

CORPORATE MEETING MEALS

MERHCANT CHEF CATERING

We can accommodate dietary needs or custom menus. These are sample menus and give you an overview of how we can cater to your needs

**All meals come on real china and cutlery*

Please contact:

Super Useful Human Mandy @ mandy@superusefulhuman.com

Pacific Style Continental Breakfast \$12.50

Assorted juice & flavored waters and a selection of organic coffee and teas

Locally Baked Toast Station: breakfast breads, bagels, butters, jams, plain and herbed cream cheeses

Locally made granola: A seasonal selection of grains and dried fruits

Assorted Greek and vanilla yogurts

Healthy Fuel Breakfast \$13.50

Fresh pressed juices from local suppliers and a selection of organic coffee and teas

House cut seasonal fruits salad with Berries

Breakfast jars:

- Seasonally fresh berries, yogurt, overnight oats
- Acai and yogurt jars
- fresh fruits, chia seeds, and locally sourced granola

Sunshine Breakfast \$16.50

Assorted juice & flavored waters and organic coffee and teas

House cut seasonal fruits salad with berries

Locally made granola

Assorted Greek and vanilla yogurts

Selection of hot hand rolled breakfast burritos

Sunshine burrito: Born 3 eggs, new potato, cheddar cheese, pesto, spinach

Breakfast Burrito: Born 3 eggs, black and red beans, salsa, roasted chicken

Executive Breakfast Buffet \$18.50

Assorted pressed & fresh juices and organic coffee and teas

House cut seasonal fruits salad with berries

Assorted Greek and vanilla yogurts with fresh berries

Toast Station: whole grain and sourdough breads

gluten free +\$2.50 per person

Egg Station: Scrambled born 3 eggs, paired with locally made turkey sausage, hot smoked salmon, shredded cheeses, spinach, roasted tomato salsa, and grilled chicken

New potato Hash browns

Assorted breakfast pastries

Midday or Morning Break \$10.50

Sweet and savory pastry bites: Sundried tomato and feta, 3 cheese, cinnamon and maple

Parfaits:

- Layered Greek yogurt, seasonal fruits, and locally sourced granola
- Vanilla Yogurt, dried cranberry, gala apples and fruit puree

Handmade Trail Mix: Banana chips, mixed nuts, dried fruits, chocolate

Whole Fruits: Mix of local and seasonal fruits

Working Lunch Buffet \$18.50

Pick one salad:

Harvest Vegetable Salad: Roasted root vegetables, broccoli, chick peas, beets, quinoa and heritage green mix and herb vinaigrette

Thai Noodle Salad: Egg noodles, edamame, cabbage, carrots, cucumber, broccoli and sesame vinaigrette

Bow Tie Pesto: Farfalle pasta, pesto, grape tomato arugula, seasonal vegetables, asiago cheese and light vinaigrette

Grains and Greens: Heritage greens, barley, red quinoa, roasted carrot, grape tomato, black beans and honey lime dressing

In house made Sandwiches: *All available gluten free buns +\$2.50 per person*

Shaved turkey and apple wood cheddar: Ciabatta bread, tomato, spring greens, basil pesto

Mediterranean Vegetable: Tuscan bread, hummus, cucumber, tomato, kale, greens, pesto

Slow Roasted Beef: Multigrain baguette, sharp cheddar cheese, tomato, caramelized onion

Grilled Chicken Salad: Sprouted multigrain baguette, cucumber, heritage lettuce, pesto, mayo

Avocado Focaccia: Locally made Focaccia, avocado, radishes and tomato

Assorted Dessert Platter +\$3.00 per person

Mixed Drinks - Perrier, Dasani water, juices, assorted pop +\$2.00 per person

Wrap Lunch Buffet \$18.50

Pick one salad:

Harvest Vegetable Salad: Roasted root vegetables, broccoli, chick peas, beets, quinoa and heritage green mix and herb vinaigrette

Thai Noodle Salad: Egg noodles, edamame, cabbage, carrots, cucumber, broccoli and sesame vinaigrette

Bow Tie Pesto: Farfalle pasta, pesto, grape tomato arugula, seasonal vegetables, asiago cheese and light vinaigrette

Grains and Greens: Heritage greens, barley, red quinoa, roasted carrot, grape tomato, black beans and honey lime dressing

In house made wraps: *All available gluten free tortilla +\$2.50 per person*

Mediterranean Wrap: House made hummus, feta cheese, cucumber, tomato, heritage greens, pulled chicken with an herbed vinaigrette

Thai Beef Wrap: Egg noodles, carrots, Asian slaw, onions, sweet chili

Greek Chicken Wrap: Quinoa feta cucumber tomato spinach

Cobb smoked salmon: Brie, spinach, cucumbers, smoked salmon, potato, egg

Chicken and Mango Salad: Roasted chicken, spinach, mango, fresh tomato, cucumber

Chicken Pesto Wrap: Quinoa, tomato, cucumber, pesto, seasonal greens

Assorted Dessert Platter +\$3.00 per person

Mixed Drinks - Perrier, Dasani water, juices, assorted pop +\$2.00 per person

Daily Fuel Lunch 19.00

Seasonal Greens Salad: Wild greens, kale, roasted carrots, root vegetables, gala apples, parmesan cheese and a choice of herbed vinaigrette or, miso tahini

Thai Noodle Salad: Egg noodles, edamame, cabbage, carrots, cucumber, broccoli and sesame vinaigrette

**Fire Grilled Chicken and Sockeye Salmon with basil pesto
tofu for vegetarian option 2.50 per person**

Assorted Dessert Platter +\$3.00 per person

Mixed Drinks - Perrier, Dasani water, juices, assorted pop +\$2.00 per person

Pacific Lunch \$19.00

Pacific Mushroom Barley Salad: Locally harvest mushrooms, spinach, farro grain, beets and a light herb vinaigrette

Quinoa Waldorf : Apples, walnuts, heritage greens, red and white quinoa, celery and a lemon dressing

Greek Bowtie: Olives, grape tomato, feta, cucumber, peppers, red onion, bowtie pasta and herb vinaigrette

Fire Grilled Skewers - mix of Chicken with pesto, tofu with sweet soy, salmon with lemon pepper butter

Assorted Dessert Platter +\$3.00 per person

Mixed Drinks - Perrier, Dasani water, juices, assorted pop +\$2.00 per person

West Coast Dinner Meeting \$20.00

Local Harvest salad: Mix of heritage greens, carrots, spinach, gala apple, beets, baby kale, and champagne mignonette dressing

Quinoa Salad: Baby kale, grape tomato, parmesan, cucumber, olives

Roasted Vegetable Pasta: Seasonal Vegetables, fire roasted tomato sauce, penne pasta

Mixed Grill:

- Coho salmon pieces with pesto
- Roasted Chicken skewers
- Vegetables

Assorted Dessert Platter: \$3.00 per person

Mixed Drinks: Perrier, Dasani water, juices, assorted pop \$2.00 per head

Meeting Amuse Bouche - *Selection of platters to enhance your meeting or event*

Local Cheese and Charcuterie: small \$40 large \$75

Local Granville island charcuterie, imported and BC cheeses, with grainy mustards, apple, fruit breads, crackers, and gluten free crisps

Market Vegetable Basket: small \$40 large \$75

Heirloom carrots, local cucumbers, tomato, zucchini, and bread crisps with hummus and tzatziki

Fresh Fruit Skewers: small \$30 large \$55

Seasonal fruit with a vanilla yogurt

Dips: small \$30 large \$55 (mix and match)

- House made hummus and feta dip grilled breads and peppers
- Guacamole and Pico De Gallo with crisp organic tortilla chips
- Tzatziki and grilled breads

West Coast Salmon Platter: small \$40 large \$75:

Smoked salmon, herbed cream cheese, red onion and capers

Crisps and Treats: small \$40 large \$75

A mixture of chips, cheezies, M&M's, licorice and caramel corn