



CATERING MENU



University of King's College
2019



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 beverage.

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

Céline Béland
Food Service Director
902.422.1271 ext. 155
celine.beland@ukings.ca

mailing address

Chartwells
King's Dining Services
University of King's College
6350 coburg rd,
Halifax, N.S.
B3H 2A1





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

- this icon identifies local features
 - 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)

BEVERAGES

priced per guest



fair trade *just us!* Coffee(King's Blend) \$2.35
minimum order of 10

tea \$2.35

hot chocolate \$2.35

assorted can pop or juice \$2.40

hot beverage bar \$3.10
(flavored coffee, hot chocolate & toppings)

small sparkling water bottle \$3.25

juice pitcher (8-10 glasses) \$12.55

smoothie pitcher (5-6 glasses) \$23.15

spigot sparkling fruit punch (25-30 glasses) \$39.00

*juice choices include:
 lemonade, iced tea, apple juice, orange juice, or strawberry kiwi*



BREAKS & CAKES

break bundles

annapolis valley

\$6.85

- 📍 fresh annapolis valley apples
apple turnovers
- 📍 chilled apple juice
fresh brewed *just us!* coffee & tea

the sweet tooth

\$5.80

- 📍 blueberry coffee cake with fondant drizzle
assorted cookies & squares
- 📍 fresh brewed *just us!* coffee & tea



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breaks & snacks

priced per guest

muffin	\$1.90
croissant	\$1.90
danish	\$1.90
homemade granola bars	\$2.50
homemade oatcakes	\$2.10
cinnamon rolls with cream cheese icing	\$2.10
gourmet cookie	\$1.10
homemade small cookies <i>two per guest</i>	\$1.05
assortment of squares <i>two per guest</i>	\$1.60
individual yogurts	\$1.90
granola yogurt parfaits with mixed berries	\$3.15
whole fruit	\$1.50
fresh fruit cocktail	\$3.15
seasonal fruit tray	\$3.65
fruit kabobs with yogurt dip	\$3.85
vegetable tray with curry or ranch dip	\$3.40
hummus, pita & vegetable tray	\$4.15
domestic cheese presentation	\$4.15
international cheese presentation	\$5.75

cakes

quarter slab

\$30.50

serves up to 20 guests

half slab

\$41.00

serves up to 40 guests

full slab

\$61.00

serves up to 75 guests

cupcakes

\$2.50

minimum one dozen

priced per cupcake



DISPLAYS & PLATTERS



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priced per snack basket

homemade kettle chips & house made dip \$8.35
tortilla chips & salsa, sour cream \$7.50

sweet table presentation \$4.65
3 pieces per guest, 10 guest minimum
mini brownies
dessert squares
small gourmet cookies

dips from around the world \$6.45
choice of 3 cold dips with baked pita chips & nacho chips
priced per guest, minimum 10 guests
hummus
baba ganoush
kalamata olive tapenade
tzatziki
guacamole
red pepper feta dip
bruschetta
spinach & artichoke dip

sushi platter \$100.00
priced per platter, 50 pieces per platter
maki rolls
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 \$1.30 per guest*



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traditional soup

\$4.15

chicken noodle
hearty vegetable
minestrone
beef barley

premium soup

\$5.00

portobello mushroom bisque
butternut squash
corn chowder
italian wedding
beef chili
vegetarian chili
cream of tomato
cream of broccoli

chowders

new england style clam chowder
local seafood chowder

\$6.50
\$8.00

ask about our soup of the day!

menu

SALADS

priced per guest



add one of our grilled protein options to any salad! grilled chicken breast, grilled salmon, or grilled shrimp	\$4.90
spinach, mushroom & mandarin salad	\$4.15
kale, goat cheese & strawberry salad	\$4.50
mykonos greek salad	\$4.50
classic caesar salad with bacon	\$4.15
classic garden salad	\$3.65
red bliss potato salad	\$2.95
pasta salad	\$2.95
traditional coleslaw	\$2.75
tabbouleh - <i>minimum order of 10 portions</i>	\$4.35
quinoa salad - <i>minimum order of 10 portions</i>	\$4.75
upgrade any salad to an entrée portion	\$3.95



BREAKFAST BUNDLES

priced per guest

traditional continental \$5.95

assorted pastries (choice of muffins or sweet bread)

📍 fresh fruit tray
freshly brewed *just us!* coffee & tea

executive continental \$8.25

assorted breakfast pastries
butter & preserves

yogurt
fresh fruit tray
chilled juices
freshly brewed *just us!* coffee & tea

frittata bake \$13.30

minimum of 10 portions
egg frittata, cheese, onions, peppers and mushrooms
choice of bacon or sausage

fresh fruit cocktail
freshly brewed *just us!* coffee & tea

The King's breakfast \$11.75

minimum 10 portions

fresh scrambled eggs, 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 \$1.25 per guest

breakfast sandwiches \$3.50

minimum 10 portions

toasted english muffin with egg & cheese
choice of bacon or sausage round



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SANDWICHES & WRAPS



traditional sandwiches \$5.75

traditional wraps \$6.25

*choose four types, priced per sandwich
your choice of whole wheat, multigrain or white bread*

sliced turkey
ham & Swiss cheese
roast beef
egg salad
chicken salad
curry chicken salad
tuna salad
hummus & veggies
with lettuce and mayonnaise

premium sandwiches & wraps \$7.95

*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
grilled chicken with roasted vegetables
roast beef & caramelized onions and horseradish cream sauce
grilled vegetables & feta cheese
spicy black bean hummus, mixed cheese & baby spinach
turkey breast with swiss, cranberry mayo & lettuce

create your own sandwich \$9.75

*priced per guest, minimum of 10 guests
an assortment of whole wheat & white breads, wraps*

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 \$5.75 per guest:*

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



BYO LUNCH BOX

byo (build your own) lunch box
priced per guest



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choose from:

traditional sandwich box

\$10.50

included in your box:

chips

apple

gourmet cookie

cold beverage

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 sandwich or wrap or cabiatta box

\$11.95

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



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*



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Chinese chicken salad \$16.75
rice ,dry raisin, red pepper served on a bed of fresh baby spinach with homemade garlic and soya vinaigrette and roasted cashew on the side

Thai enhanced tiger shrimp \$18.95
served with jasmine rice salad, fresh asparagus & mango slaw

executive chef salad \$16.75
spring mix, bacon, sliced chicken breast, sliced hardboiled egg, red onion, cherry tomatoes, smoked gouda & ranch or balsamic dressing

mediterranean tofu salad \$14.75
with fresh green beans, chopped tofu, chick peas, cherry tomatoes, marinated artichokes, green olives, lemon & olive oil vinaigrette

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

LUNCH BUNDLES

buffets require a minimum order of 10 portions

quiche wedge (minimum 8 portions) \$15.70
quiche Loraine or vegetarian, garden salad, rolls & butter, assorted squares & cookies, coffee & tea

lasagna al forno (minimum 12 portions) \$15.70

classic meat lasagna, caesar salad, rolls & butter, assorted squares & cookies, coffee & tea
vegetarian lasagna (available as a vegetarian meal)

zorba the greek \$16.50

souvlaki chicken kabobs with pita, tzatziki, greek salad & rice pilaf, assorted squares & cookies, coffee & tea
marinated tofu and vegetables kabobs (available as a vegetarian meal)

pasta bake \$16.95

choose one of the following entrées
chicken alfredo penne
smoked chicken & spinach penne
egg plant Pomodoro

flavors of India \$17.95

grilled pita, garden salad, butter chicken, steamed basmati rice, carrot cake, coffee & tea
chickpea & vegetable curry (available as a vegetarian meal)

Chicken Fajita \$17.95

baby green Salad
flour Tortillas
spiced chicken breast silvers
sautéed onions & peppers
salsa, sour cream, guacamole
Mexican Rice Pilaf
steamed corn
spiced tofu and beans (available as a vegetarian meal)

includes Caesar salad or mixed green 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 \$15.50
tomato sauce, mozza cheese

pepperoni pizza \$16.50
tomato sauce, pepperoni & mozza cheese

Canadian pizza \$17.50
tomato sauce, pepperoni ,bacon, mushrooms
mozza cheese

vegetarian pizza \$17.50
tomato sauce, green peppers, onions, mushrooms, tomatoes &
mozza cheese

hawaiian pizza \$18.50
tomato sauce, ham, pineapple & mozza cheese

bbq chicken pizza \$18.50
bbq sauce, grilled chicken, red onions & mozza cheese

greek pizza \$18.50
tomato sauce, green peppers, red onions, olives, mozza & feta
cheese

meat lovers pizza \$18.50
tomato sauce, pepperoni, bacon, sausage, ground beef &
mozza cheese

works pizza \$18.50
tomato sauce, pepperoni, bacon, green pepper, onions,
mushrooms & mozza cheese

tuscan chicken pizza \$18.50
basil pesto, roasted red peppers, red onion, grilled chicken, feta
& mozzarella

bluenoser pizza \$22.00
locally sourced toppings based on seasonal availability

garlic fingers with donair sauce \$15.50

gluten free pizzas are available! \$10.30
your choice of toppings on a 9" pizza pie

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



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PLATED DINNERS

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

salads

kale, goat cheese & strawberry salad	\$5.75
caprese salad	\$6.95
classic caesar salad	\$5.50
spinach, mushroom & mandarin salad	\$6.50
market greens salad	\$4.75

starters

pan seared digby scallops, squash & raisin puree	\$9.95
atlantic snow crab cake, chipotle aioli & corn relish	\$9.95
grilled jumbo shrimp, with mango salsa	\$9.95
soups	
vegetarian minestrone soup	\$5.75
portobello mushroom bisque	\$5.75
oven roasted butternut squash	\$5.75
roasted red pepper bisque	\$5.75
nova scotia lobster bisque	market price
seafood chowder	\$7.25

main entrées

baked atlantic salmon	\$17.75
with brown sugar & grainy mustard glaze, herb roasted potatoes, fresh seasonal vegetables	

Roasted pork tenderloin	\$17.95
bacon wrapped and stuffed with a spicy combread stuffing, acadian maple glaze, sour cream & chive twice baked potato, fresh seasonal vegetables	

salmon wellington	\$17.95
seasoned salmon placed on a bed of cheesy sauté spinach and wrapped into puff pastry dough, white wine sauce, chef's potato, fresh seasonal vegetables	

stuffed chicken breast	\$17.30
chicken supreme stuffed with spinach, sundried tomato & feta or Swiss cheese and mushrooms, duchess potato, fresh seasonal vegetables, white wine and herb sauce	

herb crusted chicken	\$17.00
pan seared chicken supreme with fresh thyme, rosemary, parsley & roasted garlic, tomato butter sauce, mushroom rice, seasonal vegetables	

quinoa stuffed pepper	\$15.70
smoked paprika infused vegetables & fluffy quinoa stuffed in a bell pepper, fire roasted tomato puree, roasted potato & seasonal vegetables	



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PLATED DINNERS

Desserts

- rich chocolate fantasy cake** \$5.60
with walnuts, whipped cream & chocolate shavings
 - apple blossom** \$5.30
with french vanilla ice cream & cinnamon crème anglaise
 - lemon cream cheese mousse & fresh berries** \$5.60
in an edible cup with fresh berries & whipped cream
 - new york cheese cake** \$5.60
choice of wild berry, or caramel pecan
 - flourless chocolate torte** \$6.10
with fresh berry compote & whipped cream
 - chocolate mousse gateau** \$5.55
with fresh mango essence, tropical fruit relish & whipped cream
 - cream puff with dark chocolate mousse** \$4.25
and raspberry coulis
 - homemade carrot cake** \$4.25
with delicious cream cheese icing
- ask your manager for more options...

HORS D'OEUVRES

hot hors d'oeuvres

*priced per dozen
minimum of two dozen per selection*

petit crab cakes with chipotle aioli	\$22.65
bacon wrapped scallops with zesty cocktail sauce	\$22.65
seared chicken satays with thai peanut sauce	\$19.60
wild mushroom risotto balls with basil tomato sauce	\$17.95
grilled polenta medallion with goat cheese & fig jam	\$19.60
twice baked baby red potatoes	\$17.95
duxelle mushroom and aged cheddar stuffed mushrooms	\$17.95
grilled pork tenderloin with grilled peach salsa	\$20.60
caramelized onion & tartlets	\$17.95
petit haddock or chicken pakoras with honey chili dip	\$20.60
Spanakopita bundles	\$17.95

cold hors d'oeuvres

*priced per dozen
minimum of two dozen per selection*

tuscan seasoned beef medallions with red onion marmalade	\$22.65
smoked salmon & cream cheese ,capers, red onions on bagel	\$19.60
whipped boursin cheese on crostini with fresh seasonal berries	\$19.60
prosciutto wrapped asparagus with chipotle aioli & lemon zest	\$19.60
fresh watermelon cubes with tangy feta & mint crumble	\$17.95
sweet chili prawn skewer with grilled pineapple and fresh basil	\$22.65
thai salad rolls, julienne thai vegetables wrapped in rice paper with thai basil dip	\$17.95

casual hors d'oeuvres

*priced per dozen
minimum of two dozen per selection*

chicken wings: honey garlic, sweet chili or hot sauce	\$19.60
mozza sticks with garlic sour cream	\$14.60
meatballs with tangy bbq sauce	\$14.60
mini thai spring rolls with plum sauce	\$14.60
breaded mushroom caps with pesto dipping sauce	\$14.60
mini quiche	\$17.95
fried italian sausage with honey mustard for dipping	\$15.95

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



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protein choices

priced per portion

hamburger	\$3.99
jumbo hot dogs	\$3.50
regular hot dogs	\$2.50
italian sausage	\$4.35
4-oz boneless chicken breasts	\$5.25
homemade veggie burger	\$4.35

condiments included:

shredded lettuce, sliced tomato, red onions, dill pickles, ketchup,
mustard, relish & mayo
add cheddar cheese slices

\$1.00

salad choices

priced per guest

caesar salad	\$4.15
garden salad	\$3.65
potato salad	\$2.95
pasta salad	\$2.95
coleslaw	\$2.75

dessert choices

priced per portion

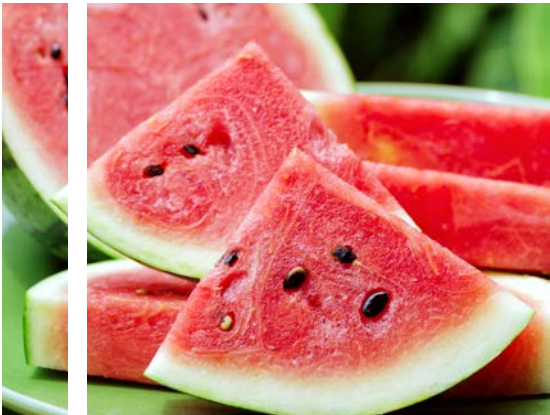
gourmet cookies	\$1.10
chocolate brownies	\$1.60
sliced watermelon	\$2.75

frozen treats are available upon request and require 5 days'
notice

cold drink choices

priced per guest

assorted can pop	\$2.40
juice pitcher (8-10 glasses)	\$12.55
your choice of: lemonade, fruit punch, iced tea, apple juice, orange juice or strawberry kiwi	



VEGAN & MADE WITHOUT GLUTEN

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



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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 maple-tamari 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



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should you require a bar service please contact :

KSU Bar Manager :Jennifer Nowoselski

<tel:902-422-1271> ext 292

email: hc@ksu.ca



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. Full setting for sitting tables is \$8.50 per table, Seating tables that require linens without meals and breaks purchased will be \$8.50 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 \$8.50 per table cloth.



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 same week 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 or dishes 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
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www.ukings.ca

mailing address

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