



PALATABLE  
CATERING & EVENTS

# Delivery Menu



# BREAKFAST

## Assorted Baked Goods

*\$5.25 per item | minimum 6*

chef's selection of assorted pastries - may include muffins, scones, croissants, pain au chocolat, fruit danish & apple turnovers, served with whipped butter & fruit preserves

## Gluten-Free Baked Goods - GF

*\$5.75 per item*

chef's selection

## Vegan Baked Goods - VE

*\$5.75 per item*

chef's selection

## Breakfast Sandwiches & Wraps

*\$10 per | minimum 4 per type*

served on your choice of brioche bun, english muffin or flour tortilla

*smoked bacon, egg, cheddar*

*turkey bacon, egg, cheddar*

*smoked salmon, red onion, cream cheese (served cold)*

*egg, cheddar, roasted red pepper, spinach*

*roasted red pepper, spinach, tofu scramble - VE*

## Breakfast Parfaits

*\$10 per | minimum 4 per type*

*yogurt & granola - vanilla yogurt, fresh berries, granola - GF*

*chia pudding - almond milk, chia seeds, berry preserves - VE GF*

*overnight oats - almond milk, rolled oats, blueberries, maple - VE GF*

*CN = Contains Nuts | GF = Gluten Free | VE = Vegan*

## Hot Breakfast Buffet

*\$25 per person | minimum 12*

includes 1 main + 3 sides + fresh fruit salad

### choose 1 main:

scrambled eggs - GF      pancakes \*  
waffles \*                      french toast \*

\* served with whipped butter and real canadian maple syrup

### choose 3 sides:

smoked bacon (3 pcs) - GF  
back bacon (2 pcs) - GF  
turkey bacon (2 pcs) - GF  
pork breakfast sausage (2 pcs)  
turkey sausage (2 pcs)  
vegan breakfast item (please inquire) - VE  
grilled tomatoes (4 pcs) - VE GF  
seasoned yukon gold potato hash browns - VE GF

## A La Carte Sides

*available to add to any breakfast item | minimum 6 portions per item*

smoked bacon (3 pcs) *\$4.5 per serving* - GF  
back bacon (2 pcs) *\$4 per serving* - GF  
turkey bacon (2 pcs) *\$4 per serving* - GF  
pork breakfast sausage (2 pcs) *\$4 per serving*  
turkey sausage (2 pcs) *\$4 per serving*  
vegan breakfast item (please inquire) *\$4 per serving* - VE  
grilled tomatoes (4 pcs) *\$3 per serving* - VE GF  
seasoned yukon gold potato hash browns *\$3 per serving* - VE GF  
scrambled eggs (2 eggs) *\$3.5 per serving* - GF  
smashed avocado (2 oz) *\$4 per serving* - VE GF

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# LUNCH

## SALADS

minimum 6 per | \$7.5 side / \$12 entree

### *Garden Salad* - VE GF

seasonal greens, shredded cucumber, carrot, red cabbage, balsamic vinaigrette

### *Classic Caesar Salad*

romaine lettuce, croutons, parmesan cheese, caesar dressing

### *Arugula Salad* - VE GF CN

pecorino, pine nuts, pickled golden sultanas, lemon vinaigrette

### *Spinach Salad* - GF

baby spinach, pumpkin seeds, cranberry, goat cheese, pickled & fried shallots, coriander vinaigrette

### *Red Beet Salad* - GF CN

pickled red beets, orange supremes, fennel, candied walnuts, orange vinaigrette

### *Mozzarella & Tomato Salad* - GF

fresh mozzarella, tomato, basil, balsamic, evoo

### *Greek Salad* - GF

tomato, bell peppers, cucumber, red onion, feta, greek dressing

### *Potato Salad* - GF

nugget potatoes, bacon (optional), green onion, shallot, tarragon mayo

### *Pasta Salad*

red pesto, tomato, capers, italian parsley

#### Protein Add-on:

Chicken Breast - \$8

Seared Steak - \$8

Seasoned Tofu - \$6

# SANDWICHES

minimum 4 per type \* | \$15 per

## Chicken Salad

seasoned diced chicken breast, gala apple, brie, greens, mayo, balsamic red onion jam

## Chipotle Chicken

roasted chili-lime chicken breast, avocado, red onion, red cabbage slaw, chipotle mayo

## Ham Banh Mi

sliced ham, pickled carrot & daikon, cilantro, jalapeno, carrot, sriracha mayo, hoisin

## Beef

roast beef, caramelized onion, aged white cheddar, arugula, black pepper mayo

## Turkey

smoked turkey, tomato, red onion, smoked gouda, green leaf lettuce, sundried tomato mayo

## Italian Deli

prosciutto, finocchiona, salami, roasted red peppers, provolone, arugula, aioli

## Shrimp Salad

celeriac remoulade, lemon, cucumber, greens

## Maple Salmon

maple dijon baked salmon, red onion, capers, greens, smoked paprika mayo

## Chickpea Fritter - VE

hummus, pickled onion, shredded carrot, lettuce

## Pesto Caprese

roma tomatoes, bocconcini, pesto mayo

## Peperonata - VE

bell peppers, tomato, arugula, herb spread

## Sesame Cucumber - VE

cucumber, avocado, spinach, crispy shallot, toasted sesame ginger spread

### Options:

Add Crispy Bacon - \$2.25 per

Sub Gluten-Free Bread - \$2.5 per

Sub Flour Tortilla Wrap - \$2.5 per

\* minimums do not apply for special dietary sandwiches (vegetarian, vegan, gluten-free, etc)

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# SOUPS

12 oz portions / Min. 8 portions per type

## *Squash Soup - \$7 per portion*

butternut squash scented with warm spices and orange zest - GF VE

## *Chicken Vegetable Soup - \$9 per portion*

roasted chicken soup with fresh herbs, carrots, celery and onion

# PASTAS

minimum 6 per type | \$20 per serving

gluten-free sub available for \$2 per serving  
(lasagna not available)

## *Rigatoni Bolognese*

beef, pork, tomato, chilis, pecorino

## *Baked Mac & Cheese*

bechamel, aged cheddar, herb breadcrumbs

## *Penne Verde - CN*

pesto, zucchini, asparagus, artichoke hearts, fennel, parmesan

## *Spaghetti Carbonara*

bacon, lemon, pecorino, italian parsley

## *Meat Lasagna*

layered rich beef tomato sauce, ricotta, mozzarella

## *Vegetarian Lasagna*

layered vegetarian mushroom bolognese, ricotta, mozzarella

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# HOT LUNCH PACKAGES

*minimum 6 per type | \$25 per serving*

## *Roast Chicken - GF*

skin-on roasted chicken breast, sumac spring carrots, herb roasted potatoes  
+  
green garden salad: mixed greens, carrot, cucumber, red cabbage, balsamic vinaigrette

*\* Vegetarian Option: Roasted Seasoned Cauliflower*

## *Coq au Vin - GF*

braised chicken thighs, wine sauce, mirepoix, french herbs, pomme puree  
+  
green garden salad: mixed greens, carrot, cucumber, red cabbage, balsamic vinaigrette

*\* Vegetarian Option: Hearty Vegetable Stew*

## *Greek Chicken - GF*

greek marinated chicken, roasted peppers, zucchini, onions, lemon potatoes  
+  
greek salad: tomato, peppers, cucumbers, kalamata olives, red onion, feta, greek vinaigrette

*\* Vegetarian Option: Tomato & Fennel Orzo*

## *Beef Pot Roast - GF*

rosemary-scented AAA beef, gravy, horseradish, seasonal roasted vegetables, roasted red potatoes  
+  
caesar salad: romaine, crouton, parmesan, caesar dressing.

*\*Vegetarian Option: Seared King Oyster Mushrooms with Vegan Demi*

## *Beef Bourguignon - GF*

stewed beef with red wine sauce, bacon (optional), carrots, pearl onions, mashed potatoes  
+  
green garden salad: mixed greens, carrot, cucumber, red cabbage, balsamic vinaigrette

*\* Vegetarian Option: Hearty Vegetable Bourguignon*

## *Enchiladas (Beef or Pork) - GF*

shredded beef or pork, corn tortilla, mexican street corn succotash  
+  
caesar salad: romaine, crouton, parmesan, caesar dressing

*\* Vegetarian Option: Black Bean Enchiladas*

### *Roast Pork Loin - GF*

roast pork loin, applesauce, roasted squash medley, country-style mashed potatoes  
+

green garden salad: mixed greens, carrot, cucumber, red cabbage, balsamic vinaigrette

*\* Vegetarian Option: Grilled Cajun Zucchini*

### *Korean Pork - GF*

gochujang roast pork, red cabbage & carrots, short grain rice  
+

cucumber salad: mixed greens, cucumber, carrot, sesame seeds, tangy rice vinegar dressing

*\* Vegetarian Option: Kimchi Pancake*

### *Baked Wild Salmon - GF*

baked salmon fillet with lemon & dill, roasted vegetable rice pilaf  
+

spinach salad: baby spinach, pumpkin seeds, cranberry, goat cheese, pickled & fried shallots,  
coriander vinaigrette

*\* Vegetarian Option: Lemon Tofu*

### *Black Cod - GF*

miso caramel cod, cabbage & asparagus, fried rice  
+

romaine salad: romaine hearts, carrot, cucumber, red cabbage, soy vinaigrette

*\* Vegetarian Option: Citrus Tofu Tataki*

### *Prawn Paella - GF CN*

prawns, artichokes, red peppers, peas, spanish rice  
+

arugula salad: pecorino, pine nuts, pickled golden sultanas, lemon vinaigrette

*\* Vegetarian Option: Veggie Paella*

### *Cauliflower Romesco - VE GF*

prawns, artichokes, red peppers, peas, spanish rice  
+

arugula salad: pecorino, pine nuts, pickled golden sultanas, lemon vinaigrette

*\* Vegetarian Option: Veggie Paella*

### *Ratatouille - GF*

zucchini, eggplant, peppers, tomato sauce, goat cheese  
+

green garden salad: mixed greens, carrot, cucumber, red cabbage, balsamic vinaigrette



## LUNCH BOWLS

*minimum 4 per type | \$14 per bowl*

*all bowls are vegetarian with optional protein add-ons*

*all bowls served on seasoned rice*

### *Rosemary Bowl - GF*

*sherry & rosemary dressing, shredded carrot, cabbage, gem tomatoes, cucumber, green goddess dressing  
add sherry & rosemary marinated chicken + \$4*

### *Moroccan Bowl - GF*

*harissa, zucchini, eggplant, tomato, chermoula  
add chicken or beef + \$4*

### *Tex-Mex Bean Bowl - GF*

*black beans, corn, salsa, cabbage, shredded cheese, avocado crema  
add chicken or beef + \$4*

### *Bulgogi - GF*

*soft boiled egg, shredded carrot, cabbage, cucumber, green onion, bulgogi sauce  
add bulgogi beef + \$4*

### *Poke Bowl - GF*

*poke marinade, edamame, pickled carrot & daikon, cabbage, cucumber, green onion, sriracha mayo  
add ahi tuna + \$5*

### *Tofu Goma-ae Bowl - VE GF*

*tamari tofu, spinach goma-ae, shredded carrot, cabbage, marinated cucumber, soy caramel*

### *Rainbow Bowl - VE GF*

*bell peppers, carrot, golden beet, cucumber, purple beet, herbs, sundried tomato vinaigrette*



# RECEPTION

## CANAPES

*minimum 2 dozen per type*

### GARDEN

*Tomato Bocconcini Skewer - GF.....\$4.5*

ripe cherry tomatoes, fresh bocconcini, basil, drizzled with olive oil & aged balsamic vinegar

*Cucumber & Tapenade - VE GF..... \$3*

kalamata olive tapenade with lemon, capers, herbs, served on a crisp cucumber

*Red Beet Agrodolce - VE GF.....\$3.5*

pickled red beet medallion, sweet beet puree, toasted pistachio crumble

*Sweet & Smoky Yam Bite - GF.....\$2.5*

smoked paprika & maple roasted yam, whipped feta, thyme

*Devilled Eggs - GF..... \$4*

shaved black truffle

*Mushroom Dumplings..... \$2.5*

soy, ginger, garlic & sesame-seasoned wild mushrooms, with a sticky soy caramel glaze

*Spiced Chickpea Fritter - VE GF..... \$2.5*

masala spiced chickpea fritter, hummus, pickled red onions

### LAND

*Chicken Skewers - GF.....\$4*

*choose one:*

rosemary & sherry, green goddess sauce

pesto - CN

tandoori spiced, raita dip

lemongrass & lime, tom yum ketchup

soy & ginger, hoisin sauce

gochujang-mayo

jerk chicken

classic bbq sauce



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*Chicken Dumplings*..... \$3

steamed dumplings filled with ground chicken, soy, ginger, garlic, sesame, with a tangy teriyaki dipping sauce

*Duck Rilette - GF*..... \$5.5

slow cooked, pulled duck, roasted cabbage, citrusy orange vinaigrette

*Puff Pastry Beef Pinwheels*..... \$3.5

light crispy puff pastry layered with roast beef, yellow mustard, sharp gruyere cheese

*Lamb Merguez - GF*..... \$4.5

spiced lamb merguez sausage, harissa yogurt sauce

*Pork Belly - GF*..... \$5

rich, slow-cooked pork belly, sriracha, local honey, wrapped in a shiso leaf

*Steak Bites - GF*..... \$4.25

seared steak bites with house-made chimichurri sauce

## SEA

*Prawn "Cocktail" Skewers - GF*..... \$4

*choose one:*

classic cocktail sauce

tom yum

jerk sauce

gochujang

curry spiced

*Scallop Mousse*..... \$5

phyllo-wrapped scallop & black pepper mousse

*Smoked Salmon "Boat" - GF*..... \$4.5

smoked sockeye salmon, capers, pickled onion, whipped lemon cream cheese, endives

*Tuna Tataki - GF*..... \$4

seared albacore tuna loin, tomato tapenade marinade

*Seafood Dumpling*..... \$4

steamed soy-ginger dumpling filled with crab & shrimp, served with a chili-lime dipping sauce

# PLATTERS & BOARDS

*all platters & boards are available in three sizes:  
small = 10 servings, medium = 20 servings & large = 30 servings  
please note that each serving size allows for several bites per serving (approx 6 oz of food)*

## *Garden Vegetable Platter*

S: \$50 | M: \$100 | L: \$150

a selection of fresh-cut vegetables, served with ranch dip & hummus

## *Fresh Fruit Platter*

S: \$90 | M: \$180 | L: \$270

a beautiful presentation of fresh fruits, melons & berries

## *Antipasti Platter*

S: \$100 | M: \$200 | L: \$300

marinated vegetables, pickles, olives & bocconcini cheese, served with fresh focaccia

## *Farmer's Platter*

S: \$120 | M: \$240 | L: \$360

dry cured sausages, cheeses, pickles, house-made mustard & onion jam, served with assorted crackers & sliced baguette

## *Cheese & Fruit Board*

S: \$150 | M: \$300 | L: \$450

a selection of soft, hard & aged cheeses, fresh fruit, local honey & fruit preserves, served with assorted crackers & sliced baguette

## *Charcuterie Board*

S: \$150 | M: \$300 | L: \$450

an assortment of sliced cured meats, pickles & mustard, served with assorted crackers & sliced baguette

## *Burrata Board*

S: \$120 | M: \$240 | L: \$360

fresh burrata, seasonal mostardas, fruit preserves, balsamic & olive oil, served with fresh focaccia

## *Hummus Trio Platter*

S: \$80 | M: \$160 | L: \$240

roasted garlic hummus, red beet hummus & roasted red pepper hummus, served with pita wedges & fresh cut vegetables

## *Triple Dip Platter*

S: \$90 | M: \$180 | L: \$270

hummus, spinach & artichoke dip & herbed-carameled onion dip, served with ripple potato chips & sliced baguette

## *BC Smoked Salmon Platter*

S: \$150 | M: \$300 | L: \$450

cold smoked salmon, pickled onion, caper berries, lemon & whipped herb cream cheese, served with assorted mini rolls

## *Assorted Finger Sandwich Platter*

S (3 varieties, 24 pcs total): \$80

M (4 varieties, 48 pcs total): \$160

L (6 varieties, 72 pcs total): \$240

*see 'Sandwiches' section above*

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# BBQ

## BBQ TIER 1

\$30 per person

select 1 burger/sandwich + 2 sides +1 dessert

### BURGERS/SANDWICHES

all served with brioche burger buns, mayo, ketchup, mustard, lettuce, tomato, red onion

**optional add on's:** cheese (\$2), bacon (\$2.5), caramelized onions (\$1.5), GF buns (\$2)

*Pulled Pork* - GF

bbq sauce, cabbage slaw

*Pulled Chicken* - GF

alabama white sauce, cabbage slaw

*Beef Burger* - GF

6 oz all-beef patty

*Chicken Burger* - GF

6 oz seasoned chicken breast

*Wild Salmon Burger* - GF

5 oz sockeye salmon fillet

*Chickpea Burger* - VE GF

herbs, smoked paprika, caramelized onion

## BBQ TIER 2

\$40 per person

select 2 proteins + 3 sides +1 dessert

### PROTEINS

*BBQ Pork Ribs* - GF

dry rubbed or sauced

*Korean-Style Beef Short Ribs (Galbi)* - GF

sticky & sweet with soy, sesame, chili

*Wild Sockeye Salmon* - GF

lemon, herbs

*Rosemary Chicken* - GF

6 oz chicken breast, sherry & rosemary marinade

*Pulled Pork* - GF

bbq sauce, cabbage slaw

# BBQ TIER 3

\$60 per person

select 2 proteins + 4 sides + 1 dessert

## PROTEINS

BBQ Pork Ribs - GF

dry rubbed or sauced

Korean-Style Beef Short Ribs (Galbi) - GF

sticky & sweet with soy, sesame, chili

Wild Sockeye Salmon - GF

lemon, herbs

Rosemary Chicken - GF

6 oz chicken breast, sherry & rosemary marinade

Pulled Pork - GF

bbq sauce, cabbage slaw

NY Striploin - GF

6 oz NY striploin, sea salt, coarse ground pepper

BBQ Shrimp - GF

cajun or chimichurri



## SIDES

### *Garden Salad* - VE GF

seasonal greens, shredded cucumber, carrot, red cabbage, balsamic vinaigrette

### *Potato Salad* - GF

nugget potatoes, bacon (optional), green onion, shallot, tarragon mayo

### *Bean Salad* - VE GF

bean medley, red pesto, sundried tomato

### *Pesto Pasta Salad*

red pesto, tomato, capers, italian parsley

### *Creamy Coleslaw* - GF

shredded cabbage, carrot, aioli, sunflower seeds, herbs

### *Caesar Salad*

romaine lettuce, croutons, parmesan cheese, caesar dressing

### *Chips & Salsa* - VE GF

corn tortilla chips, tomato salsa

### *Potato Chips*

selection of our team's backyard BBQ favorites

### *Grilled Vegetables* - VE GF

seasonal vegetables, olive oil, lemon

### *Cornbread*

served with honey butter

### *Corn on the Cob* - GF

with butter (local chilliwack corn provided when in season)

## DESSERTS

### *Chocolate Chip Cookies*

house-baked

### *Brownies*

fresh, house-made

### *Berry Bites*

mixed berries, brown sugar crumble

### *Fresh Fruit Platter* - VE GF

seasonal assortment of fresh fruits & berries

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# BEVERAGES

## HOT BEVERAGES

### *Coffee Service*

*10 cup airpot - \$40*

freshly brewed coffee, milk, cream, non-dairy milk (upon request), sugar, sweetener, compostable cups, wooden stir sticks

### *Tea Service*

*10 cup airpot - \$40*

hot water, assorted gourmet tea bags, milk, cream, non-dairy milk (upon request), sugar, sweetener, compostable cups, wooden stir sticks

## COLD BEVERAGES

### *Assorted Cold Beverages*

*\$3.25 per item*

canned pop, bottled juice, canned flavored bubbly sparkling water, bottled still water

### *Bottled Water*

*\$2.50 per bottle*

chilled still water

# DESSERTS

### *Assorted Mini Desserts*

*minimum 6 servings | \$5 per serving*

chef's selection of assorted desserts  
2 pcs per serving

### *Assorted House-Baked Cookies*

*minimum 6 | \$4 per cookie*

chef's selection of assorted cookies

### *Gluten Free Treats - GF*

*\$6 per item*

chef's selection of assorted gluten-free desserts

### *Vegan Treats - VE*

*\$6 per item*

chef's selection of assorted vegan desserts

