

 the FRESH FORK

ORDER

custom catering

AND BRING THE

*freshhest
flavors*

to your next event





breakfast

build your own yogurt bar 9.05pp
greek yogurt with seasonal fruit, granola, dried cranberries and mixed nuts

belgian waffles breakfast buffet 9.05pp
Two Belgium waffles with whipped cream, maple syrup and berries.

corporate continental breakfast 8.95pp
Freshly baked assorted pastries served with orange juice, tea, coffee, individual fruit yogurt.
(2 pieces / person)

breakfast sandwich buffet 12pp
breakfast sandwich tray served with hash browns, seasonal fruit salad, freshly brewed coffee, tea or flavoured tea.

the sun riser buffet 12.95pp
scrambled eggs, crispy bacon, sausage, hash brown, beans in tomato sauce, freshly baked croissants, coffee, tea and orange juice

a la carte

breakfast breads & loaves 2.50ea
served with whipped butter and assortment of jams

coffee cake slices 2.69ea
Including carrot, banana and blueberry

bagels 3.10ea
served with cream cheese and butter

seasonal fruit salad (5 oz) 3.65ea
fresh cantaloupe, honeydew, grapes and other seasonal fruits

breakfast wraps 4.25ea
egg and cheese, sausage, guacamole peppers, egg and chipotle aioli

classic breakfast sandwiches
ham, egg & cheese croissant 5.25ea
sausage, egg & cheese english muffin
egg and cheese english muffin

better for you sandwich 5.25ea
egg white ham and swiss
egg white, tomato and cheddar





deli

choice of salad: pesto pasta, red potato salad, caesar or garden salad

gourmet sandwiches 14.50pp

selection of 3 sandwiches, choice of side salad, cookies and cold beverage

italian & provolone
turkey & avocado
tuna & swiss
black forest ham & cheddar
heirloom tomato, basil & buffalo mozzarella

artisan sandwiches 16.25pp

selection of 3 artisan sandwiches, choice of side salad, cookies and cold beverage

italian turkey club hoagie
bistro beef with charred veg
montreal smoked meat & sauerkraut
smoked salmon, capers & cream cheese
smoked turkey & swiss, chipotle aioli
chicken, provolone & artichoke
roasted vegetables with hummus

wraps assortment 14.50pp

selection of 3 wraps, choice of side salad, cookies and cold beverage

garden ranch chicken
grilled vegetable & hummus
turkey provolone basil
roasted veggie, cucumber feta & hummus

deli packages

executive boxed lunch 15.50pp

assortment of artisan sandwiches or wraps, side salad, whole fruit, cookie and a bottle of water to go

VIP package 18.95pp

assortment of artisan sandwiches or wraps, selection of salad from page 4, fruit platter, chips, cookies and cold beverage

create

build your own deli 17.50pp

variety of deli meats and cheeses, roasted vegetables, lettuce, tomato, condiments, artisan breads.
served with choice of side salad, cookies and cold beverage

custom
selections
available!



salad

rustic potato salad 3.50pp
grainy Dijon mustard, fresh parsley

greens salad 3.50pp
tomatoes, cucumber, radish and shredded carrots, sundried tomato dressing

caesar salad 4.50pp
shaved asiago cheese, garlic croutons, crumbled bacon, creamy garlic dressing

fusilli salad 4.50pp
sun dried tomatoes, sweet bell peppers, charred rapini pinenuts and sun-dried tomato vinaigrette

greek salad 4.50pp
Iceberg and romaine lettuce topped with Cucumbers, tomatoes, black olives, feta cheese in a zesty Greek dressing

mix grain salad 5.05pp
in harvest ancient and new grains, organic quinoa, couscous, barley, split peas, chives, citrus vinaigrette

sweet potato, bean & couscous 8.25pp
fire roasted sweet potato, edamame, spiced black beans, tossed with our chef signature dressing

kale salad 9.95pp
roasted apples, blueberries, artichoke hearts, walnuts, dried cranberries and crumbled goat cheese, honey Dijon dressing

tuscan bread salad 9.95pp
artisan crostini, radicchio, baby rocket, walnuts, basil and shaved provolone with herb vinaigrette

create

create your own salad 15.95pp
sliced chicken, hard boiled egg, grilled vegetables, avocado, grape tomato, stilton cheese, petite greens & crisp romaine lettuce

add protein to any salad

angus beef striploin	+8
atlantic salmon	+8
chicken or tofu	+5
albacore tuna	+3
add hummus & bread	+3



the fresh fork



chef crafted

bbq bonanza

seasonal green salad, oven roasted potato,
steamed seasonal vegetable medley, choice of:

angus beef striploin	21.50pp
salmon	20.50pp
chicken / tofu	19.25pp

add fruit kebab 2.50pp

greek souvlaki

grilled chicken souvlaki with tzatziki sauce, lemon rice
and pitas, grilled peppers and zucchini.

20.05pp

add baklava 3.25pp

roast chicken supreme

oven-roast chicken, smoked paprika roast
potatoes, seasonal vegetables

21.95pp

add freshly baked dinner roll 1.50pp

market hall signature

oven roasted Dijon chicken supreme or seared
atlantic salmon, yukon gold mashed
potato, maple glazed carrots

20.05pp

add mini cheesecake 2.50pp

taco cantina 16.25pp

pollo asado, soft tortillas, pico de gallo,
salsa roja, black beans, spanish rice, tortilla
chips, shredded lettuce, cheddar cheese

add pork al pastor +3

add guacamole +3

add cilantro lime slaw +3

bowls

mykonos bowl 16.25pp

greek spiced chicken, lemon oregano rice or
roast mini potato, seasonal vegetables, greek
salad, pita & tzatziki,

chipotle chicken bowl 16.25pp

spiced rice, black beans, corn, monterey jack
cheese, guacamole, lettuce, salsa, sour
cream, chipotle chicken breast, citrus braised
pork

baked potato bowl 14.50pp

seasoned russet potatoes, steamed broccoli,
cheese sauce, turkey & vegetarian chili,
shredded cheddar cheese, green onions,
salsa, sour cream, bacon & garden salad

custom
selections
available!



the FRESH FORK



snacks & desserts

mini dessert break

assorted petite fours and mini pastries

small (serves 10-15) 50

medium (serves 15-20) 57

large (serves 20-25) 63

dessert dip platter

a selection of fruit wedges, rice krispy sticks & caramel, chocolate and yogurt dips

small (serves 10-15) 45

medium (serves 15-20) 70

large (serves 20-25) 90

sweet & salty

a selection of sweet & salty treats including assorted chips, chocolate bars, nuts and granola bars

small (serves 10-15) 48

medium (serves 15-20) 60

large (serves 20-25) 120

canadian cheese

old cheddar, havarti, marble, swiss & brie with an assortment of nuts & dried fruits served with assorted crackers

small (serves 10-15) 55

medium (serves 15-20) 70

large (serves 20-25) 85

international cheese

triple cream brie, blue cheese, boursin, swiss, goat, oka & havarti with an assortment of nuts, dried fruits and seasonal fresh berries, served with flat bread and crackers

small (serves 10-15) 70

medium (serves 15-20) 100

large (serves 20-25) 130

themed breaks

wellness break

vegetable crudité, low fat ranch dip

small (serves 10-15) 36

medium (serves 15-20) 44

large (serves 20-25) 51

middle eastern dip platter

baba ghanoush, hummus, roasted red pepper dip served with vegetables, kalamata olives & mini pita

small (serves 10-15) 40

medium (serves 15-20) 60

large (serves 20-25) 75

smoked salmon platter

sliced norwegian smoked salmon, sliced cucumber, red onion, capers, lemons & fresh dill served with dark rye bread

small (serves 10-15) 65

medium (serves 15-20) 85

large (serves 20-25) 100

mix & match platter

variety of our cookies, flatbread & pretzels

small (serves 10-15) 20

medium (serves 15-20) 30

large (serves 20-25) 45



the fresh fork



beverage

freshly brewed tim hortons coffee serves 1.98	20.49ea
Freshly brewed starbucks coffee Serves 10	21.49ea
assorted caffeinated and herbal tea	1.75ea
hot chocolate	1.75ea
bottled natural spring water 500ml	2.25ea
chilled juice apple, orange or cranberry	2.25ea
assorted canned pop	1.75ea
perrier water	2.99ea
energy assortment red bull, monster and rockstar energy drinks	3.50ea
aqua fresca serves 20	10.29ea
Iced water with lemon serves 20	



celebration

48 hours notice on all orders

premium cakes

6" servers 8 people	30
9" & 10" serves 12-16 people	55

chocolate mousse (6" & 9")
chocolate raspberry truffle (6 & 9")
lemon parfait (6" & 9")
tiramisu (9")
triple chocolate mouse (6" & 9")
turtle fudge (6" & 9")
white chocolate mouse (6" & 9")
blueberry lemon cheesecake (10")
caramel pecan fudge cheesecake (10")
black and white layer cake (6" & 9")
carrot cake (6" & 9")
lemon coconut layer cake (6" & 9")
pink velvet (6" & 9")
vanilla layer cake (6" & 9")

slabs

1/4 slab serves 25-30 people	90
1/2 slab serves 50-55 people	150
Full slab serves 100-120 people	225

classic chocolate, classic lemon, mocha,
classic strawberry

cupcakes(3")

36

*minimum order of 12
chocolate fudge, devil's mint, double
vanilla, pink velvet, devil's raspberry,
strawberry shortcake

*vendor delivery charge additional

custom
selections
available!



policies

custom
selections
available!

Ordering lead time

Orders must be placed and confirmed at least 24-48 hours in advance, however, we will try our best to accommodate last minute requests. Please speak with catering manager to determine what can be offered for last minute requests. For events over 100 guests we require at least 5 working days' notice so we can best accommodate your event requests.

Cancellations

We realize that emergency cancellations do occur and will do our best to avoid any cancellation charges. However, if specialty items have already arrived onsite for your event you will be billed accordingly.

Billing

All orders are billed directly to department's cost center. We reserve the right to adjust menu prices, however, listed menu prices are honored for all events within 30 days. Menus are priced before tax.

Timing

All food deliveries are done between 8am and 3pm. All pickups are done until 3:00pm. Other setup and pickup times may be arranged upon request and might have an additional charge. No food can be left for the next day pick up due to health & safety reasons and building environment.

As a general guideline, setup for each catering order will start as early as 30 minutes prior to the order time. We strive to have it completely set up 5-7 minutes prior to the order time. Pickup for each event will be 15-30 minutes after each order end time.

Health & Safety

The health and safety of our guests is a top priority. Our catering services team is comprised of staff certified in: first aid, basic and advanced food safety. We follow all company and provincial health & safety, and food & beverage regulations. For food safety reasons, any remaining food will be removed after 2 hour of service.

We are not responsible for left over food items taken by guests for use after event. Bacteria can grow in food that is not kept properly chilled or heated, and we discourage customers from taking food home from events.

Dietary + Custom Items

We can accommodate most dietary restrictions and requirements.

Our kitchen is an open plan facility and allergens such as nuts and gluten are present, so there is always the possibility of cross contamination even when taking every possible precaution. We will not assume any liability for adverse reactions to foods consumed, or items an individual may come in contact with, at any catered event.

Additional Pricing

No equipment such as coffee pots, bowls, platters, cutlery, plates, tongs and baskets should be removed from the event or meeting set up. A charge of \$50 will be applied to the bill for each missing item.

We can provide missing serving utensils, plates and cutlery for the outside catering or personal events at the additional charge: a set of 1 plate, 1 fork, 1 knife, 1 napkin is \$2.00pp



the fresh fork

custom
selections
available!

contact

Contact Name | XXXXXX
Phone Number | XXXXXXX
Abc.cde@compass-canada.com