

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

FLAVOURS OF SPRING



BREAKFAST Á LA CARTE SELECTIONS & ADD ONS



RASPBERRY KRISPIES PARFAIT

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480 cal

Vanilla greek yogurt topped with a sweet and tart raspberry ginger preserve with rice krispies and a shortbread crumble.

MUSHROOM & ROASTED TOMATO FRITTATA

120 cal

Frittata with sautéed shiitake & cremini mushrooms, roasted plum tomatoes, green onions & parmesan cheese.

ADVENTURE BOX TAKEAWAYS

COMFORT BREAKFAST ADVENTURE BOX

490 cal

Mini blueberry muffins, cage free eggs, goat cheese, dates and fresh strawberries with orange marmalade.

SEOUL ADVENTURE BOX

560 cal

Korean grilled chicken, asian noodles, pickled carrots, wilted spinach, toasted sesame seeds, edamame & lemongrass sauce.



SEOUL ADVENTURE BOX

PREMIUM TAKEAWAY OR "GRAB & GO" SANDWICHES

CHICKEN TINGA SANDWICH

330 cal

Smoky shredded chicken breast, queso fresco, guacamole, red onion, pickled jalapeno, cilantro and radish on toasted naan.



CHICKEN TINGA SANDWICH

TANDOORI CHICKEN WALDORF WRAP

410 cal

Non GMO wrap with tandoori seasoned chicken salad, candied walnuts, romaine, baby arugula, grilled pineapple & pickled red onions.

PREMIUM TAKEAWAY OR "GRAB & GO" SALADS

SOUTHERN CHOPPED SALAD WITH CHICKEN FRITTERS & BLACK EYED PEAS

630 cal

Romaine, kale, carrots, green beans, cucumbers and radishes topped with chicken fritters and seasoned black-eyed peas.

SERVED LUNCHEONS & DINNERS

WHOLE WHEAT PENNE WITH ROASTED BUTTERNUT SQUASH SAUCE & BROCCOLI RABE

550 cal

Whole wheat penne tossed in roasted butternut squash sauce with broccoli rabe, parmesan cheese and pepitas seeds.

GARLIC CILANTRO BRAISED CHICKEN & RICE

490 cal

Yogurt, garlic and cumin marinated chicken with lemon zest and cilantro sprig served over brown rice.

WILD SALMON SPRING SALAD

440 cal

Poached salmon, arugula, baby spinach, dandelion greens, nectarines, tarragon goat cheese and sesame bacon brittle.

ASIAN MARINATED FLANK STEAK SALAD

760 cal

Grilled flank steak on a bed of mixed greens, dates, toasted walnuts and blue cheese with red onion vinaigrette.



ASIAN MARINATED FLANK STEAK SALAD

Consult with our catering team on adding a soup du jour to your package.

 VEGAN  VEGETARIAN  MINDFUL

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FLAVOURS OF SPRING



HORS D'OEUVRES

Order by the Dozen. Minimum order - 3 dozen

ANCHO FLANK STEAK EMPANADAS

330 cal

Crisp little pillows of dough filled with ancho and cumin rubbed flank steak served with honey lime aioli.

ASIAN CRAB CAKES WITH SRIRACHA AIOLI

150 cal

Spicy asian crab cakes made with jumbo lump crab meat and fresh lime, golden fried & served with sriracha aioli sauce.



ASIAN CRAB CAKES WITH SRIRACHA AIOLI

Spring Catering Specials and Prices are available through May 31, 2018.

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

Additional nutritional information available.

SPECIALTY STATIONS

POKE BAR

400-1000 cal

Minimum group size 30

Build your own Poke Bowl. Choose from seasoned salmon, tuna, or portobello mushrooms, served on your choice of seasoned rice or bed of greens. Make it your own by finishing it off with a variety of toppings and sauces.



SWEET ITALIAN PIZZETTA

MINDFUL PIZZETTAS BAR

300-490 cal

Minimum group size 15

Pick Three Pizzettas to build a Pizzettas Bar. Great as a savory Mid-Afternoon Break, or add some Salads and Desserts to create a hearty lunch.

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

BEVERAGES

SOUTHERN GINGER LEMONADE

90 cal

Minted lemonade topped off with ginger ale.

FRESH ORANGE JUICE

110 cal

Freshly squeezed valencia oranges.



FRESH ORANGE JUICE

ADD ON DESSERTS

PI(E) PARTY!

260-920 cal

Minimum group size 25

Celebrate Pi Day (3.14) with a selection of delicious pies. Choose up to three pies to feature. Pair with a Coffee & Tea as an afternoon break or add on to a lunch or dinner for dessert. Continue to celebrate the deliciousness of pies even after Pi Day!



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