

CATERING MENU

BEVERAGES



COFFEE AND TEA

*All Horowitz coffees and teas are fair trade and organic certified.
10 cup minimum order.*

Colombian Medium roast	\$1.5 per cup
Rocket Fuel Dark roast	\$1.5 per cup
Cascadia Decaf Medium dark roast	\$1.5 per cup
Black, Green or Herbal Tea An assortment of flavors available.	\$1.95 per bag

REFRESHMENTS

Fruit Punch Blend of orange, cranberry, pineapple, grapefruit, with ginger ale.	\$1.5 per person	
Infused Water Station Flavors: citrus-mint (immunity boost), apple-raspberry-blueberry (antioxidant boost), cinnamon-strawberry (metabolism boost)	\$2 per person	
Assorted Fruit Juices Minute Maid brands	\$1.85 can	\$2.5 bottle
Assorted Soft Drinks Coca-Cola brands	\$1.75 can	\$2.5 bottle
Dasani Water	\$2 small	\$2.25 large
Evian Water		\$2.5
Badoit Sparkling Water		\$3
Milk To Go White, Chocolate, Strawberry, Vanilla, Banana, Almond, and Soy All products are 2%		\$3
Juice Pitcher Orange, Cranberry, Pineapple, Apple		\$13

CATERING MENU

BREAKS



BAKERY

Home Baked Muffins	\$3
Home Baked Danishes	\$3
Home Baked Croissants	\$3
Assorted Pastries Includes a mix of muffins, scones, loaves, doughnuts, danishes, and cinnamon buns. Priced per person.	\$3
Cookies Chocolate Chunk, White Chocolate Macadamia Nut, Oatmeal Cranberry, Double Chocolate Chip & Peanut Butter	\$1.5
Sticky Cinnamon Buns with Cream Cheese Icing	\$3.5
Assorted Squares & Tarts	\$2.95
Scones Plain, Cheddar Cheese, Apple Cinnamon, Blueberry, or Raisin	\$2.85
Loaf Slices Banana, Lemon Poppy Seed, Carrot Raisin, Cranberry Orange	\$2.75
Bannock	\$3
Doughnuts Per dozen	\$13
HEALTHY SNACKS & TREATS	
Granola Trail Bars Made with cereals, dried fruit, nuts and seeds and coconut	\$3.5
Granola Energy Bars Packed with energy, dried fruit and peanuts	\$3.75
Fresh Fruit Skewers Served with a local citric yogurt dip	\$4
Yogurt & Granola Parfait with Fruit	\$4
Fruit & Cheese Platter Selection of domestic cheeses and fresh fruit with assorted crackers. Priced per person.	\$6

Vegetables Platter

Fresh cut, crisp seasonal vegetables served with creamy dill dip or hummus dip.
Priced per person.

\$3.5

Fresh Fruit Platter

A selection of sliced pineapple, watermelon, honeydew, cantaloupe, citrus,
Strawberry and grapes.
Priced per person.

\$3.5

MEETING PACKAGES

Minimum 10 people. All pricing is per person.

Afternoon Wake up

Includes coffee, tea, soft drinks, assorted juices, cookies, and fruit skewers with yogurt dip

\$9

Awakening

Includes coffee, tea, decadent chocolate brownies, chocolate torte, and assorted biscotti

\$10

Milk Bar

Includes an assortment of Milk To Go flavors, cookies, and squares

\$7

Brain Boost

Build your own trail mix bar with almonds, walnuts, flax seeds, raisins, and coconut flakes. Includes local yogurt.

Comes with an infused water station: Citrus Mint (immunity boost), apple-raspberry-blueberry (antioxidant boost), cinnamon-strawberry (metabolism boost)

\$12

CATERING MENU

ALL DAY MEETING PACKAGES



Minimum 18 people. All pricing is per person.

A Day at SUB

\$33

Includes:

Continental Breakfast

Fresh Fruit & Berries

Assorted bagels, danishes, muffins & croissants served with preserves, cream cheese & butter

Flavored local citric yogurts

Comes with coffee and juice

Good Morning Break

Drink bar with coffee, soft drinks, and juice

Cookies

The Office Lunch

Choice of: Creamy cauliflower & cheddar soup, minestrone soup, or garden salad with a roasted onion dijon vinaigrette

Assorted sandwiches on white, whole wheat, rye, whole grain, kaiser breads, and a variety of deli meats & fillings (turkey breast, black forest ham, roast beef, pastrami, tuna salad, and egg salad)

Fresh Fruit Tray

Dessert Tray

Canned Soft Drinks

Afternoon Wake up

Coffee, tea, soft drinks, and juice

Assorted Cookies

Fruit Skewers with Yogurt

CATERING MENU

BREAKFAST



BREAKFAST SANDWICHES

Croissant Farm Fresh Egg, Cheese, Ham, Tomato	\$6
English Muffin Egg patty, sausage, cheese on a toasted English Muffin	\$4.5
Burger Farm Fresh Egg, sausage, and cheese on a burger bun	\$4.5
Vegetarian Farm Fresh Egg, arugula, and cheese on a toasted English Muffin	\$4.5

BREAKFAST BUFFETS

Minimum 6 people. All pricing is per person.

Good Morning Assorted muffins, scones with preserves, and croissants. Includes coffee.	\$4.5
Cereal Bar Assorted cereals with various toppings, including sliced fruit, sugars, and marshmallows. Comes with various milks.	\$8
Continental Assorted loaves and muffins, with a fresh fruit tray with coffee, and juice.	\$9
Start the Day Assorted bagels, danishes, muffins, and croissants with preserves, cream cheese, and butter. Assorted greek yogurts, and fresh fruit tray, with coffee and juice.	\$12
Early Riser Farm fresh scrambled eggs with roasted red potato hash browns, crisp bacon, and sausages. Served with fresh fruit, and an assortment of loaves and muffins. Includes coffee and juice.	\$14
The Great Canadian Blueberry pancakes with maple syrup, farm fresh scrambled eggs with roasted red potato hash browns, crisp bacon, and sausages. Served with fresh fruit, and a variety of home baked honey glazed doughnuts. Includes coffee and juice.	\$18
Hot & Spicy Breakfast Burrito stuffed with scrambled eggs, monterey jack, chorizo, spicy cumin potatoes, and refried beans. Pico de gallo and sour cream on the side. Served with cheddar corn bread and fresh fruit. Includes coffee and juice.	\$14

BAG BREAKFAST

All Bag Breakfast options include the sandwich served warm wrapped in foil, a fresh fruit salad, and a Minute Maid Juice can. Napkins and cutlery will also be in the bag.

Brown Bag Breakfast

Scrambled Egg, Cheddar Cheese and Black Forest Ham on a Fresh Croissant

\$11

Vegetarian

Scrambled Egg, Cheddar Cheese, Spinach and Tomato on a Fresh Croissant

\$11

Vegan

Tofu Egg Substitute, Vegan Cheese, Spinach and Tomato in a Vegan Tortilla Wrap

\$14

BREAKFAST ADD ONS

Bagels with Cream Cheese and Butter

\$3.25

Cheese Tray

\$3.5

Individual Muffins

\$3

Scones

Apple, Blueberry, Cheese, Raisin

\$2.85

Black, Green or Herbal Tea

An assortment of flavors available.

\$1.95 per bag

CATERING MENU

LUNCHES



Minimum 6 people. All pricing is per person.

SOUPS

All soups served with a fresh baked roll, butter, and crackers

Creamy Cauliflower & Cheddar	\$4
Vegetable Minestrone Soup	\$4
Chicken Noodle Soup	\$5

SALADS

Thai Noodle with julienne vegetables tossed in a peanut dressing	\$4 side	\$6.5 full
Asian Slaw with Cilantro Soy Vinaigrette and Crispy Noodles	\$4 side	\$6.5 full
Marinated Pasta Salad in a Herb Dressing	\$4 side	\$6.5 full
Classic Greek Salad	\$4 side	\$6.5 full
Penne Pasta Salad with Roasted Vegetables in Balsamic Vinaigrette	\$4 side	\$6.5 full
Fresh Fruit Salad	\$4 side	\$6.5 full
Baked Red Potato Salad with Red Peppers, Green Onion and Fresh Tomato	\$4 side	\$6.5 full
Orzo and Tomato Salad with Fresh Basil and Feta Cheese	\$5 side	\$7.5 full
Roasted Vegetable Salad with Couscous	\$5 side	\$7.5 full
Mexican Salad with Black Beans, Corn, Artichokes, and Fresh Cilantro	\$5 side	\$7.5 full
Classic Caesar Salad with Black Pepper Dressing	\$5 side	\$7.5 full
Spinach Salad with Strawberries and Mushroom and Raspberry Vinaigrette	\$5 side	\$7.5 full
Garden Salad Choice of dressing: Herb, Balsamic, Raspberry, Italian Vinaigrette, Creamy Ranch or Chunky Blue Cheese	\$5 side	\$7.5 full

SANDWICHES AND WRAPS

Hearty Sandwiches Trays

\$7

All sandwiches can be made on white, whole wheat, rye, whole grain, kaiser breads, or croissants, ciabatta rolls and baguette.

Roast Turkey & Swiss Cheese with Mango Chutney Mayo
Chicken and Avocado, Red Onion, Roasted Red Pepper and Mayo
Vegetables with Cheese and Aioli Mayo
Egg Salad with Celery and Green Onion
Roast Beef with Vegetable, and Horseradish Mayo
Black Forest Ham and Cheddar and Mustard
Tuna Salad with Cheddar, Red Onion, Scallions, and Lettuce
Pastrami with Sauerkraut and Horseradish Mayo

Open Face Sandwich Trays

\$6.5

All above sandwiches can be ordered as open-face

Tea Sandwiches

\$7.5

All above sandwiches can be ordered as tea sandwiches, crust removed, and cut into quarters.

Wraps

\$7

Thai Chicken
Shredded Roast Chicken, Spicy Peanut Sauce, Bean Sprout and Carrot
Turkey Club
Roast Turkey, Ham, Lettuce and Tomato
Chicken Caesar
Shredded Roast Chicken, Romaine Lettuce, Swiss and Garlic Caesar Dressing
Chicken Jerk
Shredded Roast Chicken, Red Cabbage, Carrot, Brown Rice and Spicy Jerk Sauce
Beef and Mushroom
Roast Beef, Mushroom, Sauté Onion, Cheddar, Lettuce in BBQ Sauce
Tuna Salad
Fresh Tuna Salad with Tomato, Cucumber, Lettuce and Cheddar with Mayo
Southwestern Veggie
Black Bean, Corn, Bell Pepper, Guacamole, Tomato, Salsa and Cheddar
Thai Vegetable
Julienne Vegetables, Bean Sprouts, Brown Rice and Spicy Peanut Sauce
Fresh Vegetable
Julienne Carrot, Bell Pepper, Tomato, and Cucumber with Hummus & Tzatziki
Egg Salad
Farm Fresh Eggs, Celery, Green Onion, Lettuce with Mayo

LUNCH ON THE GO

\$15

Individual packaged lunches for any number of people.
Choose any one salad, hearty sandwich or wrap from above.
Includes a fresh baked cookie, a whole fruit and a Minute Maid juice can.

LUNCH BUFFETS

The Office Lunch Choice of: Creamy cauliflower & cheddar soup, minestrone soup, or garden salad with a roasted onion dijon vinaigrette Assorted sandwiches on white, whole wheat, rye, whole grain, kaiser breads, and a variety of deli meats & fillings (turkey breast, black forest ham, roast beef, pastrami, tuna salad, and egg salad) <i>Includes 1 sandwich per person. Add \$6 for extra sandwich per person.</i>	\$11
Taco Bar Choice of vegetarian, shredded chicken, or beef filling Toppings include: fresh salsa, sour cream, jalapeno peppers, guacamole, shredded cheese Served with a quinoa black bean salad.	\$17
Captain Nemo Seafood Chowder served with fresh biscuits and house salad with a roasted onion dijon vinaigrette	\$10
Thai Delight Yellow curry with your choice of chicken or vegetables. Served with coconut basmati rice, warm garlic naan bread & mango salsa, and rainbow thai raw salad with a cilantro soy dressing.	\$13
Lighter Side Your choice of quiche: chicken with sundried tomatoes & fresh basil, seafood with fresh dill, spinach with feta cheese, or black forest ham with cheddar & broccoli. Served with house salad with a roasted onion dijon vinaigrette or classic greek salad.	\$14
The Oriental Your choice of stir-fry: oriental chicken, beef, shrimp or tofu. Served with basmati rice with diced vegetables. Includes your choice of a garden salad with a mandarin vinaigrette or crisp snow pea & rice noodle salad.	\$14
Country Classic Chili Your Choice of hearty beef, chicken or vegetable. Served with multigrain rolls and your choice of pasta salad with vegetables in a tarragon vinaigrette, or house salad with a roasted onion dijon vinaigrette.	\$12
BBQ Lunch Roast Chicken served with BBQ dipping sauce, twice baked potato, and your choice of a roasted vegetable salad, or house salad with a roasted onion dijon vinaigrette. Includes house baked rolls and butter.	\$14
Oodles of Noodles Beef stroganoff with egg noodles and a house salad with a roasted onion dijon vinaigrette. Includes house baked rolls and butter.	\$14
Taste of India Your choice of chicken or paneer tikka masala. Served with red lentil salad with garlic and cilantro and basmati rice with diced vegetables. Includes naan bread and mint yogurt raita.	\$14

PASTA BUFFET

Meat Lasagna **\$14**

Layers of pasta, Bolognese, cottage cheese, spinach and mozzarella cheese.
Served with garlic sticks and your choice of a caesar salad, or an orzo tomato salad.

Seven Vegetable Lasagna **\$14**

Rich tomato sauce with onion, zucchini, red and green bell peppers, carrot, and celery.
Served with garlic sticks and your choice of a caesar salad, or a bruschetta salad.

Four Cheese Tortellini **\$15**

Four cheese tortellini in a fire roasted tomato sauce. Served with your choice of a caesar salad or a classic greek salad.
Includes fresh baked rolls and butter.

Pasta Bar **\$13**

Your choice of a noddle: penne, rotini, fusilli, spaghetti, fettuccine.
Choose two sauces to top with: Bolognese, Marinara, or Alfredo.
Comes with garlic bread and a house or Caesar salad.

GOURMENT PIZZA

All pizzas are 18", with 10 slices.

Four Cheese **\$26**

Barbeque Chicken **\$26**

Ham & Pineapple **\$26**

Pepperoni **\$26**

Vegetarian **\$26**

PLATED LUNCH

Cedar Plank Salmon Fillet **\$26**

Salmon Fillet with maple ponzu glaze and shaved radish. Served with house baked rolls with butter, spinach with mandarin orange salad with ramen noodles and a cilantro soy vinaigrette, roasted vegetables, and jewelled wild rice. Finished with a key lime pie.

Crusted Herbed Chicken **\$26**

Chicken thighs with a mushroom sauce. Served with mixed baby greens with chevre cheese and balsamic vinaigrette, roasted vegetables, and potato pave.
Includes house baked rolls with butter. Finished with a bitter sweet chocolate mousse with cream anglaise.

Fish with a Twist **\$25**

Baked Sea Bass Parcel with Lemon Caper Butter. Served with Warm Potato Salad & Wilted Kale with Egg. Finished with Chocolate Creme Brulee.

Roasted Pork Loin **\$23**

Pan Roasted Pork Loin with Green Grapes. Served with Fresh Artisan Breads, Spinach Salad with Butter Milk Dressing, Roasted Baby Red & White Potatoes, and Buttered Carrots.

BUDDHA BOWLS

Coconut Rice with Tofu

Spicy marinated tofu with vegetable slaw over Jasmine Coconut Rice with a peanut butter vinaigrette dressing and cashew garnish.

\$16

Teriyaki Salmon Bowl

Teriyaki salmon over brown rice with wilted spinach bed garnished with avocado.

\$19

Salmon Poke Bowl

Rich salmon marinated in a sriracha sesame sauce with sweet onion, crunchy tobiko, creamy avocado and cilantro served over steamed rice

\$19

Quinoa & Sweet Potato Bowl

Quinoa, sweet potato and avocado with a tangy dressing topped off with a sunny side up egg.

\$16

LUNCH ADD ONS

Drink Bar

Coffee, tea, and assorted juices

\$2.5

Coffee

Colombian (medium roast), Rocket Fuel (dark roast),
or Cascadia Decaf (medium dark roast)

\$1.5

Assorted Soft Drinks

Coca-Cola brands

\$1.75 cans

\$2.5 bottles

Dessert Squares

Assortment of mini cakes, squares and cookies (2 per person)

\$2

CATERING MENU

DINNER



All pricing is per person.

DINNER BUFFET

Minimum 48 people for all dinner buffets.

Alberta Crude

\$28

Alberta Beef rubbed with a house spice blend
Served with Red Wine Au Jus & Horseradish
Four Cheese Tortellini in Tomato Sauce
Fresh Wholegrain Rolls with Butter
Garden Salad with Dressing
Classic Greek Salad
Garbanzo Bean & Roasted Red Pepper Salad
Garlic Mashed Potato
Roasted Root Vegetable
Mini Squares & Cakes
Fresh Brewed Fair-Trade Coffee & Tea
Punch

Alberta

\$31

Alberta Beef rubbed with a house spice blend
Served with Red Wine Au Jus & Horseradish
Chicken Breast in Parmesan Cream Sauce
Eggplant & Tomato Lasagna
Fresh Wholegrain Rolls with Butter
Garden Salad with Dressing
Classic Greek Salad
Garbanzo Bean & Roasted Red Pepper Salad
Garlic Mashed Potato
Roasted Root Vegetable
Mini Squares & Cakes
Fresh Brewed Fair-Trade Coffee & Tea
Punch

Edmontonian

\$24

Potato & cheddar perogies served on a bed of caramelized onions
Served sour cream, green onions, and bacon garnishes
Meatballs in Creamy Mushroom Sauce
Garlic Sausage
Sweet Cabbage Rolls in Tomato Sauce
Nalysnyky with Sweet Cream
Cole Slaw with Vignette Dressing
Mini Squares & Cakes
Fresh Brewed Fair-Trade Coffee & Tea
Punch

PLATED, THREE COURSE DINNERS

Minimum 24 people for plated dinners.

Prime Rib of Beef	\$34
with Mushroom Ragu and Truffle Oil	
Served with	
Fresh Wholegrain Rolls with Butter	
Mixed Baby Greens with Chevre Cheese and Balsamic Vinaigrette	
Duchess Potato with Roasted Red Onion Jam	
Roasted Baby Carrot	
Chocolate Crème Brulee	
Fair-Trade Coffee and Tea	
Breast of Chicken	\$25
Stuffed with Spinach, Mushroom and Cream Cheese	
Served with	
Fresh Wholegrain Rolls with Butter	
Orzo Tomato Salad with Fresh Basil and Feta Cheese	
Mediterranean Gnocchi in a Tomato Rosa Sauce	
Roasted Brussel Sprouts with Cranberry	
Italian Zabaglione with Strawberry	
Fair-Trade Coffee and Tea	
Atlantic Salmon Filet	\$26
Drizzled with Lemon Ginger Sauce	
Served with	
Fresh Wholegrain Rolls with Butter	
Spinach Salad with Strawberries and Raspberry Vinaigrette	
Wild Rice Pilaf	
Roasted Cauliflower and Broccoli	
Key Lime Pie	
Fair-Trade Coffee and Tea	
Bourbon Peach Glazed Pork Tenderloin	\$25
Served with	
Fresh Wholegrain Rolls with Butter	
Spinach Mandarin Salad	
Creamed Sweet Potatoes	
Braised Red Cabbage	
Pecan Pie	
Fair-Trade Coffee and Tea	

CATERING MENU

RECEPTIONS



PLATTERS

All pricing is per person. Minimum of 6 people.

Meat Platter Selection of sliced beef, turkey, ham and salami accompanied by mustard, and a selection of crisp breads.	\$5.25
Cheese Platter Selection of domestic cheeses with assorted crackers.	\$5
Cheese & Fruit Platter Selection of domestic cheeses and seasonal fruit with assorted crackers.	\$7
Fresh Fruit Platter A selection of sliced pineapple, watermelon, honeydew, cantaloupe, citrus, strawberry and grapes.	\$3.75
Vegetable Platter Fresh cut, crisp seasonal vegetables served with your choice of creamy dill dip or hummus dip.	\$3.25
Dessert Squares Platter Classic assortment of mini cakes, squares and cookies	\$2.75
Cookie Platter An assortment of fresh baked cookies chocolate chunk, white chocolate macadamia, oatmeal raisin, and peanut butter.	\$1.5

SPECIALTY PLATTERS

All specialty platters serve about 15 people.

Dipping Platter Three homemade dips hummus, tzatziki and spinach served with spicy toasted pita pieces .	\$45
Fiesta Platter An assortment of fresh salsa, bean dip and guacamole served with tortillas and red & green peppers.	\$45
Mediterranean Platter Colourful assortment of dolmades, olives, artichokes, roasted tomato and pickled eggplant accompanied by pita chips with hummus and tzatziki.	\$58
Sushi & Maki An assortment of freshly made sushi, maki and California rolls with pickled ginger, wasabi and soy.	\$45
Dim Sum Basket Selections of Mushroom and Shrimp Dumplings, Mango Spring Roll, Shrimp Roses, Steamed Vegetable Buns and Vegetable Spring Roll	\$60

Poke on a Himalayan Salt Block **\$120**
Fresh Ahi tuna, seaweed, cucumber, sweet onion in a citrus sesame oil dressing
partial cure adds amazing flavors.

Charcuterie Board **\$120**
Assortment of Italian cured meats Prosciutto, Geno Salami and Capicola with
marinated Artichoke, Sundried Tomato, Mixed Olives, Dried Figs, Pepperoncini,
Cherry Tomato, Bocconcini, Parmesan, Mozzarella, Baguette and Crackers.

COLD HORS D'OEUVRES

All hors d'oeuvres are priced by the dozen. We recommend 6 pieces per person in attendance.

Crostini, Assorted **\$19**
Minimum of 2 dozen required per selection
Chevre Cheese with Roasted Beet, Orange and Fresh Mint
Gorgonzola Cheese with Fig and Prosciutto
Hummus with Black Olive Tapenade
Brie Cheese with Poached Pear Slices and Parsley
Mashed Avocado with Crumbled Bacon and Roma Tomato
Roast Pulled Chicken in BBQ Sauce with Caramelized Onion and Cheddar Cheese
Thin Sliced Roast Beef with Horseradish Mayo and Blue Cheese
Smoked Turkey with Orange Preserve and Smoked Gouda

Tomato Bruschetta on Toasted Baguette **\$17**

Turkey Mango Pinwheel **\$18**

Caprese Skewers with Tomato with Mozzarella and Basil **\$20**

Zucchini Quinoa Fritter **\$19**

Salmon Poke in a Sesame Cup **\$32**

Poached Prawn with Fresh Mango Salsa **\$32**

HOT HORS D'OEUVRES

All hors d'oeuvres are priced by the dozen. We recommend 6 pieces per person in attendance.

Vegetable Spring Rolls served with Sweet Chili Sauce **\$20**

Chicken Satay served in Spicy Peanut Sauce **\$34**

Vegetable Samosa with Chili Garlic Dip **\$33**

Ratatouille with Shave Grana Pandano Cheese **\$25**

BBQ Beef Kebab **\$34**

Arancini Parmesan Rice Ball **\$21**

Mushroom & Chevre in Puffed Pastry Tart **\$25**

Southwest Beef Empanadas with Cilantro Lime Cream **\$24**

Twice Baked Stuffed Mini Potatoes with Bacon, Chives & Sour Cream	\$21
Home Made Beef Slider with Caramelized Onion and Cheddar	\$36
Chicken Taco, Fresh Salsa, Avocado and Cilantro	\$30
Mini Chicken Pot Pie in Flaky Pastry	\$28

ACTION STATIONS

Action stations are only available for events with at least 48 people in attendance.

Gourmet Grilled Cheese	\$10
Chefs grill on cast iron pans as guest choose from a selection of cheese.	

Pasta Station	\$10
Three Cheese Mac & Cheese	
Guests choose from a selection of toppings and Bacon, Chorizo Sausage, Grilled Chicken, Chili Con Carne, Carmelized Onion, Roasted Vegetables, Garlic Chili Sauce or Ketchup	

Carving Station	\$14
Roasted Baron of Beef carved to order with selection of artisan breads, Horseradish and Au Jus	

Foster Station	\$10
Choice of Banana, Pineapple or Strawberries sautéed in rum infused brown sugar sauce flambeed and spooned over vanilla bean ice cream	

Salt Block Cooking	
Amazing salt flavor your choice of Grilled Vegetables, Beef Steak, Shrimp, Scallops or Chocolate Cookies.	
Please ask for pricing.	