

## CATERING MENU

E. [Info@thecaterer.ca](mailto:Info@thecaterer.ca)  
P. 778.723.0121  
W. [thecaterer.ca](http://thecaterer.ca)

Vv = Vegetarian/Vegan  
V = Vegetarian



**\*All Catering Orders Must Be Placed Min. 24hrs in Advance**

## BREAKFAST MENU

### **T-BIRD PASTRIES / 3** (minimum order of 10 per item)

T-Bird café banana & chocolate loaf  
All butter French croissant  
Almond croissant  
Granola & dried fruit bar  
Lake City peanut trail bar (N)  
Crumble banana muffin  
Carrot, coconut & raisin muffins

### **BURNOLA PARFAITS / 4.5** | 6oz portions (minimum order of 5 per parfait)

Apple crisp, yogurt, maple roasted apples  
Roasted berries & honey, yogurt  
Banana dulce de leche, yogurt  
Bircher muesli, fresh apple, yogurt & honey

### **FRUIT / 4** (minimum order of 10)

Sliced melons, pineapple & seasonal fruit platter **Vv**  
Individual fruit skewers, kaffir lime syrup **Vv**

### **BISCUITS / 3.5** (minimum 10 per item)

Glazed buttermilk biscuits, whipped cream & jam selection **V**  
Cranberry, vanilla & white chocolate scone, sugar glaze **V**  
3 cheese, caramelised onion & bacon cornbread, chipotle sour cream

### **GLUTEN FREE VEGETARIAN / 6.5** (minimum order 5 per item)

Yukon gold & spinach omelette burrito, fire roasted salsa, aged cheddar **V**  
Breakfast nachos, gluten free chips, roasted squash, burnt eggplant & pomegranate molasses dip **Vv**  
Cheddar & green onion cornbread sandwich, roasted vegetables & spinach **V**  
Egg white & yam frittata, goat milk feta cheese & arugula **V**

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### **BREAKFAST SANDWICHES** (minimum order 5 per item)

T-Bird café bacon sandwich, arugula, cheddar & tomato on multigrain / 6.5  
Bacon, ham & cheddar scrambled egg burrito with salsa / 7.5

Smoked salmon smorgasbord, capers, fresh herb cream cheese & lemon / 8  
T-Bird biscuit, aged cheddar, ham, bacon or mushroom / 6  
Spiced potato, scrambled egg & chorizo wrap, black beans & cheddar / 7.5  
B.L.T all-butter Croissant with cheddar & arugula / 5

### **THE ULSTER FRY** (minimum order 15 per package)

Scrambled egg, bacon, sausage, tomato, baked beans, potatoes, Irish soda bread, tea & coffee / 19.5

### **Corporate Packages** (minimum order 15 per package)

**The Early Riser** / T-Bird basket, selection of sliced fruits, freshly brewed coffee / 10

**The Mid-Morning** / Granola & Lake City bars, miniature B.L.T croissants, freshly brewed coffee / 12

**The Healthy Start** / Mini Burnola parfaits with roasted berries, fruit skewers, bottled juices / 13.5

### **BEVERAGES** (by the pot: serves 8, includes disposables, condiments)

#### **Hot**

Freshly brewed dark or medium coffee / 24

Assorted selection of teas / 19

#### **Cold**

Assorted fruit juices, still or sparkling water / 2.5

Smoothie of the week, ask for current 12oz / 6

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## LUNCH MENU

### **SANDWICHES & WRAPS** (minimum order of 10)

#### **Chopped Egg Salad V / 8**

Local eggs, green onion tops, celery, sour cream ranch, watercress, multigrain

#### **Italian Butcher / 11**

Shaved salami & hot capicola, sun-dried tomato mayo, tomatoes, spinach, radicchio & havarti

#### **Southern Chicken / 10**

House spiced chicken breast, black bean hummus, chipotle mayo, cheddar, cheese bread

#### **C.C.B / 11**

Hand carved chicken breast, cranberry aioli, brie, green leaf & tomatoes, cranberry sourdough

#### **Butter Chicken Wrap /11**

Chopped chicken & brown rice salad, mildly spiced curry sauce, shaved iceberg, cucumber

#### **House Cured Salmon Smorrebrod / 11**

Sliced local salmon gravlax, gribiche salad, lemon & dill sauce, baby greens

#### **Margarita / 9**

Vine ripened tomatoes, tomato balsamic chutney, mozzarella & fresh basil, sun-dried tomato sourdough

#### **Vietnamese Pork Bhai Mi / 10**

Shaved spiced pork loin, pickled daikon, carrots & cucumber, cilantro chili mayo, French baguette

#### **Prosciutto Crudo / 11**

Shaved Italian cured ham, fresh tomatoes, black olive tapenade, Fior de latte, arugula, skinny baguette

#### **Tuna Salade Nicoise Wrap /11**

Seared albacore tuna, French beans, chopped egg, Dijon & potato salad, baby romaine lettuce

#### **Chicavo Rolls/ 10**

Hand carved chicken breast, avocado, arugula, mayo, tomato, miniature brioche rolls (2's)

#### **Quinoa Falafel Wrap Vv / 10**

Spicy tahini quinoa cake, roasted peppers, romaine, feta cheese, fresh oregano & lemon yogurt

### **Corporate Packages**

**9.5 / Choose 3** (Minimum order of 15)

**8.75 / Choose 4 flavors** (Minimum order of 25)

**7.50 / Choose 5 flavors** (Minimum order of 40)

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### **SALAD BOWLS** *(minimum order of 10)*

#### **Seaweed Rice Vv / 5**

Chopped seaweed brown rice bowl, pickled shitake, cucumber, toasted sesame oil

#### **Gomae Vv / 4.5**

Chopped spinach, daikon, cucumber, miso tahini sauce, toasted sesame seeds

#### **Baby Mixed Greens Vv / 4.5**

Red & green romaine, red oak & tango lettuce, red radish, cucumber & toasted pumpkin seeds, T-bird vinaigrette

#### **Thai Noodle Vv / 5.5**

Vermicelli rice noodles, cucumber, spouts, peashoots, lime & chili palm sugar dressing

#### **Beets, Goats & Greens V / 5**

Balsamic beets, arugula, toasted pecans, goat's cheese

#### **Tex Mex Chop V / 5**

Romaine, corn, black beans, hot peppers, oven tortilla chips, yogurt lime mayo

#### **Roots & Kale Vv / 5**

Roasted carrots, rutabaga, onions & celery, raw kale, cayenne toasted seeds, apple cider maple dressing

#### **Ultra-Greens Vv / 5**

Broccoli, spinach, rapini, zucchini & pea shoots, white bean roasted garlic aioli

#### **Cesar B.L.T Wedge / 4.5**

Crisp iceberg, bacon & oven dried tomatoes, roasted garlic & parmesan ranch dressing

#### **Fattoush Salad Vv / 5**

Arabic crispy pita salad, romaine, tomato, cucumber, red onion, lemon, garlic & sumac dressing

#### **Tri-Color Pasta Vv / 5**

Orzo pasta, basil pesto, baby tomatoes, roasted red peppers & arugula

### **Corporate Packages** *(minimum order of 15 per package)*

**Lake City Lunch** / 3 Assorted Sandwiches, a Salad Bowl, 1 T-Bird Cookie, 1 Beverage / 19

**Tri-Cities Lunch** / 1 Protein, a Salad Bowl, 1 Muesli Bar, 1 Beverage / 20

**50/50 Lunch** / 2 Proteins, 2 Salad Bowls, 1 House Baked Tortilla Chips & Dip / 23

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### VEGAN VEGETARIAN

#### Large Leaf Lettuce Wraps **Vv** / 10

Green lettuce, seaweed wrapped tofu, chopped radish, caramel sesame crunch, kimchi dressing

#### Chopped Miso Brassica Salad **Vv** / 10

Raw broccoli, cauliflower, sprouts & kale salad, toasted sunflower seed, miso dressing

#### Crunchy Asian Vegetable Salad **Vv** / 9

Choi sum, bean shoots, Chinese cabbage, carrots & cucumber, ginger tamarind dressing

### ENTRÉE SALADS (minimum order of 10)

#### Summer Chopped Veggies **Vv** / 10

Green beans, cucumber, romaine, garbanzo, peppers, tomatoes & green onions, T-bird Cobb dressing

#### Louisiana Gumbo / 13

Gumbo poached shrimps, boiled potatoes, iceberg, roasted celery & peppers, Cajun tomato dressing

#### Firecracker Spinach **Vv** / 10

Baby spinach, raw beets, kimchi daikon, shredded carrots, cucumber, orange & sesame Nam Jim

#### California Quinoa **Vv** / 12

Toasted quinoa, baby red romaine, cucumber, toasted almond croutons, avocado salad cream

#### B.E.L.T Caesar Wedge / 10

Crisp iceberg, boiled egg, bacon & oven dried tomatoes, roasted garlic & parmesan ranch dressing

#### Thai Beef Noodle Salad / 13

Seared soy beef, vermicelli noodles, cucumber, sprouts, pea-shoots, lime & chili palm sugar dressing

#### Ultra-Greens Salad **Vv** / 10

Broccoli, spinach, rapini, zucchini & pea shoots, white bean garlic aioli

**All salads are served individually in a bio-degradable box. Cutlery & napkins are included.**

### Add Protein

Chicken breast / 5

Lemon & herb steamed salmon / 5

Quinoa / 1

Boiled eggs / 1

Avocado / 1.50

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### PLATTER MENU (minimum order of 10)

#### **Meat & Cheese Board / 6.5**

Selection of local meats & cheese, fresh chutneys, mustards & pickles, crackers & toasted sourdough bread

#### **West Coast Salmon Platter / 6**

House cured wild salmon with cream cheese and country breads

#### **Italian Antipasto Platter / 6.5**

Seared albacore tuna, prosciutto, salami, tomato & artichokes salad, balsamic onions, toasted focaccia

#### **Ploughman's Board / 5.5**

Freshly sliced meats (salami, ham, roasted chicken), mixed pickles, olives, and domestic cheeses – with mustard, mayo, crackers, and baguettes

#### **Trio of Dips / 5**

Baba ghanoush, ranch sour cream dip, miso & garlic hummus accompanied by pita crisps & crostini

#### **Seasonal Vegetable Selection V / 5**

Baby carrots, cucumber, French green beans, cauliflower, red peppers, radish, burnt onion dip and hummus