



nest

CATERING & CONFERENCES

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## Delivery Menu

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

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## **03** Breakfast

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## **06** Lunch / Dinner

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## **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

\$12

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*  
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

\$11

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

\$13.5

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

\$22

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

\$22

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

\$28

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* | \$4.5

Mixed fruit and berry compote, maple syrup

**Steel Cut Oatmeal** *ve* | \$10

maple syrup, brown sugar, mixed dried fruit and nuts

**Hard Boiled Eggs** | \$2.5

**Assorted Bagels with Cream Cheese** | \$5

**Vegan Banana Bread** | \$4.5

**Gluten-Free Muffin** | \$4.5

**Assorted Mini Baked Pastries** | \$3

**Individual Granola Parfait** | \$8

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

**Assorted Fruit Flavoured Yogurt** | \$3.5

# Lunch / Dinner

Minimum 10 guests

## SANDWICHES

\$15

*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

\$15

*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*
- **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 | \$26

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 | \$22

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* | \$18

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* | \$30

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* | \$24

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

### **Southwest Chicken Salad** | \$24

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* | \$33

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

### **Miso Orange Glazed Salmon** | \$33

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

### **Greek Chicken** | \$27.5

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

### **Butter Chicken** | \$27.5

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

### **Roasted Chicken** *gf* | \$31

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

### **Pesto Chicken** | \$30

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

### **Vegetable Lasagna** *v* | \$23

Italian classic vegetable lasagna, arugula salad, garlic bread

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

### **Italian Vegan Loaf** *ve* | \$26

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

### **Soy Nugget Manchurian** | \$24

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* | \$4
- Chef's Selection of Dessert Squares *v* | \$3.5
- Assorted Cheese Cakes *v* | \$6
- Assorted Tarts and Pies *v* | \$6

# Beverages

## DRINKS & REFRESHMENTS

*Soft drinks available upon request*

### **Conference-style water stations**

serves 40 | \$45 per container

### **Infused water station**

**(mint & cucumber, rainbow citrus)**

serves 40 | \$65 per container

### **Water service**

serves 6 | \$11 per pitcher

### **Pot of freshly brewed organic fair trade coffee**

serves 8-10 | \$27.5 per pot

### **Conference urn of coffee**

serves 50 | \$115 per urn

### **Pot of organic tea**

**(assortment of organic natural teas)**

serves 8-10 | \$27.5 per urn

### **Conference urn of tea**

serves 50 | \$115 per urn

### **Chilled fruit juices**

**(orange, apple) and/or bottled water**

\$3 per person

### **Specialty soft drinks**

**(plain & flavoured sparkling water)**

\$3.75 per person

### **Bubly**

\$3.75 per person

### **Fruit punch**

serves 40 | \$110 per serving

### **House-made iced tea and/or lemonade**

serves 40 | \$90 per serving



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