



nest

CATERING & CONFERENCES

Pantry Menu

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

03 Breakfast

12 Reception
Canapés

06 Themed
Break

14 Reception
Items

07 Lunch

15 Sushi Rolls

10 Buffet

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 and minimum order of 6 per item | \$6

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 (onsite)

serves 8-10 | \$23.5 per pot (onsite)

serves 12 | \$29.5 per pot (offsite)

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 (onsite)

serves 12 | \$29.5 per urn (offsite)

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

Minimum order of 6 per item | \$6

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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