

CARVED + CRAFTED

contactless

*catering*





## Welcome to Contactless Catering.

We proudly introduce drop-off and contactless catering. This menu allows for flexibility to provide catering solutions for a wider variety of service levels. Contactless catering will be the only catering option for Tier 1. However, contactless catering will remain an option for Tiers 2 and 3.



For reference, the 3 tiers of catering:

<b>Experience</b>	<b>Tier 3</b>	<b>Tier 2</b>	<b>Tier 1</b>
Service Experience	Self-Serve Buffets	Attendant served buffets, contactless catering	No Buffets or events, contactless catering
Meal: breakfast, lunch, dinner, snacks, desserts	Self serve buffet options available for all meals	All meals/buffets are attendant served. Preordered meals available	All meals preordered and individually portioned into disposable containers
Beverages	All beverages available for self-serve	Beverages are attendant served or for drop off only	Cans, bottles or portioned into cups with lids, provided by order
Dinnerware	Dishware and disposable available	Disposable dinnerware and wrapped cutlery	Disposable dinnerware and wrapped cutlery
Sanitation Controls	Sneeze guards, chafer and platter dome covers, hand sanitizer	Sneeze guards, chafer and platter dome covers, hand sanitizer	No buffets. Contactless catering only.

# CONTACTLESS CATERING | Tiers

## Tier 2

All buffets will be attendant-served using disposables. Buffets will have the addition of portable sneeze guards or protective dome covers. Guests will be encouraged to maintain 6ft or 2m social distancing. We still recommend offering the contactless menu approach in this tier.

Servers	Service
Gloves change every 30 minutes	Buffet with portable sneeze guards
Must wear mask	All disposables



## Tier 3

In tier 3, self-serve buffets and service ware service will become available for all events. Portable domes and covers are still recommended and all serving utensils will need to be changed out every 30 minutes. Guests will be required to use hand sanitizer and put on gloves prior to going through the buffet.

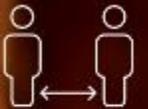
Servers	Service
Gloves change every 30 minutes	Buffet with portable sneeze guards
Must wear mask	Service ware or disposables

# CONTACTLESS CATERING | Packaging

## The Packaging Approach

All menu items in the contactless catering service will be packaged individually in disposable packaging. The packaging was selected to keep foods at the proper temperatures during delivery and drop off. A complete disposables guide has been aligned for all menu items to ensure accessibility and keep costs at a minimum to remain a competitive option in the business.





All Morning  
Meal items  
are packaged  
together.  
Sandwiches  
individually  
wrapped.

BREAKFAST

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## MORNING MEALS

All prices are per person based on a minimum of 12 guests

### CONTINENTAL BREAKFAST \$12.49

Bagel (Cals: 240-340)  
Cream cheese (Cals: 50)  
Seasonal fresh fruit (Cals: 60)  
Bottled cold brew (Cals: 200)  
Bottled orange juice (Cals: 120)

### TRADITIONAL BREAKFAST \$14.29

Cinnamon French toast (Cals: 170-240)  
Scrambled eggs (Cals: 190)  
Bacon (Cals: 45-70)  
Seasoned breakfast potatoes (Cals: 120)  
Bottled cold brew (Cals: 200)  
Bottled orange juice (Cals: 120)

### VEGAN BREAKFAST BOWL \$9.99

Spicy tofu breakfast bowl with kale, mushroom, tofu scramble, lemon couscous, grape tomato, scallion and avocado (Cals: 451)

## HAND CRAFTED SANDWICHES

All prices are per person based on a minimum of 12 guests

### TRADITIONAL BREAKFAST

Bacon and egg (Cals: 170)	\$3.29
Egg and cheese (Cals: 130)	\$3.29
Fried chicken (Cals: 270)	\$5.99
Hot ham and cheese (Cals: 120)	\$3.29

### CHOOSE YOUR BREAD

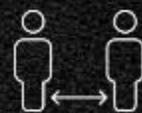
Biscuit (Cals: 200)  
Wrap (Cals: 290)  
English muffin (Cals: 130)

## BREAKFAST A LA CARTE

Yogurt parfait with fresh berries and granola (Cals: 250)	\$5.29
Seasonal fresh fruit cup (Cals: 60)	\$5.29



# SNACKS + SWEETS



Personal Snack Pack  
items packaged  
individually and  
bundled together.  
Sweet Treats  
individually wrapped.

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# PERSONAL SNACK PACKS

All prices are per person based on a minimum of 12 guests

<b>MEZZE SPREADS</b>	\$6.99
Served with crisp vegetables and pita chips (Cals: 50-80) Classic chickpea hummus (Cals: 30) and baba ganoush (Cals: 50)	
<b>CHARCUTERIE BOARD</b>	\$10.99
A selection of cured meats, cheeses, assorted nuts, dried fruits and crackers (Cals: 70-1200)	
<b>CHEESE BOARD</b>	\$10.49
A selection of hard and soft cheeses with assorted nuts, dried fruits and crackers (Cals: 70-682)	

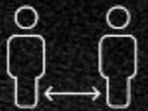
## SWEET TREATS

All prices are per person based on a minimum of 12 guests

Gourmet chocolate chunk cookie (Cals: 170-210)	\$1.99
Deep Dutch brownie (Cals: 200)	\$1.99
Mini French crullers. (Cals: 190)	\$2.49
Individually wrapped granola bars (Cals: 190)	\$1.99
Individually bagged chips (Cals: 130-320)	\$1.99
Fresh whole fruit (Cals: 30-110)	\$1.99
Fruit & nut energy bars (Cals: 110)	\$3.29



# BOXED LUNCHES



Complete meals  
boxed individually.

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# BOXED LUNCHEES

All prices are per person based on a minimum of 12 guests

## EXPRESS BOX LUNCH

\$13.99

All sandwiches served on chef's selection of freshly-baked bread with seasonal whole fruit, potato chips and freshly-baked cookie (Cals: 490-570)

### Sandwich Selections:

**Bacon turkey croissant** (Cals: 490)

**Ham and Swiss** (Cals: 590)

**Roast beef and cheddar** (Cals: 40)

**Cookstown grilled vegetable tuna salad** (Cals: 580)

**Grilled chicken Madras** (Cals: 730)

## ARTISAN BOX LUNCH

\$15.99

All sandwiches served on chef's selection of fresh bread with fruit salad, side salad and dessert bar. (Cals: 490-570)

### Sandwich Selections:

**Oven roasted chicken & tomatoes** (Cals: 400)

**Cajun roast turkey** with pepper jack, Bermuda onion and Cajun mayo (Cals: 480)

**Classic Italian** with pepperoni, capicola, salami and provolone with balsamic on hero (Cals: 730)

**Avocado** with lettuce and tomato on wheat (Cals: 450)

**Farmer's lunch** with roast beef, horseradish mayo, arugula and sautéed mushrooms  
(Cals: 400)

**Turkey bacon** and ranch on wheat with pepper jack cheese (Cals: 640)

### Side Salads (please select one)

House-made chips (Cals: 400)

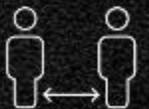
Chickpea tomato salad (Cals: 80)

Quinoa and tabbouleh salad (Cals: 260)

Small garden salad (Cals: 40)



# BOXED SALADS + BOWLS



Complete meals  
boxed individually.

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## BOXED SALADS

All prices are per person based on a minimum of 12 guests

All salads include artisan crackers, choice of dressing and a freshly-baked cookie

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| <b>Chicken Avocado Club</b>  | \$15.99 |
| Mesclun greens, with turkey bacon, fresh avocado, cage-free hardboiled egg, onion and house-made croutons (Cals: 450)                        |         |
| <b>Blackened Chicken Caesar Salad</b>  | \$16.99 |
| Chopped romaine lettuce, blackened chicken, grated parmesan cheese, and house-made croutons with our traditional Caesar dressing (Cals: 430) |         |
| <b>Traditional Chef's Salad</b>  | \$14.99 |
| Turkey, ham, cheddar, cage-free hardboiled egg, tomatoes, cucumbers and crisp greens with creamy buttermilk dressing (Cals: 520)             |         |
| <b>Greek Salad with Grilled Chicken</b>  | \$15.99 |
| Grilled chicken, tomatoes, cucumbers, kalamata olives, feta cheese, red onions and mixed greens with a red wine vinaigrette (Cals: 730)      |         |
| <b>Mediterranean Grain Salad</b>   | \$14.99 |
| Chickpea, bulgur, parsley, mint, green onion and tomato (Cals: 330)  |         |

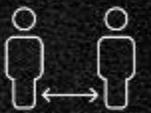
## BOXED BOWLS

All prices are per person based on a minimum of 12 guests

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|---|---------|
| <b>Ninja Bowl</b>   | \$12.99 |
| Herbed brown rice, shaved cabbage, sesame, mandarin orange and edamame (Cals: 570)      |         |
| <b>Eden Bowl</b>  | \$13.99 |
| Lemon turmeric quinoa, chickpea, green onion, sunflower and roasted chicken (Cals: 630) |         |
| <b>Rebel Bowl</b>   | \$13.99 |
| Quinoa, chipotle, chiffonade kale and lemon roasted chicken (Cals: 640)                 |         |
| <b>Ninja Tofu Bowl</b>  | \$13.99 |
| Herbed brown rice, chili lime tofu, spinach and sesame (Cals: 680)                      |         |



# BOXED THEME MEALS



All meals are packaged individually and served hot in disposable packaging.

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## LITTLE ITALY

All prices are per person based on a minimum of 12 guests

A garden salad with dressing is included and a freshly-baked cookie (Cals: 365)

**Rustic lasagna** with freshly-baked artisan garlic bread \$17.99  
(Cals: 590)

**Late harvest cheese tortellini** with freshly-baked artisan garlic bread (Cals: 490) \$16.99

**Chicken marsala** with creamy polenta with freshly baked artisan garlic bread (Cals: 590) \$19.99

**Chicken parmesan** over a bed of penne, freshly baked artisan garlic bread (Cals: 690) \$19.99

## HOME STYLE

All prices are per person based on a minimum of 12 guests

A garden salad with dressing is included and a Dutch brownie (Cals: 365)

**Herb-brined turkey breast** with sage gravy and garlic roasted red bliss potatoes and roasted brussels sprouts (Cals: 435) \$17.99

**Herb and panko crusted salmon** with garlic roasted red bliss potatoes and roasted brussels sprouts (Cals: 475) \$23.99

**Light Life <sup>TM</sup> plant-based meatloaf** with garlic roasted bliss potatoes and roasted brussels sprouts (Cals: 428) \$19.99

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## LIBERTY STREET BBQ

All prices are per person based on a minimum of 12 guests

**Barbecue pulled pork** with slider rolls (Cals: 400), macaroni and cheese (Cals: 330), barbecue baked beans (Cals: 270), cheddar jalapeno cornbread (Cals: 330) and brownie (Cals: 200) \$21.99

**Buttermilk fried chicken** (Cals: 500), macaroni and cheese (Cals: 330), barbecue baked beans (Cals: 270), cheddar jalapeno cornbread (Cals: 330) and brownie (Cals: 200) \$23.99

**Pulled Barbecue portabella mushroom** with slider rolls (Cals: 282), macaroni and cheese (Cals: 330), barbecue baked beans (Cals: 270), cheddar jalapeno cornbread (Cals: 330) and brownie (Cals: 200) \$22.99

## COOKOUT

All prices are per person based on a minimum of 12 guests

**Hamburger** (Cals: 340) \$15.99

**Light Life™ plant-based burger** (Cals: 280)

**Hot dog all beef** (Cals: 480)

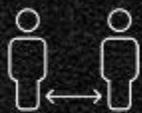
**BBQ chicken sandwich** (Cals: 630)

### INCLUDES

Lettuce, tomatoes, pickles, onions, condiments, assorted bag of chips, pasta salad and a freshly-baked cookie (Cals: 580-790)



# PREMIUM DINNER BOXES



All meals are  
packaged  
individually  
and served hot  
in disposable  
packaging.

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# PREMIUM DINNER BOXES

All prices are per person based on a minimum of 12 guests

## SALADS (Please select one)

**Mixed greens salad** with romaine, spinach tomatoes, red onions, croutons and creamy ranch dressing (Cals: 390) \$7.49

**Classic Caesar salad** with romaine, parmesan, croutons and Caesar dressing (Cals: 310) \$7.49

**Spinach and strawberry salad** with toasted almonds, aged gorgonzola and raspberry vinaigrette (Cals: 340) \$7.49

**Wedge salad** with blue cheese crumbles, praline bacon, roasted tomatoes, scallions, parmesan croutons and blue cheese vinaigrette (Cals: 500) \$7.99

**Fire roasted beet salad** with feta cheese, chopped romaine, spring mix, shredded cabbage, mandarin oranges, candied walnuts and citrus vinaigrette (Cals: 460) \$7.99

## ENTRÉES (Please select up to two)

**Dijon chicken supreme** with herb risotto and fresh green beans with garlic, tomato and basil (Cals: 425) \$21.99

**Lemon & herb chicken breast** with parmesan polenta, sautéed broccoli rabe with roasted garlic, and a red pepper sauce (Cals: 450) \$22.99

**Korean bulgogi beef** with siracha fried rice, Bok choy, and fried wonton strips (Cals: 450) \$24.99

**Grilled basil salmon loin** with cherry tomato vinaigrette, basmati rice with saffron and basil and roasted butternut squash (Cals: 590) \$24.99

**Seared black pepper beef tenderloin** with peppercorn demi glaze, mashed sweet honey whipped potatoes, grilled asparagus and wild mushrooms (Cals: 620) \$26.99

**Broccoli tofu stir fry** with brown rice (Cals: 380) \$18.99

**Greek lemon polenta** with wild mushroom ragout (Cals: 260) \$16.99

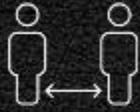
## DESSERTS (Please select one)

**New York cheesecake** with seasonal berries (Cals: 350) \$5.49

**Panna cotta** (Cals: 230) \$4.29

**Chocolate mocha parfait** (Cals: 270) \$3.99

# BEVERAGES



All beverages in individual bottles for your safety.

Bottled cold brew (Cals: 200)	\$4.99
Energy drinks (Cals: 116-220)	\$3.69
Bottled iced tea (Cals: 140)	\$3.19
Bottled soft drinks (Cals: 140)	\$2.59
Bottled water (Cals: 0)	\$2.09
Bottled orange juice (Cals: 130)	\$2.99
Tea to Go (Hot water & Tea Selections)* (Cals: 2)	\$24.99
Coffee to Go* (Cals: 2)	\$24.99

\*96 oz (12 cups). Not an individual portion

# POLICIES

- To ensure proper delivery/pick up time, place your orders with a 24 hour notice or sooner.
- Napkins and disposable cutlery will be provided as needed depending on menu choice and guest count.
- Menus are priced for pick up at Mercante in the CAT building. Delivery will be limited to a 5 km radius of campus for a \$25 dollar fee.
- All items are packaged in disposable containers and for the individual. When possible, recyclable and compostable packaging and flatware will be made available. Groups/Host will be responsible for clean-up and garbage removal.
- Please let us know if any of your guests have food allergies and/or dietary restrictions; we are happy to accommodate.
- Sanitation and safety is of our utmost importance. Please see all labels for quality assurance and temperature on all menu selections that need refrigeration and heating.
- Please contact [events@nait.ca](mailto:events@nait.ca) T 780.471.8493

THANK YOU



*Served Safely.*

**CARVED + CRAFTED**  
*catering*

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