

CATERING MENU

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the fresh fork
SEASONAL CATERING. QUALITY SERVICE.

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menu

BREAKFAST

Baker's Pride Morning Trays

Trays serve 10 to 12 people

Croissant Arrangement (VG)

\$46.25 full tray (24 pieces), \$29 half tray (12 pieces)

Freshly baked flavored mini croissants served with whipped butter and subtle garlic herb infused cream cheese.

Sunrise Loaves (VG)

\$54 full tray (24 pieces), \$34 half tray (12 pieces)

Freshly baked sweet breads and sliced fruit accompaniment. Flavors include lemon cranberry, cinnamon swirl, banana and lemon poppy seed.

Muffin Daybreak (12 pieces) (VG)

\$28.50 full tray (12 pieces), \$18 half tray (6 pieces)

Assorted full size breakfast muffins. Banana, cranberry, blueberry, carrot, bran, chocolate chunk and double chocolate.

Baker's Breakfast Variety (VG)

Sweet Delights

\$48.50 full tray (24 pieces), \$30.25 half tray (12 pieces)

Fruit filled pastries, sweet cinnamon buns, chocolate croissant rolls and muffins

Baker's Breakfast Assortment

Savory Start

\$50.50 full tray (24 pieces), \$31.5 half tray (12 pieces)

Egg and chive strudel, leek and butter lattice, Swiss and ham biscuit, herbed cheddar scones and marinara scones.

Seasonal Fresh Sliced Fruit (VG/GF/VGN)

\$52.5 full tray, \$32.75 half tray

A vibrant assortment of seasonal fresh fruit

Gluten Free

Gluten free options are available.

\$5 additional per person

Options include; Blueberry muffin, double chocolate muffin, savory scones

Add Coffee and Tea —\$1.75 per person

Add refreshing chilled beverages to your order?

All our beverages are listed on pg.26



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menu

BREAKFAST

Morning Accents

A la Carte (minimum order of 12 per selection)

Breakfast Hand Helds

English Muffin Slider with Cheese

\$3.75 per person

Sous-vide egg with a choice of bacon, tomato or ham.

Early Riser Wrap with Egg

\$4.25 per person

Choose beef, pork sausage, chicken or grilled vegetable. Served with a choice of pico de gallo or sour cream and salsa

Chilled Add On

Fresh Fruit Kabobs (VG/VGN/GF)

\$4.25 per person

Served with a silky vanilla yogurt dip

Breakfast Berry Parfait (VG)

\$4.25 per person

Mixed berries, creamy vanilla yogurt and a crunchy granola crumble

Tasty Grain Bars (VG)

\$2.50 per person

9 grain chewy grain bars infused with wild berries and baked fresh in house

Individual Whole Fruit (VG/VN)

\$2 per piece

Fresh seasonal assortment of whole fruit. Fruit selection is subject to seasonal availability

Gluten Free

Gluten free options are available.

\$5 additional per person

Add Coffee and Tea —\$1.75 per person

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BREAKFAST

Morning Accents

A la Carte (minimum order of 12 per selection)

Warmed Add Ons

Silver Dollar Pancakes (2 pieces per person) (VG)

\$5.75 per person

Served with syrup and whipped butter

Cinnamon Swirl French Toast (2 pieces per person) (VG)

\$5.75 per person

Served with syrup and whipped butter

Hash Browns (VG/VGN/GF/DF)

\$2.75 per person

House made crispy Yukon Gold potatoes

Egg Scrambler (VG/GF)

\$4.25 per person

Choose from the following options; ham and swiss, western (cheddar and peppers) or plain

Breakfast Meats

\$3.25 per person

Choose bacon, grilled ham or breakfast sausage

Beef sausage - \$4 per person

Spolumbo's chicken and apple sausage - \$4.25 per person

Gluten Free

Gluten free options are available.

\$5 additional per person

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BREAKFAST

Morning Buffets

Minimum of 15 people

Morning buffets are accompanied with freshly brewed Seattle's Best coffee, decaf, a selection of Tazo teas and pitchers of premium fruit juice

Foothills Continental (VG)

\$13.50 per person

An assortment of mini pastries, croissants and muffins. Accompanied by fresh sliced fruit selection (VG/VGN/GF)

Health Matters

\$16.75 per person

- Egg white frittata (VG/GF)
- Roasted portabello mushroom cap (VG/VGN/GF)
- Blistered cherry tomato (VG/VGN/GF)
- Canadian back bacon (GF)
- Fresh fruit kabob (VG/VGN/GF)

Farmer's Country

\$18 per person

- Baker's pride assorted mini pastries, croissants and muffins VG
- Fresh sliced fruit selection GF VG VGN
- Western scrambled eggs (cheddar and peppers)
- Smoked bacon and breakfast sausage
- Country diced hash browns VGN VG GF

Rocky Mountain

\$18.25 per person

- Baker's pride assorted mini pastries, croissants and muffins VG
- Fresh sliced fruit VG GF VGN
- Greek vanilla yogurt with alpine granola VG
- Western chive and pepper scrambled egg VG
- Choose two of: bacon(2), breakfast sausage(2), grilled ham(1) or canadian back bacon(1) (veggie option of roasted portobello)
- Stampede pancakes VG VGN
- Country style rustic roast potato VGN GF VG

Spolumbo's sausage available on request (1 per)
\$2.50 extra per person



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BREAKFAST

Morning Action Stations

Minimum of 15 people

All action stations are accompanied with hash browns, fruit kabobs with yogurt dip, freshly brewed Seattle's Best coffee, decaf and a selection of Tazo teas

Omelette Station \$16.25 per person

Light and airy omelette style egg with the following choices; bacon, ham, mushrooms, tomatoes, green onions and cheese

Egg Benedict Station (2 pieces per person)\$20.25 per person

Made to order with your choice of back bacon, spinach, tomato and smoked salmon on a crisp English muffin. Presented with a delicate poached egg and finished with an in house hollandaise sauce.

Spolumbo's sausage available on request
\$2.50 extra per person

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menu

MEETING

Break Packages

Midway

\$7.75 per person

- Cheddar popcorn VG
- Mini corndogs with yellow mustard
- Mini powdered donuts VG
- Cinnamon pastries VG
- Assorted pop and bottled water

Jumbo baked soft pretzel with dijon add on \$3.25 (VG)

Tuscan Getaway

\$7.50 per person

- Artisan baguette crostini's and crackers with fresh bruschetta, cracked pepper brie, prosciutto and apple compote
- Honeyed melon fruit cocktail GF
- Bottled water

Chocolate Decadence

\$9 per person

- Baker's pride brownies, chocolate dipped strawberries, triple chocolate cookies and chocolate tarts
- Chilled chocolate milk

Country Picnic

\$10.50 per person

- Fresh fruit kabobs (GF/VG/VGN)
- Greek yogurt and mountain granola VG
- Crudités with buttermilk ranch dip VG GF
- Beautiful rye and grain **bagnats** with salad fillings (dilled tuna, dijon egg and savory chicken)
- Freshly baked grain bars (VG)
- Bottled water and assorted juices

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MEETING

Break Grab Baskets

Suggested serving per basket (10-12 people)

Potato Chips — \$12 per basket (VG/VGN)

Healthy Trail Mix — \$15 per basket (VG/VGN/GF)

Cheddar Popcorn — \$8 per basket (VG/GF)

Add Coffee and Tea — \$1.5 per person

Break Enhancement

A la Carte (Minimum order of 6 per selection)

Assorted Cookies — \$1.75 each

Rice Krispy Squares — \$2 each

Sweet Cinnamon Twists — \$2 each

Cheddar Scone — \$2 each

Individual Bags VG

\$2 each

Choose assorted chips, pretzels, tortilla chips or popcorn

Chocolate Bars VG

\$2 each

Choose assorted chocolate bar selection; Kit Kat, Mars, Caramilk, Reese cups, Aero, Coffee Crisp, Oh Henry

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MEETING

All Day Meeting Packages

Minimum of 20 people

Meeting Package #1

\$39 per person

- Breakfast Buffet
Foothills Continental
Includes coffee and tea
- AM Break
Tuscan Getaway
Includes coffee and tea
- Lunch Buffet
(Choose one)
Taco Delicioso
Chinatown
Includes coffee, tea, soft drinks and juice
- PM Break
Mama's Cookie Jar
Includes coffee and tea

Meeting Package #2

\$50.75 per person

- Breakfast Buffet
Farmer's Country
Includes coffee and tea
- AM Break
Country Picnic
Includes coffee and tea
- Lunch Buffet
(Choose one)
Little Italy
The Messinian
Includes coffee, tea, soft drinks and juice
- PM Break
Midway
Includes coffee and tea

Gluten Free

Gluten free options are available.
\$5 additional per person



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LUNCH

Lunch Boxes

Included is your choice of mini bottles water, can of juice or pop.

Classic Lunch Boxes

\$10.95 per person

Choose your sandwich on white or whole wheat bread and choice of filling

- Roast beef
- Smoked turkey
- Black forest ham
- Egg salad VG
- Tuna salad
- Chicken salad
- Vegetarian (VG)

Complete with whole fruit, cheddar slice and a gourmet cookie

Euro Lunch Boxes

\$14 per person

Gourmet sandwiches are made on artisan breads and rolls assembled fresh with tomato, provolone cheese and your choice of fillings

- Black forest ham
- Western roast beef
- Smoked meat, pastrami, genoa salami, mortadella
- Roast turkey breast
- Herb roast chicken breast

Complete with whole fruit, cheddar slice and a gourmet cookie

Salad Bowls

\$15 per person

- Blackened chicken romaine salad with caesar dressing
- Market greens with chicken breast and peppercorn ranch
- Crunchy thai chicken salad with a sesame thai dressing
- Quinoa and brown lentil , red yellow and green peppers (VG VGN)

All salads include a dinner roll, fresh fruit, cookie and cutlery

Gluten Free

Gluten free options are available.

\$5 additional per person

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LUNCH

Sandwich Artist Platters

10 sandwiches per platter

New York Deli

\$84 | platter

Favorite assortments on a variety of sliced breads. Always delicious!

- Shaved roast beef, grainy dijon, and caramelized onion on a potato rosemary loaf
- Montreal smoked meat, swiss, and mustard seed aioli on marbled rye
- Roast turkey, roma tomato, and cranberry mayo on a potato rosemary loaf
- Black forest ham, pepper Havarti, and bistro spread, on a sourdough bun
- Tuscany roasted vegetables, and tzatziki mayo, on thick sliced garlic loaf VG

Lunch Box Sandwich Tray

\$75 | platter

Lunch box style sandwiches with fresh baked brads

- 9-grain, white, whole wheat and rye.
- Black forest ham and cheddar
- Roast beef, horseradish mayo, lettuce, monterey jack cheese
- Egg salad, with chives and mayo VG
- Tuna salad with mayo, green onion and celery
- Smoked turkey breast with Swiss cheese, lettuce and cranberry mayo
- Pastrami and Swiss with grainy mustard mayo

International Tortilla Wraps

\$70 | platter

Flavor infused tortilla wraps with your favorite fillings.

- Southern fajita sirloin beef, mozzarella, and tomato fresca
- Blackened rubbed chicken caesar, parmesan, and crispy capers
- Italian chorizo, havarti, grilled eggplant and peppers
- Greek roasted vegetable, feta and olive VG

Gluten Free

Gluten free options are available.

\$5 additional per person

Add Coffee and Tea —\$1.75 per person

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LUNCH

Salads

Suggested serving 10-12 people per full order

Chopped Greens Salad (VG/GF/VGN)

\$48.5 full order, \$29.75 half order

Mixed iceberg and field greens, roma tomato, cucumber, radish, peppers and shredded carrot, with choice of 2 dressings

Roasted Garlic Caesar (GF)

\$49.5 full order, \$31.25 half order

Oven roasted garlic clove, crisp romaine, parmesan shavings, rustic loaf croutons and lemon wedge
Add Grilled Chicken Breasts — \$15/Bowl

Broccoli and Red Grape Salad (GF)

\$49.5 full order, \$31.25 half order

Juicy red grapes, dried cranberry, roasted almond, orange segment, honeyed yogurt dressing

Green Leaf Lettuce and Prosciutto (GF)

\$43.5 full order, \$27.75 half order VG VGN

Crisp spring leaves topped with roasted peppers, seasonal berries, manchego cheese, roasted pecan, and sun-dried tomato dressing

Messenia Greek (VG/GF/VGN)

\$53 full order, \$33.75 half order

Kalamata olive, red onion, assorted peppers, roma tomato, cucumber, feta and greek feta vinaigrette
Add Souvlaki Chicken - \$6

Strawberry and Spinach (VG/GF)

\$49.5 full order, \$31.25 half order

Vibrant green spinach, fresh strawberry, tossed with walnuts, shaved red onion, cremini mushroom, buffalo mozzarella and a summerfield raspberry vinaigrette

Mexican Corn & Bean Salad (VG/GF/VGN)

\$50 full order, \$32 half order

Garbanzo beans, kidney beans, black beans, creole spiced corn, sundried tomato, red onion on a bed of romaine tossed in a spicy citrus vinaigrette

Alternative salad dressing choices available on request.

LUNCH

Kettle Work Soups

Hand crafted soups, stews and chili
Minimum order of 10 per order

The Classics

\$5.50 per person

- Wild creamy mushroom **(GF)**
- Tomato and chive cream **(VG/GF)**
- Italian wedding
- Tuscan vegetable **(VG/GF/VGN)**

Bistro Inspired

\$7 per person

- Coconut thai chicken **(GF)**
- Acorn autumn squash and sweet potato **(GF)**

Hearth Kettle Warmth

\$9.50 per person

- Hearty beef chili **(GF)**
- Six bean chili **(VG/GF/VGN)**

Sides

Add Freshly Baked Roll with Butter

\$1.5 per person

Add Freshly Baked Artisan Bread with Garlic Butter

\$2 per person



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LUNCH

Pizzas

Pizzas are 16 inches, cut into 12 slices
Suggested serving 4-5 people per pizza

The Classics

Aloha

\$23 per pizza
Honey ham, sweet roasted red pepper and pineapple

The Big Cheese VG

\$23 per pizza
Mozzarella, cheddar, feta and finished with parmesan

True Canadian

\$24 per pizza
Pepperoni, button mushroom, green peppers and back bacon

Greek Kalamata VG

\$22 per pizza
Red onion, kalamata olives, sun-dried tomato, spinach and aged feta
Add Souvlaki Chicken — \$3 per pizza

Proper Pepperoni

\$23 per pizza
Layered thick cut pepperoni topped with stringy mozzarella

Smokehouse BBQ Chicken

\$25 per pizza
Grilled chicken, onions, smokey BBQ sauce and button mushroom

Mediterranean Vegetable VG

\$25 per pizza
Artichoke hearts, spinach, roma tomato, poached figs, kalamata olives, and goat cheese

Pizza Enhancements

12" GF Thin Crust Pizzas, Cut into 6 Slices
\$13 per pizza



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LUNCH

Themed Buffet Lunches

Minimum of 15 people

Taco Delicioso

\$19.25 per person

Build your own delicious tacos!

- Choose fajita chicken or spicy beef and caramelized grilled vegetables
- Hard and soft shelled tortillas
- Toppings include tomato fresca, sour cream, guacamole, diced onion, tomato and lettuce
- Mexican corn and bean salad with lime vinaigrette
- Cinnamon sugared churros

Chinatown

\$19.50 per person

Comfort samples of your favorite Chinese delivery!

- Crispy and sweet ginger beef
- Veggie spring rolls with plum sauce
- Fried rice with sugar peas, onion and carrot
- Egg noodle salad, red onion, snap peas, cucumber, carrot and a mandarin style dressing
- Mango tapioca pudding and match roll cake

Little Italy

\$24.25 per person

- Choose from beef lasagna, tuscan roast vegetable lasagna, bacon-cheddar mac and cheese, herbaceous buttered linguine or spaghetti marinara
- Italian chicken parmesan (add\$1/person) or zesty marinara meatballs
- Rustic caesar salad, shaved parmesan and garlic herbed crouton
- Herbed garlic bread
- Tiramisu cake squares

Gluten Free

Gluten free options are available.

\$5 additional per person

Add refreshing chilled beverages to your order?

All our beverages are listed on pg.26



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LUNCH

Themed Buffet Lunches

Minimum of 15 people

The Grill

\$18.50 per person

Build your own on a buttery brioche bun with all the fixings

- Choose 7oz sirloin chuck burger, grilled chicken breast or veggie burger
- Served with a broccoli red grape salad and a honeyed yogurt dressing
- Cajun rubbed jumbo potato wedges with cilantro ranch dip
- Chocolate cream pie

Add Spolumbo's sausage for an additional \$4/person or substitute Add mushroom vegan burger for an additional \$6/person

The Messinian

\$24 per person

- Souvlaki seasoned chicken skewers served with rustic naan
- Ancient grain quinoa with oregano, red wine marinated rustic grilled vegetables
- Garnishes include feta, kalamata olives and artichoke tapas with tzatziki
- Roma tomato salad, cucumber, kalamata olive, red pepper, red onion, romaine lettuce and a crumbled feta garnish
- Authentic baklava

Add lamb skewers for an additional \$4/person

Gluten Free

Gluten free options are available.

\$5 additional per person

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DESSERT

Baker's Pride-Bakery and Sweets Platter

Trays serve 10-12 people

Baker's Pride Sweet Squares and Cakes (36 pieces)

\$54 full tray, \$33.75 half tray VG

Our baker's favorites', including brownies, chocolate and fruit cakes, and sweet drizzled squares

Mama's Cookie Jar VG

\$17.5 per dozen

Assorted flavors of freshly baked cookies and chocolate biscotti

The Sweet Tooth (20 pieces) VG

\$69.5 full tray, \$52 half tray

Mini wedges of assorted cheesecake served with fruit coulis and hazelnut chocolate sauce. Chocolate dipped strawberries, chocolate pastries and chocolate drizzled triple chocolate cookies

Baker's Pride- A La Carte

White and Dark Chocolate Dipped Strawberries VG

\$20 per dozen

Mini Cheesecakes VG

\$30.25 per dozen

Assorted mini squares of decorated cheesecake bites

Crème Brûlée VG

\$7.50 each

Creamy classic made in house with scorched sugar

Baked Swiss Style Deep Apple Cup VG

\$7.50 each

Made in house with sliced granny smith apples, cinnamon, brown sugar, and an oat granola topping

Strawberry Shortcake VG

\$50 per slab

Tangy strawberry compote, creamy and rich vanilla whip, light and fluffy shortcake

Blackout Torte

\$7.50 per person

Decadent ganache mound, rich brownie layer, and a creamy chocolate mousse

Cheesecake VG

\$7.50 per person

Rich and velvety cheesecake with the following flavor options; turtle, very berry, egg nog & rum.

Gluten Free

Gluten free options are available.

\$5 additional per person



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RECEPTION

Warmed Appetizers

Minimum order of 3 dozen per selection

Spicy Thai Meatballs

\$17 per dozen GF

Juicy beef meatballs served in a spicy creamy thai sauce. BBQ option is available upon request

Beef Teriyaki Skewers

\$25 per dozen (GF option available)

Made in house thinly sliced sirloin skewered and marinated in sherry, ginger, garlic, onion, brown sugar and soy sauce

Seared Bacon Wrapped Scallops

\$40 per dozen GF

Smoky bacon wrapped grand scallops, cracked pepper and sea salt served with a green goddess dip

Butter Chicken Skewers

\$20 per dozen GF

Chicken skewers marinated in aromatic spices and stewed in a creamy spiced curry sauce.

Sautéed Gulf Prawns

\$27 per dozen GF

Jumbo prawns in a rich tomato and chive cream sauce

Vegetable Samosas

\$24 per dozen VG

Light crispy pastry wrapped around a root vegetable filling served with a major grey mango chutney

Classic Quiche Minis

\$19 per dozen

Flaky assorted tartelettes filled with vegetables, ham and cheese

Pub Style Chicken Wings

\$19 per dozen

Choice of Smokey BBQ, lemon pepper, hot, sea salt and cracked pepper

Garden Spring Rolls

\$19 per dozen VG

Sweet Chili Sauce

Coconut Breaded Prawns

\$23 per dozen

Jumbo prawn, crispy coconut coating, zesty chili aioli

Spiced fillet of Salmon Haida

\$120 per side (serves up to 25 people) GF

Marinated in a sugary dry rub and baked, serves up to 25 persons

Add refreshing chilled beverages to your order?

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SEASONAL CATERING. QUALITY SERVICE.

RECEPTION

Chilled Appetizers

Minimum order of 3 dozen per selection

Parisian Lobster Salad Cups

\$38 per dozen GF

Succulent atlantic lobster with brandy cream in a cucumber cup

Stuffed Crimini Mushroom Caps

\$26.25 per dozen GF/VG

Petite crimini, fire roasted pepper, herbed cream cheese

Smoked Salmon and Dill Tartar Cone

\$25.25 per dozen (GF option available)

Nanuk smoked salmon, micro greens, lemon, crispy caper, dill tartar

Caprese Skewers

\$24.25 per dozen GF/VG

Roma grape tomato's and mini bocconcini cheese with basil and balsamic reduction

Caramelized Apple and Gorgonzola

\$23 per dozen VG

Savory tart with walnut and honeyed Greek yogurt

Whiskey Cured Sirloin on Herb Crisps

\$25.25 per dozen

Seared beef sirloin with capers, onion, parsley and spices

Prosciutto Asparagus

\$25.25 per dozen GF

Asparagus spear, prosciutto, balsamic reduction

Chilled Prawn Tails

\$24.25 per dozen GF

Chilean jumbo shrimp, house cocktail fresca, horseradish, meyer lemon

Gazpacho Shot

\$21 per dozen VG/GF (Vegan option available)

San Marzano base, battuto, basil, worcestershire

RECEPTION

Chef Inspired Platters

Suggested serving 10-12 people per platter

Seasonal Fresh Sliced Fruit VG

\$50.5 full platter, \$31.5 half tray

Tasteful selection of melon, pineapple, strawberries, berries and grapes

Bistro Cheese Tray VG

\$58.75 full platter, \$36.75 half tray

Chef's selection of local and imported cheese served with soft artisan baguette rounds and crisps

Seasonal Crudités VG

\$48.5 full platter, \$30 half tray

A fresh assortment of crisp garden vegetables served with roasted onion dip

Bruschetta Tray VG

\$50.5 full platter, \$32.25 half tray

Freshly made bruschetta topped with chopped basil and served with toasted baguette rounds

Charcuterie

\$68.25 full platter, \$42.75 half tray

Black forest ham, double smoked turkey, smoked meat, genoa salami and mortadella, with assorted olives, gherkin pickles, pickled onions, pepperoncini, artichoke hearts, pickled green beans and pickled asparagus

Nanuk Smoked Salmon Platter

\$98 full platter, \$61.25 half tray

Tantalizing array of sliced smoked salmon with fresh spanish onion rings, crispy fried capers, horseradish cream, lemon segments and mini bagels

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RECEPTION

Chef Inspired Platters

Suggested serving 10-12 people per platter

Signature Dip Duo and Artisan Breads

\$60 full platter, \$37.5 half tray

Crusted soft artisan bread served with your choice of two dips:

- Classic bruschetta VG VGN
- Tzatziki VG
- Hummus VG VGN
- Spinach cream cheese VG
- Black bean tomato Fresca VG VGN

Finger Sandwich Tray

\$65 full platter, \$40.75 half tray

White, whole grain and whole wheat mini sandwiches filled with dijon caper tuna, honey ham and provolone cheese, creamy egg salad, peppered roast beef with a polish horseradish mustard and roast turkey with a cranberry aioli.

Tortilla Taster VG VGN

\$35 full platter \$22, half tray

Crunchy tri-colored tortilla's served with guacamole, pico di gallo, sour cream and a southwestern black bean and corn salsa

Smoked Seafood

\$15.5 per person GF

Smoked BBQ salmon, herring rolls, candied salmon and mackerel assortment with pickled vegetable and creamy dill dip

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RECEPTION

Chef Attended Reception Station

Minimum order of 25 people

Herb Crusted Prime Rib

\$19.25 per person GF

Carved thin and served in a mini crusty kaiser, served with spicy horseradish aioli, grainy Dijon, garlic aioli and peppercorn jus

Slow Roasted Alberta Lamb Leg

\$18.5 per person GF

Local lamb with a fresh herb rub, slow roasted and served on mini black oat roll, with herbed mustard and wild berry coulis

Slider Central

\$17.85 per person

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

- Alberta bison medallion slider, potato rosemary bun with sundried tomato aioli
- Lime BBQ pulled pork, poppy seed bagnet with blueberry compote
- Spicy diablo mini hot dog sliders with a grainy Dijon aioli

Butterflied B.B.Q Chicken

\$17 per person GF

Whole southern style BBQ chicken served with Jack Daniels BBQ dipping sauce and corn rolls

Jumbo Gulf Prawn and Bay Scallop Sauté

\$19 per person GF

Sautéed in garlic butter white wine and cremini mushrooms on a bed of herb couscous

Ponderosa Hip of Beef

\$1075.00 per hip GF

Ponderosa hip of beef—this unique cut serves up to 150 + people accompanied with condiments, sauces, fresh rolls and buns. A modest way to try a truly special cut of beef.

Please allow 15 business days to order

Chefs Attending per Event

- See your catering manager regarding Chef charges for custom menus and length of event
- \$30.00 per hour for a minimum of 3 hours for additional Chefs.

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RECEPTION

Themed Reception Package

Minimum order of 25 people

Johnson Cobbe (6-8 pieces per person)

\$15.75 per person

- Pub style chicken wings– cracked pepper and sea salt
- Coconut breaded prawns
- Seasonal crudité’s—a fresh assortment of crisp garden vegetables served with classic roast onion dip GF VG VGN
- Tortilla trio taster– guacamole, pico de gallo, black bean and corn salsa, accompanied by crisp tri color tortilla chips VGN VG
- Cheesecake minis and assorted tarts VG

Stan Grad (10-12 pieces per person)

\$23.25 per person

- Garden spring rolls with ginger sweet chili sauce VG
- Beef teriyaki skewers GF
- Spicy thai meatballs GF
- Stuffed cremini mushroom caps with roasted red pepper and cream cheese GF VG
- Bacon wrapped scallops GF
- Cheddar cheese tray and baguette rounds

Senator Burns (14-16 pieces per person)

\$32 per person

- Alberta striploin steak skewers with parsley horseradish remoulade GF
- Teriyaki striploin skewers GF
- Marinated butter chicken skewer GF
- Assorted mini quiche
- Grilled asparagus spears wrapped in prosciutto GF
- Bocconcini, cherry tomatoes and fresh basil skewer with balsamic reduction GF
- Bistro cheese tray GF VG
- Charcuterie tray GF

The Taco Stop

\$14 per person

Tacos of your choice with an array of gourmet fillings including: spicy chicken, refried beans, bacon, spiced beef, grilled seasonal vegetables with sour cream, salsa and monterey jack cheese on the side. This includes both hard and soft shell tacos

Add refreshing chilled beverages to your order?

All our beverages are listed on pg.26



the fresh FORK

SEASONAL CATERING. QUALITY SERVICE.



DINNER

Chef's Buffet Dinner

Minimum order of 25 people

Includes artisan mini rolls with butter balls, freshly brewed Seattle's Best coffee, decaf coffee and a selection of international teas

Salads

(Choose two)

- Roasted vegetables with honey balsamic dressing VG GF
- Chopped market salad with crisp vegetables and buttermilk ranch VG GF
- Roasted garlic caesar with parmesan herbed croutons
- Strawberry, grilled asparagus, sweet roasted red pepper, red leaf lettuce with coriander balsamic VG GF VGN
- 9 grain quinoa, cashew, blueberry with mandarin vinaigrette VG GF VGN
- Feta, artichoke, roma tomato, cucumber, pepper and kalamata with greek feta dressing VG GF
- Roast baby potatoes, dijon mayo, spanish onion, egg VG GF
- Mandarin and spinach salad VG GF VGN
- Pesto pasta salad VG
- Mexican corn and bean salad VG GF VGN

Hot Vegetables

(Choose one)

- Roasted broccoli, zucchini, carrot and red pepper VG GF VGN
- Maple glazed carrot and snap pea VG GF VGN
- Broccoli and cauliflower mornay VG GF
- Root vegetable medley VG GF VGN
- Broccolini and asparagus in a sriracha compound butter VG GF VGN

Hot Starches

(Choose one)

- Mashed yellow skin potatoes with nutmeg butter and cream VG GF
- Creamy scalloped potato VG
- Basmati herbed rice pilaf VG GF VGN
- Smash roasted fingerling herbed potato VG GF VGN
- Spanish infused rice with sweet peas GF

Dessert

(Choose two)

- Mascarpone cheese cake VG
- Roasted apple crisp with whipped cream on the side VG
- Assorted euro bites VG
- Canadian maple mousse VG

Gluten Free

Gluten free options are available.
\$5 additional per person

Add refreshing chilled beverages to your order?
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DINNER

Chef's Buffet Dinner

Minimum order of 25 people

Includes artisan mini rolls with butter balls, freshly brewed Seattle's Best coffee, decaf coffee and a selection of international teas

Chef Carved Entrees

Alberta Roast Striploin, Horseradish Aioli and Cremini Mushroom Sauce

\$44 per person

Roast Baron of Beef with Bordelaise Sauce

\$40 per person

Alberta Pork Loin, Apple and Chorizo Stuffed, Cabernet Sauvignon Cream

\$37 per person

Herb Crusted Alberta Prime Rib with Red Wine Au Jus

\$49 per person

Roasted Alberta Leg of Lamb with Minted Jus

\$45 per person

Sea Salt and Cracked Pepper Alberta Sirloin

\$42 per person

Chef Carved Secondary Entrée

Additional \$9/person

(Choose one)

- Chicken breast with roasted red pepper sauce
- Portobello mushroom stack
- Spinach and cheese cannelloni

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DINNER

Chef's Buffet Dinner

Minimum order of 25 people

Includes artisan mini rolls with butter balls, freshly brewed Seattle's Best coffee, decaf coffee and a selection of international teas

Regular Entrees

Asiago and Almond Crusted Chicken, Roma Tomato Fresca

\$27.5 per person

Herb Roasted Chicken Breast

\$27.25 per person

Chicken Piccata with Lemon Caper Cream

\$26.25 per person

Grilled Pork Chop with White Wine Rosemary Jus and Crispy Scallion

\$34.75 per person

Braised Short Rib with Smokey Red Wine Demi

\$44.25 per person

Poached Salmon, Dill Cream and Charred Lemon

\$28.50 per person

Parmesan Crusted Tilapia with Cauliflower Puree

\$28 per person

Spinach and Ricotta Stuffed Sole in Light Florentine Sauce

\$29.50 per person

Layered Pesto Grilled Portobello and Eggplant

\$25.25 per person

Interested in a Secondary Entrée Choice

Additional \$9/person

(Choose one)

- Chicken breast with roasted red pepper sauce
- Portobello mushroom stack
- Spinach and cheese cannelloni

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SEASONAL CATERING. QUALITY SERVICE.

BEVERAGE

Hot Beverage

Seattle's Best Coffee

Freshly brewed regular or decaf
10 cup pot—\$18.5 per pot
50 cup urn—\$87.5 per urn
100 cup urn—\$175 per urn

Tazo Tea \$2 each

Hot Chocolate

\$2.5 each
Individual packages served with hot water

Cold Beverage

Milk \$2.5 each
250mL cartons of skim, 2% and chocolate

Bottled Water \$2 each

Sparkling Water (330 ml) \$2.75 each

Mott's Garden Cocktail \$2 each

Soft Drinks (Coke Products) \$2 each
Assortment of canned soft drink products

Juice (Minute Maid) \$2.50 each
Assortment of fruit juices including orange, apple, cranberry and Five Alive

Bulk Beverage

Pitchers contain 8 servings and 5 litres contain 25 servings

Premium Fruit Juice

\$15 per pitcher, \$45 per 25 servings
Orange, apple, cranberry or pink grapefruit

Premium Fruit Punch

\$20 per pitcher, \$55 per 25 servings

Pitchers of Ice Water

Complimentary with any food and beverage order for up to 20 people

Ice Water Station (50 servings)

\$20
Served complimentary at staffed events in our banquet and meeting rooms.

Flavored Water Dispenser (50 servings)

\$25
Infused with fresh fruit, choose cranberry or lemon



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BEVERAGE

Bar Service

Domestic Beer

\$6.50 each

Premium and Imported Beer

\$7.50 each

Stella and Corona

Coolers

\$7.50 each

Mike's Hard Cranberry Lemonade

House Wine

\$6.00 per glass

Canyon Road Cabernet Sauvignon, Pinot Grigio

Liquor

\$6 per ounce

Gin, Dark Rum, White Rum, Spiced Rum, Rye Whiskey, Vodka and Scotch

Premium Liquor

\$7 per ounce

Johnny Walker Red Label Scotch, Mount Gay Extra Old Rum, Crown Royal Rye, Ketel One Vodka, Tanqueray Gin

Liqueurs

\$7 per ounce

Baileys, Grand Marnier, Disaronno Amaretto and Kahlua

Becks

\$6.50 each

Non-alcoholic beer

Non-Alcoholic Bar Service

Mocktail Bar

Hibiscus and White Cranberry Spritzer

\$7 each

Wild hibiscus flower with a dash of syrup resting in a bubbly blend of white cranberry juice and soda water

Berry and Pomegranate Mojito

\$7 each

Mixed berries, Pom Wonderful juice, fresh mint, simple syrup and soda water garnished with a fresh lime wheel

Arnold Palmer

\$5 each

Refreshing blend of iced tea and lemonade garnished with a fresh lemon wheel

BEVERAGE

Red Wine

Cabernet Sauvignon– Canyon Road

California
\$30 per bottle

Cabernet Sauvignon– Seven Peaks

California
\$35 per bottle

Merlot– Seven Peaks

California
\$35 per bottle

Pinot Noir– Mirassou

California
\$36 per bottle

Malbec #1– Alamos Ridge

Argentina
\$36 per bottle

Chianti Classico, DOCG– DaVinci

Tuscany
\$40 per bottle

Shiraz, Red Knot– Shingleback

Australia
\$40 per bottle

Cabernet Sauvignon – William Hill

Napa Valley
\$42 per bottle

Cabernet Sauvignon – Louis Martini

Sonoma
\$45 per bottle

Zinfandel – Cline

Sonoma
\$46 per bottle



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BEVERAGE

White Wine

Pinot Grigio– Canyon Road

California
\$30 per bottle

Chardonnay– Seven Peaks

California
\$34 per bottle

Pinot Grigio– Mirassou

California
\$37 per bottle,

Riesling, Bird Label– Lingenfelder Estate

Pfalz Germany
\$38 per bottle

Sauvignon Blanc– Starborough

New Zealand
\$42 per bottle

Chardonnay– William Hill

Napa Valley
\$42 per bottle

Sauvignon Blanc, Map Makers– Staete Land

Australia
\$47 per bottle

Chenin Blanc– Quails Gate

Okanagan Valley
\$50 per bottle

Sparkling Wine

Cava– Freixenet– Cordon Negro Brut

Spain
\$40 per bottle

Prosecco– Luna Argenta

Italy
\$45 per bottle



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OVERVIEW

What is the fresh fork?

At the fresh fork, we offer fresh, delicious, seasonal menus. We are passionate about building connections with people and find inspiration through food.

Our promise is to provide you with first-class catering experience!

POLICIES

In order to ensure a well-organized event, we ask that you review and acknowledge our catering event policies as reviewed with you by your event manager. Should you have any questions, please discuss these policies with our catering department prior to the event.

Please note that prices do not include gratuity or GST and are subject to change without notice.

CONTACT

If you have any questions or would like to book your next event please feel free to contact our sales team directly:

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