

Our talented catering culinarians have taken advantage of summer FLAVOURS by creating delightfully new dishes featuring the best of the season. These delicious dishes are available for a limited time. Contact our Catering department to schedule your next event with delicious food and impeccable service.

# FLAVOURS OF SUMMER



## BREAKFAST Á LA CARTE SELECTIONS & ADD ONS



BACON, EGG AND CHEESE BISCUIT BAKE

### Bacon, Egg and Cheese Biscuit Bake with Roasted Jalapeno Potato Wedges and Tomato and Basil Bruschetta ☺

1 plate | 300 cal

Whole grain biscuit cup filled with egg, no sodium added bacon, mozzarella & roasted tomatoes, bruschetta and side of roasted potato wedges

\$5.39 per guest

### Blueberry Honey Overnight Oats Parfait V

1 Parfait | 400 cal

Fresh blueberries combined with raw oats, milk and vanilla greek yogurt chilled overnight topped with honey drizzle

\$3.59 per guest

VG VEGAN V VEGETARIAN ☺ MINDFUL

## PREMIUM ADVENTURE BOX TAKEAWAYS

### Buffalo Chicken Dipper Adventure Box

1 Box | 290 cal

Buffalo chicken salad, buffalo flatbread crackers, carrot sticks and celery sticks

\$7.19 per guest

### Southwest Adventure Box

1 Box | 270 cal

Southwest chicken salad on a bed of mixed greens with diced cucumbers and tomatoes with pretzel crisps and pickle dip

\$7.19 per guest

## PREMIUM TAKEAWAYS SALADS & SANDWICHES

### Ham & Golden Chutney Wrap ☺

1 Wrap | 480 cal

Ham, turmeric honey dijon salad, quinoa, amaranth, dried apricots & cherries, brussel sprouts in a healthy grain tortilla

\$12.69 per guest

### Spicy Korean Tofu Pita ☺ V

1 Sandwich | 190 cal

Korean marinated tofu, topped with a pickled slaw and sriracha mayo served in a wheat pita

\$11.79 per guest

## PREMIUM TAKEAWAYS SALADS & SANDWICHES CONT.

### Bomba Turkey BLT Wrap ☺

1 Wrap | 380 cal

Smoked turkey, island spiced no Sodium added bacon lardons, tomato pineapple chutney and romaine in a healthy grain tortilla

\$12.69 per guest

### Grilled Flank Steak, Avocado and Spinach Salad

1 Salad | 390 cal

Korean marinated grilled flank steak, spinach, avocado, carrots, tomatoes, cucumber and tender farro served with gochujang raspberry vinaigrette

\$16.29 per guest

### Mediterranean Shrimp Salad with Pita ☺

1 Salad | 350 cal

Pan seared shrimp with tomatoes, cucumbers, Kalamata olives, feta cheese and greens served with apple cider vinaigrette

\$16.29 per guest

### Strawberry Fields Forever Salad V

1 Salad | 550 cal

Spring mix lettuce with fresh strawberries, red onion, gorgonzola, toasted walnuts & honey poppy seed balsamic dressing

\$15.39 per guest

## SERVED LUNCHEONS & DINNERS

### Grilled Cornish Hen with Dijon and Lemon Veggie Farro

1 Entrée | 430 cal

Grilled cornish hen with farro tossed with fresh sugar snap peas and french style green beans, onions, garlic and crushed red pepper topped with grated parmesan cheese

\$19.89 per guest

### Herb Marinated Chicken Breast with Shaved Zucchini, Pecorino and Mint

1 Entrée | 320 cal

Herb marinated chicken breast, fine julienned zucchini with olive oil, lemon juice and fresh mint topped with romano cheese

\$18.09 per guest

### Tandoori Chicken Salad ☺

1 Salad | 380 cal

Mustard greens, spinach, bibb lettuce in tandoori dressing with marinated chicken, apricots, raisins, rice & toasted almonds

\$18.09 per guest

### Grilled Vegetable Rollup V

1 Roll | 200 cal

Peppers, zucchini & goat cheese rolled in grilled eggplant atop a mushroom cap and topped with pesto

\$18.09 per guest

### Seared Cod with Zucchini Noodles and Burst Grape Tomato Salad

1 Entrée | 300 cal

Cod served over a bed of zucchini noodles and burst grape tomatoes garnished with an arugula salad lightly tossed in olive oil and lemon juice

\$20.79 per guest

Consult with our catering team on adding a soup du jour to your package for an additional \$2.49 per guest.

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FLAVOURS

by sodexo\*

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## HORS D'OEUVRES

### Sea Scallops with Polenta and Pepper Jam

1 Each | 90 cal

Searched sea scallops with creamy parmesan polenta and bell pepper jam

\$18.09 per dozen

### Tofu Veggie Summer Rolls

1/2 Roll | 160 cal



Tender spring rolls stuffed with tofu, shiitake mushrooms, crisp shredded vegetables, crunchy peanuts and rice noodles

\$16.29 per dozen



TOFU VEGGIE  
SUMMER ROLLS

VG VEGAN V VEGETARIAN M MINDFUL

## SPECIALTY STATIONS

### Awesome French Fry Bar

1 Patron | 440 cal

Shoestring or sweet potato Fries, smothered with choice of delicious toppings

\$4.49 per guest

### Cupcake Blast Bar

1 Cupcake | 490 cal

Delectable chocolate and vanilla cupcakes filled with an arctic blast of ice cream!

\$4.49 per guest

### Funnel Cake Sundae Bar

1 Sundae | 720 cal

Top your own funnel cake with ice cream and candy toppings

\$5.39 per guest



CUPCAKE BLAST BAR

## BEVERAGES & DESSERTS

### Mango Mint Agua Fresca

8 oz | 100 cal

Mexican roadside thirst quencher drink of juicy mango and refreshing mint.

\$22.59 per gallon

### Arnold Palmer –

8 oz | 130 cal

Sweet iced tea and lemonade, this classic drink helps refresh you on the hottest of days.

\$15.39 per gallon

### Blueberry Cheesecake Bar

1 Bar | 180 cal

Oreo cookie crust topped with cream cheesecake mixture and blueberries, drizzled with chocolate

\$2.69 per guest

### Green Tea Panna Cotta

1 Panna Cotta | 150 cal

Cream panna cotta flavored with green tea, drizzled with tropical fruit puree

\$3.59 per guest

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutritional information available



MANGO MINT  
AGUA FRESCA

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