



CATERING MENU



Cape Breton University
September 2018



OVERVIEW

We consider it an honor and privilege to serve both you and your guests. We take pride in making your event a complete success.

POLICIES



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SEASONAL CATERING. QUALITY SERVICE.

Ordering Lead Time

Please place your order at least two working days prior to your event. We suggest a minimum of six weeks to book a banquet or reception. We will make every effort to accommodate last minute requests, but this lead time is necessary to ensure fresh ingredients and adequate staff is available. Advance orders will receive priority.

Menu Selection

Our team is prepared to assist you with all of your event needs. Should you require a custom menu, please contact us to discuss details. We are pleased to offer seasonal produce and products. Please allow three weeks' notice to properly make this happen for you. Custom menus will be priced accordingly depending on product availability and labor demands.

Chartwells (Compass Group Canada) Quality Assurance Policy

Safety is our first concern. Our company policy is to ensure safe food handling at all events. Therefore, food remaining after your event cannot be packaged or boxed for carry over or take home purposes. Please contact us for further details.

Pricing

China, cutlery, table linens, and white linen napkins are included with complete plated & buffet dinner services. If you require additional linens on your tables they are available for \$7.95 per tablecloth. Colored linen napkins are available for \$0.99 per napkin. All refreshment breaks and luncheon deliveries will be on disposable service. China service is available at an additional cost of \$1.25 per person. If you require additional service personnel the cost will be \$20.00 per hour (minimum of 4 hours) per server. All prices quoted are based per person. All canned and bottled beverages will have a \$0.10 deposit added per container.



Guaranteed Numbers

Confirmation and guarantee of numbers will be required five business days prior to your event. We will be prepared, in most cases, for 5% above the guaranteed number. You will be financially responsible for your guaranteed number or the actual number of meals served, whichever is greater.

Payment, Taxes & Gratuities

Unless you have made previous billing arrangements, a non-refundable deposit of 50% is required to confirm your function. The remaining payment will be required when the guaranteed numbers are given. The client is responsible for any damages or loss of any equipment left in the facilities prior to, during and following a catered service. Catering prices are in effect until August 31, 2018. Prices do not include applicable taxes. All gratuities are left to the discretion of the client. Please know that any gratuities will be given directly to the staff who serviced your function.

Cancellations

Cancellations must be received at least one week prior to a complete service event. Cancellations after this time may be subject to a charge of up to 100% of the estimated price of the catering. For refreshment breaks and cold luncheons we need a minimum of 48 hours of notice to avoid any charges. Cancellations due to extreme winter weather conditions may be made two days prior to the event for receptions, luncheons and banquets and 24 hours prior for refreshment breaks; after this cut off time the function will be subject to a charged up to 100% of the cost of the event.

Equipment

Missing equipment from the catering site, not available for us at the time of clean up, will result in replacement costs added to your function bill. Items taken to a new location that require pick up will be charged at \$15.00 pickup fee.

CONTACT

Darryl Maclsaac

Food Service Director

darryl.maclsaac@compass-canada.com

902-563-1457 (office)



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BEVERAGES

fair trade coffee	\$1.79 ea
100% Columbian coffee	\$1.79 ea
Red Rose and herbal teas	\$1.79 ea
hot chocolate	\$1.79 ea
lemonade & fruit punch	\$1.39 ea
soft drinks (355ml)	\$1.75 ea
milk (237ml) chocolate, 2% or skim	\$1.69 ea
cans of juice	\$1.79 ea
bottled water 591ml	\$2.19 ea
pitchers of water (with food)	\$2.99 ea
pitchers of water (without food)	\$5.99 ea
pitchers of juice	\$8.99 ea

PLATTERS & CAKES

Regular trays serve approximately 10 to 15 guests and large trays serve approximately 20-25 guests.

dips from around the world platter (minimum 15 order) \$5.99 / person
selection of Mediterranean dips including hummus, tzatziki, roasted red pepper cream cheese or bruschetta with house made pita chips and grilled bread

seasonal fresh fruit platter small \$31.89 | large \$50.99
assortment of seasonal fruit served with yogurt dip

market fresh garden veggie platter small \$28.99 | large \$42.99
selection of garden vegetables with tangy dip

NEW deli cold meats & cheese platter small \$48.75 | large \$62.99

cheese & cracker platter small \$48.79 | large \$62.99
selection of Swiss, cheddar and marble cheese served with crackers

mexican fiesta grande platter small \$48.75 | large \$62.99
layers of all your favorites including salsa & sour cream served with corn chips

NEW deli meat tray served with pickles small \$34.99 | large \$49.99

fresh seasonal fruit & cheese platter small \$42.99 | large \$59.99
selection of cheese served with seasonally selected fresh fruit

basket of assorted chip snacks \$3.99 ea

celebration cake
vanilla cake with your choice of icing color and a custom message

small serves up to 20 guests	\$29.99
regular serves up to 40 guests	\$44.99
large serves up to 75 guests	\$69.99



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SWEETS & TREATS



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gourmet muffins	\$1.55 ea
individual yogurt cups	\$1.99 ea
cinnamon buns	\$1.95 ea
gourmet cookies	\$1.19 ea
whole fresh fruit	\$1.35 ea
banana loaf (minimum order of 12 order)	\$1.65 ea
butter croissants	\$1.89 ea
dessert squares (2 per guest)	\$1.89 ea
breakfast parfait with granola, fruit & yogurt	\$3.99 ea
fresh fruit cup	\$1.99 ea
fruit sticks	\$1.85 ea
NEW assorted bagels & flavored cream cheese	\$3.95 ea
mini muffins (minimum order of 12)	\$1.09 ea
rice krispy squares	\$1.55 ea
assorted tea biscuits	\$1.60 ea
chocolate brownies	\$1.85 ea
jumbo chocolate chip cookies	\$2.35 ea
fruit turnovers	\$1.85 ea
homemade granola bars	\$1.65 ea
homemade old fashioned oatcakes	\$1.29 ea
blueberry coffee cake (serves 14 guests)	\$24.95 ea
coffee caramel swirl coffee cake (serves 14 guests)	\$24.95 ea

BREAKFAST



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Continental

assorted breakfast pastries
fresh fruit & dip platter
yogurt cups
butter & jam
freshly brewed coffee & tea
pitcher of chilled juice
\$8.99 per person

Healthy Breakfast

yogurt parfait with berries
low fat mini muffins
fresh fruit w/ dip
freshly brewed coffee and tea
pitcher chilled juice
\$9.99 per person

Caper's Breakfast (minimum order of 10)

scrambled eggs
crispy bacon
breakfast sausage
hash brown potatoes
mini muffins with butter
fresh fruit cocktail
freshly brewed coffee & tea
pitcher of chilled juice.
\$12.25 per person
... add! Pancakes or French Toast with Syrup for \$1.69 per person

Boxed Breakfast

whole fruit selection
yogurt
muffin served with butter
chilled can of juice
\$5.99 per person

SOUP & SANDWICH



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Gourmet Sandwiches

- black forest ham, cheddar cheese with mixed greens, tomato and Dijon on a ciabatta
- roast beef, roasted red peppers, cheddar cheese, mixed greens, tomato with horseradish aioli on a focaccia bun
- turkey, spring mix, cranberry peppercorn spread on a demi baguette
- curried chickpea salad, baby spinach, hummus served on a whole wheat hoagie roll

\$6.99 ea

Deli Style Sandwiches & Wraps

- Assorted of egg salad, tuna salad, roasted vegetable medley with hummus, turkey & Swiss, roast beef & cheddar and ham & cheddar on assorted wraps, kaisers and Vienna loaves

\$5.99 ea

Classic Tea Style Sandwiches

- mixture of roast beef, ham, turkey, tuna, egg salad, vegetarian
- served on white and whole wheat bread

\$3.89 ea

Make it a meal

add a delicious homemade soup to your sandwich or wrap
minimum order of 8

soup of the day	\$3.09 ea
special soup selection	\$3.79 ea
butternut squash soup	\$3.99 ea
red pepper tomato soup	\$3.99 ea
beef chili	\$3.99 ea
seafood chowder	\$4.99 ea

... add a fresh baked roll with butter for only \$0.99 ea

Individual Boxes

classic lunch

tea style sandwich (choose from options above), cookie, whole fruit & juice

\$7.55 ea

deli style lunch

wrap or kaiser (choose from options above), cookie, whole fruit & juice

\$9.45 ea

SALADS



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- | | |
|---|-----------|
| spinach & mandarin salad | \$3.99 ea |
| fresh spinach with mandarin oranges, red onions, mushrooms served with poppy seed dressing | |
| spinach salad supreme | \$5.99 ea |
| fresh spinach with red onion, strawberries and goat cheese served with balsamic vinaigrette | |
| NEW traditional Greek salad | \$4.99 ea |
| crisp romaine, red onion, green peppers, tomatoes, cucumbers, olives and feta cheese served with Greek dressing | |
| classic caesar salad | \$3.89 ea |
| crisp romaine lettuce, croutons, shredded parmesan cheese served with tangy Caesar dressing | |
| market fresh garden salad | \$3.79 ea |
| garden greens tossed with local harvested seasonal fresh vegetables served with ranch dressing | |
| country style potato salad | \$1.99 ea |
| served with green onion and fresh herbs | |
| vegetable pasta salad | \$1.99 ea |
| traditional creamy coleslaw | \$1.99 ea |
| make it a meal! | |
| <i>... add a grilled chicken breast to any salad</i> | \$4.59 ea |

LUNCH BUNDLES

All lunch buffets require a minimum of a six person order.

Lasagna al Forno

classic lasagna with layers of seasoned beef, house made marinara sauce and mozzarella cheese
caesar salad
garlic bread
gourmet cookies (1 per guest),
coffee and tea
\$14.89/ person

NEW Chicken & Sage Penne

penne noodles with sliced chicken breast with roasted garlic, seared cherry tomatoes and sautéed onions
aged balsamic marinated vegetable salad
Grilled herb baguette
sweets (2 per guest)
coffee and tea
\$14.99/ person

Butter Chicken

traditional butter chicken simmered in a house made Indian foundation sauce
steamed basmati rice
chickpea & vegetable curry
grilled naan bread
Garden salad
Carrot cake
coffee & tea
\$14.99/ person

Chicken Fajita Bar

slivers of spiced chicken with flour tortillas, peppers, onions
grated cheese with salsa, sour cream, guacamole
mexican rice
mixed greens salad,
chocolate brownies (1 per guest)
coffee and tea
\$14.99/ person

Quiche Wedge

spinach, swiss & bacon quiche
garden salad
dinner rolls & butter
assorted sweets (2 per guest)
coffee and tea
\$13.99/ person



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LUNCH BUNDLES

All lunch buffets require a minimum of a six person order.

The Classic Collection

chef's daily soup selection
traditional style sandwiches
vegetable & dip tray
assorted sweets (1 per guest)
gourmet cookie (1 per guest)
coffee and tea
\$12.99/person

The Deluxe Collection

chef's daily soup selection
deli style sandwiches and wraps
vegetable & dip tray
assorted sweets (1 per guest)
gourmet cookies (1 per guest)
coffee and tea
\$14.09/person

Taste of Thai

lemon coconut Thai pasta salad
red Thai curry with pineapple
Thai rice noodles
fresh fruit salad with mint & basil
coffee and tea
\$14.99/person

Silly Chili

meat or vegetarian chili
caesar salad
fresh baked tea biscuits roll & butter
sweets (2 per guest)
coffee and tea
\$12.89/person

Bourguignonno What!

strips of beef simmered in a rich red wine sauce with braised
mushrooms & onions
garlic enriched noodles
spinach salad and mandarin salad
dinner rolls & butter
sweets (2 per guest)
coffee and tea
\$15.99/ person



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LUNCH BUNDLES

All lunch buffets require a minimum of a six person order.

Pizza Pleaza

pepperoni pizza and vegetarian pizza
caesar salad, gourmet cookies (1 per person)
cans of pop and juice
2 slices per guest
\$11.25

Sweet n' Sour This & That

sweet n' sour chicken or meatballs
served on a bed of jasmine rice
fresh baked dinner rolls & butter
garden salad with italian dressing
sweets (2 per guest)
coffee and tea
\$13.99/ person

Herb Roasted Chicken

seared 4oz boneless breast of chicken with fresh herbs and
mushroom ragout
savory rice pilaf
spinach & mandarin salad with poppy seed dressing
dinner rolls & butter
sweets (2 per guest)
coffee and tea
\$14.99/ person

Chicken O'Fillet on a Bun

boneless 4oz breast of chicken served on a fresh baked kaiser
sliced tomatoes, lettuce, cheese, mayo, mustard
mixed green salad with ranch dressing
rice krispie squares (1 per guest)
coffee & tea
\$13.99/ person

Caper Combo

deli cold plate served with three types of deli meats
home style potato salad
creamy coleslaw
cheese wedge
egg half and pickles on a bed of lettuce
dinner rolls & butter
gourmet cookies (1 per guest)
coffee and tea
\$11.99/ person



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PIZZA

priced per pizza (16" pie, 8 slices)

Ask us about gluten friendly pizza options

Pepperoni

loaded with pepperoni and cheese

\$17.49/ pizza

Vegetarian

topped with an assortment of vegetables and cheese

\$17.99/ pizza

Three Cheese

loaded with mozzarella, pamesan and cheddar

\$17.49/ pizza

Hawaiian

ham, pineapple, green peppers and cheese

\$17.39/ pizza

Combination

pepperoni, peppers, green peppers, mushrooms and cheese

\$18.99/ pizza

Meat Lovers

pepperoni, ham, ground beef, sausage and cheese

\$18.99/ pizza

NEW BBQ Chicken

Slivers of seasoned chicken, bbq sauce, peppers, mushrooms and cheese

\$17.99/ pizza

Mediterranean Greek Pizza

green peppers, red onion, olives, mozzarella and feta cheese

\$18.99/ pizza

Garlic Fingers

served with donair sauce

\$17.99/ pizza

Make it a meal!

... ask us about meal bundles with your choice of salad and beverages



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BARBEQUES

Minimum of 50 guests for full barbeque set up, chef attended. All barbeque services are buffet style with disposable service. Barbeque service is provided on the patio at Jenkins Hall. If you wish to host your event at a specific location please note a barbeque must be provided or opt for your barbeque catering to be delivered pre-prepared. Due to insurance we cannot lend our BBQ.



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The Tailgate Grill

one hamburger & one hot dog per guest
tomatoes, onions and including traditional condiments
home style potato salad
creamy coleslaw
sliced watermelon
chilled lemonade
\$12.99/ person

The Barbeque Pit

one grilled chicken breast & one oktoberfest sausage per guest
lettuce, tomatoes, onions and sauerkraut and fresh bun
garden tossed salad with ranch and italian dressing
creamy coleslaw
thick sliced watermelon
chilled lemonade
favorite traditional condiments plus honey mustard
\$19.99/ person

Picnic Quarter Cut Chicken

bbq quarter cut chicken
caesar salad
home style potato salad
creamy coleslaw
fresh baked dinner rolls & butter
gourmet cookies and sliced watermelon
chilled fruit punch
\$18.99/ person

Wild, Wild West

8oz striploin steak served with sautéed mushrooms & onions
spinach & mandarin salad with poppy seed dressing
creamy coleslaw
baked potatoes with butter and sour cream
fresh baked dinner rolls & butter
make your own strawberry shortcake bar with biscuits
chilled fruit punch
\$24.99/ person

HORS D'OEUVRES

priced per dozen & minimum order 3 dozen per selection

Our Recommendation | Quantity Guideline

Pre-Dinner Receptions: 4 to 6 per guest

Cocktail Parties: 10 to 12 per guest

Choose your style of service. Hors d'oeuvres will be served for a two hour reception provided a minimum of 25 dozen are ordered; otherwise hors d'oeuvres will be served buffet style.



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seared chicken satay w/ thai peanut sauce	\$19.99/ dozen
bacon wrapped scallops	\$21.99/ dozen
NEW maple curry chicken crostini	\$19.99/ dozen
duxelle mushroom & cheddar stuffed mushrooms	\$17.99/ dozen
NEW smoked salmon & dill aioli & pickled red onion	\$21.99/ dozen
caramelized onion, mushroom & gruyere tartlets	\$17.99/ dozen
baby brie on crostini with local blueberry jam & fresh chives	\$19.79/ dozen
pepper crusted pork tenderloin medallions with arugula, pesto and parmesan cracker	\$21.99/ dozen
jumbo shrimp with seafood sauce	\$21.99/ dozen
chicken wings with honey garlic, sweet chili or barbeque sauce	\$16.99/ dozen
roasted meatballs with a tangy barbeque sauce	\$14.99/ dozen
mini spring rolls with Thai dipping	\$14.99/ dozen
assorted mini quiche	\$15.99/ dozen
fried perogies with sour cream & chives	\$14.49/ dozen
mini meat egg rolls with plum dipping	\$12.99/ dozen
spanakopita bundles with spinach & feta cheese	\$19.99/ dozen
NEW bruschetta on a crostini with fresh parmesan	\$15.99/ dozen
NEW smoked salmon mousse with caper relish	\$21.99/ dozen

PLATED SERVICE BANQUETS

seasonal vegetables, fresh rolls with butter and coffee and tea service included

Appetizers ~choose one of the following

portobello mushroom bisque
with balsamic onions

oven roasted butternut squash
with a hint of maple

roasted red pepper bisque
garnished with fresh basil

classic caesar salad
crisp romaine, garlic croutons, crispy bacon bits, shaved parmesan cheese, fresh lemon & tangy Caesar dressing

portobello mushroom salad
baby greens, grilled portobello mushrooms, cherry tomatoes, provolone cheese & balsamic vinaigrette

market garden greens salad
crisp lettuce and spring mix, market vegetables including grated carrots, tomatoes, celery, cucumber, radish & ranch dressing

spinach & mandarin salad
crisp spinach tossed with mandarin oranges, red onions & poppy seed or balsamic dressing

Main Entrées

baked salmon
brown sugar & grainy mustard glazed salmon with herb roasted potatoes & seasonal vegetables
\$26.99

baked haddock
haddock baked with a whiskey butter sauce, wild rice pilaf & seasonal vegetables
\$23.99

roasted pork tenderloin
bacon wrapped pork tenderloin stuffed with a spicy cornbread stuffing, Acadian maple glaze, sour cream & chive twice baked potato & seasonal vegetables
\$26.99



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PLATED SERVICE BANQUETS



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beef tenderloin or beef rib eye

your choice of cut, served with red wine demi glaze, layered yukon and sweet potato pavé, herb roasted mushrooms & shallots & seasonal vegetables

\$29.99/ person

roast beef au jus

slow roasted roast beef with a horseradish & rosemary crust, oven roasted mini potatoes & seasonal vegetables

\$22.69/ person

oven roasted traditional turkey

sage infused bread stuffing, whipped potatoes, seasonal vegetables served with pot enriched pan gravy

\$22.69/ person

stuffed chicken breast supreme

stuffed chicken breast with spinach, sundried tomato & feta, yukon potato pave, fresh seasonal vegetables topped with red pepper coulis

\$22.99/ person

herb crusted chicken

pan seared chicken supreme with parsley & roasted garlic, white wine cream sauce, mushroom risotto & seasonal vegetables

\$22.99/ person

vegetarian pavé

oven roasted balsamic infused vegetables, fire roasted tomato puree, and baked with parmesan cheese

\$20.99/ person

pepper crusted pork loin

stuffed with stirling apple bread dressing served with seasoned potato croquettes, pan gravy and seasonal fresh vegetables

\$22.69/ person

vegetable strudel

roasted vegetables served in a puff pastry with a roasted red pepper emulsion

\$20.99/ person

baked eggplant parmesan

eggplant topped with mediterranean roasted vegetables, feta cheese and an herb marinara sauce

\$20.99/ person

PLATED SERVICE BANQUETS

Desserts ~choose one of the following

rich chocolate fantasy cake

with walnuts, whipped cream & chocolate shavings

new york style cheese cake

with a choice of strawberry, chocolate, cherry or blueberry & whipped cream

vanilla bean panna cotta

with fresh berries, aged balsamic syrup & chocolate drizzle

chocolate mousse gateau

with fresh mango essence, tropical fruit relish & whipped cream

wild berry new york cheese cake

with wild berry compote and chantilly cream

annapolis valley apple raspberry cream torte

shortbread bottom, layers of raspberry, cream cheese, local apples & topped with sliced almonds

All meals include appetizer, entrée, dessert, fresh baked white and whole wheat dinner rolls, butter, coffee, decaffeinated coffee, tea and ice water. Minimum 30 guests; orders with less than 30 guests will have a \$2.00 per person surcharge.

There is an additional \$2.00 charge per guest for served dinners requesting more than one entrée item be served. We recommend discussing logistics of serving more than one entrée with our Food Service Manager.

Our culinary and catering experts are pleased to design a menu to accommodate your needs. All special dietary needs will be accommodated as required. Please contact us for a planning meeting.



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BUFFET SERVICE BANQUETS

seasonal vegetables with hot entrée selections, fresh rolls with butter, coffee and tea service is included

Appetizers ~ choose three of the following

spinach & mandarin salad
NEW traditional greek salad
classic caesar salad
market garden salad
red bliss potato salad
NEW pesto pasta salad
NEW barley & roasted vegetable salad
NEW marinated tomato & zucchini salad with fresh basil
traditional creamy coleslaw
assorted pickles and relish
fresh vegetable & dip tray

Entrées ~ choose one of the following

wild honey & cilantro seared chicken breast with red pepper coulis
\$21.59/ person

traditional turkey with savory stuffing, cranberry sauce & pan gravy
\$21.59/ person

NEW roasted atlantic salmon served with a tarragon & dill cream sauce
\$26.49/ person

traditional southern fried panko crusted chicken breast
\$21.59/ person

NEW lemon roasted haddock with a black olive and caper chutney
\$22.49/ person

garlic rubbed sliced roast beef au jus
\$21.59/ person

tuscan-style meat lasagna
\$18.99/ person

NEW pineapple & rosemary glazed local ham with caramelized pineapple compote
\$21.59/ person

Nova scotia seafood newburg with features from our own waters
demi
\$21.59/ person

stirlings apple or cranberry stuffed pork loin with apple sauce
\$21.59/ person

selection of deli meats including beef, ham and chicken
\$17.99/ person



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BUFFET SERVICE BANQUETS

Accompaniments ~choose one of the following to accompany the hot entrée selection from above

whipped potatoes or garlic mashed
NEW brown butter mashed potatoes
NEW herb roasted baby potatoes
garlic oven roasted potatoes
NEW sweet potato spiced mash
scalloped potatoes au gratin
baked potatoes with sour cream
NEW garlic & lemon infused basmati rice
savory rice pilaf or wild rice pilaf
fluffy white rice or jasmine rice

Dessert Table ~choose one of the following

hot crisps selection with whipped topping
fresh fruit cup with an assorted of sweets
strawberry shortcake with tea biscuits
assortment of fresh baked fruit pies
blueberry cobbler with whipped topping
new york style cheesecake with fruit toppings
chef's table including sweets, cookies, pies and cakes

The price with the corresponding entrée is the price per person for the full buffet. Minimum of 30 guests; less than 30 guests will have a \$2.00 surcharge per guest.



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