

Delivery Menu




nest

Catering & Conferences



When you choose Nest Catering as your food catering service, you are doing more than providing guests with an amazing experience. You are supporting the AMS of UBC Vancouver, a non-profit society dedicated to the enrichment of student life. All of our proceeds go directly into the AMS to fund student services including Food Bank, Student Health and Dental Plan, and Sexual Assault Support Center.

 Owned & operated by the **ams**

We are committed to partnering with you in creating exceptional and sustainably responsible experiences for you and your guests.

As part of our catering, we offer a 100% Ocean Wise™ certified menu. To support our environmental initiatives, all of our packaging is 100% recyclable or compostable.



Table of Contents

Breakfast 3

Continental Classic
Continental Set
European Buffet
Baskets & Platters

Coffee Breaks 4

Morning & Afternoon Breaks

Snacks 4

Lunch 5

Sandwiches & Wraps
Salads
Boxed Lunches
Buffet Hot & Cold
BBQ Buffet

Beverages 9

Soft Drinks & Juices
Specialty Soft Drinks
Coffee

Wine List 10

Desserts 11

Dietary symbols: **v** vegetarian **ve** vegan **gf** gluten free

Please note all prices are per person unless otherwise specified. Menu & prices may change without notice.
A 5% Applicable Tax will apply.

Breakfast

Continental Classic | 5.95

- v Chef selection of assorted freshly baked bagels, scones and muffins (1 piece per person)
 - v Served with a selection of butter, jam, & cream cheese
- Freshly brewed organic & fair traded coffee & selections of teas

Minimum 5 guests

Continental Set | \$11.95

Fresh chilled juices (orange, apple)

- ve gf Sliced seasonal fresh fruit platter
 - v Individual yogurt & granola with dried fruits & nuts
 - v Assortment of breakfast pastries
- Freshly brewed organic & fair traded coffee & selection of teas

Minimum 10 guests

European Buffet | \$14.95

Fresh chilled juices (orange, apple)

- ve gf Sliced seasonal fresh fruit platter
- v Individual yogurt & granola with dried fruits & nuts
- v Selection of cereals with 2% milk
- v Assortment of breakfast pastries
- v Selection of house-made bagels
- v Served with a selection of butter, jam, & cream cheese

gf Assorted sliced meats, cheeses & ripe tomatoes

gf Hard boiled eggs

Freshly brewed organic & fair traded coffee & selection of teas

Minimum 20 guests

Baskets and Platters

Bagels | \$3.75

- v Assortment of freshly baked bagels (1 piece per person)
- (plain, jalapeno, cheese, cinnamon raisin, sundried tomato, or poppy seed)
- v Selection of butter, jam & cream cheese

Scones | \$3.25

- v Selection of freshly baked scones (1 piece per person)
- v Selection of butter & jams

Muffins | \$2.25

- v Assortment of freshly baked muffins (1 piece per person)
- (blueberry, lemon cranberry, apple oat, morning glory, banana chocolate chip)
- v Served with butter

gf Gluten free +\$1.00

Coffee per pot \$23.50

Pot of freshly brewed organic & fair traded coffee (serves 8 - 10)

Pot of hot water for your tea (serves 8 - 10) (earl gray, orange Pekeo, chamomile)

Breakfast is served on platters or in baskets

Minimum order 10

Coffee Break

Morning & Afternoon Breaks

Pot of freshly brewed organic & fair trade coffee
\$23.50 per pot (serves 8 - 10)

Conference Urn | \$100 per urn (serves 50)

Pot of hot water for your tea | \$23.50 per pot
(serves 8 - 10)
(earl gray, orange Pekeo, chamomile)

Pitchers of water | \$4 per pitcher

Conference style water stations | \$25 per Cambro
(serves 30)

Enhance Your Break Selection

v	Uppercase cookies	\$2.25
v	Muffin	\$2.25
v	Assorted mini pastries (1 per person) (apple trellises, croissants, custard crowns)	\$3.50
v	Assorted croissants (plain & chocolate)	\$3.75
v	House made bagels with cream cheese	\$3.75
ve	Loaves (assorted vegan, banana)	\$3.25
v	Scones (sweet & savory)	\$3.25
ve gf	Seasonal whole fruit	\$1.50
ve gf	Seasonal fresh fruit platter	\$4.75
v	Sweet Belgium waffles, fruit compote & maple syrup	\$5.25
v	Yogurt parfait	\$6.00
v gf	Free range hard boiled eggs	\$2.25
v gf	Individual yogurts	\$2.25

Minimum 6 orders per item

Snacks

- v gf Vegetable Crudit  Platter | \$4.25
Chef's selection of fresh market vegetables
served with herb dip
- v Nuts & Cheese | \$7.50
Selection of deluxe nuts & Canadian cheeses
- v Fruit & Cheese | \$7.50
Chef's selection of sliced seasonal fruits
& Canadian cheeses
- v Mixed "Pub" Snack Items | \$1.50

Snacks are served on platters or in baskets

Minimum order 10



Lunch

Sandwiches & Wraps Platters | \$6.95

Chef selects an assortment of sandwiches made with a variety of deluxe fillings & meats served on a selection of fresh baked breads. Sandwich buffet will consist of 5 different types of sandwiches selected by the chef.

Gluten Free + \$1 per person

Minimum order of 10

Sandwiches & Wraps Individual Selected Choices | \$8.50

Choice of the following:

Chicken salad sandwich, dried cranberry, celery & fresh thyme on a Portuguese bun

Shaved roast beef, braised onions & cheddar cheese on a baguette

Classic ham & Swiss cheese, grainy Dijon mustard, lettuce & tomato on croissant

Oven roasted turkey breast, garlic aioli, Havarti cheese, cranberry chutney on cranberry sourdough

Smoked salmon bagel with cream cheese, red onion & capers

Slow poached albacore tuna, Togorashi mayo & celery

Cumin scented chicken wrap, guacamole, salsa, lettuce & tomato

- v Roasted Portobello wrap with goat cheese, red peppers, olive tapenade & pesto
- v Tomato, bocconcini & basil sandwich on ciabatta with sweet balsamic
- v Egg salad sandwich (or wrap)
- ve Quinoa curry & cauliflower wrap with hummus, lettuce & tomato

Minimum order of 10

Salad | \$8.50

v gf Beet & arugula salad with shallot vinaigrette

v gf Greek salad

ve gf Organic mixed greens salad

ve Israeli couscous

gf Gluten free +\$1.00

Add to Your Salad | \$3.50

Sliced turkey, roast beef, ham, chicken salad, tuna salad, cumin scented chicken

Substitute a salad for a sandwich or wrap + \$3.50



Lunch

Boxed Lunches

Menu 1 | \$11.25

Choice of sandwich or wrap
(select from Sandwich & Wraps,
individual selected choices)

- v Uppercase cookie or dessert square

Bottle of water or soft drink

Menu 2 | \$14.50

Choice of sandwich or wrap
(select from Sandwich & Wraps
individual selected choices)

- ve Chef's Seasonal salad or organic vegetables

- v Uppercase cookie or dessert square

Bottle of water or soft drink

Gluten Free | \$15.50

Choose a sandwich from our Vegetarian/Vegan options

- ve gf Organic mixed greens

- ve gf Brownie

Bottle of water or soft drink

Minimum box order of 6

Enhance Your Lunch Selection

Kyoto Platter | Serves four | \$24

42 pieces

One roll of each of the following: California, tuna,
salmon, kappa, chicken teriyaki, avocado

Yam tempura

Osaka Platter | Serves 6 | \$37.95

36 pieces, plus 8 nigiri

One roll of each of the following: California, tuna,
salmon, kappa, chicken teriyaki, avocado

Yam tempura plus 8 Nigiri

Tokyo Platter | Serves 12 | \$69.50

84 pieces plus 8 nigiri

Two rolls each of the following: California, chicken
teriyaki, avocado, yam tempura, tuna, kappa, & salmon;
4 pieces of the following: Salmon & tuna rolls

A-La-Carte Rolls | \$4.95

Tuna Roll (8 pieces)

Spicy Tuna Roll (6 pieces)

Pie R Squared Pizza | \$22 per pizza

16" pizza with your choice of one topping
(pineapple, cheese or vegetarian). Cut into 8 slices

Lunch Buffet Menus

Healthy Lunch | \$21

- v gf Spinach "beatnik" salad (seeds, nuts, dried fruit, Okanagan goat cheese & balsamic vinaigrette)
- ve gf Local pickled beets & argula salad with shallot vinaigrette
- v gf Tomato caprese & quinoa Greek salad
- ve Rice pilad with chickpeas & vegetables
- gf Grilled free range chicken breast with sauce vierge

Greek Lunch | \$19

- v gf Greek salad with feta cheese & olives
- ve Hummus & tzatziki with naan bread
- gf Greek spiced roasted chicken thighs
- ve gf Grilled Mediterranean vegetable platter
 - v Oven roasted potatoes with lemon & rosemary
 - v Spanakopita

Deli Lunch | \$14

Chef selected assorted sandwiches:
(chicken salad, smoked salmon, ham & Swiss, roast beef, Montreal smoked meat & turkey pastrami)

- v Pasta salad with Italian dressing
- ve gf Organic greens with chef's choice of two dressings

Pasta Lunch | \$17

UBC Farm kale Caesar salad with focaccia croutons

- ve gf Grilled marinated vegetables
- Rigatoni Bolognese
- v Cheese tortellini, spinach & red pepper in Alfredo sauce

Minimum order of 20

Fajita Lunch | \$19

Organic green salad with cucumber & mago vinaigrette
Fajita bar includes:

- gf Seared carne asada
- gf Cumin scented chicken
- ve gf Roasted peppers & onions
- ve gf Sour cream, pico de gailo & guacamole
- ve gf Saffron rice

Italian Lunch | \$24

- ve gf Minestrone soup
- Beet & argula salad with shallot vinaigrette
- Chilled seafood Panzanella salad with spicy tomato vinaigrette
- v Tomato bruschetta with parmesan & reduced balsamic
- gf Sliced prosciutto with colive oil & argula
- Chilled pasta with seard prawns, spinach, cherry tomatoes & roasted yellow peppers
- v Wild mushroom flatbreads, bocconcini cheese, white truffle oil

Desserts

Choose one dessert with your lunch order:

- v Uppercase cookie platter
- v Gluten free brownies & lemon squares platter
- ve gf Seasonal whole fruit

Minimum order of 20

BBQ Buffet

Burger Buffet | \$16

All beef patties (5oz) on a Portuguese bun (1 per person)

Served with:

Selection of cheeses (cheddar, Swiss & Gouda)

ve gf Sliced tomato, red onion & pickles

Condiments:

Ketchup, mustard & relish

Sides: Potato chips (substitute with potato salad +\$1.00)

BBQ Salmon Buffet | \$19

gf 5oz portion of grilled wild salmon (1 per person)

ve gf Served with:

Selection organic greens & chef's choice of two dressings

Condiments: Tzatziki

Sides:

v Potato salad or corn on the cob (seasonal)

ve gf Grilled marinated vegetables

BBQ Steak Buffet | \$23

gf 6oz marinated grilled flat iron steak with beef jus (1 per person)

Served with:

v gf Selection of cheese (cheddar, Swiss & Gouda)

ve gf Sliced tomato, red onion & pickles

Butter leaf lettuce

v Condiments: Ketchup, assorted mustards & relish

Side:

v gf Potato salad

v gf Corn on the cob (seasonal or other local vegetables)

ve gf Grilled marinated vegetables

BBQ buffets can be a combination of all three buffets.

Upon request

Minimum order of 20 per selection



Beverages

Soft Drinks & Juices | \$2.50

Selection of Coke & Pepsi soft drinks (cans) & Polaris water

Specialty Soft Drinks | \$3.25

Coconut water, San Pellegrino, Lipton bottled iced tea

Orange, apple juices (bottles)

Coffee | 23.50 per pot

Freshly brewed organic & fair traded coffee (serves min 8 - 10)

Conference coffee urn | \$100 per urn (serves 50)

Tea | \$23.50 per pot

Hot water for tea (serves min 10)
(earl grey, orange Pekoe, chamomile)



Wine List

Work with our events team to select the wine that best suits your personal tastes, menu selection, the mood of the event, as well as your budget. Our events team is available to provide food pairing recommendations to elevate your dining experience.

Sparkling Wine

Veuve du Vernay | Blanc de Blancs | France
\$48 per bottle

House Wine

Cedar Creek | Proprietors' Red or White | British Columbia
\$32 per bottle | \$6.50 per glass

White Wine

Count Karolyi | Gruner Veltliner | Hungary
\$38 per bottle

Mission Hill | Reserve Pinot Gris | British Columbia
\$69 per bottle

Red Wine

Farnese | Fantini Puglia Sangiovese | Italy
\$39 per bottle

Red Rooster | Hen House Ruffled Red Bordeaux Blend | British Columbia
\$54 per bottle

Mission Hill | Reserve Shiraz | British Columbia
\$65 per bottle

Pre-Pour Stations

Wine selection will be made by our events team
\$35 per bottle

Food and beverage is exclusive with our in house caterers. Food items not listed on this menu may be custom created with our culinary team and alcohol items not on this menu may be custom ordered. We recognize that certain special events may require external suppliers. Please speak to our events team for landmark and corkage fees.

Desserts

Assorted Dessert Tray | \$2.50

- v Chef's selection of cookies, squares, loaves & a seasonal baking surprise

Cookie Monster | \$2.25

- v Basket of assorted Uppercase cookies

Deluxe Dessert Tray | \$4.95

- v Chef's selection of pastries, cakes, cheesecakes, trifles or tiramisu

Minimum order of 10