



# CARVED+ CRAFTED

executive  
standard

*catering*





# breakfast

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**CRAFTED**  
*casual catering*

## HEALTHY START BREAKFAST PACKAGES

Price per person based on a dozen guest minimum.

### Seasonal Sunrise

Cals 660 \$13.99

Yogurt parfait with seasonal berries and fruits, freshly baked whole grain muffins, full coffee service and assortment of chilled juices

### Continental

Cals: 400-510 \$ 13.99

Fresh baked pastries, muffins, croissants, butter, jams, preserves, full coffee service and assortment of chilled juices.

**choice of:** fruit platter or whole fruit

### Bakers Mini

Cals 180-410 \$ 12.99

Mini danish, muffins, croissants, butter, jams and preserves.

Full coffee service - includes regular, decaf, half-n-half, sugar and sweeteners

### Bagel Breakfast

Cals 350 \$ 12.99

An assortment of bagels cream cheese, butter, jams and preserves.

Full coffee service - includes regular, decaf, half-n-half, sugar and sweeteners

### Breakfast Frittata

Cals 590 \$14.99

Roasted red peppers, baby spinach and mozzarella with crispy breakfast potatoes.

Full coffee service - includes regular, decaf, half-n-half, sugar and sweeteners

### Classic Breakfast Buffet

Cals 680-980 \$15.99

Farm fresh scrambled eggs, crispy breakfast potatoes, with jams, preserves and butter

**choice of:**

applewood bacon or farmers sausage

bagels or croissants

Includes full tea and coffee service regular, decaf, half-n-half, sugar and sweeteners

## MORNING SKILLETS

All of our Frittata skillets are oven baked with fresh eggs and include seasonal cut fruit and trail mix parfaits.

Price per person based on a dozen guest minimum.

Skillet One:

Savoury croissants, baked black forest ham and brie  
Cals 880 \$ 15.99

Skillet Two:

Herb roasted potato, sweet red onion with aged cheddar  
Cals 650 \$15.99

Skillet Three:

Applewood smoked bacon, sautéed red peppers and roasted mushrooms  
Cals 980 \$15.99

## BREAKFAST SANDWICHES

**Egg and Bacon** Cals 330 \$4.99

English muffin, egg, cheddar cheese and bacon

**Egg White and Turkey** Cals 260 \$4.99

English muffin, egg white, swiss cheese and turkey bacon

**Vegan Morning Burrito** Cals 460 \$4.99

Spiced black beans, home fries and salsa wrapped in a warm whole wheat tortilla

**Breakfast Burrito** Cals 190 \$4.99

Scrambled eggs, sharp cheddar, tomato salsa in a warm tortilla

## BREAKFAST ADDITIONS

**Seasonal & Imported Fruit** Cals 80 \$ 3.99  
Changes seasonally

**Oatmeal Bar** Cals 200 \$ 3.49  
Oatmeal, raisins, cinnamon and brown sugar

**Assorted Oikos Greek Yogurt** Cals 90 \$ 3.49

**Trail Mix Parfait** Cals 270 \$ 5.49  
Vanilla yogurt, trail mix, granola and seasonal fruits

**Whole Grain Trail Mix Bars** Cals 300 \$3.49  
100% whole grain bars bursting with medley of berries, nuts

## BREAKFAST BAKERY

Price per person based on a dozen minimum

**Cinnamon Buns** Cals 530 \$3.49

**Assorted Fruit Danishes** Cals 140 \$3.19

**Scone Basket** Cals 580 \$3.19  
Cranberry, Cinnamon and Blueberry served with butter

**House Baked Muffins** Cals 360 \$2.99  
Banana, Morning Glory, Caramel Coffee Cake, Summer Fruit and Cornmeal

**Fresh Breakfast Loaves** Cals 270 \$3.49  
An assortment of wholesome Banana, Oatmeal Apple, Morning Glory and Lemon Cranberry loaves

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## CLASSIC LUNCH BOX

**Tuna Salad** Cals 810 \$16.99  
Light mayo, julienne carrots, cucumbers & lettuce, 12 grain bread, carrot & celery sticks with ranch dip, whole fruit, bottled water and house baked cookie

**Egg Salad** Cals 830 \$16.99  
Julienne carrots, cucumbers & lettuce on 12 grain bread carrot and celery sticks with ranch dip, whole fruit, bottled water and house baked cookie

**Black Forest Ham** Cals 880 \$16.99  
Roasted pineapple, cheddar cheese with sweet Dijon mustard on dark rye carrot and celery sticks with ranch dip, whole fruit, bottled water and house baked cookie

**Smoked Turkey** Cals 970 \$17.99  
Lettuce with cranberry sauce on light rye, carrot and celery sticks with ranch dip, whole fruit, bottled water and house baked cookie

**Vegetarian** Cals 820 \$13.99  
Roasted mushrooms, red onions, zucchini, red peppers, lettuce with feta cheese wrapped on whole wheat tortilla carrot and celery sticks with ranch dip, whole fruit, bottled water and house baked cookie

## GOURMET LUNCH BOX

**Southwest Club** Cals 980 \$18.99  
Chicken breast in Tex-Mex spice, guacamole, lettuce with salsa on rustic focaccia. Carrot and celery sticks with ranch dip, whole fruit, bottled water and house baked cookie

**Roast Beef and Blue** Cals 860 \$18.99  
Shaved beef, roasted garlic aioli, red onion, tomato, arugula with blue cheese on demi-baguette. Carrot and celery sticks with ranch dip, whole fruit, bottled water and house baked cookie

**Chicken Breast** Cals 1150 \$18.99  
Julienne carrots, roasted peppers, and baby spinach, pesto mayo on ciabatta. Carrot and celery sticks with ranch dip, whole fruit, bottled water and house baked cookie

**Vegetarian Banh Mi** Cals 900 \$16.99  
Lemon grass tofu, pickled carrots avocado, cilantro, ginger aioli. Carrot and celery sticks with ranch dip, whole fruit, bottled water and house baked cookie

## OPEN FACED SANDWICHES \$9.99 pp

All open faced sandwiches are served on fresh Ciabatta Bread Cals 280-320

**Thin Cut Beef Tenderloin**, roasted red peppers, baby arugula with horseradish mayo

**Moroccan Spiced Eggplant**, red onions, zucchini, crispy chickpeas with a lightly curried cream cheese

**Baja Spiced Chicken Breast**, tomato, avocado lime sour cream

**Smoked Salmon** with classic garniture, red onions, cream cheese, dill, capers and grated egg

## CLASSIC HANDCRAFTED SANDWICHES \$7.99 pp

**Curried Chicken Salad** Cals 310  
Shaved apple, watercress, 12 grain bread

**The Egger** Cals 380  
Free range egg, shaved scallions, hydroponic greens, turmeric citrus aioli on pita

**Black Forest Ham** Cals 480  
Roasted pineapple, cheddar cheese with sweet Dijon mustard on dark rye

**Smoked Turkey** Cals 520  
Light mayo, lettuce with cranberry sauce on light rye

**Vegetarian Wrap** Cals 370  
Grilled eggplant, pesto, sundried tomato, wild greens

## GOURMET ARTISAN SANDWICHES \$10.99 pp

**Southwest Club** Cals 510  
Chicken breast in Tex-Mex spice, guacamole, lettuce with salsa on rustic focaccia

**Roast Beef and Blue** Cals 330  
Shaved beef, roasted garlic aioli, red onion, tomato, arugula with blue cheese on demi-baguette

**Chicken Breast** Cals 770  
Julienne carrots, roasted peppers, and baby spinach with pesto mayo on ciabatta

**Tuna Salad** Cals 230  
Julienne carrots, cucumbers, lettuce with dill mayo on herbed focaccia

**Vegetarian Banh Mi** Cals 500  
Lemongrass tofu, pickled carrots, avocado, cilantro, ginger aioli



**Please see our side salads and  
desserts and beverages to add to  
your platter!**

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## GOURMET SALAD BOX

**Chicken Asparagus Salad** Cals 630 \$18.99  
Grilled chicken asparagus salad, market greens, goat cheese, blueberries, sunflower seeds with tarragon vinaigrette on the side fruit cup and house baked cookie

**Santa-Fe Tenderloin Salad** Cals 620 \$21.99  
Thin cut tenderloin, chopped romaine, red onions, black bean, corn, roasted red pepper with buttermilk, ranch dressing on the side fruit cup and house baked cookie

**Asian Noodle Salad** Cals 600 \$15.99  
Pan seared salmon, vermicelli noodles, cucumber, cilantro, roasted red peppers with sesame Thai dressing on the side, fruit cup and house baked cookie

## ADDITIONS & SNACKS

<b>Fruit cup</b>	Cals 100 \$5.29
<b>Sabra hummus &amp; pretzels</b>	Cals 370 \$3.49
<b>Pasta salad</b>	Cals 170 \$4.99
<b>Trail mix bars</b>	Cals 300 \$3.49

*custom  
selections  
available!*

# GLOBAL and COMFORT BUFFETS

\*\*\*Please select from our side salad selections and desserts\*\*\*

## **Smokey Southern Style BBQ Chicken**

Served with a charred tomato salsa, house baked cornbread with whipped butter and a side of creamy coleslaw

Cals 620 \$17.99

## **Slow Roasted Chicken**

Served with fresh herbs and lemon, orange and cranberry infused couscous and grilled market vegetables

Cals 420 \$17.99

## **Butter Chicken**

Tender braised chicken and chickpeas in A rich aromatic tomato sauce, basmati rice, warm naan bread and stone fruit chutney

Cals 920 \$17.99

## **Coconut Crusted Chicken**

Panko and coconut crusted chicken with a green tea infused jasmine rice, steamed seasonal vegetables and sambal

Cals 680 \$17.99

## **North African Beef Stew**

Slow braised beef with eggplant, dried currants, toasted almonds in a Moroccan inspired curry. Served with steamed rice, warm naan bread and grilled scallions

Cals 550 \$18.99

## **Maple Dijon Baked Salmon**

Pan seared then glazed with our maple Dijon, lightly crusted with toasted breadcrumb and served with 7 grain rice or roasted mini potatoes and steamed seasonal vegetables

Cals 460-520 \$22.99

## **West Coast Halibut and Chips**

A healthy take on a classic, 6oz. Roasted halibut fillets with oven baked potato wedges, house made tartar sauce, fresh lemon, and a creamy coleslaw

Cals 480 \$22.99

## **Butcher Block\***

Roasted whole side of west coast sockeye salmon, tarragon and citrus hollandaise slow cooked beef, port and caramelized pearl onions, fresh free-range turkey with cranberry and sage gastrique \*Includes whipped butter, petit demi baguette and two sides.

Cals 800-1150 \$44.99

\*Includes two sides to choose from; chefs garden salad, Caesar salad, roasted mini potatoes, or roasted vegetables

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<b>Pasta</b>		
All our pastas include a Caesar salad, or Garden Salad and warm sourdough cheese bread		
<b>Craft Your Own Pasta Lunch</b>	Cals 200-380	\$21.99
Choose a pasta, sauce and one protein		
<b>Noodle:</b> Vegetable fusilli, farfalle, or whole wheat penne		
<b>Sauce:</b> Herbed marinara, alfredo, or pesto		
<b>Protein:</b> Grilled chicken, smoked sausage, roasted vegetables, or tail-on shrimp		
<b>Lasagna</b>	Cals 480	\$21.99
Ricotta, mozzarella and our scratch made tomato sauce. Choose either lean beef bolognese or roasted vegetable		
<b>Fajita Bar</b>	Cals 920	\$24.99
Tender thinly sliced Tex-Mex spiced beef or chicken, warm 6" flour tortillas, sautéed peppers, onions, Santa Fe style rice with sweetcorn and black beans finish them off with lime sour cream and a tomato salsa		
<b>Stir-fry</b>	Cals 480-680	\$24.99
A mix of julienne vegetables, local bean sprouts and broccoli sticky jasmine rice and vegetable egg roll. Choose one protein and one sauce Protein: Chicken, Shrimp. Tofu, Beef Sauce: Spicy Szechwan, Zesty Orange, Ginger		
<b>Risotto</b>	Cals 600-680	\$21.99
Silky arborio rice finished with parmesan and fresh herbs, roasted forest mushrooms or oven dried Campari tomatoes Includes two (2) seasonal sides*		
<b>Pizza</b>	Cals 400-600	\$17.99
Fresh dough, scratch made herb tomato sauce with your choice of three (3) fresh toppings (8 slices per pizza): Pepperoni   Mozzarella   Roasted Veggies   Ham   Red Onion   Bacon   Peppers   Mushrooms		

\*Includes two sides choose a pasta salad, Caesar salad or roasted vegetable salad



# MARKET SALADS (side portions 4-5 oz pp)

Price per person based on minimum of 12 guests

<b>The Caesar</b> Crisp romaine, herbed crouton, applewood smoked bacon, fresh parmesan. Served with our creamy lemon garlic dressing	Cals 120	\$4.99
<b>Heritage Blend Market Greens</b> Sliced red beets, Roma tomato, cucumber and julienne carrot on a bed of tender greens. Served with a garden salad, herb, or balsamic vinaigrette	Cals 100	\$3.99
<b>Pasta Salad</b> Vegetable fusilli with oven dried tomato, sweet red onion, diced green peppers, grated carrot tossed in a basil and oregano vinaigrette	Cals 170	\$4.99
<b>Classic Cole Slaw</b> A mixture of green cabbage, radicchio, carrot and red pepper. Finished with a creamy coleslaw dressing.	Cals 100	\$4.99
<b>7 Grain Salad</b> A blend of whole grain and wild rice, spelt, oats, barley, rye and wheat berries with roasted zucchini and red pepper. Served in our signature garden herb vinaigrette	Cals 220	\$5.99
<b>The Greek</b> Marinated olives, red onion, Roma tomato, green peppers and feta on chopped romaine finished with fresh oregano and parsley	Cals 120	\$6.99
<b>Summer Potato Salad</b> Steamed mini red skinned potato tossed with charred red peppers, sweet bell peppers, roasted garlic, basil and a creamy coleslaw dressing	Cals 500	\$6.99
<b>Thai Noodle Salad</b> Cucumber, julienne carrots, red pepper, fresh mushrooms, and rice vermicelli noodles tossed in a sesame peanut dressing and garnished with garden clipped coriander	Cals 150	\$5.99
<b>Asparagus Goat Cheese Salad</b> Olive oil grilled asparagus, local goats cheese, blueberries and toasted sunflower seeds on top of tender baby greens served with our house made tarragon vinaigrette	Cals 560	\$8.99

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# PLATTERS AND SNACKS

Price per person based on minimum of 12 guests

## Seasonal Fruit Platter

Cals 70-280 \$5.49

Sliced melons, pineapple and kiwi garnished with seasonal berries and mint

## Crudités Platter

Cals 100-300 \$4.99

A selection of fresh peppers, zucchini, grape tomatoes, carrots, cauliflower broccoli and English cucumbers with a side of buttermilk ranch

## Canadian and Imported Cheese Board

Cals 300-600 \$6.99

Cheddar, swiss, brie, local goats cheese and danish blue cheese  
Served with grapes, preserves and artisanal crackers

## Antipasto Platter

Cals 150-600 \$7.99

Marinated olives, artichokes, red peppers, feta and cured meats  
with grilled flat breads, red beet hummus and tzatziki

## Breads and Dips

Cals 150-550 \$5.99

Crispy flat breads, mini whole wheat pita, red pepper hummus  
yogurt with fresh dill

## Santa-Fe Chips and Dips

Cals 280-420 \$5.99

Yellow corn tortilla chips, tomato and lime salsa, guacamole and sour cream

## At the Movies

Cals 180-600 \$6.99

A little sweet and salty mix of assorted potato chips, candy bars  
and baked pretzels

## The Health Nut

Cals 200-470 \$6.99

Protein packed builder bars, summer fresh hummus with flat bread  
and a variety of Greek yogurt cups

## Asian Dim Sum Platter

Cals 480 \$7.99

Assortment of vegetable spring rolls, crispy chicken balls, pork  
and lemongrass pot stickers and vegetable egg rolls. Served with  
chili sauce and sweet and sour sauce

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## DESSERTS

**A Selection of Cookies (24 pieces)**

Chocolate chip, oatmeal raisin, double chocolate and macadamia nut white chocolate cookies (2pcs/guest)

Cals 170-250

\$18.99

**Simplicity Dessert Platter (18 pieces)**

Cookies, coconut macaroon and berry crumble dessert bar

Cals 100-470

\$22.99

**Decadent Dessert Platter (18 pieces)**

Chocolate and raspberry mini cheesecake squares, Nanaimo bars, berry crumble bars and double fudge brownies

Cals 200-500

\$24.99

**Chocolate Double Fudge Brownies (12 pieces)**

With pineapple and melon lollipops (6 pcs) and garnished with berries, mint and a dusting of cocoa

Cals 230-380

\$28.99

**Cupcake Bar (12 pieces)**

Decorate your own custom cupcakes, sprinkles, chocolate chips, butterscotch, vanilla, or chocolate frosting

Cals 100-250

\$22.99

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- To ensure proper delivery/pick up time, place your orders with a 72-hour notice or sooner.
- Napkins and disposable cutlery will be provided as needed depending on menu choice and guest count.
- 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.
- We will deliver set up and clear dishes post event.
- Note that waitstaff and china are available at an increased cost.
- Please contact [events@nait.ca](mailto:events@nait.ca) T 780.471.8493

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