

CATERING *menu*

INDIVIDUAL BREAKFAST ITEMS

Served until 11am
GF & DF upon request

Ham & Swiss Bacon Melt fried egg, Swiss cheese, smokey maple aioli, house-made ham, and bacon, served on a buttered English muffin E	10
Breakfast Sandwich fried egg, cheddar cheese served on a buttered English muffin Add bacon \$2 · Add sausage \$2 V · E	5
The Breakfast Burrito cheddar cheese, scrambled eggs, Yukon gold potatoes, chipotle aioli, roasted red peppers, bacon and sausage E	5
Cream Cheese Bagel toasted everything bagel with seasonal cream cheese V · S	8

BAKED GOODS

per half dozen

Half Dozen Gluten Free Cookies soft & chewy house made gluten free cookies in assorted flavours GF · V · E	12
Half Dozen Freshly Baked Cookies soft & chewy house made cookies in assorted flavours V · E	10
Half Dozen Freshly Baked Muffins fluffy, tender muffins in assorted flavours V · E · S	21
Half Dozen Freshly Baked Croissants buttery croissants baked to flaky golden perfection V · E · S	21
Half Dozen Sweet Scones buttery & flaky assorted flavoured sweet scones V · E	12
Half Dozen Gluten Free Sweet Scones soft & light gluten free sweet scones in assorted flavours GF · V · E	15
Half Dozen Savoury Scones buttery & flaky assorted flavoured savoury scones V · E	12
Half Dozen Gluten Free Savoury Scones tender gluten free savoury scones in assorted flavours GF · V · E	15

BAKED GOODS

per guest

Chocolate Coconut Energy Balls bite-sized, gluten free treats packed with nutrition and perfect for a quick snack GF · N · V	3
Mini Nutella Loaf decadent and gluten free nutella mini loaf dipped in chocolate GF · N · V · E	4
Mini Honey Loaf Cake gluten free honey loaf cake perfectly sweetened for an easy snack GF · DF · V · E	4
Vegan Banana Muffin gluten free & vegan banana muffin a treat everyone can enjoy GF · DF · V	3.50
Cinnamon Swirl Coffee Cake buttery cake layered with a rich cinnamon sugar swirl and topped with crumbly streusel V · E	3
Banana Bread Slice classic banana bread with a brown sugar topping V · E	3

GF | gluten friendly DF | dairy free V | vegetarian N | contains nuts S | contains soy E | contains eggs CS | contains sesame



BREAK ITEMS

per guest

House-Made Chips with Chipotle Aioli lightly salted, house-fried chips served with chipotle aioli GF · DF · V · E	5
Vegetable Cups fresh, crunchy vegetables served with creamy ranch dip GF · V	8
Fresh Fruit Cups each cup is loaded with a selection of seasonal fruits GF · DF · V	6
Yogurt Parfait Cups creamy yogurt, crunchy coconut honey granola and a fruity mixed berry compote V	8

SHAREABLES

per guest
minimum 10 guests

Seasonal Fresh Fruit Platter a selection of seasonal fruits GF · DF · V	6
Seasonal Vegetables with Red Pepper Hummus & Fried Pita Chips with seasonal vegetables, red pepper hummus and fried pita chips DF · V · CS	14
Chef-Selected Charcuterie and Fine Cheeses With marinated olives, pickles, fresh baked baguette and crackers N	17
Prairie Greens with arugula, chickpeas, black beans, grape tomatoes, cucumbers, white cheddar and honey balsamic vinaigrette GF · V	10
Garden Greens with heritage blend salad greens, cucumbers, radishes, shredded carrots, toasted pumpkin seeds and white wine herb vinaigrette GF · DF · V	11
Chili Peanut Noodle Salad with vermicelli rice noodles, sweet chili sauce, red peppers, carrots, cucumbers, green onions, cilantro, peanuts and gluten free soy sauce GF · DF · V · CS · S · N	11
Street Corn Pasta Salad with roasted corn, macaroni, jalapeños, red onions, feta cheese, smoked paprika and lime aioli GF · V	11
Smashed Potato Salad with mini potatoes, grainy mustard, sliced fennel, cornichons, green onions and tarragon vinaigrette GF · DF · V	12

ASSORTED SANDWICH PLATTER

per guest
minimum 10 guests

May include a variety of the following choices based on availability.

All sandwiches will be served on a dinner roll. GF available on request.

Caprese with arugula, basil pistou and balsamic reduction V	16
Montreal Smoked Meat with dill pickles, Swiss cheese and mustard aioli	
Chicken Salad with celery, red onions, green onions, mixed greens, white cheddar and herb aioli	
Grilled Vegetable with mixed greens, tomatoes and bocconcini V	
Tuna Salad with celery, green onions, capers, mixed greens and herb aioli DF	
House-Made Smoked Ham with mixed greens, tomatoes, cheddar cheese and mustard aioli	

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BOWLS & SALADS

Protein Add-Ons

Marinated Flank Steak | 8

Pesto Chicken Breast | 5

Ahi Tuna | 8

Bacon | 3

Pesto Chicken Rice Bowl

with grilled pesto chicken, mozzarella cheese, tomatoes, roasted broccoli, fresh basil pesto, green goddess dressing, and balsamic glaze served on white Calrose rice | GF

17

Ahi Tuna Poke Bowl

with grilled ahi tuna, carrots, pickled red cabbage, green onions, iceberg lettuce, avocados, sriracha aioli, gluten free soy sauce, sesame seeds, and radishes, served on Calrose rice | GF · DF · CS · S

20

Fiesta Taco Salad

with BFK chili, pickled jalapenos, tortilla chips, shredded lettuce, white cheddar cheese, grape tomatoes, cilantro, and lime sour cream served on lettuce | GF

18.50

Summer Berry Salad

with fresh seasonal berries, candied pecans, sriracha roasted pumpkin seeds, goat cheese, and honey mint vinaigrette served on heritage greens | GF · N · V

14

Sweet Kale Salad

with kale, roasted broccoli, sriracha roasted pumpkin seeds, red cabbage, cranberries, and poppyseed dressing served on heritage greens | GF · DF

14

SANDWICHES & SOUPS

Vietnamese Beef Sub

with marinated grilled flank steak, cheddar cheese, sriracha aioli, carrots, onions, cucumbers, and cilantro, served on a buttered 8 inch white baguette, and peanuts served on the side | N · E · S · CS

18

Pesto Chicken Caprese Sandwich

with grilled pesto chicken, provolone cheese, basil pesto, balsamic glaze, tomatoes, and garlic butter served on a toasted Filone bun

16

BLT

with crispy bacon strips, lettuce, tomatoes, and fresh herb aioli served on buttered multigrain bread | E

14

Turkey Cranberry Brie

with roasted turkey breast, brie cheese, arugula, cranberry sauce, and fresh herb aioli, served on a buttered Filone bun | E

16.50

Tomato Basil Soup

with tomatoes, fresh basil, roasted onions and garlic | GF · DF · V

7

BFK Beef Chili

house-made chili loaded with sour cream, tortilla chips, cheddar cheese, and green onions | GF

10.50



**HOT
BEVERAGES**

per guest
minimum 10 guests

Coffee & Tea Service regular coffee, hot water, assorted tea, cream, sugar, disposable cups, lids, stir sticks dairy alternatives available upon request	6
Decaffeinated Coffee	6
Coffee Refresh half carafe of coffee refill and hot water only must have already purchased coffee service	3.50

**COLD
BEVERAGES**

per guest

Grapefruit Bubly Sparkling Water	2.25
Blackberry Bubly Sparkling Water	2.25
Lime Bubly Sparkling Water	2.25
Blood Orange San Pellegrino	3
Lemon San Pellegrino	3
Bottled Water	1.75
Sparkling Water	3
Coke	3.75
Diet Coke	3.75
Pepsi	3.75
Diet Pepsi	3.75
Pure Leaf Iced Tea	5
Apple Juice	2
Orange Juice	2
Grapefruit Juice	2

**ADDITIONAL
REQUIREMENTS**

per pod

Butter Pods	0.25
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