented Stir Fried Vegetables (serves 8-10)	44.99

Add Salads to any of the above selections – see page 8

BARBECUE SELECTIONS – minimum 10 guests per order per item

BBQ's over 30 guests will include a chef barbecuing onsite. BBQ's less than 30 guests will be served buffet style in chafing dishes unless otherwise coordinated.

	SIMPLY BBQ (1 protein per guest)	10.99
	All Beef Burgers	
v	Vegetarian Burgers	
	Sliced tomato, crisp lettuce, onion, ketchup, mustard and relish	
v	Bowls of Chips (bags available upon request)	
	Assorted Chilled Beverages	
	DELUXE BBQ (1 protein per guest)	13.99
gf • v • vg	Maple Spinach Salad	
v	Pasta Salad with poppy seed vinaigrette	
	All Beef Burgers & Hot Dogs	
v	Vegetarian Burgers & Vegetarian Hot Dogs	
	Bakery Fresh Sesame and Whole Wheat Kaiser Buns	
	Sliced cheddar cheese, onions, tomato, crisp lettuce, sauerkraut and banana peppers	
	Ketchup, Mustard, Relish and Mayo	
gf • v • vg	Fresh Sliced Melon Platter	
v	Bowls of Chips (bags available upon request)	
	Assorted Chilled Beverages	
	PLATINUM BBQ (1.5 protein per guest) – minimum 30 guests	23.99
v	Cornbread and Fresh Baked Rolls	
gf • v • vg	Mixed Field Greens with Assorted Dressings	
gf • v	Red Skin Potato Salad with free-range eggs and pommery mustard aioli	
gf • v	Asian Inspired Coleslaw	
v	Macaroni Salad with pesto, artichoke hearts and grape tomatoes	
gf • v • vg	Corn Tortilla Chips and pico de gallo	
	Select one of the following:	
gf	Double smoked bacon and chicken brochettes or pork baby back ribs or grilled wild BC salmon with papaya salsa	
gf • v • vg	Molasses Baked Beans	
gf • v • vg	Marinated Vegetable Kebobs	
v	Fresh Baked Gourmet Cookies	
gf • v • vg	Fresh Sliced Melon Platter	
	Assorted Chilled Beverages	

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BUFFET ENHANCEMENTS

LUNCH + DINNER SELECTIONS – minimum 5 guests per order

gf • v	Crudités <i>garden fresh vegetables with dip</i>	3.99
gf • v • vg	Fresh Sliced Fruit	3.99
gf • v • vg	Tropical Fruit <i>Sliced seasonal and tropical fruit</i>	4.49
gf	Deli-Style Meat Platter <i>Deli style and cured meats including black forest ham, turkey breast, pastrami, Capicola, prosciutto and Montreal smoked beef served with rolls and condiments</i>	6.19
	Antipasto Platter <i>Grilled marinated vegetables, mixed olives, artichokes, prosciutto, pickled vegetables, Genoa salami, Capicola, vine tomatoes and bocconcini with a grissini bouquet</i>	6.19
	Sushi (2 per) <i>A selection of popular rolls and nigiri with pickled ginger, soy sauce and wasabi</i>	3.99
gf • v	Mexican Madness <i>Corn tortilla chips served with traditional salsa, sour cream and fresh guacamole</i>	3.29
v	Spinach and Artichoke Dip with corn tortilla chips	3.49
v	Mediterranean Flatbreads and Dips <i>Grilled flatbread and pita served with hummus and tzatziki</i>	4.49
gf	Poached Wild BC Salmon Display <i>Smoked, poached and candied salmon</i>	6.49
gf	Mussels on the Half Shell (3 per) <i>Mussels accompanied by gazpacho relish and lemon wedges</i>	4.99
gf	West Coast Seafood Cascade <i>A wonderful selection of marinated mussels, albacore tuna, wild BC Salmon, smoked mackerel, scallops, octopus and crab legs</i>	10.99
v	Classic Cheese Selection <i>Cheddar, Swiss, marble and Havarti garnished with strawberries, grapes and crackers</i>	5.19
v	International Cheese Selection <i>Boursin, camembert, goats' cheese, Swiss, Havarti, Danish blue, provolone, Monterey Jack and cheddar garnished with strawberries, grapes and crackers</i>	7.19
v	International cheese & fruits collection <i>Canadian & imported cheese with sliced fresh tropical fruit & crackers</i>	6.29
v	Mini Delights (2 per) <i>Assorted mini cheese cakes and French pastries</i>	4.99
v	Chef's Dessert Nirvana <i>A rich and decadent selection of tortes, mousse cakes, cheesecakes, tarts, squares, French pastries and sliced fresh fruit</i>	7.29

CELEBRATION CAKES – minimum 1 cake per order

Price includes personalized greetings. 5 business days are required for all cake orders.

Cake	half slab (40 - 50)	full slab (80 - 100)
Chocolate Ganache	169.99	329.99
Vanilla Butter Cream	159.99	299.99
Cheesecake with choice of topping: <i>Strawberry, blueberry, classic New York, mango, chocolate</i>	169.99	329.99

Smaller cakes are also available in the same flavours as above

8" cake serves 8 – 12 guests	49.99
10" cake serves 10 – 16 guests	69.99
Cake Pops – assorted flavours and colours	2.99 each (minimum order 20)

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THREE COURSE PLATED LUNCHES – *minimum 10 guests per order*

All plated lunches include freshly brewed fair trade coffee and tea sampler

Ocean View

29.99

- v Fresh baked rolls, filone and flatbread
- v Fire roasted vine tomato, bocconcini and peppered goat cheese stack with kalamata olive tapenade
- gf Maple walnut crusted wild BC salmon fillet napped with apple Riesling bisque accompanied by multigrain rice pilaf and grilled asparagus bundle
- v Rich decadent chocolate mousse cake

Eagle Mountain

28.99

- v Fresh baked rolls, filone and flatbread
- v Tomato and jalapeños soup with crispy basil
- gf Blackened papaya stuffed free run chicken breast with a sun-dried apricot jus accompanied by roasted shallot whipped potato and buttered baby vegetables
- v Strawberry cheesecake

Indian Arm

30.99

- v Fresh baked rolls, filone and flatbread
- gf Fresh baby spinach tossed with caramelized pears, gorgonzola cheese, crispy bacon and shallot vinaigrette
- gf Sun-dried tomato & lemon cold water pacific halibut fillet w/pinot grigio emulsion accompanied by jasmine scented rice and steamed green vegetables
- v Wild BC blueberry and blackberry napoleon

HORS D'OEUVRES SELECTIONS – *minimum 3 dozen per item*

COLD SELECTIONS – passed by a server or stationed upon request 26.99 per dozen

- Spicy Albacore Tuna with Sweet Dashi Glaze
- Bison Carpaccio Topped Sun-Dried Cranberry Chutney
- Smoked Salmon with Boursin Cream Cheese Canapé
- Forest Mushroom and Beef Roulade
- Avocado and Dungeness Crab Tartlets
- gf West Coast Ceviche and Endive
- v Peppered Goats' Cheese with Candied Pecan
- v Sun-Dried Cranberry and Camembert Tartlet
- v Grilled Portobello Mushroom Wedges with Herbed Goats' Cheese
- gf • v Micro Greek Salad Cucumber Cups
- v • vg Tomato Bruschetta Crostini
- v Roasted Corn Blini
- v Wild Mushroom Croustades
- v Sun-Dried Fig and Gorgonzola Cheese
- gf • v • vg Gazpacho Bellini Shooter

HORS D'OEUVRES SELECTIONS – *minimum 3 dozen per item*

HOT SELECTIONS – passed by a server

26.99 per dozen

- gf Mini Chicken Brochettes with Roasted Garlic Aioli
- gf Prosciutto Wrapped Lamb Brochette
- Sweet Chili Chicken Drumettes
- Swedish Meat Balls
- Dungeness Crab Cake with Lemon Pepper Aioli
- Mini Curried Chicken Pot Pie
- gf Thai Chicken Satay with Sesame Dip
- gf Rosemary Honey Glazed Quail
- Moultard Duck Breast Crostini with Port Plum Compote
- Vanilla Cured Ostrich Escalope with Chokecherry Jelly
- Mini Double Smoked Bacon BLT
- BBQ Elk with Bourbon Peach Jus
- Five Spiced Pork Tenderloin with Sun-Dried Apricot Drizzle
- Croque Monsieur
- v Vegetarian Spring Rolls with a Sweet Tangy Plum Sauce
- v Spanakopita
- v Assorted Artisan Vegetarian Quiche
- v Panko Crusted Camembert with BC Royal Gala Apples
- gf • v • vg Forest Mushroom Kebabs
- v Spinach and Parmesan Cheese Polenta Cakes

DINNER SELECTIONS – *minimum orders noted below*

WEST COAST DINNER – *minimum 30 guests per order*

29.99

- v Fresh baked dinner rolls with whipped butter and tapenade
- gf • v Potato leek and spinach soup
- gf • v Fraser valley greens and herbs with assorted dressings
- gf • v Nugget potato salad with cage free eggs, celery and scallion aioli
- gf • v Golden beet and shaved fennel salad with horseradish dressing
- gf • v Hot house salad with tomato, cucumber, romaine hearts and feta cheese
- gf Wild BC smoked, poached and house-made candied salmon display
- gf • v • vg Crudités with dip

Select one of the following:

- gf Wild BC salmon fillet with vine tomato & corn salsa **or** fig & balsamic roasted chicken **or** fire roasted AAA beef loin highlighted with a forest mushroom jus
- v Spinach and Parmesan polenta with balsamic tomatoes
- gf • v Yukon gold and yam puree
- gf • v • vg Fresh sliced fruit and fresh berries
- Chef's dessert selection
- Assorted chilled beverages

DINNER SELECTIONS – *minimum orders noted below*

PLATINUM DINNER BUFFET – *minimum 30 guests per order* 44.99

- v Fresh baked rolls and flatbread
- Whipped butter and tapenade

Salads

- gf • v Fraser valley greens and herbs with assorted dressings
- gf • v • vg Sweet and spicy papaya salad with fresh coriander
- v • vg Quinoa with toasted pumpkin seeds, fresh vegetables and herbs
- gf • v Baby spinach tossed with sliced button mushrooms and maple mustard
- gf • v Arugula, Roma tomato, cucumber and chickpea salad with feta cheese
- v • vg Orzo pasta salad with fire roasted vegetables, green olives and balsamic dressing
- gf • v • vg Wild rice with green beans and grape tomatoes in fresh lemon vinaigrette

Decorative platters

- v Canadian and imported cheese board
- gf European deli style smoked and cured meats
- gf • v • vg Market fresh vegetable selection with hummus and Ranch
- gf • v • vg Olives, peppers and pickled vegetables

Entrées – *select 2 of the following:*

- gf Grilled chicken breast with balsamic fig demi-glace
- gf Honey mango glazed chicken breast with sun-dried apricot jus
- gf Wild BC salmon napped with a roasted tomato and fennel ragout
- gf Wild BC salmon highlighted with a corn and tomato salsa
- gf Sun-dried tomato and lemon wild BC salmon
- gf BC sablefish caressed with a wild mushroom lemon cream
- gf Bay scallop and spinach stuffed sole with lobster bisque
- gf Salt Spring Island mussels and manila clam hot pot
- gf Braised lamb shanks with caramelized onions and portobello mushrooms
- v Spinach polenta on a bed of grilled balsamic vine tomato
- v Wild mushroom and spinach cannelloni
- v Herb and parmesan baked tortellini
- gf • v Grilled portobello mushroom and vegetable stack with camembert
- v • vg Baked bell peppers stuffed with a couscous vegetable mélange
- v • vg Orange and ginger marinated grilled tofu with sautéed Mediterranean vegetables

Select a third entrée for an additional 4.99 per person

Sides

- gf • v Jasmine scented rice
- gf • v Herb and garlic roasted baby potato duo **or** whipped potato
- gf • v Seasonal buttered vegetables

Desserts

- gf • v • vg Seasonal fresh fruit display
- Chef's selection of cakes, tortes, mousse cakes, cheese cakes, French pastries, squares
- Assorted chilled beverages

DINNER SELECTIONS – *minimum orders noted below*

ROAST CHICKEN FEAST – *minimum 20 guests per order* 23.99

- gf • v Red bliss potato salad
- v Fresh baked rolls and butter
- Honey balsamic roasted chicken
- gf • v Herb and garlic baby potato duo
- gf • v Sautéed peppers and baby carrots
- v Assorted dessert squares
- Assorted chilled beverages

BAKED PASTA BUFFET – *minimum 20 guests per order* 20.99

- v Caesar salad with toasted focaccia bread crumbs and garlic bread
- Baked penne with beef bolognese
- v Baked wild mushroom Alfredo fettuccini
- v Assorted dessert squares
- Assorted chilled beverages

BUFFET ENHANCEMENTS – *minimum 20 guests per order*

DELUXE ENTREES

- gf Pacific halibut with a braised leek beurre blanc 5.99
- Korean style beef short ribs 5.99
- Grilled pomegranate chili free run chicken breast 5.99
- gf Fraser Valley duck and double smoked bacon cassoulet 5.99
- gf Pan seared red coconut curried lamb chop 5.99
- gf Oven roasted Arctic char with a smoked tomato cream 5.99
- gf Mixed grill with pheasant, strip loin and chorizo sausage 5.99

PASTA SELECTIONS

3.99 / each

Tri-coloured fusilli with grilled marinated vegetables, grilled chicken garlic and pesto finished with fresh basil and Parmesan cheese

Penne rigate tossed with sautéed AAA beef loin, Roma tomato and fresh spinach finished with red wine and asiago cheese

Spaghettini tossed with garlic, roasted shallot, Roma tomato, fresh Italian parsley and parmesan cheese

- v **Farfella** (bow-tie) pasta is tossed with bell peppers, red onion, Roma tomato and button mushrooms simmered in a Thai green curry cream



Our menus include **vegan (vg)**, **vegetarian (v)** and **items made-without-gluten (gf)**. All coffee and tea selections served are fairtrade certified and we use Oceanwise seafood whenever possible.



BUFFET ENHANCEMENTS – *minimum 30 guests per order*

CHEF ATTENDED CARVING STATIONS – served *with accompaniments and rolls*

Slow roasted AAA beef round	4.99
Herb and garlic crusted leg of lamb	4.99
Slow roasted bbq pork loin	4.99
Honey apple smoked ham	4.99
Apple pommery pork roast	4.99
Slow roasted AAA strip loin beef	6.99
Slow roasted AAA prime rib	6.99
Grain-fed bison strip loin	8.99

CHEF ATTENDED PAELLA STATION 9.99

- gf Saffron infused Arborio rice gently simmered in natural stock reduction and stewed plum tomatoes
- gf Proteins: bay scallop, chorizo sausage, maple smoked bacon, grilled chicken breast, AAA beef, leg of lamb, tofu, BC spot prawns
- gf • v Vegetables: scallions, bell peppers, red onion, zucchini, peas, corn, vine tomato, fresh spinach, wild mushrooms and fresh herbs
- gf • v Cheeses: herb and garlic Boursin, camembert and parmesan

CHEF ATTENDED THAI CURRY STATION 9.99

- gf • v • vg Coconut green Thai curry gently simmered with lime leaves and lemongrass
- gf Proteins: chicken thigh, pork loin, AAA beef, leg of lamb, salmon, halibut, scallops and fried tofu
- gf • v Vegetables: eggplant, broccoli, cauliflower, corn, peas, carrot, bell peppers, zucchini, baby potato, celery, red onion and green onion

CHEF ATTENDED SUNDAE BAR 9.99

- v Vanilla bean ice cream
- v Chocolate sauce, hot caramel and whipped cream
- v Blueberry, strawberry, mango and raspberry coulis
- v Crushed peanuts, hazelnuts and pistachios
- v M & M's, reeces pieces, smarties and gummy bears

CHEF ATTENDED CIOPINNO STATION 9.99

- gf A bounty of fresh seafood and vegetables simmered to order in a rich tomato lobster broth
- gf Seafood: Salt Spring Island mussels, bay scallops, BC spot prawns (seasonal)
- gf Wild BC salmon, pacific halibut, sablefish and ling cod
- gf • v Vegetables: fennel, red onion, bell peppers, Roma tomato, baby potato, corn, peas, zucchini and fresh herbs

CHOCOLATE FOUNTAIN 4.99

Includes Belgian callebeaut chocolate with dipping pieces



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THREE COURSE PLATED DINNERS – *minimum 10 guests per order*

Plated dinners include fair trade coffee, tea, rolls, filone and flatbread with butter and tapenade

APPETIZERS – *select one of the following*

v	Fraser valley greens and herbs with a creamy buttermilk dressing	7.99
gf	Crisp hearts of romaine and tender butter lettuce with roasted prosciutto, toasted pine nuts, smoked grape tomato and feta cheese emulsion	8.99
gf	Dungeness crab and roasted corn bisque with an Irish mist cream	8.99
gf	Vanilla cured house-smoked wild BC sockeye salmon and jasmine rice orb with mango champagne vinaigrette and gazpacho relish	12.99
gf	Ahi tuna Carpaccio with crispy caper dressing, French beans and wasabi aioli	10.99
	Fraser valley duck leg confit and granny smith apple salad cocktail	12.99
gf • v	BC vine tomatoes & peppered Salt Spring Island goats cheese	9.99

ENTRÉES – *select one of the following*

gf	Blackened pacific cold water halibut fillet highlighted with fresh mango salsa and a citrus ginger cream	31.99
gf	Oven roasted sun-dried cranberry goats cheese stuffed free run chicken breast accompanied by a marsala pomegranate jus	29.99
	Pistachio crusted wild BC salmon fillet with a fennel orange bisque	29.99
	Prosciutto wrapped AAA beef tenderloin with a See Ya Later Ranch pinot noir reduction and horseradish crème fraiche	37.99
gf	Fraser Valley Peking duck breast pan seared with a port plum compote and caramelized granny smith apple reduction	33.99
gf	Grilled chili lime Arctic char with Gray Monk pinot gris beurre blanc	33.99
	Aromatic herb garlic and Dijon crusted rack of lamb slow roasted with a smoked vine tomato demi glace	37.99
gf • v	Fire roasted marinated vegetable and portobello mushroom stack with camembert cheese and aged balsamic	26.99

DESSERTS – *select one of the following*

gf • v	Black raspberry Chambord crème brûlée with macadamia brittle	7.99
v	Decadent triple chocolate mousse cake	7.99
v	Frangelico cappuccino cheesecake	7.99
v	Chocolate mousse and vanilla bean whipped mascarpone s 'more napoleon	7.99
v	BC grown royal gala apple and Anjou pear strudel with vanilla bean ice cream	6.99
gf • v	Tropical caramelized jasmine scented rice pudding	7.99

To book your event and order catering contact Meeting, Event & Conference Services (MECS) email meetbby@sfu.ca or call 778-782-4910 or 778-782-3854

TIM HORTONS



PASTRIES

v	Assorted donuts (1 per) <i>Apple fritter, chocolate glazed, chocolate dip, Boston cream Honey cruller, honey dip, walnut crunch, old fashion plain</i>	1.39
v	One dozen donuts	9.99
v	One dozen cookies	9.99
v	Timbits™ 10 pack	2.99
v	Timbits™ 40 pack	9.99
v	Timbits™ 80 pack	16.99



BEVERAGES

Coffee Take Ten (minimum 10)	19.99 / 10
Steeped Tea Take Ten (minimum 10)	19.99 / 10

ORDERING INFORMATION

ORDERING LEAD TIME

Orders must be placed and confirmed at least 2 working days in advance of the event however we will try our best to accommodate last minute requests. Please speak with your MECS event coordinator to determine what can be offered for last minute requests. For events over 100 guests, or those that require liquor services, at least 5 working days notice is preferred so we can best accommodate your event requests.

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 2 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 2 working days notice will be determined on a per event basis.

BEVERAGE SERVICES

Whenever alcohol is served, one bartender per eighty (80) guests is required. There will be a charge of \$100.00 per bartender.

TIMING

As a general guideline, setup for each event will start 30 minutes prior to event start time. Pickup for each event will be 30 minutes after each event ends. Other setup and pickup times can be arranged upon request.

SUSTAINABILITY INITIATIVES

SFU Dining Services has a wide variety of sustainable initiatives in all food service operations, including catering services. For more info visit www.dineoncampus.ca/sfu

ORDERING INFORMATION

BILLING

Menus are priced before tax. 15% service charge will be applied to all catering services.

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 \$100.00 per server. When an event includes passed hors d'oeuvres and / or a carving station, service staff will be provided at no additional charge, unless client requests additional staff.

DISPOSABLES / CHINA / MELAMINE WARE

Melamine Ware

All catering is served with melamine plates, mugs, cups, compostable cutlery and disposable napkins. Melamine ware is included at no charge.

Disposable Ware

Disposable ware is provided with all Tim Hortons orders. Please note Tims includes drop off service only (sorry, no pickups) and linens are not supplied. Disposable ware for all catering, excluding Tim Hortons', is available upon request at an additional charge of \$1.25 per guest minimum 10 guests.

China Ware

Full china ware is available upon request at additional charges:

- Coffee break service - \$3.50 per guest
- Full meal service (breakfast, lunch, dinner) - \$5.00 per guest
- Full china service is included with events booked at the Diamond Alumni Centre

SPECIAL REQUESTS / OTHER SERVICES

Dietary Alternatives

Dietary and alternative menu options are available including: gluten free, vegan, kosher style and halal (minimum notice 1 week's required for halal orders). Additional charges may be applied.

HEALTH & SAFETY

The health and safety of our guests is a top priority to SFU Dining Services. Our Dining 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 SFU Dining Services unless authorized in writing by the Executive Director of Ancillary Services. No outside alcoholic beverages are permitted at any time, no exceptions. 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.

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