



Table of Contents (i can already taste it!)

- 4 COLD APPETIZERS
- 5 HOT APPETIZERS
- 6 RECEPTION MENU #1
- 7 RECEPTION MENU #2
- 8 RECEPTION MENU #3
- 9 DINNER BUFFET | SALADS
- 10 DINNER BUFFET | HOT ENTRÉE
- DINNER BUFFET | STARCH | VEGETABLE | DESSERT
- 12 LATE NIGHT SNACKS
- 13 CORKAGE BAR
- NON-ALCOHOLIC BEVERAGES





minimum three dozen per item required includes china, cutlery, cocktail napkins and set up an 18% service and setup charge and GST will apply \$25/hour charge for waitstaff if required

Cool Appetizers (let's get started!!)

VIETNAMESE SALAD ROLLS | \$42/dozen

served with peanut sauce

INTERNATIONAL MINI WRAPS | \$36/dozen

good nature vegetarian | monterey jack cheese, cucumbers, tomatoes, chickpea hummus, spinach tortilla

mexican chicken | cilantro, mole sauce, cheddar, red onion, green pepper, jalapeño, flour tortilla

thai beef | sirloin beef, carrots, cabbage, red onion, mushroom, green & red pepper, sweet chili sauce, tomato tortilla italian | ham, pepperoni, salami, onion, roasted green pepper, mozzarella, dijon mustard, tomato tortilla

OPEN FACE CANAPÉS | \$39/dozen

smoked salmon, black forest ham, roast sirloin of beef, montreal smoked meat, albacore tuna, good nature vegetarian, smoked turkey, deli egg salad

FIVE LAYER MEXICAN DIP | \$75/platter serves 15

served with tortilla chips

CAPRESE STICKS | \$36/dozen

basil marinated mozzarella, cherry tomato, fresh basil leaf

CHILLED JUMBO SHRIMP | \$36/dozen

served with horseradish lime cocktail sauce

PLOUGHMAN'S PLATTER | \$95/platter serves 15

chorizo, italian salami, mortadella, roast beef, brie, roast vegetables, olives, fresh baguette slices

FRESH VEGETABLE TRAY | \$69/platter serves 15

FRESH FRUIT TRAY | \$75/platter serves 15

ASSORTED SQUARES AND COOKIES | \$39/platter serves 15





minimum three dozen per item required includes china, cutlery, cocktail napkins and set up an 18% service and setup charge and GST will apply \$25/hour charge for waitstaff if required

Hot Appetizers (now we're warming up!)

HARISSA CHICKEN SKEWERS | \$39/dozen

served with a light coconut curry glaze

SPANAKOPITA | \$33/dozen

served with greek tzatziki sauce

CHILI CHICKEN BITES | \$36/dozen

marinated in sweet chili sauce

CHICKEN DUMPLINGS | \$39/dozen

served with japanese dipping sauce

MEDITERRANEAN BEEF SKEWERS | \$39/dozen

served with green onion herb aioli

BEEF GYOZA | \$36/dozen

beef dumplings with japanese dipping sauce

SWEDISH MEATBALLS | \$39/dozen

MINI SHEPHERDS PIE | \$39/dozen

savory ground beef and vegetables in a light pastry shell. topped with creamy mashed potato

JALAPEÑO POPCORN SHRIMP | \$36/dozen

served with a coconut cocktail sauce

LEMON GARLIC SHRIMP SKEWERS | \$39/dozen

served with cajun cream

VEGETABLE DUMPLINGS | \$39/dozen

served with japanese dipping sauce

MINI QUICHE | \$36/dozen

florentine & lorraine

ZUCCHINI WEDGES | \$33/dozen

served with a marinara dipping sauce

FlavoursCalgaryCatering.com | 403 252 2956 | Info@FlavoursCalgaryCatering.com





Reception Menu #1 (nibbles and nosh!)

SPANAKOPITA

served with greek tzatziki sauce

SWEDISH MEATBALLS

CHILI CHICKEN BITES

marinated in sweet chili sauce

INTERNATIONAL MINI WRAPS

good nature vegetarian | monterey jack cheese, cucumbers, tomatoes, chickpea hummus, spinach tortilla

mexican chicken | cilantro, mole sauce, cheddar, red onion, green pepper, jalapeño, flour tortilla

thai beef | sirloin beef, carrots, cabbage, red onion, mushroom, green & red pepper, sweet chili sauce, tomato tortilla italian | ham, pepperoni, salami, onion, roasted green pepper m

italian | ham, pepperoni, salami, onion, roasted green pepper, mozzarella, dijon mustard, tomato tortilla

MEDITERRANEAN DIPS

roasted red pepper hummus, cheddar green olive dip, dill spinach and artichoke

FRESH VEGETABLE TRAY

served with creamy ranch dip

CHILLED JUMBO SHRIMP

served with horseradish lime cocktail sauce

ASSORTED DESSERT SQUARES AND COOKIES

8 Pieces \$24 | 10 Pieces \$29.50 | 12 Pieces \$35 all prices per person

includes china, cutlery, linen napkins and setup a surcharge will apply for events under 40 guests an 18% service and setup charge and GST will apply \$25/hour charge for waitstaff if required





Reception Menu #2 (work the room!)

VEGETABLE DUMPLINGS

served with japanese dipping sauce

HARISSA CHICKEN SKEWERS

served with a light coconut curry glaze

MOZZARELLA RISOTTO BALLS

served with garlic aioli

JALAPEÑO POPCORN SHRIMP

served with coconut cocktail sauce

FIVE LAYER MEXICAN DIP

served with tortilla chips

OPEN FACE CANAPES

smoked salmon, black forest ham, roast sirloin of beef, montreal smoked meat, albacore tuna, good nature vegetarian, smoked turkey, deli egg salad

CAPRESE STICKS

basil marinated mozzarella, cherry tomato, fresh basil leaf

DOMESTIC CHEESE & FRUIT

a fine selection of cheese and fruit served with assorted gourmet crackers

ASSORTED FRENCH PASTRIES

8 Pieces \$29 | 10 Pieces \$36 | 12 Pieces \$42 all prices per person

includes china, cutlery, linen napkins and setup a surcharge will apply for events under 40 guests an 18% service and setup charge and GST will apply \$25/hour charge for waitstaff if required





Reception Menu #3 (find me near the food!)

MINI QUICHE

florentine & lorraine

CHICKEN DUMPLINGS

served with a japanese dipping sauce

MEDITERRANEAN BEEF SKEWERS

served with green onion herb aioli

ZUCCHINI WEDGES

served with a marinara dipping sauce

LEMON GARLIC SHRIMP SKEWERS

served with cajun cream

VIETNAMESE SALAD ROLLS

served with peanut sauce

PLOUGHMAN'S PLATTER

chorizo, italian salami, mortidella, roast beef, brie cheese, roasted vegetables and olives served with fresh baguette slices

FRESH FRUIT TRAY

MINI DESSERT SHOOTERS & FRENCH MACARONS

8 Pieces \$30 | 10 Pieces \$36 | 12 Pieces \$44 all prices per person

includes china, cutlery, linen napkins and setup a surcharge will apply for events under 40 guests an 18% service and setup charge and GST will apply \$25/hour charge for waitstaff if required





Dinner Buffet Menu (the main event!)

included: green salad, your choice of starch, vegetables, dessert, fresh buns, butter, coffee, tea and ice water service

Salad Bar

included with your buffet:

YOUNG MIXED GREENS WITH TWO DRESSINGS

fresh field mix, cucumbers, grape tomatoes, belgian endive, raspberry and swiss dressing

additional salad please add \$2.50 each per person:

SPINACH

toasted almonds, sliced white mushrooms, mandarin oranges, strawberries, swiss yogurt dressing

CLASSIC CAESAR

hearts of romaine, garlic croutons, shaved parmesan, caesar dressing

MARINATED VEGETABLES

cauliflower, zucchini, mushrooms, carrots, celery, red onions, parsley vinaigrette

RUSSIAN POTATO

potatoes, carrots, peas, boiled eggs, dill pickles, mayonnaise dressing

TUSCAN PASTA

roasted vegetables, extra virgin olive oil, fresh basil, balsamic vinegar

THAI NOODLE

rice noodles, celery, red 8 green peppers, carrots, red onion, thai vinaigrette, sesame seeds

MARKET FRESH VEGETABLE TRAY

served with fine herb dipping sauce

includes china, cutlery, linen napkins and setup a surcharge will apply for events under 40 guests an 18% service and setup charge and GST will apply \$25/hour charge for waitstaff if required 25% off for children 4 - 12. 3 and under are free

avour





Dinner Buffet Menu (the main event!)

included: green salad, your choice of starch, vegetables, dessert, fresh buns, butter, coffee, tea and ice water service

Hot Entrée

special dietary and vegetarian meals also available please choose one:

RANCHERS ROAST HIP OF BEEF | \$32.95

served with a country gravy

PREMIUM SIRLOIN OF BEEF | \$29.95

served with a red wine sauce

ALBERTA PRIME RIB OF BEEF | \$37.95 served au jus

HONEY GLAZED BAKED HAM | \$29.95

BREADED CHICKEN PARMIGIANA | \$34.95

served with a roasted italian tomato sauce

CHICKEN BREAST | \$29.95

served with a roasted red pepper sauce

SPINACH & FETA STUFFED CHICKEN BREAST | \$34.95

CRANBERRY STUFFED CORNISH GAME HEN | \$35.95

served with a garlic skillet sauce

ROASTED WHOLE TURKEY BREAST | \$34.95

served with a giblet gravy

FILET OF SALMON | \$34.95

served with a teriyaki glaze

additional entrée please add \$6.50 per person, other menu items available on request!

includes china, cutlery, cocktail napkins and setup a surcharge will apply for events under 40 guests an 18% service and setup charge and GST will apply \$25/hour charge for waitstaff if required 25% off for children 4 - 12. 3 and under are free





Dinner Buffet Menu (the main event!)

included: green salad, your choice of starch, vegetables, dessert, fresh buns, butter, coffee, tea and ice water service

Starch

please choose one:

ROASTED GARLIC WHIPPED POTATOES

BABY ROASTED POTATOES

LONG GRAIN RICE

BUTTERED PENNE

Vegetables

please choose one:

BOUQUET OF VEGETABLES

FRESH CARROTS & PEAS

GLAZED FRESH CARROTS

ROASTED ROOT VEGETABLES

WHOLE GREEN BEANS

additional starch or vegetable item add \$1.75 per person

Dessert

please choose one:

ASSORTED SQUARES & BARS

STRAWBERRY SHORT CAKE

RED VELVET CAKE

ASSORTED PIES

ASSORTED CUPCAKES

SLAB CAKE

ASSORTED FRESH FRUIT

includes china, cutlery, cocktail napkins and setup a surcharge will apply for events under 40 guests an 18% service and setup charge and GST will apply \$25/hour charge for waitstaff if required 25% off for children 4 - 12. 3 and under are free





Late Night Snacks (party all night long!)

CRUSTY COCKTAIL BUNS | \$7.95/person (2 pieces each)

garnished with raw vegetables and cheese sticks. prosciutto, black forest ham & swiss, good nature vegetarian, roast sirloin of beef, albacore tuna, danish brie, smoked turkey, deli egg, smoked salmon

BUILD YOUR OWN SANDWICH | \$8.95/person (2 pieces each)

assorted breads and rolls, lettuce, tomato, pickle spears, condiments meat | black forest ham, roast sirloin of beef, genoa salami, smoked turkey, grilled chicken breast

cheese | swiss, emmental, canadian cheddar

NACHO BAR | \$11/person

fresh cut trio of corn tortillas, ground spiced alberta beef, pulled pork, creamy aged cheese sauce, salsa, sour cream, onions, jalapeños, black olives, peppers, green onions, grilled corn, diced tomato, shredded cheddar, selection of hot sauces

SHIN-DIG

includes quality disposable plates, linen napkins and setup a surcharge will apply for events under 40 guests an 18% service and setup charge and GST will apply \$25/hour charge for waitstaff if required



Corkage Bars (you had me at merlot!)

- a bartender must be hired at an hourly rate of \$28/hour. this begins one hour prior to and ends one hour after the event to allow enough time to set up and break down the bar station(s)
- all bartender(s) and staff are trained in ProServe (Liquor Staff Training) in accordance with the Alberta Gaming and Liquor Commission
- if required, ticket seller fee of \$28/hr (minimum four hours) will apply
- the client is responsible for obtaining a liquor license

Alcohol Service

FULL CORKAGE BAR | PER PERSON | \$7.50

disposable cups, mix (soft drinks, clamato, orange, cranberry juice,) ice and bar accessories (bottle openers, bar bins, straws, cocktail napkins, speed spouts, tabasco, worcestershire, celery salt glass rimmer, salt ϑ pepper)

BEER AND WINE CORKAGE ONLY | PER PERSON | \$3.50

disposable cups, ice, bar accessories (bottle opener, bar bins, straws, cocktail napkins)

WINE SERVICE WITH DINNER | PER PERSON | \$1.50

stemmed wine glasses, ice to chill wine, opening and placement service of wine at each table during dinner

AGLC Regulation Information

- in support of responsible beverage service, bar staff will not serve any guest who appears intoxicated
- liquor service is not permitted before 10:00am and after 1:00am (12:00am on Sundays and holdays.)
- proof of age (photographic government-issued ID) may be requested from any guest and required from those who appear under the age of 25
- refusal of alcohol service is at the discretion of certified bar staff

an 18% service and setup charge and GST will apply





Non-Alcoholic Beverages (sweet sips for the whole gang!)

includes disposable cups

NON-ALCOHOLIC PUNCH | PER 25 SERVINGS | \$58

ASSORTED BOTTLED FRUIT JUICE | 300ml | \$3

selection of apple, orange, grapefruit, cranberry, tomato and V-8

BOTTLED WATER | 500ml | \$2.50

nestlé bottled water

SAN PELLEGRINO SOFT DRINKS | 330ml | \$2.50

selection of orange, blood orange, pompelmo and lemon

SAN PELLEGRINO SPARKLING WATER | 250ml | \$2.75

SOFT DRINKS | 355ml | \$2.50

selection of coca-cola products

HOT TEA SERVICE | 25 CUPS | \$49.50

an eclectic selection of teas

100% ARABICA COFFEE | 25 CUPS | \$52.00

DECAF COFFEE | 25 CUPS | \$52.00

prices for alcohol available on request

glassware rental

11 oz all-purpose glass (beer, hiballs, non-alcoholic) | \$0.49 each 8.5 oz wine glass | \$0.49 each

an 18% service and setup charge and GST will apply





FlavoursCalgaryCatering.com | 403 252 2956 | Info@FlavoursCalgaryCatering.com