

Our talented catering culinarians have taken advantage of Autumn 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 AUTUMN



BREAKFAST Á LA CARTE SELECTIONS & ADD ONS

Sunrise BLT Egg Salad Wrap 1 Wrap | 740 cal

A flaky flatbread with herbed egg salad, crispy bacon, fresh tomato, sun-dried tomato pesto and mixed baby greens
\$5.39 per guest

Honey Red Berry Yogurt Parfait **V** 1 Parfait | 260 cal

Vanilla Greek yogurt topped with red berry cereal and toasted almonds with a honey drizzle
\$3.59 per guest



SUNRISE BLT
EGG SALAD WRAP

PREMIUM ADVENTURE BOX TAKEAWAYS

Scottish Breakfast Adventure Box 1 Box | 620 cal

This fun adventure box features a Scotch egg, an artisan scone, savory & sweet orange and ham marmalade, and fresh raspberries & blueberries
\$7.19 per guest

Mediterranean Traveler **V** **M** Adventure Box 1 Box | 340 cal

Take a dip! Baked pita chips served with baba ghanoush, hummus and a side of kalamata olives
\$5.39 per guest

PREMIUM TAKEAWAYS SALADS & SANDWICHES

Jalapeño Chicken Wrap 1 Wrap | 600 cal

Red pepper & lime chicken salad, mashed black beans, jalapeño peppers & cheddar cheese on a hearty grain tortilla
\$12.69 per guest

Muffaletta 1 Sandwich | 770 cal

Spicy sopressata, genoa salami, prosciutto, mortadella, ham, provolone and olive spread on ciabatta
\$12.69 per guest

PREMIUM TAKEAWAYS SALADS & SANDWICHES CONT.

Roasted Vegetable Hummus **V** Baguette 1 Sandwich | 660 cal

Roasted broccoli, cremini mushrooms and eggplant with hummus, feta cheese and romaine lettuce on a baguette
\$11.79 per guest

Grilled Chicken, Fig & Bleu Cheese **M** Salad 1 Salad | 580 cal

Greens, oranges, figs, walnuts, bleu cheese & chicken served with fat-free raspberry vinaigrette and pita crackers
\$16.29 per guest

Turkey, Pear & Freekah Salad **M** 1 Salad | 570 cal

Baby kale, roasted turkey, herbed freekah, bosc pears, carrots and almonds served with low-fat balsamic dressing
\$16.29 per guest

Roasted Squash, Apple **M** & Chicken Salad 1 Salad | 420 cal

Greens, butternut squash, chicken, cranberries, apples and parmesan cheese with apple cider vinaigrette and pita crackers
\$15.39 per guest

SERVED LUNCHEONS & DINNERS

Pork Tenderloin, Sweet Potato & Rapini **M** 1 Plate | 340 cal

Latin-spiced pork tenderloin served with sweet mashed potatoes and sautéed broccoli raab
\$19.89 per guest

Pan-seared Chicken Breast with Asparagus 1 Plate | 680 cal

Seared crispy skin-on chicken breast with cranberries and leeks in a light cream sauce served with risotto and asparagus
\$19.89 per guest

Seared Salmon with Kale and Quinoa Salad 1 Salad | 440 cal

Seared salmon filet over kale quinoa salad tossed with lemon dill vinaigrette and garnished with pickled red onions
\$21.69 per guest

Spinach Salad with Lemon Shallot Artichoke Hearts & Grilled Chicken 1 Salad | 400 cal

Baby spinach, roasted artichoke hearts and goat cheese topped with grilled chicken in a lemon shallot vinaigrette
\$18.09 per guest

Consult with our catering team on adding a soup du jour to your package for an additional \$1.99 per guest.

VG VEGAN **V** VEGETARIAN **M** MINDFUL

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FLAVOURS
by *sodexo*

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HORS D'OEUVRES

Grilled Jerk King Trumpet Mushrooms V 1 Serving | 160 cal

Grilled king trumpet mushrooms seasoned with jerk spices topped with jalapeños and scallions
\$18.09 per dozen

Pretzel Bites with Sweet Sriracha Mustard V 1 Serving | 160 cal

Golden brown pretzel bites served with a sweet and spicy sriracha mustard
\$16.29 per dozen



SPECIALTY STATIONS



1 Serving | 150-560 cal

Honey sweetened overnight oats with your choice of tasty toppings!
\$5.39 per guest

#TAILGATE

1 Guest | 470-2070 cal

Build your own Tailgate party from a selection of delicious grilled sandwiches and sides!
\$23.49 per guest

- 2,000 calories a day is used for general nutrition advice, but calorie needs vary.
- Additional nutritional information available.

BEVERAGES & DESSERTS

Beet Apple Ginger Lemonade VG

8 oz | 70 cal
\$28.09 per gallon

Cranberry Roasted Pineapple Lemonade VG

8 oz | 50 cal
\$28.09 per gallon

Orange, Pear & Golden Beet Lemonade VG

8 oz | 70 cal
\$28.09 per gallon

Mexican Chocolate Pots de Crème V

1 Pot | 720 cal
Mexican sweet chocolate and cream infused with hot chiles and espresso coffee
\$2.69 per guest

Banana Nutella Trifle

1 Dessert Cup | 230 cal
Crumbled chocolate cake layered with Nutella mousse, sliced bananas and topped off with a Nutella drizzle and chocolate chips
\$3.59 per guest



VG VEGAN V VEGETARIAN MINDFUL

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