

Wedding Menu



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SEASONAL CATERING. QUALITY SERVICE.

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RECEPTION

Warmed Appetizers

Minimum order of 2 dozen per selection

Arancini Bites

\$29.75 per dozen VG

Risotto balls, Parmigiana Reggiano, Mushroom, San Marzano Tomato.

Seared Bacon Wrapped Scallop

\$40 per dozen GF

Bacon Wrapped Grand Scallop, Cracked Pepper & Sea Salt, Green Goddess.

Hoisin Duck Wonton Tart

\$36 per dozen

Savory & Sweet Duck Confit, Cucumber, Carrot, Wonton Cup.

Crab Cakes

\$36.50 per dozen

Buttery Crab Cake, Onion, Pepper, Scallion.

Mini Chicken and Waffles

\$31.50 per dozen

Savory Potato Waffle, Southern Fried Chicken Thigh, Creamy White Gravy.

Mini Loaded Baked Potato

\$28.75 per dozen VG GF

Garlic Butter Roasted Baby Potato, Parmesan & Sharp Cheddar, Chive.

Chicken Shawarma Skewer

\$29.75 per dozen GF

Chicken Skewer, Yogurt, Cilantro, Cinnamon, Paprika

Vegetable Pakora

\$28.50 per dozen VG VGN

Chickpea Dumpling, Cauliflower, Spinach, Onion, Mint Sauce, Mango Chutney

Coconut Breaded Prawns

\$31.75 per dozen VG

Jumbo Prawn, Golden Coconut Coating, Zesty Chili Aioli

Lamb Lollipop

\$35.50 per side (serves up to 25 people) GF

Frenched Lamb Rack, Herbed Crust, Minted Jus Reduction

Beef Shish Kabob

\$30.50 per dozen

Beef Skewer Marinated in Onion, Ginger, Garlic with a Spicy Finish

Pork Belly Bites

\$34.25 per dozen

Rendered Pork Belly, Slow Roasted Tomato, Bacon Marmalade, Kale Dust



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RECEPTION

Chilled Appetizers

Minimum order of 2 dozen per selection

24 Carrot Egg

\$27.25 per dozen VG GF

Tumeric Stained Egg, Creamy Carrot & Dill Infused Yolk, Gold Dust

Stuffed Crimini Mushroom Caps

\$26.25 per dozen VG GF

Petite Crimini, Fire Roasted Pepper, Herbed Cream Cheese

Smoked Salmon and Dill Tartar Cone

\$27.25 per dozen (GF option available)

Nanuk Smoked Salmon, Micro Green, Lemon, Crispy Caper, Dill Tartar

Cucumber, Blackberry and Bocconcini Skewers

\$26 per dozen VG GF VGN

Cucumber Segments, Blackberry, Bocconcini, Berry Balsamic Reduction

Roasted Vegetable Tart

\$26.25 per dozen VG

Seasonal Roasted Vegetable, Light & Fluffy egg, Flaky Buttered Pastry

Bruschetta and Pesto Bites

\$25.75 per dozen VG VGN

Zesty Italian Bruschetta, Herbaceous Basil Pesto, Garlic Crostini

Prosciutto Asparagus

\$27.25 per dozen GF

Asparagus Spear, Prosciutto, Balsamic Reduction

Mango Shrimp Cucumber Cup

\$29.25 per dozen VG GF

Fresh Mango, Jumbo Shrimp, Tangy Dressing, Cucumber Cup

Gazpacho Shot

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

San Marzano Base, Battuto, Basil, Worcestershire

Mini Lobster Rolls

\$34.25 per dozen

Creamy Fresh Atlantic Lobster Salad Served in a Grilled Buttery Roll



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DINNER SERVICE

Priced per person | Minimum order of 25 people
China serviceware and linen included
Includes artisan mini rolls with butter balls, freshly brewed Seattle's Best coffee, decaf coffee and a selection of teas



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Buffet Service

Entrées include your choice of two salads, one starch, two vegetables, and one dessert
Buffet service will also include a tray with a selection of cheese, pickles and crudities.
offer your guests a secondary protein at the buffet | 15
offer you guests a vegetarian option at the buffet | 9
Kid's meal option | half price from buffet selection

Plated Service

Entrées include your choice of one soup or salad and one dessert.
Choice of two entrées | additional cost for more entrée options
add-ons | for both, salad and soup | 15
Kid's meal options | Chicken Tenders with Fries or Mac 'n' Cheese | 10

Gluten Free

Gluten free options are available.
Additional cost determined pending request

Vegan

Vegan options are available.
Additional cost determined pending request

DINNER SIDES

Salads

- Chopped Market VG GF VGN
- Roasted Garlic Caesar VG
- Orange Infused Couscous Salad VG GF VGN
- Southwestern Kale Salad VG
- Waldorf Salad VG
- Coconut Curry Bean Salad VG VGN GF

Soup

- Tomato Bisque VG GF
- Field Mushroom VG GF
- Summer Squash VG GF VGN

Hot Vegetables

- Orange Infused Fennel VG VGN GF
- Green Beans VG VGN
- Brussel Sprouts GF
- Three Coloured Carrots VG GF VGN
- Broccoli GF

Hot Starches

- Mashed Potatoes VG GF
- Creamy Scalloped Potato VG GF
- Roasted Potatoes VG VGN GF
- Jasmine Rice VG VGN GF
- Sauteed Lentils VG VGN GF

Dessert

- **Mocha Mud**- Coffee Infused Panna Cotta, Mocha Mascarpone Whip & Oreo Crumble
- **Strawberry Shortbiscuit**- Sweet Biscuit, Lemon Infused Strawberry, Mint Coriander Cream & Carmel Dust
- **Pumpkin Brule** – Pumpkin Infused Custard, Nutmeg, Cinnamon & Glass Sugar
- **Key Lime** – Lime Jelly, Lime Custard, Graham Crust & Macaron Dome



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BUFFET DINNER ENTRÉES

Entrées – Air

Boursin & Basil Stuffed Chicken Wrapped in Prosciutto & Thyme
\$35.50 per person

Tequila Lime Chicken with Zesty Pico De Gallo
\$32.50 per person

Entrées – Land (chef attended carving station)

AAA Tenderloin, Montreal Spiced, Herb Rub, Green Peppercorn Sauce
\$45.50 per person

Alberta Roast Striploin, Horseradish Aioli & Cremini Mushroom Sauce
\$40.50 per person

Herb Crusted Alberta Prime Rib with Red Wine Jus
\$43.25 per person

Sea Salt & Cracked Pepper Alberta Sirloin
\$38.25 per person

Entrées – Sea

Maple Glazed Salmon with Micro Green Garnish & Charred Lemon
\$34 per person

Parmesan Crusted Tilapia with Herbed White Wine Sauce
\$31 per person

Entrées – Vegetarian

Lasagna Ratatouille, Root Vegetable Medley, Cashew “Cheese” Emulsion, San Marzano Tomato
\$25.50 per person

Ricotta Stuffed Portobello on a bed of Farro Risotto & Sautéed Vegetables.
\$26.75 per person



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PLATED DINNER ENTRÉES

Entrées – Air

Chicken Saltimbocca, Polenta and Roasted Root Vegetables
\$38.50 per person

Grilled Blackened Chicken Supreme with a Mole sauce, Fingerling Potatoes and Spanish Compound Broccolini
\$39.75 per person

Duck Confit with Duck Jus, Applewood Smoked Cheddar & Sweet Potato Pave and Fennel
\$42.50 per person

Entrées – Land

Bacon Wrapped Tenderloin with a Whiskey Peppercorn Sauce, Garlic & Rosemary Fondant Potatoes and Lemon Parmesan Asparagus
\$49.25 per person

Alberta Roast Striploin, Roasted Potatoes and a Vegetable Bouquet
\$44 per person

Entrées – Sea

Herb Butter Halibut with a Miso, Soy & Ginger Sauce, Cauliflower Puree and Lentils
\$44.50 per person

Seafood Medley (Salmon, Scallop and Cod) wrapped in Filo Pastry with a Creamy Dill & Lemon Caper Sauce, Sweet Potato Puree, Maple Brussel Sprout.
\$40 per person

Entrées – Vegetarian

Spiralized Root Vegetable, Spicy Peanut Emulsion, Snap Pea, Lemongrass
\$27.50 per person

Roasted Acorn Squash, Quinoa Stuffing, Pumpkin Coconut Puree, Crispy Leeks, Feta Crumble
\$29.75 per person



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LATE NIGHT SNACK

The Taco Stop

\$14 per person

Tacos of your choice with an array of gourmet fillings including: Spicy Chicken, Refried Beans, Spiced Beef, Grilled Peppers and Onions with Sour Cream, Salsa and Monterey Jack Cheese.

Sandwich Station

\$8.00 per person

Roast Beef, Festive Ham, Chicken Salad, Tuna Salad, Egg Salad, Sautéed Vegetables. Accompanied with Assorted Spreads.

Build your own Poutine Station

\$8.00 per person

House Cut Russet, Quebec Sourced Cheese Curd, Gravy, Bacon Bits, Caramelized Onion, Sautéed Mushroom

Add Pulled Pork- \$2.00/per person

House Made Kennebec Chips and Warm Dip

\$7.50 per person

House Cut Kennebec Chips, Chive Infused Sour Cream, Chipotle Dip, Artichoke & Cheese Dip

Popcorn Station

\$5.00 per person

Bowls of Freshly Popped Popcorn Served with Assorted Flavor Shakers

Pizza Station

Pizzas are 16 inches, cut into 12 slices

Suggested serving 4-5 people per pizza

- **Aloha-** Honey ham, sweet roasted red pepper and pineapple
\$23 per pizza
- **The Big Cheese VG-** Mozzarella, cheddar, feta and finished with parmesan
\$23 per pizza
- **True Canadian-** Pepperoni, button mushroom, green peppers and back bacon
\$24 per pizza
- **Greek Kalamata VG-** Red onion, Kalamata olives, sun-dried tomato, spinach and aged feta
• \$22 per pizza
- **Proper Pepperoni-** Layered thick cut pepperoni topped with stringy mozzarella
• \$23 per pizza
- **Smokehouse BBQ Chicken-** Grilled chicken, onions, Smokey BBQ sauce and button mushroom
• \$25 per pizza
- **Mediterranean Vegetable VG-** Artichoke hearts, spinach, Roma tomato, poached figs, Kalamata olives, and goat cheese
• \$25 per pizza



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BEVERAGE

Bar Service

We offer a variety of bar service options including a full cash bar, host bar, Toonie bar, drink tickets, etc.

Domestic Beer

\$6.75 each

Assorted Local and National Brand Beers

Premium and Imported Beer

\$7.75 each

Stella and Corona

Cider

\$7.75 each

Lone Tree Apple Cider

House Wine

\$6.50 per glass

Canyon Road Cabernet Sauvignon, Merlot,
Pinot Grigio and Chardonnay

Brand Liquor

\$6.50 per ounce

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

Premium Liquor

\$7.50 per ounce

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

Liqueurs

\$7.50 per ounce

Baileys, Grand Marnier, Disaronno Amaretto and Kahlua

Non Alcoholic Beer

\$6.50 each

Non-alcoholic beer



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BEVERAGE

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

Hot Beverage

Hot Chocolate

\$2.50 each

Individual packages served with hot water

Cold Beverage

Sparkling Water (330 ml) \$2.75 each

Soft Drinks (Coke Products) \$2.25 each

Assortment of canned soft drink products

Juice (Minute Maid) \$2.75 each

Assortment of fruit juices including orange, apple, cranberry and Five Alive

Sparkling Juice (750ml bottle) \$15 each

Premium Fruit Punch

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

Flavored Water Dispenser (50 servings)

\$25

Infused with fresh fruit, choose cranberry or lemon

BEVERAGE

Red Wine

House Wines

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 Landt

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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