



## **Delivery Hours, Fees, & Minimums**

A delivery fee of \$10 applies on all orders.

Delivery hours are from 8:00am-3:00pm, Monday to Friday. Deliveries outside these hours possible with advance notice, please ask your Event Planner.

There is a minimum food & beverage charge of \$100 per service on weekdays and \$150 on weekends.

## **Ordering Timeline**

Your Event Planner will require your preliminary order 2 weeks before the event.

Final details are due at 12:00pm on the Tuesday of the week prior to your event.



# MENU



## Light Breakfast Combo

Minimum of 6

**Lithosphere** **vg** 7

Assorted Freshly Baked Muffins, choice of Coffee, Tea or Juice

**Atmosphere** **vgn/gf/nf** 9

Fruit Cup, choice of Coffee, Tea or Juice

**Hydrosphere** **vg** 9

Blueberry Yogurt Parfait, choice of Coffee, Tea or Juice

**Biosphere** 10

Breakfast Sandwich, choice of Coffee, Tea or Juice

## Full Breakfast Combo

Minimum of 6

**Burrard** 18

Traditional Breakfast, Cookie, choice of Coffee, Tea, or Juice

**Hornby** 15

Hawaiian Luau Egg Toast, Seasonal Whole Fruit, choice of Coffee, Tea, or Juice

**Seymour** 16

Ham & Cheese Sourdough Sandwich, Greek Yogurt, choice of Coffee, Tea, or Juice

**Thurlow** **vgn** 15

A.L.T. (Avocado, Butter lettuce, tomato), Seasonal Whole Fruit, choice of Coffee, tea or Juice

## Egg Toast

Minimum of 6



### Classic 11

Brioche loaf, jambon ham or bacon, cheddar, scrambled eggs, mayo

### Truffle Mushroom <sup>vg</sup> 12

Brioche loaf, cultivated mushrooms, cheddar, scrambled eggs, truffle aioli

### Hawaiian Luau 12

Brioche loaf, spam, scrambled eggs, cheddar, seaweed, mayo

### Smoked Salmon 14

Brioche loaf, smoked salmon, scrambled eggs, cheddar, green onion and mayo

### Prawn Star 12

Brioche loaf, poached prawns, cheddar, scrambled eggs

### Pork Floss 11

Brioche loaf, pork floss, scrambled eggs, cheddar, seaweed, mayo



## Sandwich

**gf** upon request

- Turkey Cranberry Sourdough** **13**  
Smoked turkey, lettuce, pickled red onion, tomato
- Tuna Salad Multigrain** **12**  
Tuna salad, celery, pickled onions, mayonnaise
- Roast Chicken Sandwich** **13**  
Roast chicken, cheese, Sundried tomato
- Ham & Cheese Sourdough** **12**  
Jambon ham, cheddar, grainy mustard
- Grilled Cheese Sandwich** **vg** **10**  
Classic grilled cheese
- B.L.T.** **12**  
Bacon, butter lettuce, tomato
- A.L.T.** **vn** **12**  
Avocado, butter lettuce, tomato

Add on:  
 Protein +3 Spinach +1  
 Tomato slice +1 Extra Cheddar +1.5



## Traditional Breakfast

Minimum of 6 | **gf vg** upon request

- Baking Platter** **5.5**  
Assorted croissants, bread, loaves, muffins, scones or danish **PER PERSON**
- Breakfast Sandwich** **8**  
Choice of avocado slices, ham or bacon, fried egg, cheddar, English muffin
- Breakfast Bagel** **10**  
Choice of avocado slices, ham or bacon, fried egg, cheddar, everything bagel
- Smoked Salmon Bagel** **12**  
Smoked salmon, cream cheese, pickled red onions, everything bagel
- Avocado Toast** **vgn** **9**  
Smashed avocado, sourdough
- Blueberry Bagel** **vg** **9**  
Housemade blueberry jam, cream cheese, everything bagel
- The Traditional Breakfast** **15**  
Choice of bacon, ham or sausage  
Two eggs any style, hash brown, toast

## Lunch Combo

Minimum of 6

<b>Pender</b>	<b>21</b>
Turkey Cranberry Sourdough Sandwich, Soup of the day, Fresh Fruit Cup	
<b>Robson</b>	<b>22</b>
Roasted Chicken Sandwich, Soup of the day, Yogurt Parfait	
<b>Kamloops</b> <i>vgn/gf</i>	<b>23</b>
Tofu Salad, Fruit Cup, Gluten-free loaf	
<b>Dunsmuir</b>	<b>24</b>
Creamy Spaghetti Bolognese with meatballs, Assorted Cookies, Greek Yogurt Cup	
<b>Nelson</b>	<b>23</b>
BC Beef Burger with Fries, Beet Side Salad, Assorted Cookies	
<b>Howe</b>	<b>22</b>
Truffle Mushroom Udon, Soup of the day, Gluten-free loaf	

Legend: **gf** - gluten free **nf** - nut free **df** - dairy free **vg** - vegetarian **vgn** - vegan



## Pasta & Udon

Minimum of 6

### **Creamy Spaghetti Bolognese** 17

Creamy fire roasted tomato meat sauce with Spinach & Spaghetti

• Meatballs 3

### **Chicken Fettuccine Alfredo** 20

Fresh BC chicken breast, Alfredo cream sauce with Sautéed Mushrooms, Green Onion & Spinach

### **Pesto Seafood Linguine** 22

Pesto sauce, Prawns, Scallops, Tuna, Museel, Spinach, Pickled Onions

### **BC Smoked Salmon Fettuccine** 22

Alfredo cream sauce with wild smoked salmon, Red Onions, Tomatoes, spinach

### **Maple Bacon Linguine** 17

Maple bacon, Onion, Cream Cheese, Linguine

### **Spicy Peanut Sauce Udon** vg 12

Sous vide egg, green onions, and crispy garlic chips

### **Truffle Mushroom Udon** 16

Sautéed cultivated mushrooms, sous vide egg, lemon zest, green onions, and house made truffle butter

## Wraps

Minimum of 6

### **B.L.T.** 9

Bacon, Lettuce, Tomato

### **Turkey Club** 12

Turkey, Bacon, Lettuce, Tomato, Cheese

### **Spicy Chicken Wrap** 12

Roasted chicken, Lettuce, Tomatoes, Egg, Spicy mayo

### **Crunchy Tuna** 11

Tuna salad, Celery, Spinach, Carrots, Cucumber

### **Buffalo Tofu** vgn 11

Tofu, lettuce, avocado, cucumber, carrots. Cheddar cheese (removed for vgn)

## Burgers

Minimum of 6

### **BC Beef Burger** 16

BC Beef patty, Cheddar cheese, bacon, lettuce, tomato, comes with fries

### **Beyond Meat Burger** vgn 17

Beyond meat, mushroom, lettuce, tomato, Cheddar cheese (removed for vgn) comes with fries



## Salad

Minimum of 6

### Pielavesi Chicken Salad 16

Seared chicken breast, mixed greens, shaved vegetables, sherry vinaigrette

### Sichuan Chili Chicken 16

Chili Chicken, quail egg, sweet pepper, onion, mixed greens, shaved vegetables, soba noodles, sesame, green onion, ratten chili vinegar

### Citrus Seafood Salad 23

Poached Prawns, crab stick, tuna flakes, grapefruit, avocado, mixed greens, shaved vegetables, lemon

### Teriyaki BC Beef Salad 23

AAA striploin, butter mushroom, mixed greens, cucumber, chickpea, pumpkin seeds, cranberry, conchiglie

### Game Bird Salad 24

Smoked duck breast fillet, quail egg, mixed greens, cucumber, chickpea, pumpkin seeds, cranberry, Conchiglie

### Tofu Salad 18 vg

Tofu, avocado, pickled onion, mixed greens, cucumber, chickpea, pumpkin seeds, cranberry, conchiglie, goat cheese

### Fruit Salad 16 vg

Avocado, apple, cherry tomato, beets, corn, mixed greens, shaved vegetables, yogurt



## Fruit & Yogurt

Minimum of 6

**Seasonal Whole Fruit** 3

**Fruit Cup** vn 6.5  
Seasonal fruit

**Fruit Platter** vn 4.5  
PER PERSON  
• Minimum of 12

**Greek Yogurt** nf/vg 3.5  
Greek yogurt, honey

**Yogurt Parfait** vg 6.5  
Greek yogurt, house-made granola,  
fruit compote

## Baked Goods & Snack

Minimum of 6

**Selection of Loaves** 4.5  
Lemon, Chocolate Chip Banana, Red Velvet  
gf selection: Banana Date, Chocolate Pecan

**Selection of Muffins** 4.5  
Lemon Blueberry, Carrot Raisin,  
Raspberry & Blueberry Sunflower,  
Banana Pineapple Bran

**Cookies** 3  
Chocolate chip, Oatmeal & Raisin,  
Double Chocolate, White Chocolate  
Macadamia Nut

**Bagel Toast** 3.5

**Fries** 7

**Small Bag of Chips** 1.5







# BEVERAGE MENU

## Coffee and Tea

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Served with sugar, brown sugar, sweetener, milk, soy milk, and honey

10 cups | 30 cups

### Coffee

Decaf upon request

30 80

### Tea

Earl grey, green tea, oolong tea, English breakfast, chamomile

30 80

### Iced Coffee

Decaf upon request

35 95

### Iced Flavoured Tea

Passionfruit green tea, Peach green tea, Lychee black tea

40

## Bottled Drinks

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Minimum of 6

### Assorted Juice Bottle

Orange, apple and cocktail juice

2.5

### Soft Drinks

Coke, Coke zero, Canada dry, Nestea

3

### Club Soda

2.5

### San Pellegrino

3