



CATERING MENU



University of King's College
2021



WELCOME

Thank you for choosing the Fresh Fork at the University of King's College.

Our menu offers a range of delicious and tasty break options and themed meal offerings.

We would be pleased to work with you on any special menu requests, dietary concerns or customized options.



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Contact

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WELLNESS COMMITMENT

Our commitment to you is to use, whenever possible, local products along with offering a wide variety of choices that are friendly to your dietary needs. Many of our menu items can be made without gluten, vegetarian and vegan.



BEVERAGES



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Fair trade <i>just us!</i> Coffee (King's Blend)		\$2.75
Tea		\$2.75
Hot chocolate		\$2.50
Perrier		\$3.25
Canned Pop		\$2.75
Bottled Juice		\$2.75
Pitcher of apple or orange juice (8-10 glasses)		\$14.95
Pitcher of iced tea or lemonade (8-10 glasses)		\$14.95
Pitcher of white or chocolate milk (8-10 glasses)		\$15.95
Pitcher of pop (8-10 glasses)		\$14.95
Sparkling fruit punch (25-30 glasses)		\$40.00
Water Service	10 – 20 pp	\$15.00
	20 – 30 pp	\$20.00
	30 – 40 pp	\$35.00



*Minimum order of 10 people
Priced per person unless otherwise noted*

THEME BREAK BOXES

Individually packed meals for your next meeting

Priced per person. 48 hours notice please



Fruit & Yogurt **\$8.95**
Yogurt parfaits with fresh fruit compote and
homemade granola
Fruit skewers

Smooth & Crunchy **\$8.95**
Strawberry & banana dairy free smoothie
Peanut butter energy balls
House made trail mix

Healthy in Afternoon **\$9.95**
Pita with hummus
Cruité with ranch dip
Cheese & Crackers

Sweet Tooth **\$9.95**
Blueberry coffee cake
Raspberry swirl cheesecake bite
Chocolate dipped strawberries

Charcuterie & Cheese **\$9.95**
Cured & smoked meats
Assorted cheese
Bruschetta



REFRESH



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Kettle chips (per bowl) **\$7.95**
With house made dip

Tortilla bowl (per bowl) **\$8.95**
Crisp tortillas with sour cream and pico de gallo

Cheese Please (tray serves 10 people) **\$70**
An assortment of international and domestic cheeses
Accompanied with crackers, baguette, fruit chutney

Charcuterie (tray serves 10 people) **\$90**
Selection of cured & smoked meats,
assorted cheese, olives & vegetables

Dips (tray serves 10 people) **\$60**
Served with crispy pita, crisps and baguette
featuring a selection of chef's favourite
global dips

From the Orchard (tray serves 10) **\$60**
Fresh sliced fruit & berry selections with
flavored yogurt dip

Sweet Tooth (tray serves 10) **\$60**
A selection of mini brownies, dessert squares and
small gourmet cookies

Cakes (White or Chocolate)

Quarter slab **\$32**
serves up to 20 guests

Half slab **\$60**
serves up to 40 guests

Full slab **\$105**
serves up to 75 guests

Cupcakes **\$2.50**
minimum one dozen
priced per cupcake

Specialty Cakes – Please contact us for varieties and pricing



BOXED LUNCHES

Individually packed meals for your next meeting

Priced per person. 48 hours notice please



Sandwich Lunch Box \$15.95

- Smoked turkey with cranberry mayo & Havarti cheese
- Grilled Tuscan chicken, basil pesto mayo & provolone cheese
- Roast beef with caramelized onions, horseradish mayo and cheddar cheese
- Black forest ham with Dijon mayo and Swiss cheese
- Tuna salad flavoured with dill
- Greek vegetables with hummus and crumbled feta
- Creamy avocado, tomato, spinach and Havarti cheese

Includes a fresh whole fruit, homemade kettle chips or side salad and a gourmet cookie

Salad Box \$12.95

- Traditional Caesar - herb croutons, smoked bacon and parmesan cheese with a garlic laced creamy dressing
- The Big Salad – lots of veggies on a bed of field greens with our Dijon and honey vinaigrette
- Greek Salad – crisp vegetables on a bed of romaine with feta cheese and a lemony oregano dressing
- Mediterranean Quinoa Salad – with chickpeas and crisp veggies in a citrus vinaigrette

Add grilled chicken to any salad for \$2.50 per person

Includes a fresh whole fruit, fresh baked roll and a gourmet cookie



menu

BOWLS



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Individually packed meals for your next meeting

Priced per person. 48 hours notice please

Buddha Bowl **\$14.95**

Quinoa, roasted vegetables and fried chickpeas with a tahini maple sauce

Asian Tofu Rice Bowl **\$14.95**

Tofu and crisp vegetables on a bed of basmati rice with a garlic and ginger flavoured sesame-soy sauce

BBQ Pork & Noodle Bowl **\$15.95**

Pho broth with BBQ pork, crisp vegetables and rice noodles

Chicken Curry Bowl **\$15.95**

Butter chicken curry over basmati rice

Includes a fresh whole fruit, pita chips and a gourmet cookie



THEME LUNCHES

Individually packed boxes for your next meeting

Priced per person. 48 hours notice please



Trattoria

\$17.95

Homemade Focaccia

Insalata Fresca

Biscotti

Choose from one of the following main courses

Rustic lasagna (traditional meat or vegetarian
or

Penne tossed with roasted chicken breast in
basil scented cream sauce

Mediterranean

\$17.95

Grilled pita with hummus

Tabouli ~ tomatoes, mint, parsley and lemon with
fluffed couscous

Orange honey cake

Choose one of the following main courses

Grilled pork souvlaki with tzatziki

or

Chicken shawarma with garlic fried

Chickpeas

Taste of India

\$17.95

Warm naan bread

Kachumber salad ~ Indian chopped salad

Basmati Rice

Mango Lassi

Choose one of the following main courses

Butter chicken ~ mildly spiced tomato butter
yogurt sauce

or

Chana Masala ~ chickpea curry



PIZZA

Our pizzas are served in 8 slices from a 16" pizza



Cheese	\$15.95
tomato sauce, mozza cheese	
Pepperoni	\$18.50
tomato sauce, pepperoni & mozza cheese	
Canadian	\$18.95
tomato sauce, pepperoni ,bacon, mushrooms and mozza cheese	
Vegetarian	\$18.50
tomato sauce, green peppers, onions, mushrooms, tomatoes & mozza cheese	
Hawaiian	\$18.50
tomato sauce, ham, pineapple & mozza cheese	
BBQ Chicken	\$18.95
bbq sauce, grilled chicken, red onions & mozza cheese	
Greek	\$18.95
tomato sauce, green peppers, red onions, olives, mozza & feta cheese	
Meat lovers	\$18.95
tomato sauce, pepperoni, bacon, sausage, ground beef & mozza cheese	
Works	\$18.95
tomato sauce, pepperoni, bacon, green pepper, onions, mushrooms & mozza cheese	
Tuscan Chicken	\$18.95
basil pesto, roasted red peppers, red onion, grilled chicken, feta & mozzarella	
Donair	\$18.95
locally sourced toppings based on seasonal availability	
Garlic Fingers	\$15.95
Gluten Free - Individual sized	\$12.95

OVERVIEW

We consider it an honour and privilege to serve both you and your guests. we take pride in making your event a complete success. The prices in this document are effective July 1, 2021 and are subject to change.

POLICIES

Event and order lead time

Please place your order at least two business days prior to your event. A late fee of \$25.00 may be applied to all orders that are placed under the two days.

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 local produce and products in season. Custom menus will be priced accordingly, depending on product availability and labor requirements.

Quality assurance policy

The safety of all of our guests 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 take home purposes.

Minimum orders

We are happy to accommodate all catering orders at the University of King's College, for orders under \$50.00 there will be a \$15.00 delivery charge.

Equipment

The client is responsible for any equipment, including dishes, glassware, cutlery, liner and service items for drop off orders and off-site functions. The replacement costs plus a 15% administrative fee will be added to the final invoice.



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POLICIES

Guaranteed numbers

Confirmation and guarantee of the number will be required three business days prior to your event. We will be prepared, in most cases, for 5% above the guaranteed number. You will be charged for the guaranteed number of guests or the actual, whichever is higher.

Taxes & gratuities

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.

Payment and deposits

Invoicing will be arranged prior to the event. Internal King's orders will require a PO # or previous arrangement. External customers must provide a 50% deposit at time of booking and final payment must be made on the day of the event.

Cancellations

For smaller orders may be cancelled without penalty within two business days notice. Cancellation of receptions and large special functions received with less than seven business days notice (prior to event date) may be subject to a fee of 100% of anticipated charges. Forced cancellations due to extreme winter weather conditions or university closures will be considered on an individual basis. Cancellation costs may range from 0% to 100% of the anticipated costs depending on specific event details and/or special orders and staffing arrangements.

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