



BBQ

SMOKED MEATS

Pulled Pork
Double Leg Chicken
Whole Chicken
Beef Brisket
Baby Back (rack)
Cedar Planked Wild Sockeye Salmon

TRIMMINGS

Baked Beans
Apple Cole Slaw
Red Potato Salad
Mix Salad with cucumber & cherry tomatoes
California Greens with Pecans/strawberries/feta
Homemade 4 Cheese Macaroni & Cheese
Baked Potatoes with all the sides
Corn on the Cob with butter & salt
Veggie Kabobs
Homemade Baked Buns
OUR FAMOUS Corn Bread

BBQ PLATTERS

BBQ Wings: 25 pieces or 50 pieces (Hot Sauce, BBQ Sauce or Salt & Pepper)
Quesadilla Tray: 6 Quesadillas (Black Bean, Pepper Jack Cheese & Feta)
Sliders (By the dozen)

- Pulled Pork
- Beef Brisket
- Pulled Chicken

All Sliders are topped with Coleslaw & BBQ Sauce on a Brioche Bun

DESSERTS

Pies (Chocolate Cream, Lemon Meringue, Coconut Cream, Pecan, Apple, Blueberry, Cherry and the most famous one - Sweet Potato Bourbon Pie)
Chocolate Brownie
Fresh Baked Cookies
Fresh Cut Watermelon
Fresh Assorted Fruit Platter

BBQ SET MEALS

It is your Choice of either BBQ Smoked Pulled Pork OR Beef Briskets. (Both are smoked for up to 15 hours!)

Served with Fresh Baked Buns, Homemade BBQ Sauce, Baked Beans, Apple Coleslaw, Bottled Water and Watermelon

BUILD-YOUR-OWN-BURGER BUFFET

Your Guests get to build the burger how they would like it.

You have a choice of 2 of the following:

1/4 LB Beef Burger
Grilled Chicken Breast
Smoked Turkey Burger
Grilled Salmon Burger
Grilled Veggies Burger

Served with Apple Coleslaw, Bottled Water, Watermelon and all the fixings: Fresh Baked Buns, Lettuce, Tomato, Onions, Cheese, Pickles, Mayo, Mustard, Relish and Ketchup

BUILD-YOUR-OWN-BURRITO/TACO BUFFET

Beef Brisket with BBQ Sauce with Mexican Spice
Chipotle Chicken
Assorted Tortilla and Hard Shells Tacos
Fresh Limes
Sour Cream
Fresh Guacamole
Cheddar Cheese
Black Beans
Kernel Corn
Fresh Tomato Salsa
Shredded Lettuce
Mexican Style Rice
Taco Salad with a Lime Cilantro Dressing

1-hour service window, service staff, biodegradable plates/forks/knives/napkins and buffet tables & covers are available upon request.

Minimum of 25 guests

Let us help you create a customized menu for your special event. We will deliver a delicious self-service buffet for small or large gatherings. We will take your event to the next step.



PRESET MENUS

INDIAN BUFFET

Seasoned to serve western palettes with strong flavours that are neither too spicy nor pungent.

Naan Bread
Fresh Spinach Pakoras with a Rich Red Curry Coconut Milk Dip
Butter chicken
Curry Cauliflower Chickpea Stew (vegetarians)
Basmati Rice
Indian Rice Pudding with Almonds & Pistachios

THE GREAT GREEK

This features some classic dishes that are always enjoyed.

Mouth Watering Greek Salad with Fresh Herbs
Fresh Pita with House-made Hummus
Free Range Chicken OR Tender Beef Souvlaki Skewers
Tofu & Vegetable Kebobs (vegetarians)
Steamed Greek Style Rice
Mini Spanokapitas with Tzatziki
Platter of Delicious Baklava

PACIFIC RIM BUFFET

This delicious meal is heavily inspired by the fantastic foods of Japan

Gomae Salad made with Fresh Spinach & our Black Sesame Peanut Dressing
Assorted Sushi Rolls with Soy Sauce & Wasabi
Teriyaki Chicken & Vegetables served over Pan Fried Thick Udon Noodle
Spicy Eggplant served on a bed of Rice (vegetarians)
Dorayaki

SOUTHERN COMFORT

Green & Purple Cabbage Coleslaw with a Creamy Apple Cider Dressing
Smoked Maple Baked Beans
Smoked Jalapeño Corn Muffins
Fried Free Range Chicken Breasts Or Beef Briskets
Vegetarian Gumbo with Kale, White Beans, Garlic, Rice & Smoked Tofu (vegetarians)
Fresh Baked Apple Turnovers

THE WEST COAST BUFFET

Organic Mixed Greens with our famous Blueberry Vinaigrette
West Coast Couscous Salad with fresh chopped Tomatoes and Corn tossed in a light Chili Lime Vinaigrette
Multi-grain and white Dinner Rolls and Butter
Cedar Planked Salmon - Wild Sockeye grilled on cedar planks over a charcoal fire. Finished with a Jack Daniels Glaze on a bed of Rice Pilaf
BC Hothouse Red Peppers stuffed with a Quinoa & Lentil Pilaf & garnished with an Italian Parsley Coulis (vegetarians)
Cheesecake Squares
Fresh Fruit Platter
Chocolate Mousse Tarts

THE ITALIAN BUFFET

A true Italian classic that is sure to please everyone.

Traditional Caesar Salad with Focaccia Croutons and Shaved Parmesan
My mom's Meat Lasagna
My mom's Vegetarian Lasagna (vegetarians)
Focaccia Dinner Rolls and Butter
Freshly Baked Cookies & Decadent Dessert Squares

THE WORKING LUNCH

Not sure what the group will like for lunch? Then let them decide!

Create your own Sandwich Buffet includes:

Spring Mix Salad with Blueberries, Feta Cheese, Slivered Almonds and dressed with a Balsamic Vinaigrette
Sliced Deli Meats
Classic Sandwich Filling Salads
Sliced Cheeses
Lettuce Tomatoes, Sprouts, Onions
A Selection of Condiments
A Selection of bread & rolls
Fresh Vegetable Basket with Herb Dip
Decadent Dessert Squares & Freshly Baked Cookies



BREAKFAST

CONTINENTAL

A selection of freshly baked muffins, Danish, croissants, bagels with cream cheese, jam and butter. Your choice of fresh fruit platter or fruit kebobs with yogurt dip.

QUICHE

Quiche Lorraine or Florentine served with breakfast potatoes and choice of a fresh fruit platter or fruit kebobs with yogurt dip.

FRITTATA

Your choice of delicious frittata served with breakfast potatoes and choice of fruit.

BURRITOS

Individually wrapped breakfast burritos with scrambled eggs, mushrooms, bell peppers, smoked ham and cheddar cheese or vegetarian. Served with a side of salsa and breakfast potatoes.

A LA CARTE

Items are individually priced per serving and can be added to any breakfast combo.

Assorted Pastries
Jumbo Pancakes, 2 per serving
Scrambled Eggs
Crispy Bacon
Turkey Bacon
Breakfast sausage
Sausage & potato hash
Breakfast potatoes
Cottage cheese
Assorted sliced cheeses
Bagels with condiments

RISE & SHINE PARFAITS

Individual breakfast parfaits with layers of fresh berries, vanilla yogurt and granola crunch.

BLT BREAKFAST SANDWICH

Crispy Bacon, lettuce, tomato and mayo on toasted whole wheat bread, presented on a platter and served at room temperature. Includes your choice of fresh fruit platter or fruit kebobs with yogurt dip.

BAGELS

Our delicious breakfast bagels are individually wrapped and served warm. Easy to serve, just unwrap and enjoy!

The classic - scrambled eggs, bacon, cheddar and mayo on a toasted sesame seed bagel.
Veggie delight - scrambled eggs, tomato, avocado, cheddar and mayo on a toasted whole wheat bagel.

BUILD-YOUR-OWN-HOT-BREAKFAST BUFFET

Select 1 entrée, 2 meat, 1 potato and 1 fruit.

Select 1 entrée

- Fluffy Scrambled eggs
- Buttermilk pancakes with maple syrup and fruit compote
- French toast with maple syrup, whipped cream and fresh berries
- Breakfast burritos (meat-lovers or vegetarian)

Select 2 meat

- Crispy Bacon
- Farmer's sausage
- Turkey bacon
- Pomeal bacon

Select 1 potato

- Hash Browns
- Breakfast potatoes
- Sausage & potato hash

Select 1 fruit

- Fresh fruit platter
- Fruit kebobs with yogurt dip
- Fruit salad
- Assorted whole fruits



SANDWICHES

DELI SANDWICH & WRAP PLATTER

Enjoy a wide assortment of our famous deli sandwiches including;

Roast beef with mustard, lettuce & Havarti
Black forest ham with Swiss cheese, lettuce and mustard
Assorted chicken: Caesar, barbeque and crispy chicken
Oven-roasted turkey with tomato, lettuce, Havarti and mayo
Tuna salad, with pickles, scallions and peppers Egg salad, with onion, celery and mayo
Vegetarian loaded with seasoned grilled vegetables

GOURMET SANDWICH & WRAP PLATTER

Enjoy a wide assortment of our famous gourmet sandwiches including;

- Grilled steak with caramelized onion, bell peppers, chipotle and smoked gouda
- BBQ pulled chicken with tomato, lettuce and smoked gouda on a fresh baked Kaiser
- Tuscan grilled chicken with roasted red peppers, mozzarella, lettuce and black olive
- Smoked salmon wrap with cream cheese, capers and red onion
- Classic Reuben
- Prosciutto & provolone focaccia
- Basil pesto egg salad
- Grilled vegetable and goat cheese
- Avocado and cream cheese wraps

PANINI

Fresh Ciabatta bread is stuffed with premium fillings and grilled to perfection.

Sandwiches are individually wrapped and served warm.

- Grilled steak with smoked Gouda, roasted red peppers and house chipotle (mild)
- Grilled chicken breast with mozzarella, roasted red pepper and pesto
- Grilled eggplant, zucchini and peppers with goat cheese and black olive

CHICKEN SOUVLAKI ON A PITA BREAD

Grilled chicken souvlaki in a fresh pita bread, individually wrapped and served warm.

Toppings are served on the side including diced tomato, red onion, shredded lettuce, Kalamata olives, feta and tzatziki.

STEAK SANDWICH

Fresh baked Calabrese buns are piled with grilled sirloin steak, bell peppers, sautéed onions, mushrooms and melted mozzarella.

Sandwiches are individually wrapped and served warm.

House-made Soups

Fresh house-made soup to comfort the soul.

- Cream of Broccoli
- Beef Barley
- Chicken Noodle
- Cream of Potato
- Garden Vegetable
- Minestrone

**Make any of the sandwich platters a combo.
Add a salad, soup, dessert or beverages!**



PLATTERS

IMPORTED AND DOMESTIC CHEESE PLATTER

Assorted imported and domestic cheeses including cheddar, Havarti, Swiss, smoked Gouda and bocconcini, garnished with seasonal fruit and served with entertainment crackers.

GOURMET CHEESE PLATTER

Assorted gourmet cheeses including Brie, Gruyere, Danish blue, Crotonese, aged Cheddar, spicy Havarti and more. Served with dried apricots, mixed nuts, olives, fresh fruit and entertainment crackers.

FRUIT PLATTER

A wide assortment of sliced seasonal fruits and berries.

VEGETABLE CRUDITÉ

Assorted fresh cut vegetables served with creamy ranch dips.

VEGETABLE ANTIPASTO

Pickled bell peppers, mushrooms, artichokes, olives and sundried tomatoes served with bocconcini cheese and Italian crostini.

DELI MEAT PLATTER

Roast beef, corned beef, roast turkey, black forest ham, Italian salami and prosciutto served with pickled peppers and cornichons.

SMOKED SALMON PLATTER

Atlantic smoked salmon, cream cheese, cucumber, tomato, red onion, capers and fresh dill served with assorted sliced bagels.

Hors D'Oeuvres

Choose from freshly made hors d'oeuvres like sliders, coconut prawns with a sweet chili sauce, assorted mini quiche, and Lobster grilled cheese.

MEATY BITES

- Smoked salmon canapés with cream cheese capers and fresh dill
- Assorted sushi and maki sushi with traditional condiments
- BBQ Pulled pork sliders
- Coconut shrimp satay's with pineapple salsa
- Beef satay with soy and scallion dip
- Mini chicken souvlaki satay's with homemade tzatziki
- Tandoori chicken satay's with cucumber raita
- Beef sliders (please inquire for selection)
- Spiducci lamb skewers
- Prosciutto, blue cheese and pomegranate stuffed endive spears
- Bacon wrapped dates
- Reuben canapés
- Mini bourbon BBQ glazed meatballs
- Meat-lovers pizettes
- Chicken parmesan slider
- Mini Guinness steak pot pies
- Mini Jamaican beef patties
- Hoisin Smoked Duck Breast finely sliced on Cornbread with Blueberry compote and Orange zest
- Braised Short Ribs with Pineapple Salsa served on Asian spoons
- Teriyaki or BBQ Chicken Wings
- Coconut Crusted Prawns with a Sweet Chilli sauce
- Bacon Wrapped Scallops
- Crab Cakes with Salsa Fresco
- Chorizo and Feta Tartlets
- Lobster Grilled Cheese triangles
- Smoked Salmon Bread Sticks with Caper Cream Cheese
- House-made Vietnamese Salad rolls with Hoisin dipping sauce

VEGGIE BITES

- Mac n cheese bombs
- Cherry tomato and bocconcini skewers with balsamic reduction
- Spanikopita
- Potato pizettes
- Vegetarian pizettes
- Veggie samosa's with mango chutney
- Polenta stacks with goat cheese, roasted red pepper and olive tapenade
- Mini stuffed Italian rice balls (Arancini)
- Bruschetta
- Asian noodle salads in Chinese takeout boxes
- Fresh rolls with sweet chili dip
- Stuffed endive spear with curry chickpea salad
- Mini Quiche Florentine
- Philo Tulips stuffed with Mushroom and Feta
- Assorted handmade Sushi rolls
- Devilled eggs, a custom house specialty
- Vegetarian slider
- Mini Vegetable Kabobs.
- Fresh Watermelon, Mint, swords



SALADS

A vast selection of fresh salads such as Tossed Organic Greens, Thai Noodle, Red Potato salad, Quinoa/Kale Salad, and many more!

All Salad orders are minimum 5 guests

GARDEN

Crisp romaine, loaded with seasonal vegetables, balsamic vinaigrette

STRAWBERRY SPINACH

Baby spinach, strawberries, goat cheese, walnuts and raspberry dressing

CAESAR

Crisp romaine, freshly grated parmesan cheese, croutons. Creamy Caesar dressing

MIXED GREEN

Organic mixed greens, cherry tomato and cucumber with your choice of dressing

GREEK

Crisp romaine, tomato, cucumber, bell peppers, red onion, feta, Kalamata olives, herbs and Mediterranean dressing

GREEN HEAVEN

Organic mixed greens, avocado, dried cranberry, red onion, walnuts and balsamic vinaigrette

QUINOA & KALE

Chopped kale, mandarin oranges, dried cranberries, quinoa, almonds and creamy poppy seed dressing

CREAMY RED POTATO

Red potato, Celery onion, hardboiled egg, secret seasoning

CURRIED CHICKPEAS

Chickpeas, hummus, diced celery, bell peppers, cilantro and curry

BOWTIE CAPRESE

Bowtie pasta with cherry tomato, mini bocconcini and basil pesto

COUSCOUS DREAM

Israeli couscous with sliced strawberries, avocado, corn, cilantro and lime tahini dressing

ASIAN NOODLE

Vermicelli, corn, green onion, celery, carrot, mandarin oranges, red peppers, sugar snap peas, and sesame dressing