

# impressions

CATERING

THE ART OF CREATIVE CUISINE

*September 2009*



# *Table of Contents*

|                                   |                |
|-----------------------------------|----------------|
| <b>Ordering Guidelines</b>        | <b>Page 3</b>  |
| <b>Contact Information</b>        | <b>Page 4</b>  |
| <b>Beverages</b>                  | <b>Page 5</b>  |
| <b>Break &amp; Snack Trays</b>    | <b>Page 6</b>  |
| <b>Breakfast Selections</b>       | <b>Page 8</b>  |
| <b>Breakfast Boxes</b>            | <b>Page 9</b>  |
| <b>Breakfast Buffets</b>          | <b>Page 9</b>  |
| <b>Lunch Buffets</b>              | <b>Page 10</b> |
| <b>Plated Lunch Selections</b>    | <b>Page 12</b> |
| <b>Sandwich Trays</b>             | <b>Page 13</b> |
| <b>Sandwich Boxes</b>             | <b>Page 14</b> |
| <b>Build Your Own BBQ</b>         | <b>Page 15</b> |
| <b>Pizza</b>                      | <b>Page 15</b> |
| <b>Entrée Salads</b>              | <b>Page 16</b> |
| <b>Appetizing Side Salads</b>     | <b>Page 17</b> |
| <b>Salad Boxes</b>                | <b>Page 18</b> |
| <b>Dinner Buffets</b>             | <b>Page 19</b> |
| <b>Dessert Trays</b>              | <b>Page 22</b> |
| <b>Special Dessert Selections</b> | <b>Page 23</b> |
| <b>International Features</b>     | <b>Page 24</b> |
| <b>Bar Prices</b>                 | <b>Page 25</b> |

# Ordering Guidelines

## **ORDERING LEAD TIME & LATE FEES**

PLEASE PLACE YOUR ORDER AT LEAST TWO WORKING DAYS PRIOR TO YOUR EVENT FOR COFFEE AND BAKED GOODS AND 3 DAYS PRIOR FOR LUNCHEONS AND SALADS. SPECIAL EVENTS AND COCKTAIL/DINNER PARTIES REQUIRE 7-14 DAYS PRIOR NOTICE. THIS LEAD-TIME IS NECESSARY TO ENSURE THAT THE FRESHEST INGREDIENTS AND ADEQUATE STAFF ARE AVAILABLE. ORDERS MUST BE CONFIRMED 2 DAYS BEFORE THE SCHEDULED EVENT. FOR LATE ORDERS, A FEE OF 15% WILL BE CHARGED.

## **CANCELLATIONS**

WE REALIZE THAT EMERGENCY CANCELLATIONS DO OCCUR, AND WE WILL DO OUR BEST TO AVOID ANY CANCELLATION CHARGES. IF AN ORDER IS CANCELLED AT LEAST 48 HOURS IN ADVANCE, WE CAN USUALLY AVOID ANY CHARGES EXCEPT FOR SPECIAL ORDERED FOOD PRODUCTS OR PREPARED FOODS THAT CANNOT BE OTHERWISE UTILIZED.

## **HOURS**

PRICES ARE QUOTED FOR SERVICES PROVIDED MONDAY THROUGH FRIDAY 7:00 AM—5:00 PM. THERE IS A MINIMUM DROP OF \$14.50 REQUIRED. ARRANGEMENTS CAN ALSO BE MADE FOR CATERING SATURDAY, SUNDAY OR STAT HOLIDAYS WITH A MINIMUM CHARGE OF \$82.50 PER DROP.

## **PRICING**

UNLESS OTHERWISE SPECIFIED, ALL CATERING ORDERS HAVE AN 8-GUESTS MINIMUM.

ORDERS ARE SERVED WITH CHINA OR DISPOSABLE WARE. YOUR PREFERENCE NEEDS TO BE INDICATED AT TIME OF ORDERING. LINEN, FLOWERS, DECORATIONS, WAIT STAFF AND OTHER CUSTOM SERVICES ARE ALSO AVAILABLE AT AN ADDITIONAL CHARGE. THIS WILL BE QUOTED SEPARATELY. ANY UNRETURNED CATERING EQUIPMENT WILL BE BILLED TO THE REQUESTING PARTY AT FULL COSTS.

## **GRATUITY**

ALL MENU PRICES FOR EXTERNAL GROUPS BOOKING THROUGH CONFERENCE AND EVENTS SERVICES ARE SUBJECT TO A 15% GRATUITY FEE.

## **DISPOSABLE PACKAGING & TABLE LINENS**

DISPOSABLE PACKAGING AND WARES WILL BE USED FOR SERVICE AT THE NORTHERN SPORT CENTRE AND RESIDENCES, UNLESS OTHER SPECIAL ARRANGEMENTS HAVE BEEN MADE. ALL FOOD SERVICE TABLES WILL BE PROVIDED WITH LINEN AND SKIRTING. FOR BUFFET AND PLATED MEALS OVER \$500.00 IN VALUE, LINENS WILL ALSO BE PROVIDED FOR ROUND TABLES. ADDITIONAL LINENS ARE AVAILABLE AT A COST OF \$7.00 EACH, OR COLOURED LINENS FOR \$8.00 EACH.

## **CLEANUP**

CLEANUP OF FOOD ITEMS IS INCLUDED IN THE PRICE. DUE TO FOOD SAFE REQUIREMENTS, NO FOOD OR BEVERAGE IS TO BE REMOVED FROM THE SERVICE LOCATION. CLIENTS MAY BE BILLED FOR MISSING SMALLWARES OR CATERING DISHES.

# Contact Us

## **Internal University Departments and UNBC Student Groups:**

For assistance, customized menus or further information on internal catering, please contact Eurest Dining Services directly at 960-5780, 960-5782 or 960-5783.

To place an internal order:

- Download Food Service Request Form and menu at [www.unbc.ca/foodservices](http://www.unbc.ca/foodservices);
- Fax completed form with budget codes and signature to 5553; or
- Email completed form (Excel format) with budget codes to [eurestcatering@unbc.ca](mailto:eurestcatering@unbc.ca)

## **External agencies and organizations to UNBC:**

Please contact UNBC Conference and Events Services to arrange all meeting or event requirements, including catering.

UNBC Conference and Events Services  
3333 University Way  
Prince George, BC V2N 4Z9  
Telephone: 250-960-5520 or 250-960-6760  
Email: [conference@unbc.ca](mailto:conference@unbc.ca)  
Web: [www.unbc.ca/conference](http://www.unbc.ca/conference)

*UNBC & Eurest Dining Services look forward to serving your meeting or event. We welcome special and customized orders. Contact us today!*



OUR BALANCED CHOICE SYMBOL IDENTIFIES OUR HEALTHY EATING SELECTION

# Beverages

|  |                                       |
|--|---------------------------------------|
| FRUIT JUICE (300 ML.)                                  | 1.99                                  |
| FRUIT JUICE BY THE JUG                                 | 14.75                                 |
| FRUIT PUNCH BY THE GALLON                              | 27.50                                 |
| SOFT DRINKS (500 ML.)                                  | 1.89                                  |
| SOFT DRINKS BY THE JUG                                 | 12.50                                 |
| BOTTLED WATER  | 2.25                                  |
| MILK   | 2.25                                  |
| ICED TEA BY THE JUG                                    | 14.75                                 |
| LEMONADE BY THE JUG                                    | 14.75                                 |
| REGULAR & DECAF COFFEE                                 | 1.20/CUP OR 14.50/ THERMOS            |
| STARBUCKS OR TIM HORTONS COFFEE                        | 1.45/CUP OR 17.50/ THERMOS            |
| HOT CHOCOLATE  | 1.20/CUP OR 14.50/ THERMOS            |
| TEA – ASSORTED   | 1.20/CUP OR 14.50/ THERMOS            |
| WATER SERVICE ONLY                                     | 14.50* (UP TO 50 PEOPLE)              |
| (JUGS OF WATER & GLASSES)                              | 0.50 ADDITIONAL PER PERSON IF OVER 50 |
| <i>*PROVIDED AT NO CHARGE WITH ALL CATERING ORDERS</i> |                                       |

*FOR BAR SERVICE AND LIQUOR LICENSE INFORMATION, PLEASE SEE PAGE 24*

# Break & Snack Trays

PLATTERS FEED APPROXIMATELY 15 PEOPLE

## Vegetable Cruditès

A SELECTION OF FRESH SLICED SEASONAL VEGETABLES WITH SAVOURY RANCH DIP  
2.99 PP OR PLATTER 42.85

## International Cheese Platter

A SELECTION OF POPULAR DOMESTIC CHEESES AS WELL AS A CHEFS SELECTION OF CHEESES FROM AROUND THE GLOBE ACCOMPANIED WITH CRACKERS  
5.10 PP OR PLATTER 74.85

## Mexican Madness

TRICOLOR NACHO CHIPS GARNISHED WITH GUACAMOLE, SOUR CREAM AND SALSA SAUCE FOR DIPPING  
2.99 PP OR PLATTER 42.85

## A Is For Apple

CRISP APPLE WEDGES WITH CARAMEL DIP & APPLE COFFEE CAKE  
3.79 PP OR PLATTER FOR 54.85

## Vegetable Antipasto

ROASTED RED PEPPER, GREEK OLIVES, ARTICHOKE, PORTOBELLO, EGGPLANT & RED ONIONS WITH GREEK FETA FINGERS  
4.39 PP OR PLATTER 62.80

## Seasonal Fruit Platter

ASSORTED SEASONAL FRUIT  
3.49 PP OR PLATTER 50.35

## Mediterranean Flat Breads

ROASTED GARLIC HUMMUS, BABA GANOUJ & TZATZIKI SERVED WITH GRILLED PITA TRIANGLES AND FLATBREAD CRISPS  
2.49 PP OR Platter 33.85

## Doughnut and Muffin Platter

ASSORTED DOUGHNUTS AND MUFFINS  
1.35 PP OR 13.50 PER DOZEN

## Chilled Shrimp

JUMBO SHRIMP WITH COCKTAIL SAUCE AND SAVOURY RANCH DRESSING & LEMON WEDGES  
9.39 PP

# Break & Snack Trays

PLATTERS FEED APPROXIMATELY 15 PEOPLE

## *Sushi*

A SELECTION OF SUSHI ROLLS AND INDIVIDUAL SUSHI GARNISHED WITH GINGER, WASABI AND SOY SAUCE

7.59 PP

## *Bruschetta*

A COLORFUL SELECTION OF DICED TOMATOES, RED ONIONS AND BELL PEPPERS MARINATED IN OUR UNIQUE BLEND OF SPICES, SATURATED IN EXTRA VIRGIN OLIVE OIL, DRIZZLED ON OUR FRESHLY BAKED AND SLICED SOUR DOUGH BREAD

1.80 PP

## *Spinach Dip*

A DELICIOUS BLEND OF SOUR CREAM, CREAM CHEESE AND SPINACH SERVED IN A SOUR DOUGH BOWL WITH FRESHLY BAKED BAGUETTE FOR DIPPING

2.00 PP

## *Hot And Cold Hors D'oeuvres\**

HOT CHICKEN WINGS ~ BREADED OYSTERS ~ MINI EGG ROLLS ~ DRY GARLIC SPARERIBS ~ CHICKEN TENDERS ~ FAN TAIL SHRIMP ~ ITALIAN MEATBALLS ~ TERIYAKI WINGS ~ SMOKED SALMON ON PUMPERNICKEL ~ CAJUN CHICKEN DRUMETTE ~ SAVORY CHICKEN TARTLET ~ DEVILED EGGS ~ SMOKED OYSTERS ~ BRUSCHETTA ~ CHICKEN SATAYS ~ VEGETABLE PAKORAS ~ STUFFED MUSHROOM CAPS

15.95 Per Dozen \*Must Be Ordered 1 Dozen Each\*

## *Antipasto Platter*

MARINATED OLIVES, MUSHROOMS, RED PEPPERS, ARTICHOKE, ITALIAN CHEESES, SLICED AIR-DRIED MEATS

3.25PP

## *West Coast Seafood*

SMOKED STEELHEAD CANDIED SALMON, SMOKED PEPPERED MACKEREL, MARINATED PRAWNS AND RED ONION CAPERS SERVED WITH ASSORTED CRACKERS

4.00 PP



# *Breakfast Selections*

## *Ahh, Natural*



SEASONAL FRUIT CUP

2.95 PP

## *Continental Bakery*

FRESH BAKED MUFFINS, DANISH & PASTRIES SERVED WITH A SELECTION OF JAMS AND BUTTER

2.50 PP

## *Morning Breads*

A SELECTION OF SEVERAL BREAKFAST BREADS AND COFFEE CAKES

2.50 PP

## *Assorted Bagel Platter*

A CLASSIC COLLECTION OF FRESH BAGELS SERVED WITH CREAM CHEESE, BUTTER & JAM

2.99 PP

## *Fresh Cheese Quiche*

A SELECTION OF FRESH VEGETABLES AND CHEESE ARE BAKED TO PERFECTION

3.49 PP

HAM /BACON

5.29 PP

# Breakfast Boxes

PERSONAL SIZED TO SATISFY PERSONAL TASTES  
MINIMUM OF 6 BOXES PER ORDER.

## Health Club



CEREAL BAR, YOGURT PARFAIT & A 300ML JUICE

4.59 PER BOX

## Fresh Start



WHOLE FRESH FRUIT, YOGURT PARFAIT & LOW FAT MUFFIN AND A 300ML JUICE

6.59 PER BOX

## Executive

MINI SANDWICH, (CHOOSE FROM OUR SWEET AND SAVOURY BREAKFAST SANDWICH SELECTION),  
MUFFIN & FRUIT SALAD AND 300ML JUICE

10.59 PER BOX

## Euro

CHEESE PORTION, CRUSTY ROLL, BUTTER, JAM, FRESH FRUIT CUP AND A 300ML JUICE

8.59 PER BOX

## Metro

FULL SIZED BAGEL WITH BACON OR SMOKED SALMON, CREAM CHEESE, HARD BOILED EGG, WHOLE  
FRESH FRUIT AND A 300ML JUICE

9.89 PER BOX

# Breakfast Buffets

## Ultimate Executive Breakfast

ASSORTED CHILLED FRUIT JUICES, SCRAMBLED EGGS, SIDE BACON, PORK SAUSAGE, FLUFFY BUT-  
TERMILK PANCAKES AND MAPLE SYRUP OR COUNTRY HASH BROWNS, MARKET FRESH FRUIT PLAT-  
TER, WHITE AND WHOLE-WHEAT TOAST SERVED WITH WHIPPED BUTTER AND PRESERVES, FRESHLY  
BREWED COFFEE AND TEA.

14.95 PP

## UNBC Breakfast Buffet

ASSORTED CHILLED FRUIT JUICES, SCRAMBLED EGGS, COUNTRY SMOKED HAM, HOME FRIED POTA-  
TOES, MARKET FRESH FRUIT PLATTER, FRESHLY BAKED MUFFINS & ASSORTED PASTRIES SERVED  
WITH WHIPPED BUTTER.

12.95 PP



# Lunch Buffets

MINIMUM ORDER OF 8

## *The Quiche Buffet*

QUICHE OF THE DAY; FRESH BAKED ROLLS WHIPPED BUTTER; TOSSED GREENS SALAD AND DRESSINGS; SORBET OR ICE CREAM; FRESH FRUIT SALAD; COFFEE, TEA AND JUICES  
{VEGETARIAN AVAILABLE UPON REQUEST}

**13.40 PP**

## *Pasta Buffet*

SELECT 2 FROM {TORTELLINI ALFREDO, PENNE PRIMAVERA, FETTUCCHINI BOLOGNESE, LASAGNA}; FRESH BAKED GARLIC BREAD; CAESAR SALAD; TUSCAN BREAD SALAD AND ORIENTAL NOODLE SALAD; CAKES AND SQUARES; COFFEE, TEA AND JUICES

**15.00 PP**

## *Deli Buffet* {build your own sandwich}

BUNS, BUTTER, ASSORTED BREADS, ASSORTED COLD MEATS INCLUDING ROAST BEEF, TURKEY HAM SALAMI; ASSORTED CHEESES INCLUDING CHEDDAR, EDAM AND SWISS; TOSSED OR POTATO SALAD; RELISH PLATTER; CAKES AND SQUARES; FRESHLY BREWED COFFEE, TEA AND JUICES

**13.75 PP**

## *Bentley Centre Buffet*

ASSORTMENT OF SANDWICHES AND WRAPS WITH SEVERAL OF OUR FAVORITE FILLINGS; YOUR CHOICE OF HOMESTYLE SOUP OR SALAD; SEASONAL FRUIT TRAY; HOMEMADE COOKIES, COFFEE, TEA AND JUICES.

**14.50 PP**

## *The Greek*

CHICKEN SOUVLAKI SERVED WITH RICE PILAF AND GREEK POTATOES; GREEK SALAD AND TOSSED SALAD WITH ASSORTED DRESSINGS; SPANAKOPITA; PITA BREAD WITH TZATZIKI; CAKES AND SQUARES; COFFEE, TEA AND JUICES.

**17.95 PP**

## *Chicken Quesadilla Buffet*

FLOUR TORTILLAS STUFFED WITH SEASONED GRILLED CHICKEN, ONIONS, PEPPERS AND CHEDDAR CHEESE; RICE PILAF, SALSA & SOUR CREAM; VEGETABLE OF THE DAY; ASSORTED DESSERTS, COFFEE, TEA AND JUICES.

**12.75 PP**

# Lunch Buffets

MINIMUM ORDER OF 8

## *Wintergarden Buffet*

BEEF DIP ON A HOAGIE BUN SERVED WITH WEDGE FRIES; CAESAR SALAD AND PASTA SALAD; CAKES AND SQUARES; COFFEE, TEA AND JUICES.

**15.00 PP** (one serving per person)

## *The Mediterranean*

CHICKEN CACCIATORE SERVED WITH SPINACH RICOTTA CHEESE CANNELLONI; CAESAR SALAD; TOMATO BOCCONCINI; GARLIC TOAST; CAKES AND SQUARES; COFFEE, TEA AND JUICES.

**16.25 PP**

## *The Greenway Trail Buffet*

BEEF STROGANOFF—TENDER STRIPS OF BEEF SIMMERED IN A CREAMY MUSHROOM SAUCE FLAVORED WITH SOUR CREAM; RICE PILAF OR EGG NOODLES; FRESH ROLLS AND BUTTER; CAKES AND SQUARES; COFFEE, TEA AND JUICES.

**15.75 PP**

## *The Northwest Buffet*

BAKED SALMON WITH RICE PILAF AND CHEF'S VEGETABLES; MARKET GREEN SALAD WITH ASSORTED DRESSINGS; GREEN BEANS AND CARROTS; SEASONAL FRUIT TRAY; FRESH ROLLS AND BUTTER; CAKES AND SQUARES; COFFEE, TEA AND JUICES.

**17.25 PP**

## *Why Not Add...*

MINIMUM ORDER OF 8

SOUP OF THE DAY

1.99 PP

TOSSED SALAD & HOUSE DRESSINGS

2.99 PP

FRUIT

3.49 PP

# *Plated Lunch Selections*

---

MINIMUM ORDER OF 8

## *Tropical Mango and Chicken Salad*

LETTUCE, MANGO, AVOCADO, PEPPERS AND RED ONION TOSSED IN TROPICAL VINAIGRETTE TOPPED WITH A GRILLED CHICKEN BREAST FRESH BAKED ROLLS WITH WHIPPED BUTTER, DESSERT OF THE DAY, COFFEE AND TEA

**15.00 PP**

## *Chef Salad*

TOSSED SALAD TOPPED WITH JULIENNE BLACK FOREST HAM AND TURKEY WITH SLICED EGG, TOMATO, CUCUMBER AND RADISH, SERVED WITH YOUR CHOICE OF DRESSING FRESH BAKED ROLL WITH WHIPPED BUTTER, FRUIT SALAD, COFFEE AND TEA

**11.60 PP**

## *California Cobb Salad*

MIXED SALAD GREENS, DICED TOMATO AND RED ONION TOSSED WITH LEMON JUICE, ROASTED GARLIC AND OLIVE OIL TOPPED WITH AVOCADO, BACON SLICED EGG, MIXED CHEESE AND GRILLED CHICKEN BREAST, FRESH BAKED ROLL WITH WHIPPED BUTTER, DESSERT OF THE DAY, COFFEE AND TEA

**14.05 PP**

## *Southwestern Chicken Salad*

ORIENTAL NOODLES WITH PEPPERS, CARROTS, ONIONS, CELERY ,WATER CHESTNUT ,LEMON GRASS AND ORIENTAL GREENS TOSSED IN A SPICY, PEANUT DRESSING, TOPPED WITH A WARM GRILLED CHICKEN BREAST AND GARNISHED WITH CUCUMBER AND TOMATO FRESH BAKED ROLLS WITH WHIPPED BUTTER, DESSERT OF THE DAY, COFFEE AND TEA

**14.05 PP**

# Sandwich Trays

## Classic Sampler

A TASTY SELECTION OF TRADITIONAL FAVOURITES SUCH AS FRESH VEGETABLES WITH CREAM CHEESE, BLACK FOREST HAM WITH SWISS CHEESE & HONEY MUSTARD, TUNA SALAD WITH RAISINS & APPLES, & OTHER FAVOURITES

**6.19 PP**

## It's A Wrap

HERBED TORTILLAS WRAPPED AROUND TEMPTING FILLINGS FROM OUR CLASSIC SANDWICH SELECTION SUCH AS TUNA SALAD WITH TARRAGON & APPLES, CURRIED EGG SALAD WITH CHIVES, & OTHER FAVOURITES

**7.89 PP**

## Deluxe Sampler

A SENSATIONAL SPREAD OF SANDWICHES AND WRAPS SUCH AS SOUTHWEST CHICKEN CLUB WITH BACON, ARUGULA & CHIPOTLE MAYO; CRAB WITH BACON AND ADVOCADO MAYO; SMOKED MEAT WITH DIJON MUSTARD & OTHER UNIQUE SELECTIONS

**7.89 PP**

## Why Not Add...

MINIMUM ORDER OF 8

|   |         |
|---|---------|
| SOUP                                      | 1.99 PP |
| CAESAR SALAD                              | 2.99 PP |
| GREEK SALAD                               | 2.99 PP |
| POTATO CHIPS & PRETZELS                   | 2.99 PP |
| VEGGIE STICKS WITH DIP & PICKLE SELECTION | 2.99 PP |
| SIGNATURE RED BLISS POTATO SALAD          | 1.25 PP |
| ORIENTAL COLESLAW                         | 1.25 PP |

*"These side orders are not available individually at these prices."*

# *Sandwich Boxes*

*PERSONAL SIZED TO SATISFY PERSONAL TASTES  
MINIMUM OF 6 BOXES PER ORDER.*

## *Classic Box Lunch*

YOUR CHOICE OF SANDWICH FROM THE CLASSIC SAMPLER. INCLUDES POTATO CHIPS, GOURMET COOKIE & WHOLE FRUIT WITH A 300ML POP OR JUICE.

**10.59 PP**

## *Wrap Box Lunch*

YOUR CHOICE OF WRAP WITH A SIDE PASTA SALAD, DECADENT CHOCOLATE BROWNIE & WHOLE FRUIT WITH A 300ML POP OR JUICE

**11.79 PP**

## *Deluxe Box Lunch*

YOUR CHOICE OF SANDWICH FROM THE DELUXE SAMPLER INCLUDES POTATO CHIPS, COOKIE, WHOLE FRUIT WITH A 300ML POP OR JUICE

**11.79 PP**

## *Healthy Box Lunch*



YOUR BALANCED CHOICE OF SANDWICH INCLUDES HUMMUS & GRATED CARROT AND CHEDDAR & MANGO CHUTNEY MINI. INCLUDES CARROT STICKS, COOKIE, WHOLE FRUIT WITH A 300ML POP OR JUICE.

**11.79 PP**

# Build Your Own BBQ

MINIMUM ORDER OF 8

GARDEN GREEN SALAD, POTATO SALAD, BAKED BEANS AND ASSORTED CONDIMENTS  
SIRLOIN BURGERS  
10.95 PP  
HOT DOGS  
8.95 PP  
CHICKEN BREAST  
12.95 PP  
SIRLOIN STEAK  
13.95 PP  
WESTERN STYLE RIBS  
15.95 PP  
ADD SWISS AND CHEDDAR  
0.75 PP  
{VEGETARIAN OPTIONS AVAILABLE UPON REQUEST}



## Pizza

A VARIETY OF SELECTIONS TO CHOOSE FROM IN 18" ROUNDS (APPROX. 8 SLICES). FAVORITES INCLUDE HAWAIIAN, VEGETARIAN, PEPPERONI, TACO, DELUXE, MEAT LOVERS, TERIYAKI CHICKEN, BBQ CHICKEN, GREEK, GREEK VEGGIE AND PEROGY, OR CUSTOMIZE YOUR OWN.

**3 topping** (e.g. Hawaiian, Pepperoni, Vegetarian)  
22.00 (per pizza)

**4 topping** (e.g. Meat Lovers, Greek, Taco)  
26.00 (per pizza)

# *Entrée Salads*

## *Market Greens Entrée Salad*

FIELD GREENS, TOMATO, CUCUMBER, PURPLE RADISHES & SHREDDED CARROTS WITH RANCH OR LIGHT ITALIAN DRESSING

4.50 PP

ADD CHICKEN FOR 2.99

ADD SHRIMP OR SALMON FOR 3.99

## *Caesar Entrée Salad*

ROMAINE LETTUCE, CROUTONS & GRATED PARMESAN, WITH CLASSIC CAESAR DRESSING

5.50 PP

ADD CHICKEN FOR 2.99

ADD SHRIMP OR SALMON FOR 3.99

## *Szechwan Beef Salad*

TENDER SZECHWAN BEEF TOSSED WITH SPICY NOODLES, GREEN BEANS & CARROTS WITH A ZESTY ORIENTAL DRESSING

8.49 PP

## *Grapefruit Ginger Chicken w/ Sweet Pepper & Orange Salsa*

MARINATED AND GRILLED CHICKEN BREAST ON MIXED GREENS AND TOPPED WITH SWEET CITRIS FRUIT & VEGETABLE MEDLEY

11.89 PP

# *Appetizing Side Salads*

## *Signature Spinach & Mandarin Salad*

CRISP SPINACH TOSSED WITH TOASTED ALMONDS, CRISPY NOODLES & MANDARIN ORANGES WITH TANGERINE BALSAMIC VINAIGRETTE

**3.49 PP**

## *Tuscan Bread Salad*

ROMAINE LETTUCE, DICED TOMATOES, FRESH BASIL, RED ONION, SWEET PEPPERS & CUCUMBER TOSSED IN BALSAMIC VINAIGRETTE WITH ITALIAN BREAD CROUTONS

**5.49 PP**

## *Mykonos Greek Salad*

ICEBERG & ROMAINE LETTUCE MIXED WITH CUCUMBERS, TOMATOES, BLACK OLIVES & FETA CHEESE TOSSED IN A CLASSIC GREEK VINAIGRETTE

**5.29 PP**

## *Energy Plus Salad*

HARVEST SELECTION OF FRESH VEGETABLES: BROCCOLI, CAULIFLOWER, ZUCCHINI TOSSED WITH CRISP APPLE, RAISINS & NUTS WITH A HERBED VINAIGRETTE

**4.99 PP**

## *Moroccan Couscous Salad*

COUSCOUS TOSSED WITH GREEN ONIONS, CARROTS, CHICK PEAS, SPICES AND DRIED FRUITS WITH TANGY VINAIGRETTE

**3.99 PP**

# Salad Boxes

*PERSONAL SIZED TO SATISFY PERSONAL TASTES  
MINIMUM OF 6 BOXES PER ORDER*

## *Market Greens Box*



FIELD GREENS, TOMATO, CUCUMBER, PURPLE RADISHES & SHREDDED CARROTS WITH LIGHT ITALIAN DRESSING

3.79 PER BOX

ADD CHICKEN FOR 2.99

ADD SHRIMP OR SALMON FOR 3.99

ADD DELUXE COOKIES & WHOLE FRUIT TO EACH ORDER FOR 2.50

## *Caesar Salad Box*

ROMAINE LETTUCE, CROUTONS & GRATED PARMESAN, WITH CLASSIC CAESAR DRESSING

4.49 PER BOX

ADD CHICKEN FOR 2.99

ADD SHRIMP OR SALMON FOR 3.99

ADD DELUXE COOKIES & WHOLE FRUIT TO EACH ORDER FOR 2.50

# Dinner Buffets

## The Fraser

FRESH ROLLS AND BUTTER; MARKET GREENS WITH HOUSE & ASSORTED DRESSINGS; CAESAR SALAD WITH CROUTONS & PARMESAN CHEESE; COUNTRY-STYLE POTATO SALAD WITH BACON; FRESH SEASONAL VEGETABLE PLATTER AND HOUSE DIP; CAKES AND SQUARES; COFFEE AND TEA.

SELECT ONE ITEM FROM EACH GROUP BELOW:

#1

GRILLED BUTTERY CHICKEN  
TOMATO HERB BUTTER

GRILLED CHICKEN, TUSCAN-STYLE  
ARTICHOKES, OLIVES, SUN-DRIED TOMATOES  
WITH ROASTED GARLIC

#3

ROASTED POTATO  
MASHED POTATO  
POTATO AU GRATIN  
RICE PILAF

#2

BAKED SALMON  
CAPERS, LEMON, BROWN BUTTER

SEAFOOD SPINACH CANNELLONI  
BAJA SNAPPER WITH MANGO BLACK BEAN  
SALSA

#4

BEANS ALMANDINE  
SEASONAL VEGETABLES  
ASPARAGUS WITH LEMON  
ITALIAN BLEND

**31.50 PP**

*SUBSTITUTE FOR ENTRÉE #1 OR #2*

*PRICE INCREASES TO*

MEDITERRANEAN ROAST LEG OF LAMB  
Herb Crusted With Mango Chutney

**34.00 PP**

TANDOORI LEG OF LAMB  
Mint Raita

**34.00 PP**

SLOW ROASTED BARON OF BEEF  
Horseradish Mustard Garlic

**31.90 PP**

ROAST PRIME RIB  
Rosemary Au Aus

**39.00 PP**

ROAST PORK LOIN  
Sage Crusted Apple Chutney Mustard

**33.00 PP**

# Dinner Buffets

## *The Nechako*

FRESH ROLLS AND BUTTER; MARKET GREENS WITH HOUSE & ASSORTED DRESSINGS; DEEP SOUTH APPLE COLESLAW WITH POPPYSEED DRESSING; TOMATO BOCCONCINI WITH BALSAMIC VINAIGRETTE; PASTA SALAD; CAESAR SALAD WITH HERBED CROUTONS AND PARMESAN CHEESE; CAKES AND SQUARES; FRESH SEASONAL FRUIT; COFFEE AND TEA.

SLOW-ROASTED BARON OF BEEF AU JUS  
BAKED SALMON WITH LEMON CAPERS AND BROWN BUTTER  
ROAST NUGGET POTATOES  
SEVEN GRAIN RICE  
GARDEN BEANS  
BAKED TOMATOES

**32.95 PP**

## *The Cottonwood*

FRESH ROLLS AND BUTTER; MARKET GREENS WITH HOUSE & ASSORTED DRESSINGS; PANZANELLA SALAD, PEPPERS, CUCUMBER, CELERY, GARLIC, CAPERS; CUCUMBER DILL SALAD; PASTA SALAD; CAESAR SALAD; CAKES AND SQUARES; FRESH SEASONAL FRUIT; COFFEE AND TEA.

GRILLED BUTTERY CHICKEN AND BAKED SALMON  
TOMATO HERB BUTTER CAPERS, LEMON, BROWN BUTTER  
ROASTED POTATO  
SEASONAL VEGETABLES

**26.95 PP**

## *The Blackwater*

FRESH ROLLS AND BUTTER; MARKET GREENS WITH HOUSE & ASSORTED DRESSINGS; TOMATO BOCCONCINI WITH BALSAMIC VINAIGRETTE; POTATO SALAD; PASTA SALAD; CAKES AND SQUARES; FRESH SEASONAL FRUIT; COFFEE AND TEA.

GRILLED CHICKEN BREAST WITH TARRAGON CREAM  
SLOW-ROASTED BARON OF BEEF AU JUS  
GARLIC ROSEMARY POTATOES  
RICE PILAF  
SEASONAL VEGETABLES

**25.50 PP**

# Dinner Buffets

## *Western Rib Buffet BBQ*

ASSORTED DINNER ROLLS; THREE BEAN & CORN SALAD; TOSSED SALAD; BAKED BEANS; CORN ON THE COB; ASSORTED HOME BAKED PIES; COFFEE AND TEA.

BBQ ST. LOUIS RIBS (ROTISSERIE ALSO AVAILABLE)  
CARVED PRIME RIB EN CROUTE (WRAPPED IN PUFF PASTRY)

23.95 PP

## *First Nations Buffet {Available Upon Request}*

## *Salad Add-Ons*

{Add 2.10 PP / PER SALAD}

- WARM OLIVE SALAD WITH FENNEL & ORANGE SEGMENTS
- ROASTED BEET & GOAT CHEESE
- MIXED GREENS MARINATED FIGS FETA CHEESE LEMON DRESSING
- MIXED GREENS WITH APPLE WALNUTS BLUE CHEESE GRAPEFRUIT
- SPINACH SALAD WITH SUNDRIED TOMATOES OLIVES PINE NUTS
- GRILLED ASPARAGUS PROSCIUTTO PARMESAN CHEESE BALSAMIC
- CURRIED CHICKEN SALAD WITH RAISINS AND GRAPES
- GRILLED VEGETABLE PLATTER
- COUS COUS SALAD WITH GRILLED VEGETABLE MINT DRESSING

**\*\*Rotisserie Features Available Upon Request: Chicken, Prime Rib & Beef Ribs\*\***

# *Dessert Trays*

## *Cookie Tray*

ASSORTED FRESH – BAKED COOKIES

1.35 EACH or 15.50/DOZEN

## *All Chocolate Tray*

AN ALL CHOCOLATE SURPRISE FROM OUR DELIGHTFUL SELECTION SUCH AS DOUBLE FUDGE BROWNIES, ROCKY ROAD BARS, CHOCOLATE E'CLAIRE & DOUBLE CHOCOLATE CAKE

3.79 PP OR 56.85/TRAY

## *Bakery Tray*

A SELECTION OF FRESH BAKED COOKIES, BROWNIES & BARS

2.79 PP OR 41.25/TRAY

## *High Energy*

CRANBERRY ALMOND ENERGY BARS SERVED WITH ASSORTED NUTS & TRAIL MIX

3.29 PP OR 47.35/TRAY

## *Build Your Own Sundae*

VANILLA ICE CREAM, ASSORTED SYRUPS, CHOPPED FRUIT, NUTS, WHIPPED CREAM

4.25 PP

# *Special Dessert Selections*

## *Cakes For Any Occasion*

CHOOSE CHOCOLATE OR WHITE FROSTED OR WHIPPED CREAM WITH A FRUIT OR BAVARIAN FILLING AND DECORATED TO YOUR TASTE.

¼ Slab {Serves 15-20}

½ Slab {Serves 35-40}

Whole Slab {Serves 80-100}

## *Chocolate Fountain*

5.95 PP (Plus 60.00 Rental)

*Cheesecake*

*Crème Caramel*

*Apple Crisp*

*Chocolate Pate*

*Strawberries And Whip Cream {In Season}*

*\*Dessert prices vary depending on catering order. Please contact Eures Dining Service or Conference & Event Services for more information\**

# *International Features*

## *A Taste of the Vegetable Garden*

FRESH ROLLS AND BUTTER; MIXED GREENS WITH ASSORTED DRESSINGS; TOMATO BOCCONCINI WITH BALSAMIC VINAIGRETTE; VEGETARIAN CAESAR SALAD; PENNE PASTA SALAD WITH SUN-DRIED TOMATO & ARTICHOKE PESTO SAUCE; GREEK SALAD; VEGETARIAN CHILI; WILD MUSHROOM RISOTTO STUFFED PEPPERS; TOPPED WITH ASIAGO & DRIZZLED WITH BALSAMIC VINEGAR; SPINACH & RICOTTA CANNELLONI; ROSEMARY ROAST POTATO; ROASTED VEGETABLES; GRILLED ASPARAGUS WITH HOLLANDAISE SAUCE; VEGETARIAN RICE PILAF; FRESH SEASONAL FRUIT; CAKES AND SQUARES; COFFEE AND TEA.

**23.95 PP**

## *A Taste of Mexico*

TRI COLOR TORTILLA CHIPS; FLOUR TORTILLAS; TEQUILA LIME SALSA; GUACAMOLE; GRILLED SALAD VERACRUZ (PEPPERS, ONIONS, JALAPENO, TEQUILA, LIME, GARDEN GREENS WITH CHIPOTLE CHILI DRESSING); MEXICAN BLACK BEAN RICE; ANCHO GUAJILLO PORK LOIN WITH TWO-CHILI RUB WITH SALSA; BAJA SNAPPER WITH CHILI AVOCADO SAUCE AND MANGO BLACK BEAN SALSA; CAKES AND SQUARES; COFFEE AND TEA.

**25.00 PP**

## *A Taste of Italy*

TUSCAN BREAD; ROMA TOMATO BOCCONCINI, EXTRA VIRGIN OLIVE OIL, BASIL-BALSAMIC VINEGAR; CAESAR SALAD WITH CROUTONS & PARMESAN CHEESE; PAN ROASTED GNOCCHI (CHORIZO, OLIVES, SUN-DRIED TOMATO, BASIL AND PINE NUTS); ROAST RATATOUILLE (TOMATO, FENNEL, RED PEPPERS, ZUCCHINI, EGGPLANT & PARMESAN; VEAL SCALOPPINI WITH BLUE CHEESE SAUCE; CHICKEN CACCIATORE; SPINACH RICOTTA CHEESE CANNELLONI; CAKES AND SQUARES; COFFEE AND TEA.

**26.95 PP**

## *A Taste of India*

POPPADOM & GRILLED NAAN BREAD; PESHAWARI CHICK PEA SALAD; BASMATI RICE WITH RAISINS; CUMIN ORANGE GLAZED CARROTS; ROAST CURRY CAULIFLOWER WITH SHREDDED COCONUT; GRILLED MANGO CHICKEN; COCONUT CURRY SAUCE; GRILLED TANDOORI LEG OF LAMB; MINT RAITA; CAKES AND SQUARES; COFFEE AND TEA.

**26.75 PP**

## *A Taste of Asia*

GRILLED PITAS WITH SESAME OIL; THAI CHICKEN NOODLE SALAD (FRESH VEGETABLES WITH PEANUT DRESSING, GARDEN GREENS, SOYA-GINGER SESAME VINAIGRETTE); DUCK FRIED RICE (PEAS, DICED SCALLIONS, CARROTS, STIR-FRIED TOFU AND GREEN BEANS WITH A BLACK BEAN GARLIC SAUCE); SHANGHAI PORK RIBS WITH A FIVE-SPICE HOUSE SAUCE; BBQ DUCK LEGS (KOREAN STYLE); CAKES AND SQUARES; COFFEE AND TEA.

**28.50 PP**

## Bar Prices

| Item           | Measurement | Host Bar             | PST 10% | GST 5% | Cash Bar |
|----------------|-------------|----------------------|---------|--------|----------|
| House wine     | Bottle      | \$21.95              | \$2.20  | \$1.10 | \$25.25  |
| House wine     | Glass       | \$4.30               | \$0.43  | \$0.22 | \$4.95   |
| Premium wine*  | Glass       | \$5.65               | \$0.57  | \$0.28 | \$6.50   |
| Premium wine*  | Bottle      | <i>Market prices</i> |         |        |          |
| Local beer     | Bottle      | \$4.30               | \$0.43  | \$0.22 | \$4.95   |
| Premium beer   | Bottle      | \$4.57               | \$0.46  | \$0.23 | \$5.26   |
| Ciders/Coolers | Bottle      | \$5.00               | \$0.50  | \$0.25 | \$5.75   |
| Cocktails      | Per ounce   | \$4.57               | \$0.46  | \$0.23 | \$5.26   |
| High balls     | Per ounce   | \$4.13               | \$0.41  | \$0.21 | \$4.75   |
| Liqueurs       | Per ounce   | \$5.00               | \$0.50  | \$0.25 | \$5.75   |

- A bartender is provided free of charge, providing consumption is over \$300 per bar. If this is not the case, a charge of \$25 per hour per bartender will be levied. There is a minimum of 4 hours charge and extra charges shall apply on statutory holidays.
- Cash bar prices include applicable taxes. Host bar prices are subject to taxes which will be reflected on the client's invoice. Host bar prices are also subject to a 15% gratuity.
- All service of alcoholic beverages will only be served under the conditions set forth by the City of Prince George and Province of British Columbia's Liquor Control and Licensing Act.
- The liquor license expires at 1:00 am. Last call will be at 12:30 am.
- Please contact Eurest Dining Services (internal) or Conference & Event Services (external) for details on licensed areas.

**\* Premium wine brands available:**

- Hester Creek
  - St. Hubertus Estate Winery
  - Tinhorn Creek Vineyards
  - Kermode Wild Berry Wines
- Please contact us for more information on these premium wine selections.

*Thank You from UNBC & Eurest Dining Services!*

