



nest

CATERING & CONFERENCES

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## Pantry Menu

Committed to creating  
exceptional and sustainably  
responsible experiences for  
you and your guests

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**16** Beverages

# Breakfast

## Maximum 1-hour service

Hot/Cold Item (Individually packaged)

### CLASSIC

Minimum 20 guests | \$6.5

Chef's selection of assorted freshly baked breakfast bread and pastries  
*Croissant / Danish / muffin / scone*  
*Gluten-free muffin, vegan banana bread (20% of the order)*  
*Served with butter / preserves*

Freshly brewed organic fair trade coffee & selection of specialty teas

### CONTINENTAL

Minimum 20 guests | \$16

Chilled juices  
*Orange / apple (other options available upon request)*

Chef's selection of assorted freshly baked breakfast bread and pastries  
*Croissant / Danish / muffin / scone*  
*Gluten-free muffin, vegan banana bread (20% of the order)*  
*Served with butter / preserves*

Parfait

House roasted granola with raisins and almond  
*Individual fruit flavored and plain yogurt*

Freshly sliced fruit with berries

Freshly brewed organic fair trade coffee & selection of specialty teas

# Breakfast

## MORNING SUNRISE

Minimum 20 guests | \$22.5

Chilled juices

*Orange / apple (other options available upon request)*

Chef's selection of assorted freshly baked breakfast bread and pastries

*Croissant / Danish / muffin / scone*

*Gluten-free muffin, vegan banana bread (20% of the order)*

*Served with butter / preserves*

Scrambled farm fresh Grade "A" free run egg with chive *v gf*

Crispy thick cut bacon *OR* country style sausage (Substitute gourmet turkey sausage \$2 p.p.)

Crispy breakfast hash with herbs and spices *ve gf*

Asiago and pesto roasted Roma tomatoes *v gf*

Freshly sliced fruit with berries

Freshly brewed organic fair trade coffee & selection of specialty teas

## THE HEALTHY START

Minimum 20 guests | \$25

Chilled juices

*Orange / apple (other options available upon request)*

Make your own granola station

*House roasted granola, cranberry, raisin, almond, walnut, local honey, plain Greek yogurt*

Egg white frittata *v gf*

*Peppers, spinach, spicy tomato chutney*

Steamed baby red bliss potatoes with fresh herbs and extra virgin olive oil *ve gf*

Asiago and pesto roasted Roma tomatoes *v gf*

Gourmet turkey sausage

Freshly sliced fruit with berries

Freshly brewed organic fair trade coffee & selection of specialty teas

*Upgrade to fresh cold pressed juices \$4.99*

# Breakfast

## LOOP COLD PRESSED JUICES

Minimum 20 guests | \$5.65

### **Undercover**

Pear, cucumber, spinach, kale, celery, pineapple, romaine, lemon, jalapenos

### **High Achiever**

Beet, grape, cucumber, apple, carrot, celery, lime, cayenne

### **Morning Glory**

Orange, clementine, strawberry

### **Big Bang**

Honeydew, pomegranate, grape, raspberry, lemon

## A LA CARTE

Minimum 12 guests

### **Assorted Mini Breakfast Pastries**

\$2 per piece

### **Assorted Muffins**

\$4 per piece

### **Assorted Bagels with Cream Cheese**

\$2.5 per piece

### **Assorted Breakfast Loaves**

\$4 per piece

### **Gluten-Free Muffin**

\$2.5 per piece

### **Vegan Banana Bread**

\$3.25 per piece

# Themed Break

## COOKIES

Minimum 20 guests | \$3

Selection of freshly baked cookies  
(1 per person)

## SWEET & SALTY

Minimum 20 guests | \$11

Salted popcorn, mini pretzels, mixed pub nuts,  
salted almond *ve*  
Gluten-free dark chocolate granola bar, assorted  
brownies *ve gf*

## MEDITERRANEAN MEZZE

Minimum 20 guests | \$10.5

**Kalamata olive hummus** *ve gf*  
chickpea, sesame, lemon, olive oil, garlic  
**Fire roasted red pepper hummus** *ve gf*  
chickpea, sesame, lemon, olive oil, garlic, red pepper  
**Tzatziki** *gf*  
Greek yogurt with mint, cucumber, garlic, olive oil  
Marinated olives, pita, crudité, pita chips *v*

## A LA CARTE

Minimum 10 guests | snack size

**Mixed pub snacks**  
\$5 per person  
**Seasoned popcorn** *v gf*  
\$5 per person  
**Sliced seasonal fruits & berry**  
\$8 per person  
**Vegetable crudité with basil buttermilk dip** *v gf*  
\$8 per person

# Lunch

Maximum 1-hour service

## SANDWICHES & WRAPS

Minimum order of 10 | \$11.5

(Individually packaged)

*All sandwiches can be served on a lettuce bun or gf bread for additional \$1 per person.*

Select from the following (up to 3 choices):

- **Roasted mediterranean vegetables** wrap, arugula, balsamic glaze on whole wheat tortilla [ve](#)
- **Cajun seasoned tofu** wrap, avocado spread, garden greens, tomatoes [ve](#)
- **Chickpea falafel** wrap, tahini sauce, kale, onion, tomatoes, cucumber [ve](#)
- **Organic red and white quinoa** wrap, avocado spread, roasted vegetables, spinach, herb vinaigrette [ve](#)
- **Butternut squash** wrap, roasted butternut, cranberry, citrus zest, orange, butter lettuce [ve](#)
- **Vine ripe tomato**, sliced bocconcini, basil pesto, aged balsamic glaze on focaccia [v](#)
- **Smoked salmon** bagel, cream cheese, butter lettuce, red onion, caper
- **Chilean baby shrimp**, dill aioli, cucumber, tomato, bib lettuce on croissant (+\$3)
- **Herb pesto roasted chicken** sandwich, provolone, thyme aioli, lettuce, cucumber
- **Smoked turkey**, cranberry aioli, havarti, lettuce, cucumber, tomato on cranberry loaf
- **Chipotle pulled pork** wrap, black bean, sautéed onion and pepper, salsa, guacamole
- **Smoked black forest ham**, aged cheddar, lettuce, tomato on croissant
- **Spiced and sous vide beef short rib** wrap, pineapple salsa, red onion, lettuce, grated cheddar
- **Italian salami**, prosciutto, calabrese, capicollo, arugula, applewood smoked cheddar, spicy dijon aioli, on portuguese bun

# Lunch

## SALADS

Minimum order of 10 | \$9

### Choose 1 salad (additional salad \$6 p.p.):

- Organic mixed greens, shaved heirloom vegetables, fennel, mandarin orange, cranberry vinaigrette *ve gf*
- Kale caesar salad, roasted garlic & anchovy dressing, parmesan, garlic crouton
- Greek salad, cucumber, tomatoes, onion, feta, olives, peppers, oregano dressing *v gf*
- Pickled beet salad, arugula, goat cheese, champagne vinaigrette *v gf*
- Bocconcini and cherry tomato salad, arugula, pesto, balsamic glaze *v gf*
- Spinach salad, red onion, strawberries, pumpkin seed, almond, cranberry *ve gf*

## BOXED LUNCHES / TO GO

Minimum order of 10

*Add individually packed potato chips for \$3.*

*Upgrade to bottled juice or flavored San Pellegrino water for \$2.*

### Menu 1 | \$16

Choice of sandwich or wrap

Choice of salad

Blue Chip cookie or dessert square or whole fruit

Soft drink or bottled water

### Menu 2 | \$13

Choice of sandwich or wrap

Blue Chip cookie or dessert square or whole fruit

Soft drink or bottled water

### Menu 3 | \$14

Mixed organic greens, cucumber, peppers, broccoli, carrots, avocado, quinoa with shallot vinaigrette *ve gf*

Blue Chip cookie or dessert square or whole fruit

Soft drink or bottled water



# Lunch

Maximum 1-hour service

## HOT LUNCHES / TO GO

Minimum order of 10 | \$14

(Individually packaged)

*All items are vegan and gluten-free.*

### **Indian Curry Bowl**

Mixed vegetable korma with basmati rice pulao

### **Thai Curry Bowl**

Seasonal vegetables in green thai curry sauce with steamed jasmine rice

### **Vegan Chili Bowl**

Mixed bean and vegetable chili, vegan cheese, corn bread

### **Mediterranean Chickpea Stew**

Chickpea, eggplant, peppers in spiced tomato sauce with hummus and pita

### **Stir-Fry Tofu Bowl**

Spicy black bean sauce, vegetables, steamed jasmine rice

# Buffet

Maximum 1-hour service

minimum order for any hot buffet is 20

Hot/Cold Item (Individually packaged)

## HEALTHY LUNCH 1

\$19

Lemon dill salmon, fennel orange slaw, orange reduction glaze *gf df*  
Organic red and white quinoa salad, roasted vegetables, garden greens, green herb vinaigrette *ve gf*  
Spinach salad, red onion, strawberries, pumpkin seeds, slivered almond, cranberries *ve gf*

## HEALTHY LUNCH 2

\$19

Extra virgin olive oil and herbs roasted chicken breast, sauce vierge, heirloom baby tomatoes *gf df*  
Wild rice pilaf, with chickpea and vegetables *ve gf*  
Sliced fresh fruits

## TASTE OF GREECE

\$19

Greek salad with crumble feta and lemon oregano dressing *v gf*  
Spinach and cheese spanakopita *v*  
Greek spiced roasted chicken thigh, tomato onion salsa with garlic and mint *gf*  
Dill rice *ve gf*  
with rose water and pistachio *v*

## TASTE OF ITALY

\$20

Bocconcini salad with heirloom baby tomatoes, arugula, pesto, aged balsamic glaze *v gf*  
Pesto roasted chicken, fire roasted pepper sauce, fried basil *gf*  
Balsamic roasted seasonal vegetables *ve gf*

## TASTE OF INDONESIA

\$19

Glass noodle salad, julienned vegetables, sweet & spicy sauce *ve*  
Steamed jasmine rice with pandan leaves *ve gf*  
Indonesian beef rendang *gf*

# Buffet

## TASTE OF WEST COAST

\$20

Baby mesclun greens, shaved fennel and local vegetables, chef's choice of two dressings *ve gf*  
Wild caught salmon, maple glaze, lemon parsley cream sauce *gf*  
Smoked paprika and thyme roasted baby red bliss potatoes *v gf*

## TASTE OF INDIA

\$19

Kachumbar salad, cucumber, onion, tomatoes, romaine, lemon dressing *ve gf*  
Naan, basmati pulao with cumin *ve gf*  
Butter chicken, tandoori marinated chicken, creamy tomato sauce *gf*

# Reception Canapés

Individually packaged per person

## HOT CANAPÉS

Minimum order of 3 dozen per item

**Mini quiche with spinach, pepper and goat cheese** *v*

\$45 per dozen

**Vegan meat balls, san marzano sauce, vegan cheese** *ve*

\$48 per dozen

**Wild mushroom arancini, truffle thyme aioli** *v*

\$36 per dozen

**Curried golden paniesse, mint chutney, rainbow slaw** *ve gf*

\$36 per dozen

**Veggie pakora, tamarind chutney** *ve gf*

\$30 per dozen

**Thai crab cake, yogurt tartare sauce**

\$48 per dozen

**Thai chicken skewer, spicy peanut sauce, sesame** *gf*

\$42 per dozen

**Chicken souvlaki on greek pita, tzatziki, dill**

\$42 per dozen

**Crisp pork belly, quick pickle radish and carrot, apple glaze** *gf df*

\$48 per dozen

**Ancho braised short rib, corn puree, queso fresco, pico** *gf*

\$48 per dozen

**Beef slider, black pepper bun, smoked cheddar, lettuce, tomato**

\$60 per dozen

# Reception Canapés

## COLD CANAPÉS

Minimum order of 3 dozen per item

**Baby bocconcini and heirloom cherry tomato skewer with basil** *v gf*

\$33 per dozen

**Baby beet, goat cheese mousse, orange segment in barquettes noir** *v*

\$36 per dozen

**Smoked sockeye salmon, whipped cream cheese, caviar, dill, mini blini**

\$42 per dozen

**Seaweed salad, charcoal tapioca cracker, edamame** *ve gf*

\$36 per dozen

**Ahi tuna tartare, avocado mousse, citrus zest, sesame mini cone**

\$48 per dozen

## DESSERT CANAPÉS

Minimum order of 3 dozen per item

**Ice wine & cranberry macaroon** *v*

\$48 per dozen

**Assorted mini choux pastry** *v*

\$48 per dozen

**Cocoa barry assorted bon bon** *v*

\$50 per dozen

**Mini petite fours** *v*

\$42 per dozen

# Reception Items

## RECEPTION

Minimum 20 guests

Individually packaged

### **Chips & Dip** | \$10

Organic vegetable chips, tortilla chips, chive sour cream, tomato salsa, guacamole

### **Domestic and International Cheese** | \$12

Selection of international and local artisanal cheeses, armenian flat bread, crisp, gluten-free crisp, grapes, dried fruits, fruit preserve

### **Smoked and Cured Meats** | \$14

Salami, calabrese, capicollo, prosciutto, wine chorizo, selection of mustard, pickles, olives, baguette crisps

### **Seafood Platter** *gf* | \$18

Smoked salmon, BBQ salmon, candied salmon, pepper crusted mackerel, seaweed salad, lemon, dill, capers

### **Taco Station** | \$16

Apple chipotle braised pork *gf*, tofu sofrito *ve gf*, mango habanero roasted chicken breast *gf*, flour soft tortilla, corn soft tortilla, corn hard tortilla, pico de gallo, guacamole, sour cream, shredded cabbage, pickled red onion

### **Slider Station** | \$16

Portobello: grilled portobello, arugula, brie, citrus aioli

Albacore tuna: pepper crusted tuna, wasabi aioli and spinach goma-ae

Pulled pork: chipotle apple braised pork, citrus chipotle aioli, pickled slaw

### **Poached Prawn** *gf* | \$48 per dozen

Court-bullion poached tiger prawn marinated in chive and lemon vinaigrette, lemon, cocktail sauce, marie rose

### **Dimsum Station** | \$14

Shrimp har gao, pork sumai, chicken wonton, vegetable pot sticker, bbq duck springrolls, soy sauce, Chinese black vinegar, chili paste, sriracha

### **Sweet Tooth** | \$15 (3 piece p.p.)

Chef's selection of petit fours, macaroons and mini desserts

# Sushi Rolls

Minimum order 10 each, at least 5 of each type  
Each roll has 8 pieces

## ASSORTED ROLLS

**Tamago Maki (egg)** | \$4.75

**Tuna Maki** | \$5.5

**Salmon Maki** | \$5.75

**Chicken Teri Roll** | \$ 7

**California Roll** | \$7

Real crab, avocado, cucumber, mayo

**Spicy Tuna Roll** | \$7.5

Cucumber, spicy tuna mix

**Spicy Salmon Roll** | \$7.5

Cucumber, spicy salmon mix

**Dynamite Roll** | \$8

Cucumber, avocado, shrimp tempura, masago, mayo

**Spicy Scallop Roll** | \$8

Scallop, masago, cucumber, spicy mayo

**Yam Cheese Roll** | \$8

Yam tempura, tamago, cream cheese, avocado

**House Roll** | \$9

Cucumber, avocado, real crab, salmon, tuna, tamago

## VEGETARIAN ROLLS

**Inari (3 pcs)** | \$6

**Kappa Maki** | \$5

Marinated bean curd, rice, sesame

**Avocado Roll** | \$6

**Yam Tempura Roll** | \$ 6

**Yam & Avocado Roll** | \$6

**Avocado & Cucumber Roll** | \$6

**Spicy Crunch Roll** | \$6

Avocado, tempura crumb, spicy sauce

**Veggie Roll** | \$7

Cucumber, avocado, carrot, inari, beet

**Mango & Avocado Roll** | \$7.5

# Beverages

## DRINKS & REFRESHMENTS

*Soft drinks available upon request*

**Pot of freshly brewed organic fair trade coffee**  
serves 8-10 | \$23.5 per pot

**Conference urn of coffee (onsite only)**  
serves 25 | \$55 per urn

**Conference urn of coffee (onsite only)**  
serves 50 | \$100 per urn

**Pot of organic tea**  
**Assam Breakfast Tea, Earl Grey, Mountain High Chai, Tamayokucha, Chamomile, and Peppermint**  
serves 8-10 | \$23.5 per urn

**Conference urn of tea (onsite only)**  
serves 25 | \$55 per urn

**Conference urn of tea (onsite only)**  
serves 50 | \$100 per urn

**Chilled fruit juices (orange & apple) and/or bottled water**  
\$2.64 per person

**Specialty soft drinks (Bubly, San Pellegrino, plain & flavoured)**  
\$3.26 per person

## SPECIALTY JUICES

\$5.65

**Undercover**  
pear, cucumber, spinach, kale, parsley, celery, pineapple, romaine, lemon, jalapenos

**High Achiever**  
beet, grape, cucumber, apple, carrot, celery, lime, cayenne

**Morning Glory**  
orange, clementine, strawberry

**Big Bang**  
honeydew, pomegranate, grape, raspberry, lemon



# Beverages

## SPIRITS & BEERS

*Bar prices are subject to 18% service charge, 10% liquor PST and 5% GST*

### **Hosted Standard Bar** | 1oz \$6.58

Gordon's  
Smirnoff  
Seagrams V.O.  
Bacardi White/Dark

### **Hosted Premium Bar** | 1oz \$8.27

Crown Royal  
Johnny Walker Red  
Glenfiddich  
Grey Goose  
Bombay Sapphire  
Havana Club 3 años  
El Jimador Reposado

### **Local Beer** | \$6.58 per bottle (330ml)

#### **33 Acres Brewing Co.**

Sunshine - French Blanché  
Ocean - West Coast Pale Ale  
Darkness - Schwarzbier

### **Vodka Soda** | \$6.58 per can (355ml)

Nude

### **Ciders** | \$6.58 per can (355ml)

Lonetree Dry Apple

## COCKTAILS

\$8.27

Mojito

Lime margarita on the rocks (1oz liquor)

White sangria (3oz wine)

Red sangria (3oz wine)

West coast sunset (vodka-based) (1oz liquor)

# Beverages

## WINES

*All wine bottles are 750ml*

### Sparkling Wine

Gray Monk, Odyssey White Brut, British Columbia VQA  
\$69 per bottle

### House Wine

Peller Estates, Sauvignon Blanc or Cabernet Merlot, British Columbia VQA  
\$32 per bottle | \$6.58 per glass (5oz)

### White Wine

Sandhill, Pinot Gris, British Columbia VQA  
\$49 per bottle

Red Rooster, Chardonnay, British Columbia VQA  
\$45 per bottle

Raven, Smooth Bright White, British Columbia VQA  
\$53 per bottle

Gray Monk, Riesling, British Columbia VQA  
\$53 per bottle

Babich, Sauvignon Blanc, New Zealand  
\$58 per bottle

### Red Wine

Sandhill, Cabernet Merlot, British Columbia VQA  
\$51 per bottle

Red Rooster, Merlot, British Columbia VQA  
\$47 per bottle

Raven, Deep Dark Red, British Columbia VQA  
\$53 per bottle

Gray Monk, Pinot Noir, British Columbia VQA  
\$56 per bottle

Angus the Bull, Cabernet Sauvignon, Australia  
\$52 per bottle

Frescobaldi, Bordeaux, France  
\$55 per bottle

### Rose Wine

Copper Moon, British Columbia  
\$34 per bottle

Gray Monk, Latitude 50 Rose, British Columbia VQA  
\$49 per bottle



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