

CATERING MENU



University of King's College 2017









The fresh fork seasonal catering, quality service.

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 platters, sweets, lunches, barbeques, receptions and dinners. we also have a variety of everyday and premium beverages, including bar service.

this menu encompasses our everyday offer. our culinary experts and manager are happy to work with you to customize a menu especially for your event. please contact us to arrange for menu items for guests who have dietary and allergy restrictions.

contact

celine beland food service director 902.422.1271 ext. 155 celine.beland@ukings.ca www.ukings.ca

mailing address

king's dining services university of king's college 6350 coburg rd, halifax, ns b3h 2a1



welcome

The fresh fork seasonal catering, Quality Service.



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WELLNESS OPTIONS

- look for green menu items for healthy and better for you selections
- - how do we define local? any local supplier or producer within Nova Scotia or the Atlantic provinces
 - we source local produce seasonally
- try something new and healthy with our exclusive vegan and gluten free menu (page 20)

contents

BEVERAGES

priced per guest

ç	fair trade just us! coffee & tea minimum order of 10	\$2.25
~	hot chocolate	\$1.95
V	annapolis valley apple cider (chilled or warmed)	\$1.95
	hot beverage bar (flavored coffee, hot chocolate & toppings)	\$2.50
	assorted can pop or juice	\$2.00
	badoit	\$2.75
	smoothie pitcher (5-6 glasses)	\$22.00
	juice spigot (25-30 glasses)	\$30.00
	juice pitcher (8-10 glasses)	\$12.00

juice choices include:

lemonade, fruit punch, sparkling fruit punch, iced tea, apple juice, orange juice, grape, peach or strawberry kiwi











menu

BREAKS & CAKES

	 break bundles annapolis valley fresh annapolis valley apples apple turnovers chilled apple juice or local apple cider, fresh brewed just coffee & tea 	\$6.50 us!
	 the sweet tooth oxford blueberry coffee cake with fondant drizzle assorted cookies & squares fresh brewed just us! coffee & tea 	\$5.50
_	 cheese please Selection of international & local cheese with crackers seasonal fresh fruit bottled sparkling water fresh brewed just us! coffee & tea substitution available 	\$10.00
	 breaks & snacks priced per guest muffin croissant danish homemade granola bars homemade oatcakes homemade breakfast cookie cinnamon rolls with cream cheese icing gourmet cookie assortment of squares two per guest individual yogurts granola yogurt parfaits with mixed berries whole fruit fresh fruit cocktail seasonal fruit tray or fruit kabobs with yogurt dip vegetable tray with curry or ranch dip hummus, pita & vegetable tray domestic cheese presentation local cheese presentation international cheese presentation 	\$1.80 \$1.80 \$2.00 \$1.50 \$2.00 \$1.50 \$1.00 \$1.50 \$1.80 \$3.00 \$1.40 \$3.00 \$3.50 \$3.25 \$4.00 \$4.00 \$5.50
	cakes quarter slab serves up to 20 guests	\$30.00
	half slab serves up to 40 guests	\$40.00
	full slab	\$60.00
	serves up to 75 guests cupcakes minimum one dozen priced per cupcake	\$2.50





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ATTENT

DISPLAYS & PLATTERS

priced per snack basket

homemade kettle chips & house made dip tortilla chips & salsa	\$8.00 \$7.00
sweet table presentation 3 pieces per guest, 10 guest minimum mini fruit & cream filled tarts mini brownies dessert squares cheese cake squares cookies flavored mousses	\$4.50
italian antipasto platter priced per guest, minimum 20 guests shaved prosciutto ham cured salami mortadella tomato slices, olives, fresh mozzarella & marinated v	\$9.00 egetables
shrimp tower with lemon & cocktail sauce 75 pieces, priced per platter	\$99.00
pei poutine bar priced per guest, minimum 20 guests assorted toppings, gravy & cheese	\$8.00
dips from around the world choice of 3 cold dips with baked pita chips & nacho priced per guest, minimum 10 guests hummus baba ganoush kalamata olive tapenade tzatziki guacamole red pepper feta dip bruschetta spinach & artichoke dip sushi platter priced per platter, 50 pieces per platter maki rolls	\$6.00 o chips
california rolls sushi rolls pickled ginger wasabi & soya seafood & vegetarian options	

SOUP

a minimum order of 10 portions is required add assorted breads & rolls to any soup \$1.25 per guest

traditional soup chicken noodle hearty vegetable minestrone tomato cream of broccoli vegetarian chili	\$4.00
premium soup portobello mushroom bisque butternut squash puree corn chowder roasted tomato & red pepper tomato & cheese tortellini italian wedding beef chili	\$4.50

chowders

new england or manhattan style clam chowder	\$6.25
💡 local seafood chowder	\$7.00







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<image>

SALADS

priced per guest

add one of our grilled protein options to any salad! grilled chicken breast, grilled salmon, or grilled shrimp	\$4.50
spinach, mushroom & mandarin salad	\$3.50
kale, goat cheese & strawberry salad	\$4.00
mykonos greek salad	\$4.00
classic caesar salad with bacon	\$3.75
classic garden salad	\$3.50
red bliss potato salad	\$2.50
pasta salad	\$2.50
traditional or oriental coleslaw	\$2.25
tabbouleh - minimum order of 10 portions	\$4.00
quinoa salad - minimum order of 10 portions	\$4.00





BREAKFAST BUNDLES

priced per guest

traditional continental assorted pastries butter & preserves fresh fruit tray • freshly brewed just us! coffee & tea add assorted yogurt & chilled juice for \$2.50 per person

the king's breakfast minimum 10 portions fresh scrambled eggs with chives, crisp bacon or sausage hash brown potatoes muffins fresh fruit cocktail freshly brewed just us! coffee, tea & chilled juices add pancakes or french toast for \$1.00 per guest

breakfast sandwiches minimum 10 portions toasted english muffin with egg & cheese choice of bacon or sausage round

\$3.50

\$5.50

\$11.50

Substitute local oulton farm smoked bacon or sausage for any breakfast at \$1.50 per person







SANDWICHES & WRAPS

traditional sandwiches & wraps

\$5.50

choose four types, priced per sandwich your choice of sandwiches or wraps, please indicate your choice sliced turkey ham & swiss roast beef egg salad chicken salad tuna salad hummus & veggies with lettuce and mayonnaise

premium sandwiches & wraps

\$7.50

choose four types, priced per sandwich your choice of sandwiches or wraps, please indicate your choice montreal smoked meat with dijon mustard, swiss & spring mix southwest chicken club with bacon, tomato & green leaf lettuce curried egg salad, fresh chives, & red leaf lettuce crab with avocado mayo, red onion & spring mix spicy black bean hummus, mixed cheese & baby spinach turkey breast with swiss, cranberry mayo & red leaf lettuce

create your own sandwich

\$9.00 priced per guest, minimum of 10 guests an assortment of whole wheat & white breads, wraps & kaisers sliced turkey ham roast beef egg salad chicken salad or tuna salad roasted vegetables mayo, mustard, pickles, shaved onions, sliced tomatoes, lettuce & cheese

make it a meal!

complete your meal by choosing from the following for only \$5.50 per guest:

- mixed greens salad or soup of the day minimum of 10 guests for soup option
- gourmet cookies
- coffee & tea

the fresh fork SEASONAL CATERING, QUALITY SERVICE.



BYO LUNCH BOX

byo (build your own) lunch box priced per guest

choose from:	
traditional sandwich or wrap box	\$10.25
premium sandwich or wrap box	\$11.50

included in your box: chips apple gourmet cookie cold beverage

traditional sandwiches & wraps

your choice of sandwiches or wraps, please indicate your choice sliced turkey ham & swiss roast beef egg salad chicken salad tuna salad hummus & veggies with lettuce and mayonnaise

premium sandwiches & wraps

your choice of sandwiches or wraps, please indicate your choice montreal smoked meat with dijon mustard, swiss & spring mix southwest chicken club with bacon, tomato & green leaf lettuce curried egg salad, fresh chives, & red leaf lettuce crab with avocado mayo, red onion & spring mix spicy black bean hummus, mixed cheese & baby spinach turkey breast with swiss, cranberry mayo & red leaf lettuce





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EXECUTIVE LUNCH

priced per guest

served with dinner roll, butter, gourmet cookies and your choice of sparkling or still water for orders with less than 10 portions lunches will be individually plated for orders of 10 portions or more the presentation will be at the discretion of the chef

thai enhanced tiger shrimp \$18.00 served with jasmine rice salad, fresh asparagus & mango slaw

executive chef salad

\$16.00

spring mix, bacon, sliced chicken breast, sliced hardboiled egg, red onion, cherry tomatoes, smoked gouda & ranch or balsamic dressing

• nova scotia lobster tail salad market price served with arugula, field cucumbers, sliced radish, green onion & creamy dill yogurt dressing

mediterranean tofu salad

\$14.00

with fresh green beans, chopped tofu, chick peas, cherry tomatoes, marinated artichokes, green olives, lemon & olive oil vinaigrette



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LUNCH BUNDLES

all lunch buffets require a minimum order of 10 portions lunch buffets are available as a dinner portion for an additional \$2 per guest

quiche wedge \$13.50 spinach, onion, bacon & swiss quiche, garden salad, rolls & butter, assorted squares & cookies, coffee & tea lasagna al forno \$15.00 classic meat lasagna, caesar salad, rolls & butter, assorted squares & cookies, coffee & tea (available as a vegetarian meal) zorba the greek \$15.75 souvlaki chicken kabobs with pita, tzatziki, greek salad & rice pilaf, assorted squares & cookies, coffee & tea flavors of india \$17.75 grilled pita, garden salad, butter chicken, steamed basmati rice, chickpea & vegetable curry, carrot cake, coffee & tea pasta bake \$15.75 choose one of the following entrées chicken alfredo penne smoked chicken & spinach penne egg plant pomodoro

includes caesar salad, rolls & butter, assorted cookies, coffee & tea

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PIZZA

our pizzas are served in 8 slices from a 16" pizza pie	
cheese pizza tomato sauce, mozza & cheddar cheese	\$15.00
pepperoni pizza tomato sauce, pepperoni & mozza cheese	\$16.00
vegetarian pizza tomato sauce, green peppers, onions, mushrooms, tomatoe mozza cheese	\$17.00 es &
hawaiian pizza tomato sauce, ham, pineapple & mozza cheese	\$18.00
bbq chicken pizza bbq sauce, grilled chicken, red onions & mozza cheese	\$18.00
greek pizza tomato sauce, green peppers, red onions, olives, mozza & f cheese	\$18.00 <mark>eta</mark>
meat lovers pizza tomato sauce, pepperoni, bacon, sausage, ground beef & mozza cheese	\$18.00
works pizza tomato sauce, pepperoni, bacon, green pepper, onions, mushrooms & mozza cheese	\$18.00
tuscan chicken pizza basil pesto, roasted red peppers, red onion, grilled chicken, & mozzarella	\$18.00 <mark>feta</mark>
bluenoser pizza locally sourced toppings based on seasonal availability	\$19.00
gluten free pizzas are available! your choice of toppings on a 9" pizza pie	\$10.00

do you have a special request? contact our catering manager!

PLATED DINNERS

served dinners include a dinner roll, coffee & tea priced per guest, minimum 20 guests your choice of a 3 course selection

your choice of a 3 course selection
saladskale, goat cheese & strawberry salad\$5.50caprese salad\$6.50classic caesar salad\$5.25spinach, mushroom & mandarin salad\$6.25market greens salad\$4.50
starters pan seared digby scallops, squash & raisin puree \$9.50 atlantic snow crab cake, chipotle aioli & corn relish grilled jumbo shrimp, with mango salsa \$9.50 soups
vegetarian minestrone soup\$5.50portobello mushroom bisque\$5.50oven roasted butternut squash\$5.50roasted red pepper bisque\$5.50nova scotia lobster bisque\$5.50new england style seafood chowder\$6.75
main entrées baked atlantic salmon \$17.00 with brown sugar & grainy mustard glaze, herb roasted potatoes, fresh seasonal vegetables
 oulton's bacon wrapped pork tenderloin bacon wrapped and stuffed with a spicy cornbread stuffing, acadian maple glaze, sour cream & chive twice baked potato, fresh seasonal vegetables
 atlantic beef tenderloin or ribeye with red wine demi glaze, chef's potato, herb roasted mushrooms & shallots, fresh seasonal vegetables
stuffed chicken breast \$17.00 chicken supreme stuffed with spinach, sundried tomato & feta or spicy italian sausage & goat cheese, duchess potato, fresh seasonal vegetables, pesto demi
herb crusted chicken \$16.25 pan seared chicken supreme with fresh thyme, rosemary, parsley & roasted garlic, white wine cream sauce, mushroom risotto, seasonal vegetables
quinoa stuffed pepper \$15.00 smoked paprika infused vegetables & fluffy quinoa stuffed in a bell pepper, fire roasted tomato puree, roasted potato & seasonal vegetables





PLATED DINNERS

	desserts rich chocolate fantasy cake with walnuts, whipped cream & chocolate shavings	\$5.50
Q	apple blossom with french vanilla ice cream & cinnamon crème anglaise	\$5.25
	lemon cream cheese mousse & fresh berries in an edible cup with fresh berries & whipped cream	\$5.50
	new york cheese cake choice of wild berry, or caramel pecan	\$5.50
	flourless chocolate torte with fresh berry compote & whipped cream	\$6.00
	chocolate mousse gateau with fresh mango essence, tropical fruit relish & whipped cr	\$5.50 eam













BYO DINNER BUFFET

byo (build your own) dinner buffet dinner buffet \$22.50 per guest

buffet includes

- fresh baked rolls & butter
- choice of two salads
- choice of one entrée
- chef's potato & steamed vegetable medley
- cakes, pies, cookies
- coffee, tea, ice water

favourite buffet additions

priced per guest	
additional salads	\$2.00
cheese tray	\$3.00
vegetable tray	\$2.00
pickle relish tray	\$1.00
additional entrée	priced per entrée (\$4.00-\$6.00)

our catering team is happy to accommodate your dietary needs and specific menu requests please contact our catering manager to discuss your options

buffet salad

your choice of two salads spinach & mandarin salad mykonos greek salad classic caesar salad garden salad quinoa salad red bliss potato salad pasta salad traditional coleslaw or oriental coleslaw

buffet entrée

your choice of one entrée wild honey & cilantro crusted chicken breast with red pepper coulis traditional turkey with sage & onion stuffing & pan gravy pan seared atlantic salmon in a caper & dill cream sauce baked lemon pepper haddock in a tarragon pesto cream sauce maple glazed ham with caramelized pineapple compote, add \$1.00 per guest herb roasted sirloin of beef with caramelized onions and au jus, add \$2.00 per guest slow cooked honey & roasted garlic pork loin with wild mushroom essence, add \$1.00 per guest





HORS D'OEUVRES

hot hors d'oeuvres

priced per dozen minimum of two dozen per selection	
petit crab cakes with chipotle aioli	\$22.00
bacon wrapped scallops with zesty cocktail sauce	\$22.00
seared chicken satays with thai peanut sauce	\$19.00
wild mushroom risotto balls with basil tomato sauce	\$17.50
grilled polenta medallion with goat cheese & fig jam	\$19.00
twice baked baby red potatoes	\$17.50
duxelle mushroom and aged cheddar stuffed mushrooms	\$17.50
grilled pork tenderloin with grilled peach salsa	\$20.00
caramelized onion, mushroom & gruyere tartlets	\$17.50
petit haddock or chicken pakoras with honey chili dip	\$20.00

cold hors d'oeuvres

priced per dozen	
minimum of two dozen per selection	
tuscan seasoned beef medallions with	
red onion marmalade	\$20.00
smoked salmon & lemon cream cheese pinwheel	\$19.00
whipped boursin cheese on crostini with	
fresh seasonal berries	\$19.00
prosciutto wrapped asparagus with	
chipotle aioli & lemon zest	\$19.00
fresh watermelon cubes with tangy feta & mint crumble	\$17.50
sweet chili prawn skewer with	
grilled pineapple and fresh basil	\$22.00
thai salad rolls, julienne thai vegetables wrapped in	
rice paper with thai basil dip	\$17.50

casual hors d'oeuvres

priced per dozen	
minimum of two dozen per selection	
chicken wings: honey garlic, sweet chili or hot sauce	\$19.00
mozza sticks with garlic sour cream	\$14.00
meatballs with tangy bbq sauce	\$14.00
mini thai spring rolls with plum sauce	\$14.00
breaded mushroom caps with pesto dipping sauce	\$14.00
mini quiche	\$17.50
fried italian sausage with honey mustard for dipping	\$15.50

additional members of the catering team may be required depending on your event needs resulting in additional charges please discuss with our catering manager





BYO BARBEQUE

byo (build your own) barbeque

these prices are based on drop off service only should you require extra linens or a bbq and chef please contact the catering department for additional pricing

protein choices

priced per portion hamburger jumbo hot dogs regular hot dogs italian sausage 4-oz boneless chicken breasts veggie burger condiments included: shredded lettuce, sliced tomato, red onions, dill pickles, mustard, relish & mayo add cheddar cheese slices	\$3.25 \$2.75 \$2.00 \$3.75 \$4.50 \$3.85 ketchup , \$0.75
salad choices priced per guest caesar salad garden salad potato salad pasta salad coleslaw	\$3.25 \$3.25 \$2.50 \$2.50 \$2.25
dessert choices priced per portion gourmet cookies chocolate brownies sliced watermelon frozen treats are available upon request and require 5 d notice	\$1.00 \$1.50 \$2.25 'ays'
cold drink choices priced per guest assorted can pop assorted can juice badoit juice spigot (25-30 glasses) juice pitcher (8-10 glasses) your choice of: lemonade, fruit punch, sparkling fruit pur tea, apple juice, orange juice, grape, peach or strawbe	

The fresh fork



VEGAN & MADE WITHOUT GLUTEN

pricing will be agreed upon through client consultation all selections will be accompanied by gluten free rolls and breads

appetizers

cauliflower pakoras with a mango-mint chutney grilled asparagus with eggplant "caviar" on plantain chips roasted purple yams with almond pesto on lotus root chips japanese eggplant and cremini mushroom skewers with tamari glaze

avocado-white bean salad with garlic crisps on yam chips

soups

roasted tomato and coconut bisque red lentil soup kale and potato caldo verde vegetable and rice "minestrone

salads

spinach and arugula salad with toasted walnuts in a roasted garlic and orange dressing

grilled eggplant, cauliflower and kabocha squash salad in mapletamari dressing

grilled vegetable antipasto salad with a fresh basil-balsamic dressing

chickpea and golden beet salad with a mango-poppy seed dressing

crisp romaine, citrus and radish with chive and roasted shallot dressing

quinoa and lentil salad with crispy capers in a lemon vinaigrette cauliflower salad w/toasted cashews in a curried mustard seed dressing

chopped salad of iceberg lettuce, black beans, sweet peppers, avocado and red onion in a roasted ancho pepper vinaigrette

mains

provençale chickpea and vegetable stew hokkaido tofu and vegetable stew with a shiitake mushroom broth pasta prima vera with gluten free pasta madras vegetable curry indonesian"nasi goreng" fried rice rice noodle pad thai with toasted peanuts roasted sweet peppers with a vegetable and wild rice filling

THE BAR

white wine

jost habitant blanc

\$26.00 a blend of nova scotian l'acadie blanc and new york muscat, it has mild but exotic fruit and floral aromas and a pleasantly off-dry taste

\$50.00

\$32.00

benjamin bridge tidal bay

tidal bay brilliantly reflects its birthplace: the terroir, coastal breezes and cooler climate of nova scotia. the wine displays a wide array of lemon, and lime aromatics

kim crawford sauvignon blanc

\$44.00 this new zealand dry white delivers crisp and light citrus & herb flavours

red wine

jost cabernet/foch

\$26.00 a blend of nova scotian marechal foch and cabernet sauvignon. the result is a red wine with cabernet's fruit flavours and the earthy character of marechal foch, the finish is mild and not too tannic

luckett phone box red

\$50.00 phone box red offers concentrated layers of raisin, prune and stewed black fruit from the masterful blend of partially dried lucie kuhlmann, marechal foch, castel and leon millot.

yellow tail shiraz

an australian red wine with ripe berry fruit, spice aromas and flavours

don david malbec \$42.00 this argentinian dry red delivers medium boldness of licorice, plum & tobacco

from the bar

local house wine by the glass	\$4.13
import special wine by the glass	\$5.00
domestic beer	\$4.13
l oz shots	\$4.13
import beer	\$5.00
coolers	\$5.00
soft drinks	\$1.74
bottled water	\$1.74





THE BAR

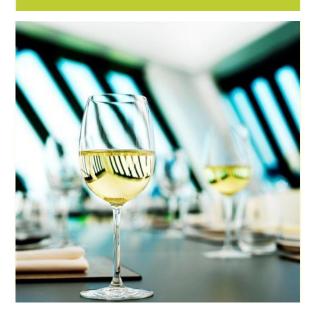
additional members of the catering team may be required depending on your event needs resulting in additional charges please discuss with the catering manager

should you require a wine that is not on our list we are happy to provide your selection purchase cost plus a \$12.00 corkage fee per bottle. please contact the catering manager for more details

premium beverages available upon request; prices may vary there is a minimum \$50.00 net sales on every bar per hour per bartender. if these minimums are not met the difference will be charged. please note that the above prices do not include applicable tax

the Wardroom has the right of first refusal for all cash bars











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, 2017 and are subject to change.

POLICIES

order lead time

please place your order at least three business days prior to your event. a \$25.00 late fee will be applied to all orders that are placed under the three 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 demands. we will also assist you with all of the various dietary needs of today.

quality assurance policy

your 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.

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. however, we always work in partnership with clients to minimize this.

linens

table linens are provided with all food display tables, such as a buffet station. guest table linen service is provided if conference breaks and meals are purchased. seating tables that require linens without meals and breaks purchased will be \$8.00 per table cloth. please note that additional linen charges may apply when reviewing your event. when booking with conference services, if additional tables (display or registration tables) are required with linens, an additional cost of \$8.00 per table cloth and \$20.00 per skirt will be added to your invoice.





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 financially responsible for your guaranteed number or the actual number of meals served, whichever is greater.

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

invoicing will be sent from kings dining services, the fresh fork catering the day after the event.

cancellations

for smaller orders (coffee breaks and cold lunches) 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 or staffing arrangements.

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. equipment replacement charges are based on our replacement cost. items taken to a new location that require pick up will be charged a \$15.00 pickup fee.

CONTACT

contact

celine beland food service director 902.422.1271 ext. 155 celine.beland@ukings.ca www.ukings.ca

mailing address

king's dining services university of king's college 6350 coburg rd, halifax, ns b3h 2a1