



the FRESH FORK

ORDER

custom catering

AND BRING THE

*freshhest
flavors*

to your next event

August 2023





Breakfast

All prices are per person and based on a minimum of 10 people.

- VEGETARIAN
Seasonal Sunrise 13.99
 Yogurt parfait with fresh berries served alongside assorted freshly baked muffins and a fruit. Includes coffee, tea or juice.
- VEGETARIAN
Continental 13.99
 Fresh baked pastries, muffins, croissants, butter, jams and a fruit. Includes coffee, tea or juice.
- VEGETARIAN
Bakers Mini 11.99
 Mini danishes, muffins, croissants, butter, jams and a fruit. Includes coffee, tea or juice.
- VEGETARIAN
CAFFE FREE EGGS
Breakfast Frittata 18.99
 Red and green peppers, baby spinach, diced tomatoes, red onions, and mozzarella served with crispy breakfast potatoes and a fruit. Includes coffee, tea or juice.
- CAFFE FREE EGGS
Classic Breakfast Buffet 18.99
 Farm fresh scrambled eggs, crispy breakfast potatoes, croissants with butter, jams and a fruit. *Choice of bacon, turkey bacon and sausage.* Includes coffee, tea and juice.

All prices are per person and based on a minimum of 10 people. For each group of 10, two breakfast sandwich flavours can be chosen.

- CAFFE FREE EGGS
Egg and Bacon 6.99
 English muffin, egg, cheddar cheese, and crispy bacon.
- CAFFE FREE EGGS
Egg and Sausage 6.99
 English muffin, egg, cheddar cheese, and sausage patty.
- CAFFE FREE EGGS
VEGETARIAN
Egg White and Turkey 7.99
 English muffin, egg white, Swiss cheese and turkey bacon.
- CAFFE FREE EGGS
Vegetarian Breakfast Burrito 8.99
VEGETARIAN
 Scrambled eggs, spiced black beans, sweet peppers, home fries, fresh cilantro, and salsa wrapped in a warm tortilla.
- CAFFE FREE EGGS
Breakfast Burrito 8.99
 Scrambled eggs, sharp cheddar, salsa, and crispy bacon wrapped in a warm tortilla.



A la carte

Minimum order (10 mix & match)

Cinnamon Bun Freshly baked and topped with vanilla icing, one per person.	5.99
Assorted Fruit Danishes Freshly baked assorted fruit Danishes, one per person.	4.99
House Baked Muffin Assortment of freshly baked muffins, one per guest.	3.49
Freshly Baked Cookie 3oz freshly baked cookie	2.99
Butter Croissant Light and flaky	3.99
Baker's Mini Scones Baker's Choice of freshly baked mini scones. 2 pcs per order.	3.99
Assorted Mini Pastries Chef's choice of Mini Pastries. 2 pcs per order.	4.99
Breakfast Loaf Slice Baker's pick of the day	3.99
Whole Fruit A selection of fresh bananas, apples and oranges.	1.99
Yogurt Parfait Assorted individual Yogurt Parfait Cup with granola and berries.	6.99



the fresh fork



Salads

All prices are per person and based on a minimum of 10 people. For each group of 10, two different salad options can be chosen.

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|---|---|------|
| | The Caesar | 7.99 |
| | Crisp romaine, herbed croutons, applewood smoked bacon, and fresh parmesan. | |
|  | Heritage Market Greens | 7.99 |
| | Roasted butternut squash, tomato, cucumber and julienned carrots on a bed of spring mix. Served with creamy ranch or balsamic vinaigrette. | |
|  | Pasta Salad | 6.99 |
| | Vegetable fusilli with sundried tomato, broccoli, fire roasted red peppers, parmesan cheese, and a basil pesto dressing. | |
|  | Mixed Grain Salad | 7.99 |
|  | A blend of whole grains with grape tomatoes, bell peppers, red onions, arugula lettuce, pumpkin seeds and lemon with a sweet red wine dijon dressing. | |
|  | The Greek | 7.99 |
| | Marinated olives, red onion, tomatoes, green peppers and feta cheese on chopped romaine finished with fresh oregano and parsley. | |
|  | Classic Potato Salad | 6.99 |
| | Red skinned potatoes, mayonnaise, red onions, green onions, mustard. | |
|  | Vegetable Thai Noodle Salad | 6.99 |
| | Steamed egg noodles, julienned carrots, bell peppers, cilantro, ginger, green onion, tossed in a thai sesame dressing. | |

Roots & Seeds

All prices are per person and based on a minimum of 10 people. For each group of 10, two different bowls options can be chosen.

All Roots & Seeds Power Grain bowls are served in individual bowls. Includes a dessert bar.



Ninja Chicken Bowl

17.99

Herbed brown rice, lemon roasted chicken, shaved cabbage, spinach, carrots, cucumber, edamame, mandarin oranges, crispy wontons, sesame seeds, Asian sesame dressing.



Eden Tofu Bowl

17.99

Lemon turmeric quinoa, chili lime tofu, cabbage, arugula, broccoli, chickpeas, carrot, cucumber, green onions, sunflower seeds, balsamic dressing.



Rebel Falafel Bowl

17.99

Kale, falafel, quinoa, red peppers, tomato, black beans, corn, sunflower seeds, chipotle citrus ranch dressing.



ROOTS
&
SEEDS





Sandwiches

Substitutions and Gluten-Friendly options are available upon request for a fee.

Classic Sandwich Platter (serves up to 10)

69.99

A selection of freshly prepared classic sandwiches:

- Egg salad with cucumber
- Shaved beef with horseradish butter
- Fresh vegetable wrap with cream cheese and sunflower seeds
- Shaved black forest ham, dijon mustard and Swiss
- Tuna salad

Gourmet Sandwich Platter (serves up to 10)

129.99

A selection of freshly prepared gourmet artisan sandwiches:

- Southwest chicken club
- Turkey with brie, roasted peppers, mango chutney
- Greek vegetarian wrap
- Caprese salad sandwich
- Black pepper striploin



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Boxed Lunches

gourmet lunch box



For each group of 10, two different sandwich options can be chosen.

Gourmet artisan boxes come complete with whole fruit, a canned pop or a small bottle of juice, and a freshly baked cookie. Individual sandwiches are available upon request.

Southwest Chicken Club 19.99
Tex Mex seasoned chicken breast, chipotle mayo, arugula lettuce.

Turkey, Brie, & Roasted Pepper 19.99
Oven-roasted turkey, fresh leaf lettuce, fire-roasted red peppers, and mango chutney.

 **Greek Vegetarian Wrap** 19.99
Roasted mushrooms and zucchini with crumbled feta, red onion, iceberg lettuce, and tzatziki on a whole wheat wrap.



 **Caprese** 19.99
 Basil pesto aioli, heirloom tomatoes, bocconcini, fresh basil and balsamic reduction on multigrain.

classic lunch box

For each group of 10, two different sandwich options can be chosen.


Classic boxes come complete with whole fruit, canned pop or a small bottle of juice, and a freshly baked cookie. Individual sandwiches are available upon request.

Tuna Salad Sandwich 15.99
Albacore tuna, dill, light mayo, red onion, and lettuce on rye bread.

 **Egg Salad Sandwich** 15.99
 Fresh eggs, light mayo, cucumbers & lettuce on multi-grain.

Black Forest Ham Kaiser 15.99
Shaved black forest ham, Swiss cheese, romaine lettuce with Dijon mustard.

Shaved Beef Sandwich 15.99
Shaved roast beef, julienned carrots, lettuce, and horseradish aioli on onion bun.

 **Vegetarian Wrap** 15.99
Roasted vegetables, cucumbers, lettuce, cream cheese, sunflower seeds served in a whole wheat wrap.



Buffet

Minimum order of 10, special requests, substitutions and plant-based proteins are available upon request for a fee.

We Are The North

38.99

Potato au gratin, chef's vegetables, house Salad, breadsticks, grilled sundried tomato & chicken sausage and your choice of *baked cod with miso Beurre blanc* or *baked sockeye salmon with agave lemon herb sauce*.

Spirit of India

32.99

Fluffy basmati rice, cucumber raita, garlic naan, house salad, aloo gobi and your choice of *butter chicken* or *pork vindaloo*.

Insta Italy

32.99

Spaghetti aglio e olio, vegetables, house salad, garlicky bread, eggplant parmigiana and your choice of *chicken cacciatore* or *beef picata*.

Mexican Fiesta

32.99

Arroz a la mexicana (tomato rice), braised beans, cilantro crema, warm tortilla, house salad and your choice of *pork carnitas* or *chicken pollo guisado*.

Wok Up

32.99

Fried rice, soy sauce chow mein, house salad, spring roll, tofu stir-fry and your choice of *sweet & sour pork* or *szechuan beef*.

Greek Tavern

35.99

Rice pilaf, roasted lemon potato, greek salad, pita bread, tzatziki, briami and your choice of *chicken* or *beef souvlaki*.

The Butcher

35.99

Garlic pomme puree, roasted vegetables, house salad, yorkshire pudding, gravy and *AAA herbed roasted striploin*.



Canapés

Price is per dozen, the minimum order is 2 dozen (1 choice). Special Requests and substitutions are available upon request for a fee.

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|  | Arancini
<i>Risotto balls, mozzarella, panko</i> | 41.99 |
|  | Polenta Bites
<i>Polenta, olive tapenade</i> | 38.99 |
|  | Mushroom Vol-au-Vent
<i>Mixed mushrooms, puffed pastry</i> | 47.99 |
|  | Mushroom Cap Spinach Dip
<i>Classic spinach dip, mushroom</i> | 35.99 |
|  | Lion's Mane Taco Cup
<i>Lion's mane crumble, tortilla Cup, sour cream</i> | 41.99 |
|  | Smoked Tofu Tikka on Stick
<i>Smoked tofu, tikka masala</i> | 32.99 |
|  | Cucumber Hummus
<i>House-made hummus, cucumber cup</i> | 32.99 |
|  | Caprese Crostini
<i>Caprese salad, crostini, pesto, balsamic reduction</i> | 34.99 |
|  | Crispy Yam Sushi Cup
<i>Nori, sushi rice, yam tempura</i> | 38.99 |
|  | Brazilian Style Cheese Puff
<i>Gluten friendly cheese puff made of cassava flour</i> | 21.99 |





Canapés

Price is per dozen, the minimum order is 2 dozen (1 choice). Special Requests and substitutions are available upon request for a fee.

Beef Meatballs <i>Tomato pomodoro, parmesan</i>	31.99
Chicken Yakitori <i>Teriyaki glaze</i>	36.99
Beef Sliders <i>AAA beef, aged cheddar, tomato jam, brioche bun</i>	44.99
Shrimp Po'Boy <i>Crispy shrimp, remoulade, slaw, brioche bun</i>	50.99
Prosciutto Melon <i>Melon ball, goat cheese, prosciutto</i>	35.99
Smoked Salmon Mousse <i>Salmon, herbed cream cheese, cucumber slice</i>	35.99
Five-Spiced Turkey <i>Ground turkey, lettuce wrap, hoisin</i>	41.99
Beef Kofta Taco <i>Spiced ground beef patty, tzatziki, pickled red onion</i>	44.99
Ganjang Crispy Chicken <i>Korean fried chicken, sticky soy</i>	31.99




Classic Pizza

16" (extra-large)

 Three Cheese	21.99
 Garden Vegetables	22.99
Pepperoni	22.99
Hawaiian	22.99

Premium Pizza

16" (extra-large)

Spicy Bbq Chicken Chicken, tomato sauce, red onion, cheddar, mozzarella, bbq sauce.	26.99
Pulled Pork Smoked pork, tomato sauce, red onion, cheddar, mozzarella, bbq sauce.	26.99
Bacon Cheese-Burger Ground beef, crispy bacon, cheddar, mozzarella, red onion, julienne pickles	26.99
 Ultimate Mushroom Seasonal mixed mushroom, caramelized onion, béchamel, swiss, mozzarella, arugula	26.99





Snacks

All prices are per person and based on a minimum of 10 people.

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|---|---|-------|
|  | Crudité
A selection of fresh peppers, grape tomatoes, carrots, cauliflower, broccoli, and cucumbers with a side of buttermilk ranch and black olive dips. | 6.99 |
|  | Artisan Cheese Board
Chef's selection artisan cheese. Served with grapes, berries, dried fruits, seeds and assorted artisanal crackers. | 14.99 |
| | Antipasto
Marinated olives, artichokes, roasted red peppers, feta, provolone, and cured meats served with grilled flat breads. | 14.99 |
| | Charcuterie Board
Selection of cured meats, cheeses, assorted nuts, dried fruits and crackers. | 13.99 |
|  | Breads and Dips
House breads, red pepper hummus, lemon herbed yogurt with fresh dill. | 6.99 |
|  | Chips and Dips
Yellow corn tortilla chips, tomato salsa, guacamole and sour cream. | 4.99 |
|  | Fresh Fruit Salad
Cantaloupe, honeydew, pineapple and grapes. | 6.99 |



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Sweets

Price is based on minimum order of 10

Strawberry Shortcake Classic strawberry shortcake.	6.99
Double Chocolate Torte Chocolate cake with chocolate ganache cover.	8.99
Triple Chocolate Mousse Cake White, milk and dark chocolate mousse with chocolate glaze.	8.99
New York Cheesecake Trio berries compote.	7.99
Dessert Bar Choice of mixed berry crumble, double fudge brownie or oatmeal date bar.	2.99

celebration

full sheet, ½ sheet, ¼ sheet cakes,
specialty desserts and cupcakes

call our catering team to
elevate your event!



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custom
selections
available!



Beverages

Coffee Service (Serves 10) Regular and Decaf coffee (upon request) with sugar, sweeteners, milk, cream and dairy-free alternatives.	26.99
Tea Service (Serves 10) Tea service includes a variety of black and herbal tea.	26.99
Infused water (Serves 35) (consult for flavours available)	26.99
Water Pitcher \$0.25 fee per cup/minimum of 10 cups (mandatory)	Free
Assortment of Bottled Soft Drinks	3.15
Iced Tea Bottle	3.85
Assortment of Bottled Juice	3.35
Sparkling Water (Lime, Lemon and Plain)	3.15
Pitcher of Juice or Tropical Punch (Serves 10)	16.50



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Policies

Dietary + Custom Items

Gluten-free/vegetarian/vegan/Plant-based options available. Please advise of all Allergy and dietary restrictions. Custom items and menus are available upon request.

Ordering Lead Time

Orders must be placed and confirmed 3 business days in advance of the event. For events over 80 guests, or those that require liquor services or chef-attended stations, a minimum of 5 business days' notice is required, so we can accommodate your event request. Adjustments also need to be confirmed 3 business days in advance of the event.

Billing

We reserve the right to adjust menu prices, however, quoted menu prices are honoured for all events within 60 days. Menu prices **do not** include applicable taxes. A 15% service charge will be applied for orders under \$100.

Pickup & Delivery

Set up will be completed 15 minutes before the event start time, and pick up will commence 30 minutes after the end of the event. Delivery charge off campus is \$20.00 plus \$7.50 fuel surcharge.

Service Staff

Server charge of \$35.00 per server per hour will be applied for staffed events, bartender charge at \$45.00 per hour (1 bartender per 100 guests) & chef charge per station \$45.00.

After Hours Charge

Labour charge of \$35/hour will be applied to after-hours caterings. After-hours are considered weekdays after 6 pm, and weekends. A minimum of 2 hours will be charged on weekdays, and 4 hours on weekends.

Chinaware

China ware is available upon request for an additional charge: *Coffee Break Service - \$2.50 per guest. *Meal Service - \$3.00 per guest.

Cancellation

Cancellations must be confirmed 2 business days in advance for regular events, and 4 business days for over 80 guests or customized menus. A charge of 25% of the order amount will be charged in case the cancellation does not follow the lead time specified.

custom
selections
available!

Contact

New Westminster Campus
Katiana Seibel
67851@compass-Canada.com

Coquitlam Campus
Ric Piovesan
ric.piovesan@compass-Canada.com



Vegetarian



Vegan



Multigrain



Cage Free