

PLATES CATERING

BREAKFASTS & BREAKS

Prices shown are per person.

Add premium coffee and assorted teas to any catering selection for \$1.50

MORNING BREAK OR STARTER \$4.50 Your choice of...

Fresh fruit trays with and assortment of juices.

or...

Fresh fruit skewers with honey strawberry yoghurt dip and an assortment of juices.

or...

Fresh baked goods with condiments and an assortment of juices.

BUSINESS CONTINENTAL \$6.50

Muffins, scones and baked goods with fresh fruit tray and assorted juices.

FRESH FRUIT PARFAIT \$6.00

Layers of honey yoghurt, fresh fruit and fresh cream served in a parfait glass topped with granola and an assortment of juices.

PACIFIC PARADISE BREAKFAST \$8.95 Add toast bar or baked goods for \$2.00

Egg dish (one style), hash browns, bacon (2 strips per person), sausage (1 per person), fresh fruit salad, yoghurt and assorted juices.

BARBEQUE STEAK & EGGS \$13.00 (minimum 25 people) Add toast bar or baked goods for \$2.00

Steaks (6 oz. Sirloin) fresh off the grill with eggs any style, hash browns, pancakes with butter and syrup, fresh fruit salad, yoghurt and assorted juices.

ALL OR NOTHING \$12.95

Choose one style of eggs (scrambled, omelettes, Benedict's, over easy etc.), bacon (2 strips per person), sausage (1 per person), hash browns, pancakes or French toast, fresh fruit salad, baked goods or toast bar, yoghurt and assorted juices.

BREAKFAST SANDWICHES OR WRAPS \$5.00 Add fresh fruit tray: \$2.00

Choose from kaiser, wrap, pannini or English muffin (your choice of veggie, ham or bacon).

AFTERNOON COFFEE BREAK \$4.50 Add fresh fruit tray: \$2.00

An assortment of dessert squares or homemade cookies and assorted juices

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PLATES CATERING

HOT LUNCH BUFFETS

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Add premium coffee and assorted teas to any catering for \$1.50

BUILD YOUR OWN FAJITA'S \$11.00

Beef, chicken or shrimp sautéed with Cajun spices, bell peppers and onions ready to fill tortilla shells. Served with all the necessary condiments (*sour cream, shredded cheese, tomatoes, green onions & salsa*), Mexican rice, Caesar salad and dessert squares garnished with fresh fruit. (*Available as a soft taco buffet as well*).

BURGER BUFFET \$10.95 Add hot dogs for \$2.00

Build your own burgers (*beef and veggie*). Buns and toppings: lettuce, tomatoes, onions, cheese, pickless relish, mustard, ketchup, bbq sauce, salsa etc. Accompanied by Caesar salad, veggies and dip, dessert squares and fresh fruit.

GREEK STYLE \$12.50

Chicken Souvlaki with rice, steamed vegetables, pita, Tzatziki, Greek salad, Caesar salad, veggies and dip, dessert squares with fresh fruit garnish.

LITTLE ITALY \$12.00

Bruschetta mix with focaccia bread, pesto chicken ravioli (*or Linguini*), steamed vegetables, Caesar salad, Italian Antipasto (*assortment of marinated vegetables, olives & pickles*), dessert squares with fresh fruit garnish.

WEST COAST \$12.00

Buttered Salmon, red roast potatoes, fresh steamed vegetables, tossed salad with dressings, pesto pasta salad, veg and dip, dessert squares with fresh fruit garnish.

BARBEQUE RIBS \$13.50

1/3 rack baby back ribs served with red roast potatoes, steamed vegetables, Caesar salad, potato salad, coleslaw, veg and dip, dessert squares with fresh fruit garnish.

UKRANIAN \$12.00

Perogies with butter and sauteed onions, cabbage rolls in tomato sauce, steamed vegetables, tossed salad with 2 dressings, dill pasta salad, veg and dip, dessert squares with fresh fruit.

THE LUNCH CLINIC \$12.00 Choose one entrée, 2 hot side dishes, 2 salads and 1 dessert.

Add assorted juices, pop and water to any catering for \$1.50

Create your Own - just what the doctor ordered!

- Entrees:** Roast Chicken, Beef & Broccoli Stir Fry, Lasagne, Honey Garlic Salmon, Pesto Ravioli, Meatballs with mushroom gravy, Pineapple Ham, Curried Chicken or BBQ Pork
- Hot Side Dishes:** Roast potato, rice, steamed egg noodles, mashed potato, Mexican rice, steamed vegetables, roast vegetables, buttered corn, garlic green beans
- Salads:** Tossed with dressings, Caesar, Greek, Thai noodle, Coleslaw, Veg and dip, Potato, Pesto Pasta, Dill Pasta, Four Bean, Red Potato, Spinach
- Dessert:** Squares with fruit, home made cookies, just fruit, fruit crumble.

Many of the caterings listed above are suitable for small groups; give us a call today to see which catering best fits your needs. Prices do not include HST or Service Fees. Our buffets include plates, cutlery and paper napkins.



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PLATES CATERING

Lunch Delivery, Bag Lunches & Express Lunch Buffets

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Add premium coffee and assorted teas to any catering for \$1.50

RANDY'S LUNCH \$8.95 Add on home made soup for **\$2.75**

An assortment of sandwiches and wraps (*The Classics, Plates Collection or All Wraps*), fresh vegetables and dip, dessert squares garnished with fresh fruit and assorted juices, pop and bottled water. Add additional salads for **75¢** each (*Caesar, Tossed with dressing, Greek, Pasta, Potato, Coleslaw, Thai Noodle or Broccoli*).

THE LUNCH LIFELINE \$8.95 Add on home made soup for **\$2.75**

Meat and cheese trays with an assortment of buns, condiments (*pickles, lettuce, tomatoes, cucumbers, onions, mayonnaise, mustard, margarine*), Any two salads (*Caesar, Tossed with dressing, Greek, Pasta, Potato, Coleslaw, Thai Noodle, Broccoli, Veggies and dip*), dessert squares garnished with fresh fruit and assorted juices, pop and bottled water. Add additional salads for **75¢** each.

HEARTY BAG LUNCH \$9.00 Add double meat for **\$2.00**

Hearty sandwich (*wrap, sub or sandwich*) with juice box or pop as well as any three of the following; Potato salad, pasta salad, fruit salad, Greek salad, dessert square, orange, apple, bunch of grapes or a big cookie.

EXPRESS LASAGNE BUFFET \$8.95 (*minimum 8 people*) For Seafood or Chicken Lasagne add **\$2.00**

Traditional meat or spinach artichoke cream cheese served with Caesar salad, buns with garlic butter and dessert squares.

SOUP & SANDWICH \$7.50

An assortment of sandwiches and wraps (*The Classics, Plates Collection or All Wraps*). Accompanied with hearty home made soup and crackers.

BEEF DIP WITH SALADS \$8.95 Add additional salads for **75¢** each

Plates famous beef sliced thin and served hot with bakery fresh buns and au jus or gravy, any two salads (*Caesar, Tossed with dressing, Greek, Pasta, Potato, Coleslaw, Thai Noodle, Broccoli, Veggies and dip*).

Many of the caterings listed above are suitable for small groups; give us a call today to see which catering best fits your needs. Prices do not include GST or gratuity. Assortment of juices and bottled water or Coffee and Tea service can be added for an additional \$1.50 per person. Our buffets include plates, cutlery and paper napkins. If you require rentals of tables, tablecloths, cloth napkins and/or glassware we have very reasonable rates.

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PLATES CATERING

DINNER BUFFETS & BBQs

These buffets are some of our most popular. We have many more options available and will be able to quote you on a custom fit or modified buffet at any time.

ROAST NEW YORK STRIP LOIN & YORKSHIRE BUFFET \$16.50

Slow roasted New York strip loin seasoned with Montreal steak spice, gravy, horseradish, grainy Dijon mustard, Yorkshire pudding, premium dinner rolls, red roast potatoes or mashed, mixed steamed vegetable, any four salads, home-made dessert squares with fresh fruit displayed on trays.

ROAST BEEF & YORKSHIRE BUFFET \$14.50

Carved baron of beef (*bottom flat*) seasoned with Montreal steak spice, gravy, horseradish, grainy Dijon mustard, Yorkshire pudding, premium dinner rolls, red roast potatoes or mashed, mixed steamed vegetable, any four salads, home-made dessert squares with fresh fruit displayed on trays.

(Substitute roast chicken, roast pork or chicken souvlaki for roast beef at no additional charge)

ROAST BEEF, ROAST ROSEMARY CHICKEN & SPINACH ARTICHOKE CREAM CHEESE LASAGNE \$17.50

Carved baron of beef (*bottom flat*) seasoned with Montreal steak spice, roast bone in chicken lightly glazed with a rosemary barbeque sauce, creamy spinach artichoke lasagne garnished with sun dried tomatoes, gravy, horseradish, grainy Dijon mustard, Yorkshire pudding, premium dinner rolls, red roast potatoes, mixed steamed vegetable, any four salads, home-made dessert squares with fresh fruit on trays.

ROAST BEEF, BBQ SALMON & SPINACH ARTICHOKE CREAM CHEESE LASAGNE \$19.00

Carved baron of beef (*bottom flat*) seasoned with Montreal steak spice, wild salmon lemon butter or glazed with BBQ sauce (served baked or barbequed on site), creamy spinach artichoke lasagne garnished with sun dried tomatoes, gravy, horseradish, grainy Dijon mustard, Yorkshire pudding, premium dinner rolls, Red roast potatoes or mashed, mixed steamed vegetable, any four salads, home-made dessert squares with fresh fruit displayed on trays.

SALAD SELECTIONS

Veg and Dip, Relish Tray (*assortment of pickles, olives, beets and marinated vegetables*), Potato, Pesto Pasta, Dill Pasta, Thai Noodle, Coleslaw, Mexican Rice, Three Bean, Caesar, Tossed with dressings, Greek, Broccoli, Caesar Gone Greek, Tabouli.

Add premium Coffee and assorted Teas to any catering order for \$1.50

Prices do not include HST or Service Fees. Our buffets include premium dinner rolls with butter, plates, cutlery and paper napkins.

See page 2 for more selections.

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These buffets are some of our most popular. We have many more options available and will be able to quote you on a custom fit or modified buffet at any time.

BBQ BABY BACK RIBS, ROAST CHICKEN & PESTO RAVIOLI \$19.00

Danish baby back ribs with our smokey BBQ sauce and seasoned roast chicken, cheese ravioli tossed in olive oil and pesto sauce, premium dinner rolls, red roast potatoes or jasmine rice, mixed steamed vegetable, any four salads, home-made dessert squares with fresh fruit displayed on trays.

TRADITIONAL TURKEY BUFFET \$15.95

Carved boneless turkey, gravy, dressing, mashed or roast potatoes, mixed steamed vegetables or any two of the following: mashed turnips, honey glazed carrots, braised green cabbage, Brussels sprouts or braised red cabbage. Any four salads, dinner rolls with butter, cranberry sauce, dessert squares with fresh fruit.

BAKED HERTELS HAM & SCALLOPED POTATOES \$14.00

Carved bone in ham, scalloped potatoes, garlic green beans, any four salads, dinner rolls with butter, mustards, dessert squares with fresh fruit.

SUMMER COLD CUTS & SALADS BUFFET \$12.95 Add salmon, prawns and shrimp for \$2.50

An assortment of cold cuts of premium meats and cheeses, any four salads, fresh baked dinner buns with butters, horseradish and Dijon mustard, dessert squares with fresh fruit.

ULTIMATE BURGER BUFFET \$13.95

Build your own burgers and hot dogs, beef, chicken and roasted vegetables. Buns, meat and toppings including: lettuce, tomatoes, onions, cheese, pickles, relish, mustard, ketchup, BBQ sauce, salsa etc. Accompanied by any four salads, dessert squares and fresh fruit.

THE STEAK HOUSE *Barbequed on Site! Market Price Please ask us for a quote*

Sirloin, Rib Eye, New York Strip Loin, Tenderloin, Marinated Pork Tenderloin

AAA meats prepared to your specifications by one of our chefs. Served with premium dinner rolls, Red roast potatoes or garlic rice, choice of vegetable, any four salads, home-made dessert squares with fresh fruit displayed on trays.

SALAD SELECTIONS

Veg and Dip, Relish Tray (*assortment of pickles, olives, beets and marinated vegetables*), Potato, Pesto Pasta, Dill Pasta, Thai Noodle, Coleslaw, Mexican Rice, Three Bean, Caesar, Tossed with dressings, Greek, Broccoli, Caesar Gone Greek, Tabouli.

Add premium Coffee and assorted Teas to any catering order for \$1.50

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PLATES CATERING

PLATTERS & TRAYS

*Party platters can be picked up or delivered at the time you require. Delivery charge may apply.
Small trays are based on 10 people, medium: 15 people and large: 20 people.*

SANDWICH/WRAP TRAYS Small: \$40 Medium: \$55 Large: \$75

Each platter served with 10% vegetarian sandwiches. Selections may vary depending on availability of products

The Classics

Egg salad, tuna salad, cucumber with cream cheese, chicken salad and roast beef with mustard.

Plates Collection

Roast turkey with cranberry mayo, roast beef with Dijon mayo, deli style ham, vegetable cream cheese, chicken caesar wraps, old fashioned ham wraps, deli style pastrami and Swiss.

All Wraps

Chicken caesar, seafood, deli style beef, ham & turkey and Vegetarian wraps.

ASSORTED MEAT TRAY Small: \$30 Medium: \$45 Large: \$55

*A great combination of selected premium cuts and in-house cooked meats, professionally arranged on platters or trays.
Please ask us for our selection of meats.*

SEAFOOD PLATTER Small: \$75 Medium: \$100 Large: \$150

A selection of seafood to include a decorated wild salmon, shrimp, poached prawns and seasonal seafood.

ITALIAN ANTIPASTO Small: \$35 Medium: \$45 Large: \$45

Assorted Italian antipasto - marinated mushrooms, Queen olives, Black olives, artichoke hearts, marinated seafood and bell pepper with garlic. Accompanied with an assortment of flat breads and crackers.

INTERNATIONAL CHEESES Small: \$35 Medium: \$50 Large: \$60

*A tasteful assortment of cheddar, havarti, Swiss, Caciocovalli, jalapeno jack, blue and brie cheeses.
Garnished with fresh fruit and premium crackers. (Assortment may vary)*

COMOX VALLEY CHEESE PLATTER Small: \$50 Medium: \$65 Large: \$75

A superb selection of cheeses made by Natural Pastures (from our local award winning cheese company), artistically arranged with premium crackers.

PLATES PARTY PLATTER For 8 to 10 people: \$45 For 10 to 15 people : \$70

Our favourite platter for a bit of everything. Italian seafood anti-pasto, chicken wings, seafood wraps, Chicken Caesar wraps, veggies with dip, fresh fruit and international cheeses with crackers.

BREADS & SPREADS For 8 to 10 people: \$15 For 10 to 15 people: \$25

*Three fantastic house spreads (Bruschetta, Balsamic Emulsion and Tzatziki).
Served with tortilla chips and pieces of pita bread & herb focaccia.*

See page 2 for more selections.



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HOT APPETIZER COMBO For 8 to 10 people: \$40 (12 pieces of each appy)

For 10 to 15 people : \$35 (18 pieces of each appy) For 15 to 20 people : \$60 (24 pieces of each appy)

An assortment of pork pot stickers, salt and pepper chicken wings, veggie spring rolls and warm spinach artichoke dip with tortilla chips. Pick up hot or ready for re-heating.

MIXED VEGETABLES & DIP Small: \$18 Medium: \$22.95 Large: \$29

A variety of fresh crisp vegetables cut and displayed on trays with dip. A must for most occasions.

HOME MADE SALADS Small: \$15 Medium: \$25 Large: \$30

Choose from Creamy Potato, Red Potato, Dill Pasta, Pesto Pasta, Thai Noodle, Coleslaw, Mexican Rice, Three Bean, Caesar or Tossed.

PREMIUM & SIGNATURE SALADS Some salads require 2 to 3 days notice.

Greek	Sm: \$20	Med: \$30	Lg: \$45	Caesar Gone Greek	Sm: \$20	Med: \$30	Lg: \$45
Broccoli	Sm: \$20	Med: \$30	Lg: \$45	Plates Club Salad	Sm: \$25	Med: \$35	Lg: \$45
Tabouli Salad	Sm: \$20	Med: \$30	Lg: \$45	Cajun Chicken Caesar	Sm: \$25	Med: \$35	Lg: \$45
				Shrimp Thai Noodle	Sm: \$25	Med: \$35	Lg: \$45

FRESH FRUIT Small: \$30 Medium: \$40 Large: \$50

A combination of fresh fruits: honeydew, cantaloupe, pineapple, watermelon, oranges, grapes, kiwi, etc.
(Variety depends upon availability and market price.)

FRESH FRUIT KABOBS WITH YOGHURT DIP 10pc: \$17 20pc: \$30 30pc: \$40

An assortment of fresh fruit cut into cubes and arranged on skewers served with a honey and strawberry yoghurt dip.

PASTRY/BAKED GOODS TRAY Small: \$20 Medium: \$30 Large: \$45

Fresh baked cinnamon buns, muffins, bagels and scones served with home made jam, butter and cream cheese.

HOME MADE COOKIES 20 cookies: \$12 30 cookies: \$18 40 cookies: \$24

Homemade cookies displayed on trays. Selections may vary. Subject to availability.

DESSERTS Small: \$22.50 Medium: \$33.75 Large: \$45

An assortment of mouth-watering desserts cut into individual portions and served on trays, garnished with fruit. We use only premium desserts, combinations may vary. Please ask for our current selection.

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PLATES CATERING

RECEPTIONS WITH APPETIZERS

COLD & HOT HORS D'OEUVRES FOR RECEPTIONS, CELEBRATIONS & PARTIES

START WITH THE BASE APPIES \$5.00

Vegetable Trays with dip.

Breads & Spreads: Premium flat breads with a selection of spreads

International Cheese platter: Swiss, havarti, double creamed brie, marble, caciocavalli, cheddar, jalapeno jack served with premium crackers and a fresh fruit garnish.

Italian Antipasto Platter: Assorted Italian antipasto - marinated mushrooms, Queen olives, Black olives, artichoke hearts, marinated seafood and bell pepper with garlic. Accompanied by an assortment of flat breads,

Suggested amounts of appetizers to add to trays based on the duration of your event

1/2 Hour: 6 appetizers per person

2 Hours: 12 appetizers per person

1 Hour: 9 appetizers per person

Meal Replacement: 15 appetizers per person plus dessert and fresh fruit trays

HOT & COLD APPETIZERS (prices by the dozen)

- Garlic Prawns: \$12
- Baked Salmon Fingers: \$10
- Mini Quiche: \$10
- Chicken Wings: \$10 (choose from honey garlic, bbq, hot or salt and pepper)
- Chicken Brochettes: \$12
- BBQ Meatballs: \$10
- Sausage Rolls: \$10
- Vegetarian Spring Rolls: \$8
- Pork Pot Stickers with plum: \$10
- Vegetable Samosas: \$10

Specific Appetizers and Canapés on premium crackers and house made croutons will be quoted as requested.

Choose from our selection of dipping sauces: Honey Garlic, Plum, BBQ, Honey Mustard and Thai

FRESH FRUIT Small: \$30 Medium: \$40 Large: \$50

An assortment of fresh fruit cut into cubes and arranged on skewers served with a honey and strawberry yoghurt dip.

FRESH FRUIT KABOBS WITH YOGHURT DIP 10 pc: \$17 20 pc: \$30 30 pc: \$40

A combination of fresh fruits: honeydew, cantaloupe, pineapple, watermelon, oranges, grapes, gooseberries etc. (Variety depends upon availability and market price.)

HOME MADE COOKIES 20 cookies: \$12 30 cookies: \$18 40 cookies: \$24

Homemade cookies displayed on trays. Selections may vary, subject to availability.

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