SFU Dining Services

Catering Menu

2013 - 2014

Version 2

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## Beverages

**Ice water will be provided with all catering services at no charge**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Beverages (soft drinks &amp; juices)</td>
<td>2.29 each</td>
</tr>
<tr>
<td>Fresh Juices: apple, orange or cranberry (serves 8-10 cups)</td>
<td>12.99 each</td>
</tr>
<tr>
<td>Iced Tea or Lemonade (serves 8-10 cups)</td>
<td>12.99 each</td>
</tr>
<tr>
<td>Cambros of Iced Tea or Lemonade (serves 80 cups)</td>
<td>89.99 each</td>
</tr>
<tr>
<td>Chocolate or 2% Milk (500 ml)</td>
<td>2.29 each</td>
</tr>
<tr>
<td>Bottled Water</td>
<td>2.29 each</td>
</tr>
<tr>
<td>Bottled Sparkling Water</td>
<td>2.99 each</td>
</tr>
<tr>
<td>Ice Water - charged only if no other catering is ordered</td>
<td>19.99 each</td>
</tr>
<tr>
<td>Flavour Infused Ice Water Tower (serves 20 - 30 cups)</td>
<td>17.99 per tower</td>
</tr>
<tr>
<td>Tropical Fruit Punch (non-alcoholic - serves 40 cups)</td>
<td>79.99</td>
</tr>
<tr>
<td>Freshly Brewed Fair Trade Coffee (serves 10 8oz cups)</td>
<td>17.49 each</td>
</tr>
<tr>
<td>Assorted Fair Trade Tea (minimum order of 5)</td>
<td>1.74 each</td>
</tr>
<tr>
<td>Hot Chocolate</td>
<td>1.74 each</td>
</tr>
<tr>
<td>Soy Milk creamer (natural flavour) is available upon request</td>
<td>additional 1.00 per order</td>
</tr>
<tr>
<td>Flavours include: BC wild berry (seasonal), cucumber fresca, lemon lime, lemon mint</td>
<td></td>
</tr>
</tbody>
</table>

## Breakfast Selections

**Daybreak** – minimum 5 guests per order

- Assortment of mini croissants, muffins, scones, granola bars and turnovers (2 per)
- Butter, preserves and honey
- Pitchers of fresh morning juices
- Freshly brewed fair trade coffee and tea sampler

**Daybreak Deluxe** – minimum 5 guests per order

- Assortment of mini croissants, muffins, scones, granola bars and turnovers (2 per)
- Sliced banana bread and lemon loaf (1 per)
- Butter, preserves and honey

**Healthy Start** – minimum 5 guests per order

- Fresh baked granola bars (1 per)
- Honey, raw sugar, sun-dried fruits and mixed nuts
- Low fat granola and cereal with skim and 2% milk
- Low fat vanilla and fruit yogurt (1 per)
- Fresh sliced fruit
- Pitchers of fresh morning juices
- Freshly brewed fair trade coffee and tea sampler
THE EXECUTIVE - minimum 5 guests per order 13.99

v Assortment of mini croissants, muffins, scones, granola bars and turnovers (2 per)
Butter, preserves and honey

gf • v • vg Fresh sliced fruit

gf • v Free-range scrambled eggs

gf Maple smoked bacon and country sausage (3 pieces of each per)

Pitchers of fresh morning juices
Freshly brewed fair-trade coffee and tea sampler

EAGLE MOUNTAIN BUFFET - minimum 30 guests per order 20.99

v Assortment of mini croissants, muffins, scones, granola bars and turnovers (2 per)

gf • v • vg Fresh sliced fruit

gf Thick sliced smoked bacon

gf Grilled chorizo sausage with fire roasted vegetables

gf • v Roasted potato duo hash

gf Free-range scrambled eggs with parsley and parmesan

Select one of the following 4 items:

v Citrus scented French toast or whole wheat blueberry pancakes or

v Belgium waffles or strawberry stuffed crepes with whipped cream

gf • v House-made fruit syrups, whipped cream, traditional maple syrup

Pitchers of fresh morning juices
Freshly brewed fair-trade coffee and tea sampler

CENTENNIAL PARK BRUNCH BUFFET - minimum 30 guests per order 29.99

v Bakery fresh rolls and flatbread served with whipped butter, honey and preserves

v Assorted breakfast pastries

gf • v • vg Fraser Valley greens and herbs with assorted dressings

gf • v Baby spinach with fresh apple, candied walnuts and blue cheese

v • vg Couscous with sun-dried fruits and toasted pumpkin seeds

v Orzo pasta salad with sun-dried tomatoes and arugula

gf • v Mykonos Greek salad with feta cheese

gf • v • vg Crudités with dip

gf • v International cheese selection

gf • v • vg Fresh sliced fruit

gf • v Grilled vegetable, vine tomatoes and bocconcini antipasto

Select one item from each of the following 4 groups:

1. Traditional eggs benedict or eggs benedict Tofino (with smoked salmon) or

eggs benedict Florentine or Free-range scrambled eggs with parsley and parmesan

v 2. Whole wheat blueberry pancakes or citrus scented French toast or

v strawberry stuffed crepes with whipped cream or Belgium waffles

gf 3. Grilled mango chicken breast with sun-dried apricot jus or

gf Wild BC sockeye salmon with a creamy pnomod bisque or Thai green curry penne primavera

or Potato cheddar perogies with caramelized onions, scallions and double smoked bacon

gf • v 4. Roasted potato hash or seven grain rice pilaf

gf • v Garlic scented seasonal vegetables

gf • v Whipped cream, house-made fruit syrups, corn syrup, traditional and pure maple syrup

Pitchers of fresh morning juices
Freshly brewed fair-trade coffee and tea sampler

To book your event and order catering contact Meeting, Event & Conference Services (MECS) email meetbby@sfu.ca or call 778-782-4910 or 778-782-3854
BREAKFAST À LA CARTE

- Pancakes – minimum 5 guests per order
  served with traditional maple syrup, butter and whipped cream (1 per)
  2.99
- Whole Wheat Pancakes – minimum 5 guests per order
  served with traditional maple syrup, butter and whipped cream (1 per)
  2.99
- French Toast – minimum 5 guests per order
  served with traditional maple syrup, butter and whipped cream (1 per)
  2.99
- Hot Cereal – minimum 5 guests per order
  with toppings: fresh berries, nuts, brown sugar, honey
  4.99
- Mini Breakfast Bites (1.5 per) – minimum 5 guests per order
  An assortment of 3 flavors: scrambled egg BLT, smoked salmon and avocado; and fruit jam with cream cheese. Served on mini croissants, wraps and rolls
  4.99
- Baker’s Minis (2 per) – minimum 5 guests per order
  Assorted freshly baked mini pastries including muffins, granola bars, scones, croissants and turnovers served with butter, preserves and honey
  3.19
- Fresh Baked Full Size Pastries
  2.99
- Fresh Baked Granola Bars (1 per)
  1.99
- Banana or Lemon Loaf (1 per)
  1.99
- Bagels with Toaster, Cream Cheese and Preserves (1 per) – minimum 5 guests per order
  3.29
- Fresh Sliced Fruit – minimum 5 guests per order
  3.99
- Fresh Sliced Tropical Fruit – minimum 5 guests per order
  4.49
- Whole Fresh Fruit
  1.49
- Tropical Fruit Skewers (1.5 per)
  5.99
- Fresh Fruit Parfait
  Layers of creamy low-fat vanilla yogurt, granola & seasonal fresh fruit (1 per)
  3.29
- Assorted Low Fat Vanilla and Fruit Yogurt Cups
  Flavors include: strawberry, blueberry, peach, raspberry (1 per)
  1.99

COFFEE BREAKS – minimum 5 guests per order per item

- THE SWEET TOOTH – 2 pieces per guest
  6.99
- Chocolate drizzled rice krispie bars
- Assorted dessert squares
- Fresh baked cookies
  Freshly brewed fair trade coffee and tea sampler

- THE WORKING BREAK
  8.99
- Diamond trail mix
- Classic Cheese Selection platter - Cheddar, Swiss, marble and Havarti garnished with strawberries and grapes, served with crackers
- Basket of whole fresh fruit
  Freshly brewed fair trade coffee and tea sampler

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## COFFEE BREAKS A LA CARTE

- **Fresh Baked Gourmet Cookies (1 per)** 1.99
- **Assorted Dessert Squares (1.5 per)** 2.99
  - May include Nanaimo bars, brownies, berry crumble, butter bars
- **Assorted Biscotti (1.5 per)** 2.99
- **Baker’s Minis (2 per) – minimum 5 guests per order** 3.19
  - Assorted freshly baked mini pastries including muffins, granola bars, scones, croissants and turnovers served with butter, preserves and honey
- **Fresh Baked Full Size Pastries** 2.99
  - Sticky buns, muffins, Danishes, croissants, almond croissants, scones, turnovers
- **Fresh Baked Granola Bars (1 per)** 1.99
- **Banana or Lemon Loaf (1 per)** 1.99
- **Carrot Cake Loaf with Cream Cheese Icing** 2.99
- **Assorted Mini Cheesecakes** 4.99
  - Flavors include raspberry, turtle, New York (2 per)
- **Mini Delights (2 per) – minimum 5 guests per order** 4.99
  - Assorted mini cheese cakes and French pastries
- **Fresh Sliced Fruit – minimum 5 guests per order** 3.99
  - Sliced seasonal fruit, 4oz per person
- **Fresh Sliced Tropical Fruit – minimum 5 guests per order** 4.49
  - Elegant platter of sliced seasonal, tropical and exotic fruit, 4oz per person
- **Whole Fresh Fruit** 1.49
  - A selection of seasonal whole fresh fruit (1 per)
- **Tropical Fruit Skewers (1.5 per)** 5.99
  - Classic Cheese Selection – minimum 5 guests per order 5.19
    - Cheddar, Swiss, marble and Havarti garnished with strawberries and grapes, served with crackers
  - International Cheese & Fruits Collection – minimum 5 guests per order 6.29
    - Elegant platter of Canadian & imported cheeses with sliced fresh tropical fruit, served with crackers. Equal portions of cheese and fruit.
  - International Cheese Selection – minimum 5 guests per order 7.19
    - Boursin, camembert, goat’s cheese, Swiss, Havarti, Danish blue, provolone, Monterey Jack and cheddar garnished with strawberries and grapes, served with crackers
- **Bowls of Chips** 2.49
  - Flavors may include Regular, BBQ, Dill, Doritos, 32 grams per person
- **Diamond Trail Mix** 2.99
  - Made in-house, includes sun-dried apricots, raisins, dried cranberries, dried fig, sunflower seeds, pumpkin seeds, peanuts, cashews, brazil nuts. Serving size is 1/2 cup per person.

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Our menus include vegan (vg), vegetarian (v) and items made without-gluten (gf). All coffee and tea selections served are fairtrade certified and we use Oceanwise seafood whenever possible.
SANDWICH AND WRAP SELECTIONS

DELI SANDWICHES (1 per, cut in half) 6.49

Deli-Style Sandwiches served on artisan breads and rolls, including mini Ciabatta, Filone, sun-dried cranberry, multigrain, marble rye, Portuguese buns, whole wheat. Sandwiches may include the following meat and fish fillings:
- Roasted chicken breast, avocado, tomato, selected cheese, chive aioli
- Baked wild BC salmon, with lemon dill aioli and baby greens
- Roast beef, horseradish aioli, tomato, cucumber, selected cheese, lettuce
- Deli-Style Turkey, cranberry aioli, tomato, cucumber, selected cheese, lettuce
- Capicola, salami, Dijon aioli, tomato, cucumber, selected cheese, lettuce

25% of each order will have two selections of vegetarian fillings. Each order includes one of the following:
- Roma tomato, cucumber, green pepper, selected cheese, lettuce
- Grilled Portobello, spinach, Boursin cream cheese
And will always include:
- Cheddar and Swiss cheese with tomato, cucumber, lettuce and chive aioli

DELI WRAPS (1 per, cut in half) 6.49

Deli-Style Wraps served on whole wheat, spinach, sun-dried tomato or regular wraps. Wraps may include the following meat and fish fillings:
- Roasted chicken breast, avocado, tomato, selected cheese, chive aioli
- Baked wild BC salmon, with lemon dill aioli and baby greens
- Roast beef, horseradish aioli, tomato, cucumber, selected cheese, lettuce
- Deli-Style Turkey, cranberry aioli, tomato, cucumber, selected cheese, lettuce
- Capicola, salami, Dijon aioli, tomato, cucumber, selected cheese, lettuce

25% of each order will have two selections of vegetarian fillings. Each order includes one of the following:
- Roma tomato, cucumber, green pepper, selected cheese, lettuce
- Grilled Portobello, spinach, Boursin cream cheese
And will always include:
- Cheddar and Swiss cheese with tomato, cucumber, lettuce and chive aioli

SANDWICH MINIS (2 per) 6.49

Deli-Style Mini Sandwiches served on mini croissants, rolls and mini Ciabatta. Sandwiches may include the following meat and fish fillings:
- Roasted chicken breast, avocado, tomato, selected cheese, chive aioli
- Baked wild BC salmon, with lemon dill aioli and baby greens
- Roast beef, horseradish aioli, tomato, cucumber, selected cheese, lettuce
- Deli-Style Turkey, cranberry aioli, tomato, cucumber, selected cheese, lettuce
- Capicola, salami, Dijon aioli, tomato, cucumber, selected cheese, lettuce

25% of each order will have two selections of vegetarian fillings. Each order includes one of the following:
- Roma tomato, cucumber, green pepper, selected cheese, lettuce
- Grilled Portobello, spinach, Boursin cream cheese
And will always include:
- Cheddar and Swiss cheese with tomato, cucumber, lettuce and chive aioli

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**DELI CLASSIC COMBO** - minimum 5 guests per order 10.99 / guest
One of the earlier deli options (sandwiches, wraps or sandwich minis) served with the following items:
- gf • v • vg Crudités with Dip
- v Assorted Dessert Squares
- Pitchers of Iced Tea and/or Lemonade - one pitcher for orders with 6 guests or less

**DELI SOUP & SALAD COMBO** - minimum 5 guests per order 13.99 / guest
One of the earlier deli options (sandwiches, wraps or sandwich minis) served with the following items:
- v Chef’s Soup Creation (vegetarian based)
- v Chef’s Choice of Salad
- gf • v • vg Fresh Sliced Fruit
- Pitchers of Iced Tea and/or Lemonade - one pitcher for orders with 6 guests or less

**CLASSIC BOXED LUNCH TO GO** (1 per) 7.99
Selection of Classic Deli-Style Wraps served on a variety of fresh flour tortillas
Juice Box, Piece of Whole Fruit and Cookie

Select your own fillings: additional 1.00 per order per item
Make it Halal: additional 1.99 per order per item

**PIZZA SELECTIONS**

**16” PIZZA** – 10 slices per pizza

- Pizzas are traditional style with tomato sauce and mozzarella 16.99 each
- Classic Pepperoni – loaded with pepperoni
- Hawaiian – ham & pineapple
- Three Cheese – Mozzarella, Pamesan & cheddar
- Deluxe Vegetarian – assortment of veggies

**Create Your Own Three Topping Pizza** – select 3 topping from: 19.99 each
Pepperoni, ham, bacon, chicken, sausage, ground beef, green peppers, black olives, spinach, tomato, onion, banana peppers, mushrooms

**HOT DISHES TO SHARE**

- gf Baked Three Cheese Macaroni and Cheese (serves 8-10) 69.99
- Meat or Vegetarian Lasagna (serves 8-10) 79.99
- gf Diamond Curried Chicken with Basmati Rice (serves 8-10) 89.99
- v Garlic Scented Stir Fried Vegetables (serves 8-10) 44.99
## SALADS, SOUPS AND ROLLS

### GARDEN FRESH MEAL SIZE SALADS

<table>
<thead>
<tr>
<th>Name</th>
<th>Price (meal size)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Simply Caesar</td>
<td>7.29</td>
</tr>
<tr>
<td>Maple Spinach Salad</td>
<td>7.69</td>
</tr>
<tr>
<td>Greek Mykonos Salad</td>
<td>7.99</td>
</tr>
<tr>
<td>Spring Mix Salad</td>
<td>6.99</td>
</tr>
</tbody>
</table>

**Simply Caesar**
- Crisp hearts of romaine tossed in a creamy Caesar dressing topped with parmesan cheese and toasted focaccia croutons

**Maple Spinach Salad**
- Fresh baby spinach tossed with granny smith apples and candied walnuts served with a maple mustard vinaigrette

**Greek Mykonos Salad**
- Iceberg and romaine lettuce mixed with cucumbers, tomatoes, black olives, bell peppers, sweet onions and feta cheese served with herb and garlic vinaigrette

**Spring Mix Salad**
- Fresh spring mix lettuce with cherry tomatoes served with house dressing

### GARDEN FRESH SIDE SALADS - minimum 5 guests per order

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Bliss Potato Salad</td>
<td>2.99</td>
</tr>
<tr>
<td>Hot House Chickpea Salad</td>
<td>2.79</td>
</tr>
<tr>
<td>Simply Caesar</td>
<td>3.29</td>
</tr>
<tr>
<td>Maple Spinach Salad</td>
<td>3.69</td>
</tr>
<tr>
<td>Greek Mykonos Salad</td>
<td>3.99</td>
</tr>
<tr>
<td>Spring Mix Salad</td>
<td>2.99</td>
</tr>
<tr>
<td>Thai Noodle Salad</td>
<td>2.99</td>
</tr>
<tr>
<td>Couscous Salad</td>
<td>3.29</td>
</tr>
<tr>
<td>Quinoa Salad</td>
<td>3.99</td>
</tr>
<tr>
<td>Margarita Black Bean Salad</td>
<td>3.99</td>
</tr>
</tbody>
</table>

**Red Bliss Potato Salad**
- Red potatoes tossed with red onion, celery, parsley and free-range eggs served with a honey Dijon dressing

**Hot House Chickpea Salad**
- Crisp iceberg lettuce, Roma tomatoes, cucumbers, bell peppers and chickpeas served with house dressing

**Simply Caesar**
- Crisp hearts of romaine tossed in a creamy Caesar dressing topped with parmesan cheese and toasted focaccia croutons

**Maple Spinach Salad**
- Fresh baby spinach tossed with granny smith apples and candied walnuts served with a maple mustard vinaigrette

**Greek Mykonos Salad**
- Iceberg and romaine lettuce mixed with cucumbers, tomatoes, black olives, bell peppers, sweet onions and feta cheese served with herb and garlic vinaigrette

**Spring Mix Salad**
- Fresh spring mix lettuce with cherry tomatoes served with house dressing

**Thai Noodle Salad**
- Chow mien noodles tossed with matchstick vegetables served with sweet soy vinaigrette

**Couscous Salad**
- Couscous with fresh Italian parsley and toasted pumpkin seeds

**Quinoa Salad**
- Quinoa with fresh vegetables and herbs tossed in a lemon vinaigrette

**Margarita Black Bean Salad**
- Black beans tossed with fresh pico de gallo and avocado

### SALAD ADD-ONS

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Chicken Breast</td>
<td>3.49</td>
</tr>
<tr>
<td>Grilled Wild BC Salmon</td>
<td>3.99</td>
</tr>
<tr>
<td>Grilled Marinated Tofu</td>
<td>2.99</td>
</tr>
<tr>
<td>Fire-Roasted Vegetables</td>
<td>2.99</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrot and Ginger</td>
<td>3.99</td>
</tr>
<tr>
<td>Chef’s Soup of the Day (always vegetarian based)</td>
<td>3.99</td>
</tr>
</tbody>
</table>

**Carrot and Ginger**
- Can be Vegan upon request

**Chef’s Soup of the Day**
- Varieties may include curry lentil, tomato roast garlic, carrot and ginger, butternut squash

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**BREADS AND ROLLS**
- Garlic Bread Stix (2 per) $1.99
- Assorted Rolls (1 per) $0.99

**HOT LUNCH SELECTIONS** - minimum 10 guests per order per item

**BAKED PASTA BUFFET** $15.99
- Caesar Salad with toasted focaccia croutons and Garlic Bread
- Baked Penne with Beef Bolognese
- Baked Wild Mushroom Alfredo Fettuccini
- Assorted Dessert Squares
- Pitchers of Iced Tea and Lemonade

**WEST COAST SALMON EXPRESS** $18.99
- Fresh Baked Rolls and Butter
- Hot House Chickpea Salad
- Wild BC Salmon with lemon scented cream
- Jasmine Scented Rice with green onions
- Buttered Broccoli and Cauliflower
- Sliced Fresh Fruit
- Pitchers of Iced Tea and Lemonade

**VEGETARIAN UTOPIA** $15.99
- Maple Spinach Salad
- Pita and Hummus
- Couscous Stuffed Bell Peppers
- Fire-Roasted Vegetable Stack with Camembert and balsamic glaze
- Orange Scented Seven Grain Rice Pilaf
- Fresh Sliced Fruit
- Pitchers of Iced Tea and Lemonade

**ROAST CHICKEN FEAST** $18.99
- Red Bliss Potato Salad
- Fresh Baked Rolls and Butter
- Honey Balsamic Roasted Chicken
- Herb and Garlic Baby Potato Duo
- Sautéed Peppers and Baby Carrots
- Assorted Dessert Squares
- Pitchers of Iced Tea and Lemonade

**A TASTE OF MEXICO** $23.99
- Corn Tortilla Chips with pico de gallo
- Tortilla Soup with sour cream and scallions
- Mixed Field Greens and Herbs with assorted dressings
- Sweet & Spicy Papaya Salad
- Margarita Black Bean Salad

Choose one of the following:

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- Taco Station - spiced ground beef, refried beans, salsa, sour cream, tomatoes, cheddar and avocado with soft and crisp tacos (gluten free), OR
- Baked chili chicken with Mozzarella

<table>
<thead>
<tr>
<th>GF•V</th>
<th>Spanish Paella</th>
</tr>
</thead>
<tbody>
<tr>
<td>GF•V•VG</td>
<td>Fresh Sliced Fruit and Assorted Dessert Squares</td>
</tr>
</tbody>
</table>

**BARBECUE SELECTIONS**

BBQ’s with 30+ guests will include a chef barbecuing onsite and 1 service staff per 50 guests. BBQ’s with less than 30 guests will be served buffet style in chafing dishes unless otherwise coordinated.

**SIMPLY BBQ** (1 protein per guest) – minimum 10 guests  
10.99
- All Beef Burgers
- Vegetarian Burgers  
  - Sliced tomato, crisp lettuce, onion, ketchup, mustard and relish
- Bowls of Chips (bags available upon request)
- Pitchers of Chilled Summer Beverages – Iced Tea & Lemonade

**DELUXE BBQ** (1 protein per guest) – minimum 10 guests  
13.99
- Maple Spinach Salad  
  - Pasta Salad with poppy seed vinaigrette
- Vegetarian Burgers & Hot Dogs  
  - Bakery Fresh Sesame and Whole Wheat Kaiser Buns
  - Sliced cheddar cheese, onions, tomato, crisp lettuce, sauerkraut and banana peppers
- Ketchup, Mustard, Relish and Mayo
- Rice Krispie Squares & Mini Cookies
- Bowls of Chips (bags available upon request)
- Pitchers of Chilled Summer Beverages – Iced Tea & Lemonade

**PLATINUM BBQ** (2 proteins per guest) – minimum 30 guests  
24.99
- Cornbread and Fresh Baked Rolls with creamery butter  
  - Mixed Field Greens with Assorted Dressings
- Mediterranean Cucumber and Chickpea Salad with Fresh Romaine
- Quinoa, Fresh Herbs and Vegetables with a Lemon Vinaigrette  
  - Orzo Pasta with Fire-roasted Vegetables and Honey Balsamic Dressing
- Com Tortilla Chips and pico de gallo
- Select two of the following:
  - Double smoked bacon and chicken brochettes or pork baby back ribs or grilled wild BC salmon with papaya salsa
  - Molasses Baked Beans
  - Grilled marinated Portobello mushrooms and sweet onions
  - Chocolate Smothered Rice Krispie Squares, Mini Cookies & Coconut Macaroons
  - Fresh Sliced Fruit
- Pitchers of Chilled Summer Beverages – Iced Tea & Lemonade
- Lemon Lime Infused Water Tower

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THREE COURSE PLATED LUNCHES - minimum 10 guests per order

All plated lunches include freshly brewed fair trade coffee and tea sampler

Ocean View 29.99
  v Fresh baked rolls, filone and flatbread
  v Fire roasted vine tomato, bocconcini and peppered goat cheese stack with kalamata olive tapenade
  gf Maple walnut crusted wild BC salmon fillet napped with apple Riesling bisque accompanied by multigrain rice pilaf and grilled asparagus bundle
  v Rich decadent chocolate mousse cake

Eagle Mountain 28.99
  v Fresh baked rolls, filone and flatbread
  v Tomato and jalapeños soup with crispy basil
  gf Blackened papaya stuffed free run chicken breast with a sun-dried apricot jus accompanied by roasted shallot whipped potato and buttered baby vegetables
  v Strawberry cheesecake

Indian Arm 30.99
  v Fresh baked rolls, filone and flatbread
  gf Fresh baby spinach tossed with caramelized pears, gorgonzola cheese, crispy bacon and shallot vinaigrette
  gf Sun-dried tomato & lemon cold water pacific halibut fillet w/pinot grigio emulsion accompanied by jasmine scented rice and steamed green vegetables
  v Wild BC blueberry and blackberry napoleon

PLATTERS – minimum 5 guests per order

gf • v Crudités garden fresh vegetables with dip 3.99
gf • v • vg Fresh Sliced Fruit 3.99
  Sliced seasonal fruit, 4oz per person
gf • v • vg Fresh Sliced Tropical Fruit 4.49
  Elegant platter of sliced seasonal, tropical and exotic fruit, 4oz per person
  v Classic Cheese Selection 5.19
  Cheddar, Swiss, marble and Havarti garnished with strawberries and grapes, served with crackers
  v International Cheese & Fruits Collection 6.29
  An elegant platter of Canadian & imported cheeses with sliced fresh tropical fruit, served with crackers. Equal portions of cheese and fruit.
  v International Cheese Selection 7.19
  Boursin, camembert, goats’ cheese, Swiss, Havarti, Danish blue, provolone, Monterey Jack and cheddar garnished with strawberries and grapes, served with crackers
  gf Deli-Style Meat Platter 6.19
  Deli style and cured meats including black forest ham, turkey breast, pastrami, Capicola, prosciutto and Montreal smoked beef served with rolls and condiments
  Antipasto Platter 6.19
  Grilled marinated vegetables, mixed olives, artichokes, prosciutto, pickled vegetables, Genoa salami, Capicola, vine tomatoes and bocconcini with a grissini bouquet

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<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sushi (2 per)</td>
<td>3.99</td>
</tr>
<tr>
<td>A selection of popular rolls and nigiri with pickled ginger, soy sauce and wasabi</td>
<td></td>
</tr>
<tr>
<td>Mexican Madness</td>
<td>3.29</td>
</tr>
<tr>
<td>Com tortilla chips served with traditional salsa, sour cream and fresh guacamole</td>
<td></td>
</tr>
<tr>
<td>Spinach and Artichoke Dip with com tortilla chips</td>
<td>3.49</td>
</tr>
<tr>
<td>Mediterranean Flatbreads and Dips</td>
<td>4.49</td>
</tr>
<tr>
<td>Grilled flatbread and pita served with hummus and tzatziki</td>
<td></td>
</tr>
<tr>
<td>Poached Wild BC Salmon Display</td>
<td>6.49</td>
</tr>
<tr>
<td>Smoked, poached and candied salmon</td>
<td></td>
</tr>
<tr>
<td>Mussels on the Half Shell (3 per)</td>
<td>4.99</td>
</tr>
<tr>
<td>Mussels accompanied by gazpacho relish and lemon wedges</td>
<td></td>
</tr>
<tr>
<td>West Coast Seafood Cascade</td>
<td>10.99</td>
</tr>
<tr>
<td>A wonderful selection of marinated mussels, albacore tuna, wild BC Salmon, smoked mackerel, scallops, octopus and crab legs</td>
<td></td>
</tr>
</tbody>
</table>

**HORS D’ŒUVRES SELECTIONS** - minimum 3 dozen per item

**COLD SELECTIONS** - passed by a server or stationed upon request 26.99 per dozen

- Spicy Albacore Tuna with Sweet Dashi Glaze
- Bison Carpaccio Topped Sun-Dried Cranberry Chutney
- Smoked Salmon with Boursin Cream Cheese Canapé
- Forest Mushroom and Beef Roulade
- Avocado and Dungeness Crab Tartlets
- West Coast Ceviche and Endive
- Peppered Goats’ Cheese with Candied Pecan
- Sun-Dried Cranberry and Camembert Tartlet
- Grilled Portobello Mushroom Wedges with Herbed Goats’ Cheese
- Micro Greek Salad Cucumber Cups
- Tomato Bruschetta Crostini
- Roasted Com Blini
- Wild Mushroom Croustades
- Sun-Dried Fig and Gorgonzola Cheese
- Gazpacho Bellini Shooter

**HOT SELECTIONS** - passed by a server 26.99 per dozen

- Mini Chicken Brochettes with Roasted Garlic Aioli
- Prosciutto Wrapped Lamb Brochette
- Sweet Chili Chicken Drumettes
- Swedish Meat Balls
- Dungeness Crab Cake with Lemon Pepper Aioli
- Mini Curried Chicken Pot Pie
- Thai Chicken Satay with Sesame Dip
- Rosemary Honey Glazed Quail
- Mouard Duck Breast Crostini with Port Plum Compote
- Vanilla Cured Ostrich Escalope with Chokecherry Jelly
- Mini Double Smoked Bacon BLT
- BBQ Elk with Bourbon Peach Jus

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Five Spiced Pork Tenderloin with Sun-Dried Apricot Drizzle
Croque Monsieur
Vegetarian Spring Rolls with a Sweet Tangy Plum Sauce
Spanakopita
Assorted Artisan Vegetarian Quiche
Panko Crusted Camembert with BC Royal Gala Apples
Forest Mushroom Kebabs
Spinach and Parmesan Cheese Polenta Cakes

DINNER SELECTIONS

BAKED PASTA BUFFET - minimum 20 guests per order 20.99
   Caesar salad with toasted focaccia bread crumbs and garlic bread
   Baked penne with beef bolognese
   Baked wild mushroom Alfredo fettuccini
   Assorted dessert squares
   Freshly brewed fair trade coffee and tea sampler

ROAST CHICKEN FEAST - minimum 20 guests per order 23.99
   Red bliss potato salad
   Fresh baked rolls and butter
   Honey balsamic roasted chicken
   Herb and garlic baby potato duo
   Sautéed peppers and baby carrots
   Assorted dessert squares
   Freshly brewed fair trade coffee and tea sampler

WEST COAST DINNER - minimum 30 guests per order 29.99
   Fresh baked dinner rolls with whipped butter and tapenade
   Potato leek and spinach soup
   Fraser valley greens and herbs with assorted dressings
   Nugget potato salad with cage free eggs, celery and scallion aioli
   Golden beet and shaved fennel salad with horseradish dressing
   Hot house salad with tomato, cucumber, romaine hearts and feta cheese
   Wild BC smoked, poached and house-made candied salmon display
   Crudités with dip
Select one of the following:
   Wild BC salmon fillet with vine tomato & corn salsa or fig & balsamic roasted chicken
   or fire roasted AAA beef loin highlighted with a forest mushroom jus
   Spinach and Parmesan polenta with balsamic tomatoes
   Yukon gold and yam puree
   Fresh sliced fruit and fresh berries
   Chef’s dessert selection
   Freshly brewed fair trade coffee and tea sampler
PLATINUM DINNER BUFFET - minimum 30 guests per order 44.99

- Fresh baked rolls and flatbread
- Whipped butter and tapenade

Salads
- Fraser valley greens and herbs with assorted dressings
- Sweet and spicy papaya salad with fresh coriander
- Quinoa with toasted pumpkin seeds, fresh vegetables and herbs
- Baby spinach tossed with sliced button mushrooms and maple mustard
- Arugula, Roma tomato, cucumber and chickpea salad with feta cheese
- Orzo pasta salad with fire roasted vegetables, green olives and balsamic dressing
- Wild rice with green beans and grape tomatoes in fresh lemon vinaigrette

Decorative platters
- Canadian and imported cheese board
- European deli style smoked and cured meats
- Market fresh vegetable selection with hummus and Ranch
- Olives, peppers and pickled vegetables

Entrées - select 2 of the following:
- Grilled chicken breast with balsamic fig demi-glace
- Honey mango glazed chicken breast with sun-dried apricot jus
- Wild BC salmon napped with a roasted tomato and fennel ragout
- Wild BC salmon highlighted with a corn and tomato salsa
- Sun-dried tomato and lemon wild BC salmon
- BC sablefish caressed with a wild mushroom lemon cream
- Bay scallop and spinach stuffed sole with lobster bisque
- Salt Spring Island mussels and manila clam hot pot
- Braised lamb shanks with caramelized onions and portobello mushrooms
- Spinach polenta on a bed of grilled balsamic vine tomato
- Wild mushroom and spinach cannelloni
- Herb and parmesan baked tortellini
- Grilled portobello mushroom and vegetable stack with camembert
- Baked bell peppers stuffed with a couscous vegetable mélange
- Orange and ginger marinated grilled tofu with sautéed Mediterranean vegetables

Select a third entrée for an additional 4.99 per person

Sides
- Jasmine scented rice
- Herb and garlic roasted baby potato duo or whipped potato
- Seasonal buttered vegetables

Desserts
- Seasonal fresh fruit display
- Chef’s selection of cakes, tortes, mousse cakes, cheese cakes, French pastries, squares

Freshly brewed fairtrade coffee and tea sampler

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BUFFET DINNER ENHANCEMENTS

DELUXE ENTREES - minimum 20 guests per order

| GF | Pacific halibut with a braised leek beurre blanc | 5.99 |
| GF | Korean style beef short ribs | 5.99 |
|    | Grilled pomegranate chili free run chicken breast | 5.99 |
| GF | Fraser Valley duck and double smoked bacon cassoulet | 5.99 |
| GF | Pan seared red coconut curried lamb chop | 5.99 |
| GF | Oven roasted Arctic char with a smoked tomato cream | 5.99 |
| GF | Mixed grill with pheasant, strip loin and chorizo sausage | 5.99 |

PASTA SELECTIONS - minimum 20 guests per order

Tri-coloured fusilli with grilled marinated vegetables, grilled chicken garlic and pesto finished with fresh basil and Parmesan cheese

Penne rigate tossed with sautéed AAA beef loin, Roma tomato and fresh spinach finished with red wine and asiago cheese

Spaghetti tossed with garlic, roasted shallot, Roma tomato, fresh Italian parsley and parmesan cheese

Farfella (bow-tie) pasta is tossed with bell peppers, red onion, Roma tomato and button mushrooms simmered in a Thai green curry cream

Served with accompaniments and rolls

Slow roasted AAA beef round | 4.99 |
Herb and garlic crusted leg of lamb | 4.99 |
Slow roasted bbq pork loin | 4.99 |
Honey apple smoked ham | 4.99 |
Apple pommery pork roast | 4.99 |
Slow roasted AAA strip loin beef | 6.99 |
Slow roasted AAA prime rib | 6.99 |
Grain-fed bison strip loin | 8.99 |

CHEF ATTENDED CARVING STATIONS - minimum 30 guests per order

Served with accompaniments and rolls

Saffron infused Arborio rice gently simmered in natural stock reduction and stewed plum tomatoes

Proteins: bay scallop, chorizo sausage, maple smoked bacon, grilled chicken breast, AAA beef, leg of lamb, tofu, BC spot prawns

Vegetables: scallions, bell peppers, red onion, zucchini, peas, corn, vine tomato, fresh spinach, wild mushrooms and fresh herbs

Cheeses: herb and garlic Boursin, camembert and parmesan

CHEF ATTENDED PAELLA STATION - minimum 30 guests per order

Coconut green Thai curry gently simmered with lime leaves and lemongrass

Proteins: chicken thigh, pork loin, AAA beef, leg of lamb, salmon, halibut, scallops and fried tofu

Vegetables: eggplant, broccoli, cauliflower, com, peas, carrot, bell peppers, zucchini, baby potato, celery, red onion and green onion

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**CHEF ATTENDED CIOPINNO STATION** - minimum 30 guests per order  9.99

**gf** A bounty of fresh seafood and vegetables simmered to order in a rich tomato lobster broth

**gf** Seafood: Salt Spring Island mussels, bay scallops, BC spot prawns (seasonal)

**gf** Wild BC salmon, Pacific halibut, sablefish and ling cod

**gf • v** Vegetables: fennel, red onion, bell peppers, Roma tomato, baby potato, corn, peas, zucchini and fresh herbs

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Our menus include vegan (vg), vegetarian (v) and items made without-gluten (gf). All coffee and tea selections served are fairtrade certified and we use Oceanwise seafood whenever possible.
THREE COURSE PLATED DINNERS - minimum 10 guests per order

Plated dinners include fair trade coffee, tea, rolls, filone and flatbread with butter and tapenade

**APPETIZERS** - select one of the following

- v Fraser valley greens and herbs with a creamy buttermilk dressing 7.99
- gf Crisp hearts of romaine and tender butter lettuce with roasted prosciutto, toasted pine nuts, smoked grape tomato and feta cheese emulsion 8.99
- gf Dungeness crab and roasted corn bisque with an Irish mist cream 8.99
- gf Vanilla cured house-smoked wild BC sockeye salmon and jasmine rice orb with mango champagne vinaigrette and gazpacho relish 12.99
- gf Ahi tuna Carpaccio with crispy caper dressing, French beans and wasabi aioli 10.99

Fraser valley duck leg confit and granny smith apple salad cocktail 12.99

- gf • v BC vine tomatoes & peppered Salt Spring Island goat's cheese 9.99

**ENTRÉES** - select one of the following

- gf Blackened pacific cold water halibut fillet highlighted with fresh mango salsa and a citrus ginger cream 31.99
- gf Oven roasted sun-dried cranberry goats cheese stuffed free run chicken breast accompanied by a marsala pomegranate jus 29.99

Pistachio crusted wild BC salmon fillet with a fennel orange bisque 29.99

Prosciutto wrapped AAA beef tenderloin with a See Ya Later Ranch pinot noir reduction and horseradish crème fraiche 37.99

- gf Fraser Valley Peking duck breast pan seared with a port plum compote and caramelized granny smith apple reduction 33.99

Grilled chili lime Arctic char with Gray Monk pinot gris beurre blanc 33.99

Aromatic herb garlic and Dijon crusted rack of lamb slow roasted with a smoked vine tomato demi glace 37.99

- gf • v Fire roasted marinated vegetable and portobello mushroom stack with camembert cheese and aged balsamic 26.99

**DESSERTS** - select one of the following

- gf • v Black raspberry Chambord crème brulée with macadamia brittle 7.99
- v Decadent triple chocolate mousse cake 7.99
- v Frangelico cappuccino cheesecake 7.99
- v Chocolate mousse and vanilla bean whipped mascarpone s'more napoleon 7.99
- v BC grown royal gala apple and Anjou pear strudel with vanilla bean ice cream 6.99
- gf • v Tropical caramelized jasmine scented rice pudding 7.99

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### DESSERTS

- **Fresh Baked Gourmet Cookies (1 per)**: 1.99
- **Assorted Dessert Squares (1.5 per)**: 2.99
  - May include Nanaimo bars, brownies, mixed berry crumble, butter bars
- **Assorted Biscotti (1.5 per)**: 2.99
- **Carrot Cake Loaf with Cream Cheese Icing**: 2.99
- **Assorted Mini Cheesecakes**: 4.99
  - Flavors include: raspberry, turtle, New York (2 per)
- **Mini Delights (2 per) – minimum 5 guests per order**: 4.99
  - Assorted mini cheese cakes and French pastries
- **Chef’s Dessert Nirvana – minimum 5 guests per order**: 7.29
  - A rich and decadent selection of tortes, mouse cakes, cheesecakes, tarts, squares, French pastries and sliced fresh fruit
- **Chef Attended Sundae Bar - minimum 20 guests per order**: 2.25
  - Assorted flavors and colors
- ** Владимировна - minimum 30 guests per order**: 9.99
  - Vanilla bean ice cream
  - Chocolate sauce, hot caramel and whipped cream
  - Blueberry, strawberry, mango and raspberry coulis
  - Crushed peanuts, hazelnuts and pistachios
  - M & M’s, reeces pieces, smarties and gummy bears
- **Chocolate Fountain - minimum 30 guests per order**: 4.99
  - Includes Belgian callebeaut chocolate with 4-6 dipping pieces per person.
  - Dipping selections may include melon, strawberries, pineapple, cake, marshmallows, shortbread.

### Celebration Cakes

Price includes personalized greetings. 5 business days are required for all cake orders.

- **8” cake, serves 8 - 12**: 49.99
  - Choose from the following flavors: chocolate ganache, vanilla butter cream or cheesecakes (Strawberry, blueberry, classic New York, mango, chocolate)
- **10” cake, serves 10 - 16**: 69.99
  - Choose from the following flavors: chocolate ganache, vanilla butter cream or cheesecakes (Strawberry, blueberry, classic New York, mango, chocolate)
- **Half slab vanilla butter cream, serves 40-50**: 159.99
- **Half slab chocolate ganache, serves 40-50**: 169.99
- **Half slab cheesecake, serves 40-50**: 169.99
  - Choose from the following toppings: Strawberry, blueberry, classic New York, mango, chocolate
- **Full slab vanilla butter cream, serves 80-100**: 299.99
- **Full slab chocolate ganache, serves 80-100**: 329.99
- **Full slab cheesecake, serves 80-100**: 329.99
  - Choose from the following toppings: Strawberry, blueberry, classic New York, mango, chocolate
TIM HORTONS

PASTRIES

✓ Assorted donuts (1 per) 1.39
  Apple fritter, chocolate glazed, chocolate dip, Boston cream
  Honey cruller, honey dip, walnut crunch, old fashion plain

✓ One dozen donuts 9.99
✓ One dozen cookies 9.99
✓ Timbits™ 10 pack 2.99
✓ Timbits™ 40 pack 9.99
✓ Timbits™ 80 pack 16.99

BEVERAGES

Coffee Take Ten (minimum 10) 19.99 / 10
Steeped Tea Take Ten (minimum 10) 19.99 / 10

ORDERING INFORMATION

ORDERING LEAD TIME

Orders must be placed and confirmed at least 2 working days in advance of the event however we will try our best to accommodate last minute requests. Please speak with your MECS event coordinator to determine what can be offered for last minute requests. For events over 100 guests, or those that require liquor services, at least 5 working days notice is preferred so we can best accommodate your event requests.

CANCELLATIONS

We realize that emergency cancellations do occur, and will do our best to avoid any cancellation charges. If an order is cancelled with at least 2 working days notice, no cancellation charges will be applied, except for specialty ordered food products or prepared foods that cannot otherwise be utilized. Less than 2 working days notice will be determined on a per event basis.

BEVERAGE SERVICES

Whenever alcohol is served, one bartender per eighty (80) guests is required. There will be a charge of $100.00 per bartender.

TIMING

As a general guideline, setup for each event will start 30 minutes prior to event start time. Pickup for each event will be 30 minutes after each event ends. Other setup and pickup times can be arranged upon request.

BILLING

Menus are priced before tax. 15% service charge will be applied to all catering services.

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SERVICE STAFF

As a general guideline, one server will be provided at no charge for all events over thirty (30) guests with buffet service. If a client requests staff for events smaller than 30 guests, or for break out / coffee services, one will be provided at an additional charge of $100.00 per server. When an event includes passed hors d’oeuvres and / or a carving station, service staff will be provided at no additional charge, unless client requests additional staff.

DISPOSABLES / CHINA / MELAMINE WARE

Melamine Ware
All catering is served with melamine plates, mugs, cups, compostable cutlery and disposable napkins. Melamine ware is included at no charge.

Disposable Wear
Disposable ware is provided with all Tim Hortons orders. Please note Tims includes drop off service only (sorry, no pickups) and linens are not supplied. Disposable ware for all catering, excluding Tim Hortons’, is available upon request at an additional charge of $1.25 per guest minimum 10 guests.

China Ware
Full china ware is available upon request at additional charges:
- Coffee break service - $3.50 per guest
- Full meal service (breakfast, lunch, dinner) - $5.00 per guest
- Full china service is included with events booked at the Diamond Alumni Centre

SPECIAL REQUESTS / OTHER SERVICES

Dietary Alternatives
Dietary and alternative menu options are available including: gluten free, vegan, kosher style and halal (minimum notice 1 week’s required for halal orders). Additional charges may be applied.

HEALTH & SAFETY

The health and safety of our guests is a top priority to SFU Dining Services. Our Dining Services team is comprised of staff certified in: first aid, basic and advanced food safety and Serving It Right, and follow all company and provincial health & safety and food and beverage regulations. As per Liquor Control Board regulations, no outside food or non-alcoholic beverage of any kind is permitted to be brought into, served, or consumed, at an event catered by SFU Dining Services unless authorized in writing by the Executive Director of Ancillary Services. No outside alcoholic beverages are permitted at any time, no exceptions. For food safety reasons, any food that is not consumed during the event may not be removed by the client at the end the event, no exceptions.