



nest

CATERING & CONFERENCES

Delivery Menu

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

03 Breakfast

06 Lunch / Dinner

11 Beverages

To help reduce waste, single use plates, cutlery and cups will not be automatically included in each order, please request as needed.

- Single use plate - \$0.50 each
- Single use cutlery (spoon, knife or fork) - \$0.10 each piece
- Single use cups - \$0.25 each

Breakfast

Minimum 10 guests

THE BASIC

\$10

Chef's selection of assorted freshly baked breakfast bread and pastries *v*
Assorted breakfast pastries
Gluten-free muffin, vegan banana bread (20% of the order)
Freshly brewed organic fair trade coffee & selection of specialty tea

THE BASIC PARFAIT

\$12

House roasted granola parfait with raisins and almond, layered with berries, yogurt and chia
Whole apple
Freshly brewed organic fair trade coffee & selection of specialty tea

THE BASIC BAGEL

\$10

Chef's choice of assorted bagels with cream cheese
Add: lettuce, cucumber, tomato +\$2
Add: sliced ham +\$3
Add: smoked salmon +\$3
Freshly brewed organic fair trade coffee & selection of specialty tea

THE BREAKFAST SANDWICH

\$12

Sausage, egg and cheese English muffin
OR
Bacon, egg and cheese English muffin
Freshly brewed organic fair trade coffee & selection of specialty tea

THE BREAKFAST BURRITO

\$13

Breakfast burrito, scrambled egg, black bean, sautéed onion & pepper, salsa, sour cream
Freshly brewed organic fair trade coffee & selection of specialty tea
DF options available

Breakfast

Minimum 10 guests

CONTINENTAL

\$21

Chilled juices
Chef's selection of assorted freshly baked breakfast bread and pastries *v*
Assorted breakfast pastries
Gluten-free muffin, vegan banana bread (20% of the order)
Served with butter / preserves
House roasted granola with raisins and almonds *v*
Individual fruit flavored and plain yogurt v gf
Fresh fruit and berries *ve gf*
Freshly brewed organic fair trade coffee & selection of specialty tea

VEGAN CONTINENTAL

\$21

Chilled juices
Banana bread *ve*
Individual vegan yogurt parfait *ve*
Fresh fruit and berries *ve gf*
Freshly brewed organic fair trade coffee & selection of specialty tea
Oat milk

MORNING SUNRISE

\$26

Chilled juices
Chef's selection of assorted freshly baked breakfast bread and pastries *v*
Assorted breakfast pastries
Gluten-free muffin, vegan banana bread (20% of the order)
Served with butter / preserves
Scrambled farm fresh, free run eggs with chives *v gf*
Crispy bacon (3 pcs) *OR* country style sausage (2 pcs) (Substitute gourmet turkey sausage \$2 p.p.)
Crispy breakfast hash with herbs and spices *ve gf*
Asiago and pesto roasted Roma tomatoes *v gf*
Fresh fruit and berries *ve gf*
Freshly brewed organic fair trade coffee & selection of specialty tea

Breakfast

Minimum 10 guests

BREAKFAST ENHANCEMENT

Add on to the buffet

Minimum order of 2 dozen

Sugar Waffle *ve* | \$6

Mixed fruit and berry compote, maple syrup

Pancake *ve* | \$4

Mixed fruit and berry compote, maple syrup

Steel Cut Oatmeal *ve* | \$10

maple syrup, brown sugar, mixed dried fruit and nuts

Hard Boiled Eggs | \$2

Assorted Bagels with Cream Cheese | \$5

Vegan Banana Bread | \$4.5

Gluten-Free Muffin | \$4.5

Mini Croissant | \$2.5

Individual Granola Parfait | \$7.5

Individual Diced Fruit and Berries Cup *ve gf* | \$8

Assorted Fruit Flavoured Yogurt | \$3.5

Lunch / Dinner

Minimum 10 guests

SANDWICHES

\$14.5

Minimum 10 sandwich of each type

Maximum of 3 choice

Gluten-free option available for \$2

- **Vine ripe tomato**, sliced bocconcini, basil pesto, balsamic glaze, arugula, on focaccia *v*
- **Roasted mediterranean vegetables**, provolone cheese, black olive hummus, on Kaiser Bun *v*
- **Smoked salmon bagel**, cream cheese, lettuce, red onion, capers, whole sesame bagel
- **Pesto roasted chicken**, provolone, thyme aioli, lettuce, cucumber, tomato on a whole wheat Kaiser
- **Smoked turkey**, cranberry aioli, havarti, lettuce, cucumber, tomato on cranberry loaf
- **Smoked ham**, aged cheddar, lettuce, tomato, dijon aioli on freshly baked croissant
- **Italian salami**, calabrese, capicollo, arugula, cheddar, spicy dijon aioli, on Portuguese bun

WRAPS

\$14.5

Minimum 10 wrap of each type

Maximum of 3 choice

Lettuce wrap available for \$2

- **Cornmeal crusted tempeh**, lettuce, tomato, cucumber, pickled vegetable, chili oil on a demi baguette *ve*
- **Shredded jackfruit**, homemade Kansas BBQ sauce, vegan cheese, lettuce, tomato, cucumber, red onion *ve*
- **Roasted butternut squash**, cranberry, citrus, lettuce, tomato, cucumber *ve*
- **Cajun spiced tofu**, avocado spread, creole dressing, garden greens, tomatoes, cucumber *ve*
- **Chickpea falafel**, black olive hummus, tahini sauce, kale, lettuce, onion, tomatoes, cucumber *ve*
- **Organic red and white quinoa**, avocado spread, roasted vegetables, spinach, cumin dressing *ve*
- **Gyro**: shawarma spiced chicken, tzatziki, lettuce, kachumber
- **Chipotle pulled pork**, black bean, sautéed onions and pepper, salsa, guacamole, chipotle dressing

Lunch / Dinner

Minimum 10 guests

SIDE SALAD

\$7.5

Minimum 10 salad of each type

Maximum of 2 choice

- **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, mirin vinaigrette *v gf*
- **Spinach salad**, onion, blue cheese, diced peach, cucumber, pumpkin seeds, lemon vinaigrette *v gf*
- **Orzo salad**, organic rainbow carrots, dill, basil, walnut, celery, lemon vinaigrette *v gf*
- **Potato salad**, onion, celery, peppers, mustard, bacon, mayonnaise *gf*

SET LUNCH

Minimum 10 sandwich/wrap of each type

Maximum 3 choice of sandwich/wrap

Maximum 2 choice of side salad

Menu 1 | \$25

Choice of sandwich or wrap

Choice of side salad

Blue Chip cookie *OR* chips *OR* dessert square *OR* whole apple *OR* banana

Bottled water or juice

Menu 2 | \$20

Choice of sandwich or wrap

Blue Chip cookie *OR* chips *OR* dessert square *OR* whole apple *OR* banana

Bottled water or juice

Lunch / Dinner

Minimum 10 guests

LARGE MAIN SALADS

Minimum 10 salad of each type

Maximum of 3 choice

Asian Glass Noodle Salad *ve gf* | \$16

Tamarind marinated tempeh, edamame, cucumber, carrots, cherry tomatoes, purple cabbage, wasabi peas, toasted black and white sesame seeds, ginger soy vinaigrette

Superfood Salad *ve gf* | \$18

Kale, purple cabbage, roasted broccoli, roasted cauliflower, cherry tomatoes, shaved radish, quinoa, edamame mint hummus, pumpkin seeds, cranberry, lemon olive oil

Maple Chipotle Glazed Salmon *gf* | \$25

Organic Tuscan greens, shaved heirloom vegetables, shaved fennel, baby heirloom tomatoes, mandarin segments, crumble goat cheese, puffed wild rice, and raspberry vinaigrette

Greek Chicken Salad *gf* | \$22

Greek spiced chicken thigh, red onion, cucumber, tomatoes, peppers, romaine, kalamata olives, feta crumble, lemon oregano dressing

Southwest Chicken Salad | \$20

Cajun spiced chicken breast, spinach, peppers, red onion, cherry tomato, roasted corn, seasoned black bean, guacamole, lime crema, tortilla crisp, creole dressing

Lunch / Dinner

Minimum 10 guests

MINI BUFFET

One group, one menu

Allergies accommodated

Lemon Dill Salmon *gf* | \$30

5oz marinated and roasted salmon, wild rice pilaf with roasted root vegetables and chickpeas, spinach salad

Miso Orange Glazed Salmon | \$30

5oz salmon, steamed jasmine rice with furikake, seaweed salad, marinated cucumber

Greek Chicken | \$25

Greek spiced and roasted chicken flat leg, Greek salad, dill rice, tzatziki, pita bread

Butter Chicken | \$25

Classic Indian butter chicken, basmati rice pulao, naan, kachumber salad

Roasted Chicken *gf* | \$30

Herb and spice roasted chicken breast, roasted potato, seasonal vegetable, jus, green salad

Pesto Chicken | \$28

Pesto marinated chicken breast, penne with grilled vegetable and marinara sauce, arugula salad, garlic bread

Vegetable Lasagna *v* | \$22

Italian classic vegetable lasagna, arugula salad, garlic bread

(Upgrade to **Beef Bolognese Lasagna** +\$2)

Italian Vegan Loaf *ve* | \$24

Vegan loaf with marinara sauce, white bean and edamame salad, broccoli gratin

Soy Nugget Manchurian | \$22

Indo Chinese style soy wadi, stir-fry seasonal vegetable, jasmine rice

Lunch / Dinner

Minimum 10 guests

DESSERTS

Add on to the buffet

- Sliced Seasonal Fruit Platter *ve gf* | \$8
- Homemade Gluten Free Brownies *v gf* | \$4
- Blue Chip Cookies *v* | \$3.5
- Chef's Selection of Dessert Squares *v* | \$3.5
- Assorted Cheese Cakes *v* | \$5
- Assorted Tarts and Pies *v* | \$5

Beverages

DRINKS & REFRESHMENTS

Soft drinks available upon request

Conference-style water stations

serves 40 | \$40 per container

Infused water station

(mint & cucumber, rainbow citrus)

serves 40 | \$60 per container

Water service

serves 6 | \$10 per pitcher

Pot of freshly brewed organic fair trade coffee

serves 8-10 | \$25 per pot

Conference urn of coffee

serves 50 | \$105 per urn

Pot of organic tea

(assortment of organic natural teas)

serves 8-10 | \$25 per urn

Conference urn of tea

serves 50 | \$105 per urn

Chilled fruit juices

(orange, apple) and/or bottled water

\$2.75 per person

Specialty soft drinks

(plain & flavoured sparkling water)

\$3.5 per person

Bubly

\$3.5 per person

Fruit punch

serves 40 | \$95 per serving

House-made iced tea and/or lemonade

serves 40 | \$80 per serving



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