EVENTSANDCATERING@ATCOBLUEFLAMEKITCHEN.COM | BLUEFLAMEKITCHEN.COM

catering

CATERING *menu*

INDIVIDUAL BREAKFAST ITEMS

Served until 11am
GF & DF upon request

Ham & Swiss Bacon Melt — 10
fried egg, Swiss cheese, smokey maple aioli, house-made ham, bacon, served on a buttered English muffin | E

Breakfast Sandwich — 5
English muffin, egg patty, cheddar cheese
|Add bacon $2 · Add sausage $2 | V · E

The Breakfast Burrito — 8
cheddar cheese, scrambled eggs, Yukon gold potatoes, chipotle aioli, roasted red pepper, bacon and sausage | E

Cream Cheese Bagel — 5
toasted everything bagel with seasonal cream cheese | V · CS

BAKED GOODS

per half dozen

Half Dozen Gluten Free Cookies — 12
soft & chewy house made gluten free cookies in assorted flavours | GF · V · E

Half Dozen Freshly Baked Cookies — 10
soft & chewy house made cookies in assorted flavours | V · E

Half Dozen Freshly Baked Muffins — 21
fluffy, tender muffins in assorted flavours | V · E · may contain soy

Half Dozen Freshly Baked Croissants — 21
buttery croissants baked to flaky golden perfection | V · E · may contain soy

Half Dozen Sweet Scones — 12
buttery & flaky assorted flavoured sweet scones | V · E

Half Dozen Gluten Free Sweet Scones — 15
soft & light gluten free sweet scones in assorted flavours | GF · V · E

Half Dozen Savoury Scones — 12
buttery & flaky assorted flavoured savoury scones | V · E

Half Dozen Gluten Free Savoury Scones — 15
tender gluten free savoury scones in assorted flavours | GF · V · E

BAKED GOODS

per guest

Chocolate Coconut Energy Balls — 3
bite-sized, gluten free treats packed with nutrition and perfect for a quick snack | GF · N · V

Mini Nutella Loaf — 4
decadent and gluten free nutella mini loaf dipped in chocolate | GF · N · V · E

Mini Honey Loaf Cake — 4
gluten free honey loaf cake perfectly sweetened for an easy snack | GF · DF · V · E

Vegan Banana Muffin — 3.50
gluten free & vegan banana muffin a treat everyone can enjoy | GF · DF · V

Cinnamon Swirl Coffee Cake — 3
buttery cake layered with a rich cinnamon sugar swirl and topped with crumbly streusel | V · E

Banana Bread Slice — 3
classic banana bread with a brown sugar topping | V · E

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

All pricing subject to change. All orders will be subject to a 20% catering fee & GST.

BREAK ITEMS

per guest

House-Made Chips with Chipotle Aioli — 5
lightly salted, house-fried chips served with chipotle aioli | GF · DF · V · E

Vegetable Cups — 8
fresh, crunchy vegetables served with creamy ranch dip | GF · V

Fresh Fruit Cups — 6
each cup is loaded with a selection of seasonal fruits | GF · DF · V

Yogurt Parfait Cups — 8
creamy yogurt, crunchy coconut honey granola and a fruity mixed berry compote | V

SHAREABLES

per guest
minimum 10 guests

Seasonal Fresh Fruit Platter — 6
a selection of seasonal fruits | GF · DF · V

Seasonal Vegetables with Red Pepper Hummus & Fried Pita Chips — 14
with seasonal vegetables, red pepper hummus and fried pita chips | DF · V · CS

Chef-Selected Charcuterie and Fine Cheeses — 17
with marinated olives, pickles, fresh baked baguette and crackers | N

Prairie Greens — 10
with arugula, chickpeas, black beans, grape tomatoes, cucumbers, white cheddar and honey balsamic vinaigrette | GF · V

Garden Greens — 11
with heritage blend salad greens, cucumbers, radishes, shredded carrots, toasted pumpkin seeds and white wine herb vinaigrette | GF · DF · V

Chili Peanut Noodle Salad — 11
with vermicelli rice noodles, sweet chili sauce, red peppers, carrots, cucumbers, green onions, cilantro, peanuts and tamari soy sauce | GF · DF · V · CS · S · N

Street Corn Pasta Salad — 11
with roasted corn, macaroni, jalapeños, red onions, feta cheese, smoked paprika and lime aioli | GF · V · E

Smashed Potato Salad — 12
with mini potatoes, grainy mustard, sliced fennel, cornichons, green onions and tarragon vinaigrette | GF · DF · V

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 — 16
with arugula, basil pistou, balsamic reduction, bocconcini | V · E

Montreal Smoked Meat
with dill pickles, Swiss cheese and mustard aioli | E

Chicken Salad
with celery, red onions, green onions, mixed greens, white cheddar and herb aioli | E

Grilled Vegetable
with olive oil, mixed greens, tomato, boccocini | V · E

Tuna Salad
with celery, green onions, capers, mixed greens and herb aioli | DF · E

House-Made Smoked Ham
with mixed greens, tomatoes, cheddar cheese and mustard aioli | E

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BOWLS & SALADS

Protein Add-Ons
Flank Steak | 8
Ahi Tuna | 8
Cajun Chicken Breast | 5
Bacon | 4

Flank Steak Bowl — 20
with flank steak, cucumbers, carrots, green onion, sesame seeds and hibachi steak sauce, served on Calrose rice | GF · DF · CS · S

Ahi Tuna Poke Bowl — 20
with grilled ahi tuna, carrots, pickled red cabbage, cucumbers, green onions, iceberg lettuce, avocado, sesame seeds, radish, sriracha aioli and tamari soy sauce, served on Calrose rice | DF · CS · S

Fiesta Taco Salad — 18.50
with BFK chili, pickled jalapenos, tortilla chips, shredded lettuce, white cheddar cheese, grape tomatoes, cilantro, and lime sour cream served on lettuce | GF

Fennel Quinoa Salad — 14
with roasted cashews, radishes, celery, bell peppers, quinoa, cranberries and orange mint vinaigrette, served on heritage greens | GF · DF · N · V

Roasted Sweet Potato & Brussels Sprouts Salad — 14
with candied pecans, roasted brussels sprouts, roasted sweet potatoes, goat cheese, dried cranberries, sriracha roasted pumpkin seeds and maple Dijon vinaigrette, served on heritage greens | GF · N · V

SANDWICHES & SOUPS

Flank Steak Beef Dip — 20
with grilled flank steak, cheddar cheese and crispy fried onions and horseradish aioli, served on a buttered white baguette with au jus on the side | E

Buffalo Chicken Burger — 16.50
with grilled buffalo chicken breast, Swiss cheese, red onions, tomato, iceberg lettuce and herb aioli, served on a buttered toasted tuxedo bun | E

BLT — 14
with crispy bacon strips, lettuce, tomatoes, and fresh herb aioli served on buttered multigrain bread | E

Turkey Cranberry Brie — 16.50
with roasted turkey breast, brie cheese, arugula, cranberry sauce, and fresh herb aioli, served on a buttered Filone bun | E

Loaded Potato Soup — 7
with potatoes, leeks, thyme, butter, white wine, garnished with bacon, cheddar and green onions | GF

BFK Beef Chili — 10.50
house-made chili loaded with sour cream, tortilla chips, cheddar cheese, and green onions | GF

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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	2.5
Orange Juice	2.5
Grapefruit Juice	2.5

ADDITIONAL REQUIREMENTS

per pod

Butter Pods	0.25

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Beverage

HOST*bar*

HOUSE WINE

Sauvignon Blanc
White Wine | 9/5 oz | 49/bottle

Cabernet Sauvignon
Red Wine | 9/5 oz | 49/bottle

STANDARD WINE

Villa Marchesi Prosecco
Sparkling | Italy | 8/4 oz | 50/bottle

Happy Dogs Blanco
White Wine | Spain | 10/5 oz | 50/bottle

Paladin Pinot Grigio
White Wine | Italy | 10.50/5 oz | 52.50/bottle

Happy Dogs Tempranillo
Red Wine | Spain | 10/5 oz | 50 bottle

Domaine Bousquet Organic Cabernet Sauvignon
Red Wine | Argentina | 10/5 oz | 50/bottle

Las Cumbres Pinot Noir
Red Wine | Chile | 10/5 oz | 50/bottle

PREMIUM WINE

House Party Prosecco
Sparkling | Italy | 53 | Bottle

Dirty Laundry Hush Rosé
Rosé Wine | Canada | 62 | Bottle

Dirty Laundry Unoaked Chardonnay
White Wine | Canada | 66 | Bottle

Sunshine Bay Sauvignon Blanc
White Wine | Canada | 52 | Bottle

Monte Creek Hands Up Red
Red Wine | Canada | 59 | Bottle

Vina El Rosal Reserva Cabernet Sauvignon
Red Wine | Chile | 56 | Bottle

WELL HIGHBALL

Captain Morgan Dark
11.25 | 1 oz

Captain Morgan White
11.25 | 1 oz

Canadian Club
11.25 | 1 oz

Smirnoff Vodka
11.25 | 1 oz

Tanqueray Gin
11.25 | 1 oz

PREMIUM HIGHBALL & SCOTCH

Flor De Cana Black Label 5 Yr
12.75 | 1 oz

Flor De Cana Extra Dry 4 Yr
12.75 | 1 oz

Crown Royal
12.75 | 1 oz

Skyy Vodka
12.75 | 1 oz

Bombay Sapphire Gin
12.75 | 1 oz

Chivas Regal 12 Yr
13.25 | 1 oz

BEER

Village Blacksmith
11 | 473 ml

Vezpa Italian Pilsner
13 | 473 ml

Stella Artois
11 | 330 ml

Corona
11 | 330 ml

Partake Non-Alcoholic Beer
7 | 355 ml

CIDER

Village Cider
12 | 473 ml

COCKTAIL

Romero Old Fashioned
13 | 3 oz

NON-ALCOHOLIC

Clink Raspberry Limoncello
11 | 355 ml

Clink Mimosa
11 | 355 ml

Assorted Non-Alcoholic Beverages
2.75 each

Coffee & Assorted Teas
6 per person

Bartender sales must reach $500 per bartender (excluding table wine, service charges, and GST) for the duration of the event.
If this is not met, an additional $50 per hour, per bartender fee will apply.

Pricing subject to service charge of 20%, and GST.
Prices are subject to change.