

CATERING MENU

E. Info@thecaterer.ca
P. 778.723.0121
W. 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

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CANAPÉS

(priced per dozen, minimum order of 3 Dozen Per Item)

SEAFOOD

Smoked salmon, wholegrain pumpernickel, lemon & dill cream cheese / 36
House cured ocean trout, asparagus, truffle aioli, micro beets / 38
Crispy salmon filo rolls, boiled egg tartare sauce, fresh lemon / 38
Indonesian shrimp chopstick skewer, ginger plum sauce & dried shrimp / 38
Pan seared blackened tuna, chili avocado tartare, Cajun tomato dressing / 42
'Shrimp Sandwich', fresh herb salad cream, tomato, butter lettuce, toasted brioche / 42

MEAT

Anjou Pear, cambazola & prosciutto rolls, wild arugula, balsamic aioli / 38
Spiced rubbed lamb, roasted squash on sour dough crostini / 38
Ginger Beef Tataki, Belgium endive lettuce cups, lemon & soy dipping sauce / 42
Fried quails egg, shaved hot capicola, balsamic tomato relish, toasted ciabatta / 40
Cubano croque monsieur, shaved ham, shredded pork, havarti, tomato relish & arugula / 40
Gaucha Style beef striploin skewer, Argentinian chimichurri sauce / 42

POULTRY

Peri Peri chicken breast, sweetcorn chili grilled cake, smoked paprika & roasted lemon mayo / 36
Breaded chicken parmigiana skewer, marinated mozzarella, BBQ roasted tomato ketchup / 36
Thai marinated chicken skewers, fresh lime & roasted peanuts, sweet chili dipping sauce / 38
Confit duck leg rillettes, house made mustard, pickled white grapes, toasted brioche / 38
Shredded chicken & roasted yam spanakopita, spinach & feta, lemon pepper dressing / 38
Shaved smoked chicken, double cream brie, watercress, cranberry & orange jelly / 40

VEGETARIAN

Vine ripened tomato bruschetta, marinated baby mozzarella, toasted ciabatta **V** / 32
Gorgonzola shortbread, whipped goats cheese, slow roasted pear **V** / 36
Crispy spinach & ricotta ravioli, lemon butter sauce, shaved Grana Padano parmesan **V** / 36
Balsamic baby beets, goat's cheese, toasted pecans & arugula **V** / 36
Vegetarian Kibbeh – cracked wheat & chickpea falafel, roasted butternut & garlic hummus, spinach & feta **V** / 38

VEGAN

Avocado & roasted pepper on Ancient grain toast, alfalfa sprouts & pickled red onions **Vv** / 32
Soba noodle, pea shoot & Enoki mushroom Nori rolls, toasted sesame & miso dressing **Vv** / 36
Eggplant Caponata, green olive & basil salsa Verdi, garlic bread **Vv** / 34
Spicy tahini quinoa cakes, cumin & cucumber yogurt tzatziki, Sumac **Vv** / 34

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APPETIZER SELECTION

Cold Selection

Beef tataki in Belgium endive lettuce cups
Sesame crusted tuna sashimi, Asian dipping sauce
Indonesian shrimp lettuce cups, toasted coconut curls, ginger plum sauce
Roasted pear on walnut gorgonzola shortbread, pickled shallot
'Classic Prawn Roll', shrimp salad, watercress, soft dinner roll
Vietnamese rice paper rolls, Asian dipping sauce
Anjou Pear, Brie & prosciutto rolls, wild arugula, balsamic aioli
Spiced rubbed lamb, roasted squash on sour dough crostini
Smoked salmon, green chive scone, herbed cream cheese, pic
Avocado bruschetta with green olives & fresh basil

Hot Selection

Shrimp & Salmon chopstick, fresh herb & chipotle sour cream
Local salmon Wellington' lemon mayo
New Delhi butter chicken skewers, burnt onion dip
Maple roasted yam, spinach & feta spanakopita
Maryland Style crab cakes, smoked paprika aioli
Roast beef on 'Yorkshire pudding', shallot gravy & horseradish
Beef & sweet peppers skewer, fresh herb chimichurri
Sweet & sour pork tenderloin, chili pineapple glaze
Italian Beef meatballs, Arrabiata tomato sauce
Braised shoulder of lamb & Acorn squash puff pastry pies

Appetizers Selection

\$12 per person ~ choose 3 cold **OR** hot

\$15 per person ~ choose 4 cold **OR** hot

\$15 per person ~ choose 2 cold & 2 hot

\$19 per person ~ choose 3 cold & 3 hot

\$23 per person ~ choose 4 cold & 4 hot

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BUFFET SELECTION

Entrée Selection

Whole roasted AAA New York Striploin crusted with mustard & fresh herbs
Free-range chicken breast with lemons, fresh thyme, black olives & sherry vinegar
Butternut pumpkin ravioli's, roasted beets, spinach puree & walnut pesto
Seafood linguini with salt spring mussels, clams, prawns & crab cream sauce
Prosciutto wrapped Porkloin with fresh sage, caramelised apples & golden sultanas
Pan-seared local salmon with baby shrimp & fresh herb butter
Crispy pork belly, roasted Cipollini onions & raisin aioli
Green asparagus, garden peas & pecorino risotto, basil Pistou

Hot Side Selection

Herb roasted fingerlings potatoes
Potato, garlic & fresh herb scallop potatoes
Green beans with garlic, toasted almonds & fresh herbs
Broccoli & cauliflower cheese sauce gratin
Maple roasted baby carrots with sea salt & cumin seeds
Ciambotto of seasonal vegetables
Baked eggplants with fresh basil, baby plum tomatoes & red peppers
Roasted yam potato & red onions with tahini & lemon
Bacon sautéed Brussels sprouts with white wine & garlic

Salad Selection

Romaine heart & Kale Caesar, Burnaby mountain trail mix, basil salad cream **V**
Roasted cauliflower with cucumber, watercress & red onions **V**
Balsamic beets with wild arugula & toasted pecans **V**
Roasted butternut squash, chickpeas & spinach **V**
Baby Spinach, strawberry & goat cheese, lemon pepper dressing **V**
Baby grape tomato, roasted pepper & pesto orzo pasta **V**
Carrot, pumpkin seed & celery coleslaw, sour cream ranch dressing **V**
Artisanal mixed greens, house made vinaigrette **V**
Roasted eggplant, pomegranate, fresh mint & Spicy tahini dressing **V**
BLT iceberg wedges, grainy mustard Cobb dressing **V**

Buffet Selection

\$19 Per Person

Choose 1 entree, 1 hot side & 2 salads

\$28 Per Person

Choose 2 entrees, 2 hot sides & 2 salads

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DESSERT MENU

DESSERTS / 4 (minimum order 15)

Chocolate Brownie
Gluten-Free Chocolate Brownie
Coconut Macaroons Dipped in Chocolate
Peanut Butter Cookies
S'more Cookies
Date Crumble Square
White Chocolate Mousse
Cream Filled Profiterolls Dipped in Chocolate
Baked Cheesecake with Fresh Berries
Carrot Muffin with Cream Cheese

TARTS / 4.5 (minimum order of 15)

Pecan Pies
Chocolate Tarts
Lemon Meringue
Fresh Fruit Tarts

CAKES / 36 (serves 8)

Strawberry Short Cake, Vanilla Creme
Mango Mousse Cake
Rich Chocolate Cake with Chocolate Glaze

FRUIT / 4 (minimum order of 10)

Sliced Melons, Pineapple & Seasonal Fruit Platter
Individual Fruit Skewers, Kaffir Lime Syrup