



NEW CORPORATE DELIVERY MENUS Note: This menu launches on November 1st 2017

Breakfast

AM Hors D'oeuvres

(minimum six)

Profiterole, shrimp + herb cheese	\$2.75
Deviled egg with crisp bacon + chives (GF) (L)	\$3.30
Lemon scone, crème fraîche + raspberry preserves	\$3.30
Miniature blueberry pancake, bourbon maple pecan	\$3.30
Miniature Parmesan scone, shallots, artisan ham, grainy mustard + wild greens	\$3.30
Petite coffee cakes: seasonal flavours (minimum twelve)	\$3.30
Tartlets filled with: Artisan ham + cheddar	\$3.30
Chèvre, caramelized onion, thyme + chives	\$3.30
Roasted pepper, Asiago + chives	\$3.30
(minimum fifteen assorted)	
Chocolate dipped strawberries	\$3.30

Baked Goods

Baked goods are served with butter and raspberry preserves.
All are prepared in-house by our pastry chefs using the freshest ingredients.

Breakfast breads	
Cinnamon buns	
Croissants: almond, chocolate, classic or savoury	
Danish: savoury or fruit	
Fresh fruit turnovers	
Pecan sticky buns	
Scones: savoury or sweet	(two per person) \$5.45

Muffins

Seasonal flavours	(one per person) \$3.80
Quinoa + almond, whole wheat	
quinoa flour, almonds, cranberries, flax,	
pumpkin + sunflower seeds	(one per person) \$3.80

Gluten-free/Vegan

Gluten-free banana bread (GF)	(two pieces) \$5.45
Gluten-free muffin (GF)	(one per person) \$3.80
Vegan granola nut bar (V) (L)	(one per person) \$3.80

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Breakfast

Continental Breakfast

- Continental house-made baked goods
- Fresh seasonal fruit kebab \$9.50

Continental West Coast

(minimum six)

- Miniature Parmesan scone with artisan ham
- Croissant filled with almond or chocolate
- Fresh seasonal fruit kebab
- Tartlet filled with smoked salmon and dill \$12.95

Healthy Choices

- Breakfast parfait with almonds, layers of fresh seasonal fruit, vanilla yogurt and house-made granola \$7.65
- Breakfast parfait with layers of fresh seasonal fruit, yogurt, and muesli with hemp, quinoa, pumpkin and sunflower seeds, dried fruit and coconut (GF) \$7.65
- House-made maple almond granola, served with milk, cream and honey \$6.00
- House-made maple almond granola, served with yogurt and honey \$8.40

Seasonal Fruit Selection

- Fresh seasonal fruit kebab (GF) (L) (V) \$4.35
- Fresh seasonal fruit platter (GF) (L) (V) S \$45.00 / M \$77.00 / L \$120.00

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À La Carte

Our chefs are able to prepare any combination of hot and cold menu choices for your function. Professional staff can be scheduled for full service.

Cheddar scrambled eggs with fresh herbs (GF) (RL)	\$10.30
Country style hash browns (GF) (L)	\$5.45
Maple bacon (GF) (L)	\$5.45
Pork sausages (L)	\$5.45
Turkey sausages (GF) (L)	\$5.45
Waffles with fresh seasonal fruit, maple syrup	\$12.40

Classic Canadian

(minimum six)

Cheddar scrambled eggs with fresh herbs (GF) (RL)	
Country style hash browns (GF) (L)	
Maple bacon (GF) (L)	
Pork sausages (L)	
Savoury scones	\$25.85

Breakfast Sandwiches

(minimum six) (all available gluten-free)

Aged cheddar, free-range egg, herbed scone	\$7.65
Ham, free-range egg, aged cheddar, herbed scone	\$7.65
Smoked salmon, free-range egg, cream cheese, wilted spinach, pickled red onion, herbed scone	\$10.95

Breakfast Burritos

(minimum six)

Ham, eggs, cheddar, chives, flour tortilla, fresh tomato salsa on the side (RL)	\$12.10
Black beans, eggs, cheddar, green onions, flour tortilla, fresh tomato salsa on the side (RL)	\$11.25

Breakfast Pizza

Bacon and egg with green onion and Gruyère	\$15.65
Ham and egg with chives and white cheddar	\$15.65
Spinach, mushroom and egg with Fontina	\$15.65
Substitute house-made gluten-free pizza dough made with Nextjen Flour™	\$6.00

Pan Baked Omelettes

Aged cheddar and fresh herbs	
Asparagus, ham and Gruyère	
Wild mushroom and Fontina	\$38.50 each / serves four

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Lunch

Sandwich + Wrap Bar

(minimum fifteen)

Toppings

ham, turkey, roast beef, egg salad, tuna salad, portobello + smoked onion
tomato, green leaf lettuce, cheddar, Provolone

Condiments

Mayonnaise, Dijon mustard, butter, hummus, chipotle mayonnaise, herb dressing

Breads

Artisan bread + wrap selection

\$12.50/per guest

add gluten free bread \$3.50/per guest

Sandwiches

\$9.85

Artisan ham + Fontina

romaine lettuce, Dijon mustard (RL)

BLT

chipotle mayonnaise

Caprese tomato

fresh mozzarella, basil, balsamic, tomato mayonnaise

Classic egg salad

celery + mustard (RL)

Classic tuna salad

scallion, dill pickle (RL)

Grilled chicken

basil mayonnaise, green leaf lettuce, roasted peppers (RL)

Muffuletta

cappiccolo, artisan ham, salami, Fontina, green olive + pickled vegetable relish

Multigrain vegetarian with hummus

pomegranate chutney, cilantro, carrots, cucumber, sprouts (L) (RV)

Roast beef

tomato, arugula, horseradish mayonnaise (RL)

Roast turkey

cranberry chutney, ciabatta bun, green leaf lettuce (RL)

Smoked onion + mushroom

red onion chutney, Fontina, charred tomato, arugula (RL) (RV)

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Wraps

\$9.85

- Buttermilk chicken
pickled red onion, cabbage + carrot slaw
- Mango Madras curry chicken
romaine lettuce, green onion, pepper
- Mediterranean vegetable + quinoa
chickpeas, feta
- Sriracha salmon
avocado, cucumber, pickled carrot
- Turkey club
crisp bacon, avocado, tomato

Box Lunches

Spanish Banks

- Grilled chicken with basil mayonnaise on house-made focaccia (half portion),
Smoked onion and mushroom sandwich, red onion chutney, Fontina, charred tomato,
arugula on house-made focaccia (half portion), fresh seasonal fruit +
chocolate chunk cookie

\$16.75

Stanley Park

- Artisan ham and Fontina on baguette (half portion),
Roast turkey with cranberry chutney on multigrain bread (half portion),
fresh seasonal fruit + blueberry streusel square

\$16.75

Jericho Beach

- Mediterranean vegetable + quinoa wrap (half portion),
Fresh mozzarella, basil, tomato mayo, balsamic glaze on baguette (half portion),
fresh seasonal fruit + chocolate fudge brownie
(vegetarian option)

\$16.75

Vegan

- Smoked onion + mushroom sandwich, red onion chutney, Fontina,
charred tomato, arugula, fresh seasonal fruit + gluten-free salted pecan sandy (V)

\$16.75

Gluten-free

- Roast turkey with cranberry chutney on gluten-free bread,
fresh seasonal fruit + gluten-free salted pecan sandy (GF)

\$20.00

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Soup

(minimum four)

Soup of the month	\$6.00
Thai style coconut + squash soup (GF) (L) (V)	\$6.50
Tomato + fresh basil (GF) (RL) (RV)	\$6.50
Chicken + white bean, chorizo broth (GF) (L)	\$7.00

Main Course Salads

Albacore tuna tataki pickled carrots, cucumber, edamame, greens (GF) (L)	\$20.00
Grilled chicken kale Caesar olive oil caesar dressing, Parmesan, croutons	\$20.00
Lebanese style fattoush tomato, cucumber, salad, pita chips, feta, dukkah, pomegranate dressing	\$17.00
Roasted cauliflower quinoa arugula, pumpkin seed, preserved lemon, red chermoula dressing (GF) (L)	\$17.00
Steelhead, granny smith apple + organic greens macadamia nut, lemongrass vinaigrette (GF) (L)	\$20.00

Salad Bars

(minimum fifteen)

Asian Salad Bar

lettuce mix	cucumber	
carrots	daikon radish	
green onions	pickled shiitake	
purple cabbage	crisp wonton	
sesame seed	toasted peanut	
soy dressing	fresh lime	\$10.00/per guest

Mediterranean Salad Bar

lettuce mix: spinach arugula, wild greens + romaine		
red onion	cucumber	
avocado	tomato	
olives	peppers	
feta cheese	pita crisp	
pumpkin seeds	fresh lemon	
marinated mushrooms	red wine vinaigrette	\$12.00/per guest

Add protein to your salad bar

chicken	\$5.00/per guest
steelhead	\$6.00/per guest
tofu	\$2.00/per guest

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Buffet Salads

(minimum five)

Kale Caesar

Parmesan, croutons + olive oil caesar dressing

Roasted carrot + organic greens

beluga lentils, sunflower seeds, tamari + maple dressing (GF) (L) (V)

New potato + crisp bacon

chives (GF)

Classic Caesar

garlic croutons, fresh Parmesan

Fresh fruit

melon, pineapple, grapes, seasonal fruit (GF) (L) (V)

Greek

cucumbers, peppers, tomatoes, red onions, feta, kalamata olives (GF) (RL)

Rotini pasta

bocconcini, fresh basil + sundried tomato vinaigrette

Wild greens

carrots, snow peas, red + yellow peppers, cherry tomato + fig balsamic dressing (GF) (L)

Spinach + chai almonds

grapes, fennel, pear, honey + white balsamic dressing (GF) (L)

Roast cauliflower + arugula

quinoa, preserved lemon + red chermoula dressing (V) (GF)

\$6.00/each

Hot Main Course Power Bowls

Gluten-free Garofalo gnocco sardo pasta

wild mushroom, lemon, herbs, piave, olive oil, roasted pepper (GF) (RL)

\$21.00

Grilled portobello mushroom, smoked onion + tomato salsa multigrain pilaf,

broccolini, kale, shaved beets (L) (V)

\$21.00

Hanger steak satay

coconut rice, spicy cucumber, watermelon radish,

cilantro, green beans (GF) (L)

\$24.00

Soy marinated Atlantic cod

cilantro chive vinaigrette, Jasmine rice, daikon, avocado, pickled shiitake,

togarashi nori, pea shoots, carrot (GF) (L)

\$24.00

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Pasta

(minimum four)

Cassarece + pork and fennel sausage grape tomato, roasted garlic, fresh herb, olive oil, Parmesan	\$18.00
Orecchiette + wild mushroom lemon, herbs, piave, olive oil, roasted pepper (vegetarian)	\$18.00
Seasonal vegetarian lasagna	\$20.00
Traditional beef lasagna bolognese sauce, basil, mozzarella, Parmesan, ricotta	\$20.00

Pizza

California chicken, pine nut + basil pesto, peppers, fresh tomatoes	
Caprese bocconcini, tomato sauce, fresh basil	
Parma Pancetta with wild + button mushrooms	
Provençal caramelized onions, mozzarella + sun-dried black olives	
Tuscan chorizo sausage, caramelized onions + roasted fennel	\$15.65
Substitute house-made gluten-free pizza dough made with Nextjen Flour™	\$6.00

Add the following options to your pizza, pasta, soup or sandwich:

Classic Caesar garlic croutons, fresh Parmesan	\$5.00
New potato + crisp bacon chives (GF)	\$5.00
Fresh fruit salad (GF) (L) (V)	\$5.00
Organic greens (GF) (L)	\$5.00
Grilled chicken breast (GF) (L)	\$8.00
Plain unseasoned chicken breast (GF) (L)	\$8.00
Steelhead 4.5 oz (GF) (L)	\$10.00
Country rye bread	\$2.50

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Hot Buffet Mains

(minimum five)

Baked steelhead	
black bean, charred green onions, ginger, Jasmine rice + steamed gai lan	\$24.00
Beef bourguignon	
mushrooms + bacon, mashed potato + sea salt vegetables	\$24.00
Chicken cacciatore	
porcini mushrooms, mashed potato + sea salt vegetables (GF)	\$20.00
Chickpea cacciatore	
porcini mushrooms, mashed potato + sea salt vegetables (R Vegan) (GF)	\$18.00
Chicken Marbella	
dried plums, olives, capers, mashed potato + sea salt vegetables (GF)	\$20.00
Chicken thai red curry	
mild coconut cream sauce, jasmine rice + ginger marinated vegetables (GF) (L)	\$20.00
Classic lamb stew	
diced shoulder, new potato, onion, carrot, turnip, white beans, country rye bread	\$24.00
Grilled portobello mushroom	
smoked onion + tomato salsa multigrain pilaf + broccolini (V) (L)	\$18.00
Hanger steak satay	
jasmine rice, spicy cucumber, cilantro + green beans (GF) (L)	\$24.00
Soy marinated Atlantic cod	
cilantro + chive vinaigrette, Jasmine rice + ginger marinated vegetables (GF) (L)	\$24.00

Boards + Platters

Fresh seasonal fruit platter (GF) (L) (V)	S \$45.00 / M \$77.00 / L \$120.00
Standard cheese board	S \$65.00 / M \$110.00 / L \$160.00
Imported cheese board	S \$75.00 / M \$140.00 / L \$200.00
Standard cheese + fresh fruit platter	S \$65.00 / M \$110.00 / L \$160.00
Imported cheese + fresh fruit platter	S \$75.00 / M \$140.00 / L \$200.00
Market vegetables + dip (GF)	S \$45.00 / M \$77.00 / L \$120.00
Gourmet meat platter (L)	S \$110.00 / L \$170.00

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Dessert

Cookies

- Chocolate chunk
- Ginger snap
- Oatmeal coconut
- Peanut butter
- White chocolate cranberry
- Old fashioned oatmeal raisin cookie
- whole wheat flour (L)

\$2.50/each

Tartlets + Squares

- Blueberry streusel square
- Cheesecake fruit tart
- Chocolate fudge brownie
- Lemon tart
- Nanaimo bar
- Peanut butter milk chocolate blondie
- Triple chocolate pecan brownie
- White chocolate lemon blondie

\$2.50/each

Gluten-free Desserts

- Vegan, gluten-free chocolate quinoa cookie (GF) (V)
- Coconut macaroons drizzled with dark chocolate (GF)
- Vegan salted pecan + almond sandie (GF) (L) (V)
- Gluten-free triple chocolate brownie (GF)

\$3.00/each

Energy Bars + Bites

- Vegan, gluten-free sesame date bar (GF) (V)
- Vegan, gluten-free peanut butter almond bar (GF) (V)

\$3.00/each

Fresh Fruit + Dessert

\$6.50/per guest

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Beverages

Chilled fruit juices, soft drinks, mineral + spring water	\$2.55/each
Fresh squeezed organic juice	
orange or pink grapefruit	(48 hrs notice) \$20.00/liter
Starbucks® coffee	
regular or decaffeinated	\$21.75/10 cups
Starbucks® latte	\$25.30/10 cups
Premium Tealeaves® teas	\$21.75/10 cups
House-made Juices (950 ml)	
Sunset	
carrot, ginger, orange, apple (GF) (L)	\$16.00
Kitsilano	
beet, pineapple, orange (GF) (L)	\$18.00
House-made Smoothies (950 ml)	
Ambleside	
strawberry, orange, banana (GF)	\$16.00
Locarno	
kiwi, spinach, Szechuan pepper (GF) (L)	\$18.00

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