

GOLD BUFFET

Prices Range from
\$45.95- \$59.95 per person

Price includes the following:
Cutlery, plate ware, linens for buffet tables, linen napkins,
and staff for a maximum of 5 hours. Extra staff hours will be billed to the
client after 5 hours at a rate of \$29 per hour per staff member.

The Menu

Chef Carved Roast

Choice of Grains or Potatoes

Hot Selections-your choice of one
oven-baked, grilled, slow-roasted

Salad Bar-choice of 4

Buns and Butter

Tortes & Buffet Cakes

Catering Ltd.

FOOD FOR THOUGHT

Price based on a minimum of 40 guests.

All prices above subject of 5% GST + 15% Gratuity

Gold Buffet

Choice of 1 Carved Roast

Baron of Beef, Pan Gravy, Horseradish

Stuffed Loin of Pork, Fruit Dressing, Spiced Apple Gravy

Roasted Leg of Pork

Glazed Ham, Dijon + Grainy Mustards

Fraser Valley Turkey Breast, Savoury Dressing, Gravy

OPTIONAL

Prime Rib of Alberta Beef, Roasted Shallot Demiglaze ~
Add \$7.75/Person

Choice of 1 Hot Selections

Oven Baked Lasagna
Beef and mushroom, spinach, ricotta or vegetarian

Stuffed Cannelloni
Spinach, ricotta cheese + roasted peppers or spicy Italian sausage

Greek Moussaka
Spiced ground beef + sliced eggplant with tomato and béchamel sauces

Wild Mushroom Ravioli
Pesto Alfredo sauce

Baked Chicken choice of olive oil, lemon, & fresh herbs or Portuguese Piri Piri or Harrisa

Creole Jambalaya

Boneless chicken thighs, spicy Andouille sausage + shrimp

Cajun spiked tomato rice pilaf

Moroccan Tagine

Chick Peas, Green beans, FFT spices, Garlic, Ginger, Cilantro, Olives + yams

Poached Pacific Wild Salmon add \$2.75 per person

Choice of Grains or Potatoes

Baked Potato w/sour cream, chives and butter

Roasted Baby Potatoes

Brown Rice Pilaf

Choice of 4 Salads

Traditional Caesar

Bean Salada Butter, Fava, Kidney, Chick Pea, Soy, Lima, Green, Traditional Vinaigrette, Fresh Herbs GF/DF

Mixed Baby Greens Smoked Pear Vinaigrette GF/DF

Spinach Salad w/Bacon, Egg, Blue Cheese GF

Sliced Red Potato Traditional Potato Salad, Hard-Boiled Egg, Parsley, Green Onions GF/DF

Classic Greek
Peppers, Cucumbers, Tomato, Feta and Kalamata Olives GF

Golden Beet Salad
Rocket, Goat Cheese, Fresh Mint GF

French Quarter Spud Salad
Yams, Black-Eyed Peas, Red Onions, Cilantro, Chipotle Mayonnaise GF/DF

Thai Noodle Rice Noodles,
Vegetables in Spicy Peanut/Chili Dressing GF/DF

Curried Couscous and Roasted Vegetable Salad
Curry-Spiced Couscous Tossed with Roasted Eggplant, Zucchini, Peppers, Topped with Currants DF

California Pasta
Tender Penne Rigate, Artichokes, Broccoli, Sundried Tomatoes and Kalamata Olives, Herb Vinaigrette

Middle Eastern Baby Carrot Salad
Orange, Yellow and Purple Carrots GF/DF

Apple and Fennel Slaw
Green and Red Cabbage, Carrot GF/DF

Wild Rice and Wheat Berry Salad
Cranberries and Pine Nuts DF

Tabouleh Salad Cucumbers, Tomatoes, Lemon Vinaigrette Lentil salad Maple Balsamic Vinaigrette GF/DF

Lentil Salad
Maple balsamic vinaigrette GF/DF

Spicy Green Bean
Peppers, Chinese Black Bean, Chilli Ginger Dressing GF/DF

Mediterranean Tomato and Bocconcini
Olives, Marinated Artichokes, Fresh Herbs GF

Heirloom Potato Salad
Grainy Mustard, Flat Leaf Parsley GF/DF

Island Waldorf Salad
Poached apple, kale, hazelnuts, celery & dried blueberries GF/DF