

Our talented catering culinarians have taken advantage of winter FLAVOURS by creating delightfully new dishes featuring the best of the season. These delicious dishes are available only for a limited time. Contact our catering department to schedule your next event with delicious food and impeccable service. To place an order or speak with the catering department please email Elizabeth.Smith3@sodexo.com.

FLAVOURS OF WINTER



À LA CARTE SELECTIONS & ADD ONS

MANDARIN ORANGE POMEGRANATE YOGURT BOWL

270 cal ☒

Greek yogurt topped with mandarin oranges, pomegranate seeds, banana cherry granola and fresh mint.

POMEGRANATE BERRY FRENCH TOAST

180 cal ✓

French toast topped with pomegranate berry compote.



Winter Catering Specials and Prices are available through February 2017.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

VG VEGAN ✓ VEGETARIAN ☒ MINDFUL

PREMIUM TAKEAWAYS SANDWICHES

ALBUQUERQUE CHICKEN BREAST SANDWICH

380 cal ☒

Cilantro grilled chicken breast on a multi-grain bun with salsa, olives, lettuce and tomato.

SHRIMP SALAD SANDWICH ON PITA

270 cal ☒

Shrimp and cage-free egg salad with celery on pita bread with lettuce and tomato.

SUN-DRIED TOMATO BASIL FOCACCIA

360 cal ✓

Focaccia bread topped with sun-dried tomato pesto, fresh mozzarella, Arugula, basil and drizzled with balsamic reduction.



Consult with our catering team on adding a soup du jour to your package.

SERVED LUNCHEONS & DINNERS

ESPRESSO RUBBED TENDERLOIN OF BEEF

320 cal

Juicy beef tenderloin rubbed in espresso beans and roasted till tender, served with a sweet mango cream sauce.

NORI-CRUSTED SALMON

210 cal

Fresh fillet of salmon glazed with a sesame soy glaze, wrapped with nori and broiled to perfection.

PARMESAN ROASTED CHICKEN BREAST

110 cal ☒

Roasted parmesan, black pepper and rosemary marinated chicken breast.

EGGPLANT TAMPICO

540 cal ✓

Sautéed eggplant slices in a spicy sauce, topped with Jack cheese, tomato and jalapeño.



FLAVOURS
by sodexo*



RECEPTIONS

HOT & COLD HORS D'OEUVRES

Sold by per dozen. Minimum order 3 dozen per order.

LEMONY PEA MASH FRICO CUP

35 cal

Lemony pea mash served in a grated parmesan cheese, lemon zest and basil cups.

CHICKEN & ANDOUILLE POP

80 cal

Grilled chicken tenderloin and Andouille sausage on a skewer brushed with butter.



LEMONY PEA MASH FRICO CUP

RECEPTIONS

APPETIZER STATION

Minimum group size 10

HOT – SELECT 2

- Chicken Meatballs 140 cal
- Crispy Chicken Fingers 320 cal
- Assorted Petite Quiche 60 cal
- Bacon-Wrapped Scallops 30 cal
- Spanakopita 45 cal
- Banana Pot Stickers with Chocolate Sauce 180 cal

COLD – SELECT 2

- Tomato Basil Bruschetta 50 cal
- Fruity Feta Bruschetta 100 cal
- Goat Cheese & Honey Phyllo Cups 100 cal
- Canapés Epicure 70



FRUITY FETA BRUSCHETTA



FRESH FRUIT TART

BEVERAGES & DESSERTS

PINK GRAPEFRUIT SPRITZER

50 cal

Fresh grapefruit juice with a splash of club soda.

LEMON TEMPTATION

510 cal

Creamy lemon mousse topped with a sweet caramel topping, garnished with lemon and lime zest.

FRESH FRUIT TART

120 cal

Fresh seasonal fruit in a tender, flaky tart.

Winter Catering Specials and Prices are available through February 2017.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available

VEGAN VEGETARIAN MINDFUL



FLAVOURS
by sodexo*