



# 2023 STAFF & CREW MENUS





BREAKFAST

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## BUFFET BREAKFAST

### EARLY BREAKFAST SERVICE BEFORE 6 AM

*This breakfast is designed to accommodate staff rooms that require breakfast before 6 am. The Vancouver Convention Centre will supply a microwave, beverage fridge and a self serve coffee machine.*

Seasonal whole fruit • *ve*  
Granola bars • *v*

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Free range fried egg, Canadian back bacon and cheddar on English muffin  
Free range fried egg, locally made chicken sausage and cheddar on English muffin  
Vegetarian breakfast wrap • *v*  
Free range scrambled egg, grilled vegetables, pico de gallo, cheese  
*Microwave and fridge included*

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Individual natural yogurt • *v gf*

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Keurig coffee machine with pods  
*Served with milk, cream, oat cream, and sugar*  
*Served with sliced lemons, and honey*

**\$29.00 per person (Minimum of 10 guests)**

### STAFF BUFFET BREAKFAST ONE

Fresh orange juice  
Seasonal whole fruit • *ve*

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Cold cereals  
Accompanied by maple syrup, pumpkin seeds and dried cranberries  
Steel cut oats with sides of brown sugar, pumpkin seeds, dried cranberries, 2% milk, and oat milk • *ve*  
Brick oven bagels • *v*  
*Served with cream cheese and assorted preserves*  
*Toaster included*

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Freshly brewed Moja organic coffee and TEALEAVES tea  
**\$28.00 per person (Minimum of 10 guests)**

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Gluten Free(*gf*) Dairy Free(*df*) Vegetarian(*v*) Vegan(*ve*)

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# 2023 STAFF & CREW MENUS

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## BUFFET BREAKFAST

### STAFF BUFFET BREAKFAST TWO

Fresh orange juice  
Fresh fruit salad and seasonal berries • *ve*

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Our **Signature** sundried cranberry scones, flaky croissants, and home made muffins • *v*  
*Served with butter and preserves*

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Freshly brewed Moja organic coffee and TEALEAVES tea

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**\$32.00 per person (Minimum of 10 guests)**

### STAFF BUFFET BREAKFAST THREE

Fresh orange juice  
Fresh fruit salad and seasonal berries • *ve*

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Flaky croissants • *v*  
Wheat-free Armstrong white cheddar cornbread • *gf v*  
*Served with butter and preserves*

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Free range eggs scrambled • *gf*  
Canadian smoked bacon • *df*  
Locally made pork sausage  
Herb roasted local tomato • *ve*

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Freshly brewed Moja organic coffee and TEALEAVES tea

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**\$40.50 per person (Minimum of 10 guests)**

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# 2023 STAFF & CREW MENUS

## BREAKFAST À LA CARTE

### HOT BREAKFAST SANDWICHES

Free range fried egg, Canadian back bacon and cheddar on English muffin

Free range fried egg, locally made chicken sausage and cheddar on English muffin

Free range fried egg, ham and cheese on croissant

Vegetarian breakfast wrap • v

Free range scrambled egg, grilled vegetables, pico de gallo, cheese

**\$12.00 each (Minimum order of 6 of any one type)**

**\*Maximum of 2 choices per function**

**\*Add \$1.00 to substitute to gluten free English muffin**

### BREAKFAST ADD-ONS

Free range hard boiled eggs • v df gf

**\$3.00 each (Two dozen minimum order)**

Selection of boxed breakfast cereals and 2% milk

**\$4.25 per person (Minimum of 6 guests)**

House-made granola made with VCC roof top honey and 2% milk • v gf

**\$6.50 each (Minimum of 10 guests)**

Individual natural yogurts • v gf

**\$4.25 each**

Fresh fruit salad and seasonal berries • ve

**\$8.50 per person (Minimum of 20 guests)**

Seasonal whole fruit • ve

**\$3.75 each**

Freshly baked low fat muffins • v

Our famous scones:

Cheddar cheese • v, sun dried cranberries • v, blueberry lemon v, maple bacon

Flaky croissants • v

*Served with butter and preserves*

**\$57.00 per dozen (Minimum order of 6 of any one type)**

Gluten Free(gf) Dairy Free(df) Vegetarian(v) Vegan(ve)

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LUNCH

# 2023 STAFF & CREW MENUS

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## STAFF LUNCH & DINNER

### BOXED LUNCH

**Box lunch includes one sandwich, a salad, fresh fruit, and a sweet treat.**

#### SALADS

*Select one per function*

New potato salad, green onion, radishes, cornichon with sour cream and grainy mustard dressing • *v gf*

—OR—

Asian cabbage slaw, ginger sesame dressing • *ve gf*

#### PLEASE SELECT A SANDWICH

*Maximum of 2 choices per function*

BC vine ripen tomato, fior de latte and sweet basil mayo on house made herb focaccia bread • *v*

—OR—

Irish ham with Swiss cheese, arugula, tomato and Dijon mustard mayonnaise on pretzel baguette

—OR—

Smoked turkey with cheddar, spinach, cranberry mayonnaise on flour tortilla wrap

—OR—

Roast vegetables, eggplant, zucchini, red pepper, hummus on flour tortilla wrap • *ve*

—OR—

Fraser Valley grilled chicken, sundried tomato, parmesan, Caesar salad wrap  
**(Add \$2.00 for bacon)**

#### SWEETS

*Select one per function*

Gourmet white and dark chocolate chip cookie • *v*

—OR—

Lemon coconut shortbread cookie • *ve gf*

**\$34.50 per guest (Minimum of 20 guests)**

**Add \$1.00 to substitute to gluten free bread**

**\*Available for lunch only**

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## BUFFET LUNCH

### STAFF BUFFET ONE

Mixed greens with aged balsamic vinaigrette • *ve gf*

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BC vine ripen tomato, fior de latte and sweet basil mayo on house made herb focaccia bread • *v*

Smoked turkey with cheddar, spinach, cranberry mayonnaise on flour tortilla wrap

Roast beef with Farmhouse Gouda and black pepper aioli on a brioche bun

(One and a half sandwiches per guest)

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Gourmet white and dark chocolate chip cookies • *v*

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**\$39.00 per person (Minimum of 10 guests)**

### STAFF BUFFET TWO

Caesar salad, with chopped hearts of romaine, parmesan, and herb and garlic croutons  
(Served on the side) • *v gf*

Panzanella, ripe tomatoes, torn bread, basil, red wine vinaigrette • *v*

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Fraser Valley roast chicken breast with rosemary garlic jus • *df gf*

Cheese tortellini Alfredo • *v*

Smoked paprika roasted potato • *ve gf*

Grilled zucchini, peppers, eggplant, tomato and onions • *ve gf*

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Gluten free soft almond cake • *v gf*

Fresh fruit salad and seasonal berries • *ve*

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**Lunch \$52.00 per person (Minimum of 10 guests)**

**Dinner \$60.00 per person (Minimum of 10 guests)**

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# 2023 STAFF & CREW MENUS

## BUFFET LUNCH

### WORK LUNCH THREE

#### VEGAN & GLUTEN FREE LUNCH

Local greens, baby radish, sherry vinaigrette • *ve gf*

Roasted butternut squash, sunflower seeds, baby kale, pickled onion, grainy mustard dressing • *ve gf*

Plant based meatballs, basil marinara sauce • *ve gf*

Paprika dusted local harvest roast potato • *ve gf*

Spiced cauliflower and spinach fritters with mango chutney • *ve gf*

Seasonal market vegetables • *ve gf*

Lime scented coconut panna cotta • *ve gf*

Fresh fruit salad and seasonal berries • *ve gf*

**Lunch \$55.00 per person (Minimum of 10 guests)**

**Dinner \$65.00 per person (Minimum of 10 guests)**

### LUNCH ADD-ONS

#### Cookies

Cranberry oatmeal • *v*

Belgian chocolate chip • *v*

Raspberry bird nest cookies • *v*

Chunky peanut butter • *v*

**\$51.00 per dozen**

*For orders under three dozen, there will be an assortment of two types*

#### Gluten free and vegan sweet items

Chocolate chip cookies • *ve gf*

Lemon coconut shortbread • *ve gf*

Triple chocolate quinoa cookie • *ve gf*

Gluten Free coconut Nanaimo bars (contains nuts) • *v gf*

**\$72.00 per dozen (One dozen minimum order of any one type)**

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## LUNCH À LA CARTE

### À LA CARTE SANDWICHES

Irish ham with Swiss cheese, arugula, tomato and Dijon mustard mayonnaise on pretzel baguette

**\$ 17.00 each (Minimum order of 6)**

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Roast beef with Farmhouse Gouda and black pepper aioli on a brioche bun

**\$ 17.00 each (Minimum order of 6)**

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Smoked turkey with cheddar, spinach, cranberry mayonnaise on flour tortilla wrap

**\$ 17.00 each (Minimum order of 6)**

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Free range egg salad with young watercress on mini croissant • v

**\$ 16.00 each (Minimum order of 6)**

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Roast vegetables, eggplant, zucchini, red pepper, Hummus, wrap • ve

**\$ 16.00 each (Minimum order of 6)**

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BC vine ripen tomato, fior de latte and sweet basil mayo on house made herb focaccia bread • v

**\$ 17.00 each (Minimum order of 6)**

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**Maximum of 2 choices per function**

**\*Add \$1.00 to substitute to gluten free bread**

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# 2023 STAFF & CREW MENUS

## BEVERAGES

### FRESHLY BREWED MOJA ORGANIC COFFEE & TEALEAVES TEA

We are proud to exclusively serve organic, fairly-traded coffee from local company Moja Coffee. Our feature house blend, "Rain Forest Alliance Sumatra" originates from the south lake region of Sumatra. Grown in the hills surrounding the lake, this single origin coffee is known for having a bold presence, while maintaining a sweet aftertaste. The Sumatra Lingtong coffee is Rain Forest Alliance certified which guarantees some of the highest ethical standards in the industry.

**\$6.00 per person**

**(Minimum of 10 guests)**

*Served with milk, cream, oat cream, and sugar*

*Served with sliced lemons, and honey*

Coffee and tea service have a two-hour maximum service window

### MOJA ORGANIC COFFEE

**\$60.00 per airpot**

**One airpot serves 10 guests**

**\$110.00 per gallon**

**One gallon serves 20 guests**

*Served with milk, cream, oat cream, and sugar*

Coffee service has a two-hour maximum service window

### TEALEAVES TEA

**\$60.00 per airpot**

**One airpot serves 10 guests**

**\$110.00 per gallon**

**One gallon serves 20 guests**

*Served with sliced lemons, and honey*

Tea service has a two-hour maximum service window

*The City of Vancouver has implemented a By-law that a \$0.25 charge will apply for every disposable cup distributed. This initiative is a part of the Single-use item reduction strategy.*

*Please speak with your Catering Manager to review single-use cup requirements for your event.*

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## BEVERAGES

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### DAIRY-FREE MILK

Oat milk  
**\$16.00 per carton (946 ml)**

Soy milk  
**\$12.00 per carton (946 ml)**

Almond milk  
**\$12.00 per carton (946 ml)**

### HOT CHOCOLATE

**\$60.00 per airpot**  
*One airpot serves 10 cups*

### NON-ALCOHOLIC BEVERAGES

Canned North Water **\$6.50 each**  
*Charged on consumption*

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Assorted canned fruit juice, lemonade or ice tea **\$5.50 each**  
*Charged on consumption*

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Assorted soft drinks **\$5.50 each**  
*Charged on consumption*

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Apple juice or fresh orange juice **\$47.00 per pitcher**  
*Serves approximately seven glasses*

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**Fresh fruit and yogurt smoothies • v gf** **\$53.00 per pitcher**  
Choice of wild mixed berry, mango or banana strawberry  
*Serves approximately seven glasses*

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**Vegan smoothies • ve gf** **\$61.50 per pitcher**  
Green antioxidant (kale, lemon, apple and avocado)  
Energy boosting (banana, stone fruit, orange, turmeric)  
*Serves approximately seven glasses*

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