

to us, catering means being responsive to your needs. by working within your budget and creating a unique menu, we will provide you with impeccable catering service.

as you read through our menu, please do not hesitate to call us with any questions regarding these suggested items. as well, if there is anything you would like that you do not see on our menu, please let us know so that we can create a menu more specific to your needs.

we look forward to building a great relationship with you!

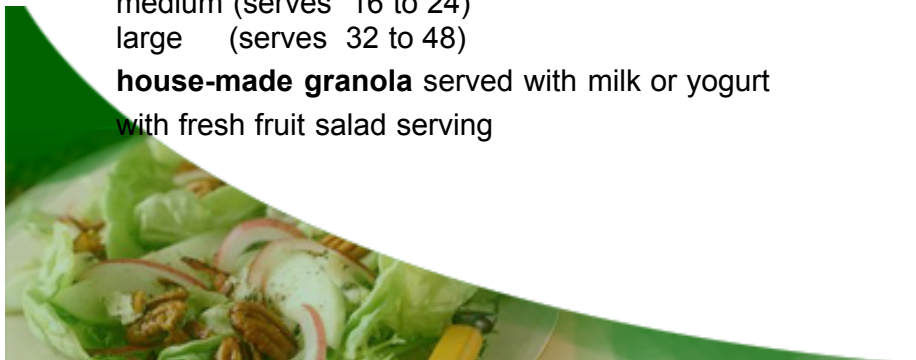
sincerely,

the Calhoun's catering staff

breakfast

continental style

fresh house-made bakery items	\$1.95 each
an assortment of muffins, scones, fruit danishes, baked apple fritters, and croissants with jam. or banana bread, lemon poppy-seed bread (\$1.85 each slice)	
home-made cinnamon buns with cream cheese icing	\$2.50 each
specialty croissants	\$2.50 each
ham & cheddar and/or spinach & feta	
bagels with cream cheese	\$2.50 each
smoked salmon with cream cheese on an open-faced bagel half	\$3.75 each _ bagel
garnished with lemon and capers	
smoked salmon soufflé rolled with cream cheese, dill and red pepper	\$24.60/dozen
devilled eggs minimum order of 6 please	\$1.45 each egg
mini-quiche lorraine, spinach and feta, or sausage and mushroom. minimum order of one dozen per variety please	\$1.65 each
fresh fruit salad	\$5.25 each
fresh fruit skewers	\$2.95 each
fresh fruit platters:	
small (serves 8 to 12)	\$30.00
medium (serves 16 to 24)	\$50.00
large (serves 32 to 48)	\$75.00
house-made granola served with milk or yogurt	\$3.75 each
with fresh fruit salad serving	\$5.95 each



breakfast cont...

hot items

scrambled eggs with fresh herbs and cheese	\$1.95 each
calhoun's english muffin filled with ham, egg, cheese and tomato	\$3.75 each
omelette extravaganza feel free to choose your own filling!	\$5.50 each
breakfast burritos sausage or vegetarian stuffed with peppers, cheese, egg and black beans includes salsa and sour cream on the side	\$5.50 each
on the side . . . hash browns oven roasted potatoes parmesan roma tomato halves (2 halves) breakfast sausages (2 links) or bacon (2 slices)	\$1.75 each order

beverages

a selection of bottled fruit juices	\$1.95 each
happy planet 100% pure fresh squeezed juice (354ml)	\$3.75 each
house blend coffee and/or a selection of herbal and black teas	\$1.75 each
jones soda or snapple bottled assortment	\$2.25 each
bottled water or perrier	\$1.85 each



salads

the perfect accompaniment to our sandwiches & main entrées, or as a meal unto themselves!
priced per serving

- **wild mesclun greens** with a housemade honey mustard vinaigrette **\$4.95**
- **spinach salad** with toasted almonds and a homemade yogurt fresh herb dressing **\$4.95**
- **penne pasta salad** with sun-dried and roasted roma tomatoes **\$4.75**
- **traditional greek salad** with feta cheese and olives **\$4.95**
- **broccoli coleslaw** with toasted sunflowers seeds and raisins (seasonal) **\$4.50**
- **fresh green beans & marinated tofu salad** with a light sesame seed teriyaki dressing **\$4.95**
- **thai noodle salad** with chicken (or tofu) with a tamarind peanut dressing **\$4.75**
- **traditional caesar salad** **\$5.50**
- **fresh fruit salad** **\$5.25**

*minimum order of six for the salads listed below, please:

- **creamy coleslaw** with shredded carrots and toasted sunflower seeds **\$4.50**
- **potato salad** with whole grain mustard, scallion & dressing **\$4.50**
- **artichoke, cherry tomato & mushroom salad** in a balsamic vinaigrette **\$5.50**
- **wild rice and grain salad** garnished with sun-dried berries and roasted vegetables **\$4.95**
- **greek orzo salad** **\$4.95**
- **cous cous salad** with olives, chickpeas, grilled vegetables and feta **\$4.75**
- **tuscan grilled vegetable salad** with a roasted garlic & balsamic vinaigrette **\$5.50**
- **shrimp & smoked salmon pasta salad** in a lemon, caper & dill dressing **\$5.50**
- **grilled eggplant and tomato bocconcini salad** with fresh basil **\$5.50**

sandwiches

. . generous fillings on our own fresh baked breads and made with all the trimmings including cheese. an assortment of the selections below are automatically included in your order (including 20% vegetarian)

meat selections:	seafood & vegetarian selections:
black forest ham & swiss roasted pesto chicken roast beef with swiss or cheddar breast of turkey with swiss or cheddar chicken salad with apple & fresh basil	shrimp salad with fresh dill tuna salad with pickle & red onion grilled eggplant with mango chutney hummus & fresh basil cream cheese & cucumber avocado, cheddar, cucumber & tomato

standard sandwiches **\$5.95 each**

for these sandwiches we use our own house-made sourdough and nine-grain breads. they are generous in size and we cut them in 1/3s

boulangerie sandwiches **\$6.50 each**

these specialty sandwiches are made with freshly baked foccacia, croissants, rolls, baguettes and various other fresh baked breads (cut in 1/2)

classic tea sandwiches **\$19.80 dozen**

created with a wide variety of fillings on fresh baked sourdough and ninegrain

calhoun's style tea sandwiches **\$22.20 dozen**

artistically created with a wide variety of fillings on specialty breads
minimum of a dozen each variety please

sandwich roll **\$5.95 each**

meat, seafood and vegetarian fillings rolled in a spinach, tomato or corn tortilla

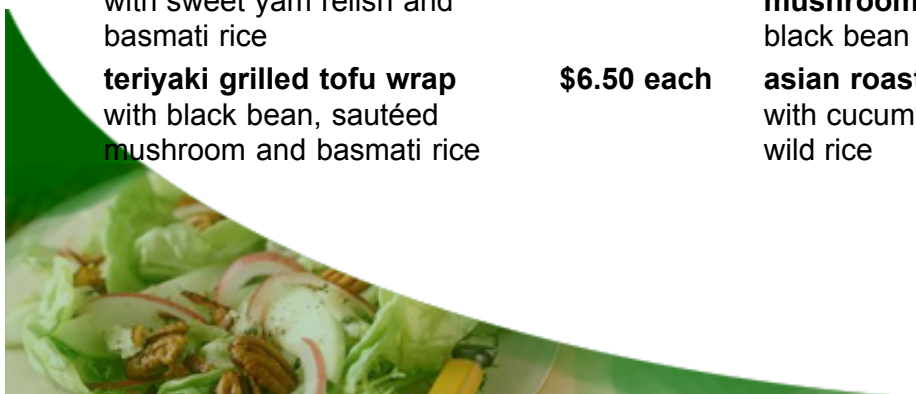
wraps

grilled chicken or vegetarian \$6.50 each	chicken caesar wraps \$6.75 each
peanut hoisin sauce and basmati rice	

minimum order of 6 for the wraps below please:

roasted garlic chicken \$6.50 each	grilled portabello \$6.75 each
with sweet yam relish and basmati rice	mushroom with carrots, leek, black bean and wild rice

teriyaki grilled tofu wrap \$6.50 each	asian roast duck \$6.75 each
with black bean, sautéed mushroom and basmati rice	with cucumber, ginger and wild rice



hot entrées

. . . we require a minimum of six orders for any one item and to ensure availability of these items, we request 48 hours notice.

poultry

indo-dutch curried boneless breast of chicken	\$8.95
served with scented basmati rice and peach chutney – this popular dish is mildly spiced and made with coconut milk	
chicken souvlaki	\$8.50
served with rice pilaf	
house-made chicken pot pie	\$6.50
moroccan lemon chicken	\$8.50
served with mediterranean cous cous & manzanilla olives	
chicken enchiladas	\$7.75
served with salsa, guacamole and sour cream	
chicken and roasted red pepper rosé	\$8.95
served with rice pilaf	
spicy black bean or teriyaki chicken and fresh vegetable stir-fry	\$8.95
served with rice or chow mein noodles	
marsala chicken	\$8.95
on egg noodles or rice	

meat

hearty beef chilli	\$6.95
with homemade cornbread	
stuffed pork medallions	\$8.95
served with a with a mushroom gravy (2 per serving)	
teriyaki or spicy black bean beef and fresh vegetable stir-fry	\$8.95
served with rice or chow mein noodles	
traditional beef stroganoff	\$8.50
with a red wine demi-glace on egg noodles	
pork, lamb or beef souvlaki	\$8.50
served with rice pilaf	
shepherd's pie	\$7.25



seafood

pesto crusted salmon served on wild rice pilaf	\$10.95
crab cakes with a fruit salsa and mediterranean cous cous (2 per serving)	\$8.95
grilled tuna steak with a sesame seed crust and basmati rice	\$9.95
chorizo and seafood paella with shrimp, scallop and clams	\$9.95
salmon filo pie served with orange chow mein noodles	\$9.50
smoked salmon souffle rolled with cream cheese, red pepper and dill	\$9.50

vegetarian

vegetable torte layers of hearty vegetables and parmesan cheese	\$6.50
vegetarian paella with green beans, peas, carrots, red peppers, chick peas, sunflower seeds and green onions	\$7.95
potato, carrot and pea samosa served with mango chutney	\$5.50
vegetable ratatouille wrapped in filo pastry	\$5.95
Spanikopita with ricotta cheese, water chestnuts and fresh herbs	\$5.95
vegetarian stir-fry with rice or chow mein noodles	\$7.95
vegetarian chili with homemade cornbread	\$6.50
vegetarian tortilla pie served with salsa, guacamole and sour cream	\$7.95
vegetarian enchiladas served with salsa, guacamole and sour cream	\$6.95
eggplant parmegiana with fresh basil tomato sauce and mozzarella cheese	\$6.95

other menu ideas

daily house-made soup	\$3.95
stuffed red and green peppers with either lean beef and sautéed vegetables, vegetarian risotto, or seafood risotto (1 per serving)	\$5.75
assorted 5" quiches lorraine; spinach & feta; shrimp & swiss; chorizo, mushroom & artichoke or create your own	\$5.95
twice baked potato with bacon, mozzarella and cheddar cheese	\$2.95/half
gourmet pizza house made 16" pizzas, loaded with your choice of fresh toppings, 8 large slices per pizza	\$25.95

pasta

butternut squash ravioli in a roasted red pepper sauce	\$8.95
meat or vegetarian lasagna made with roasted peppers, mushrooms, spinach, and ricotta cheese	\$8.50
seafood linguine with scallops, shrimp, clams and grilled vegetables tossed in a pesto cream sauce	\$10.50
spinach and cheese cannelloni in a cream or tomato sauce	\$7.75
grilled boneless breast of chicken on tricolor rotini with a fresh tarragon, leek, fennel and mushroom cream sauce	\$8.95
italian sausage on penne pasta with sautéed mushrooms, fresh spinach & ricotta in a basil tomato sauce	\$8.95
artichoke heart and sun-dried tomato on fusilli tossed with roasted garlic and fresh basil	\$8.50
tuscany baked chicken on rotini with roma tomatoes, olives, mushroom, roasted garlic and rosemary	\$8.95
fresh prawns on linguine with a basil-caper marinade	\$10.95

desserts

chocolate-covered strawberries	\$seasonal
assorted bars & squares two-chocolate brownies, caramel nut bars, marshmallow fudge bars, blueberry cheesecake squares and raspberry oat squares	\$2.50 each
tarts choose from fresh fruit, cheesecake or mousse minimum order of one dozen per kind	\$2.25 each
rice krispie squares . . . everybody's favorite, with smarties!	\$1.95 each
giant gourmet cookies chocolate caramel, oatmeal raisin, double chocolate chunk, white chocolate pistachio, chocolate cherry, peanut butter smartie, low-fat oatmeal apricot	\$1.95 each
biscotti (chocolate dipped \$1.95)	\$1.95 each
banana chocolate chip loaf or lemon poppyseed loaf	\$1.85/slice
carrot cake with cream cheese icing	\$2.75/slice
pies assorted fillings in our light & flaky home-made crust, serves 8	\$18.00
trifle fresh fruit, blackforest, tiramisu (\$48.00) chocolate caramel sambuca (\$29.00)	\$26.00

whole cakes

	<u>8" feeds 10-12</u>	<u>10" feeds 14-16</u>
fresh fruit flan	\$28.00	
angel food cake with fresh whip cream, serves 8 to 10		\$26.50
Shortcakes made with berries throughout!	\$26.00	\$30.00
mousse cake lemon, white chocolate orange, chocolate, strawberry, wildberry, raspberry, mocha and more . . .	\$26.00	\$30.00
Cheesecake classic new york, white chocolate raspberry, lemon, cappuccino, mocha and more . . .		\$35.00
chocolate ganache cake	\$31.00	\$39.00
brownie cake or turtle cake	\$31.00	\$39.00
	<u>slab feeds</u>	<u>full slab feeds</u>
slab cakes 17" x 25" decorations add \$25.00 or call for quote	<u>40-50</u>	<u>75-100</u>
sponge cake with mousse or custard filling	\$65.00	\$115.00
chocolate ganache, black forest, carrot cake	\$90.00	\$165.00

* March 2004 prices do not include tax or delivery

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catering policies

delivery and pickup service

the Calhoun's drivers are out before the sun rises. all necessary disposable plates, cutlery, and napkins are included with your order, unless otherwise indicated. we require a 24hr window for the retrieval of our equipment; utensils, trays, lids etc. and same day pick up for hot food. the delivery fee within Vancouver proper is \$11, delivery outside this area or outside of regular office hours is \$16. we require a minimum food order of \$50 for delivery. to ensure delivery and menu availability, please allow for 48 hours notice. prices do not include taxes or delivery.

event planning

whatever the event you are planning for, Calhoun's is happy to help! with our extensive experience we can assist with venue selection, floral arrangements, table centerpieces, wine selection and other event planning services.

service staff

from setup to food service and cleanup, our professional staff will ensure that you are free to relax and enjoy. all staff are booked for a minimum of 4 hours. an overtime rate applies after 8 hours.

supervisor: \$22.00 per hour

bartenders: \$22.00 per hour

food service staff: \$20.00 per hour

on site chefs: \$22.00 per hour

rentals and alcohol

we are happy to organize the rentals and/or alcohol service for your function. a handling fee of 20% of the total cost applies. broken or missing items will be charged to the client. the client must obtain the liquor license. please call us for information.

gratuity

a gratuity of 15% is applied to the food and beverage cost when we provide staff for your function.

party payment and corporate accounts

a deposit is required to book your special event. corporate accounts can be setup by calling our catering office at 737-7062.



hors d'oeuvres

our hors d'oeuvres are made fresh specifically for your function. as you plan your event, small or large, we look forward to creating the perfect menu to suit your needs and budget. minimum order of one dozen per type, please.

	price per dozen
quesadilla triangles chorizo, grilled chicken or vegetarian filled with cumin scented black beans, bell peppers and jack cheese	\$20.40
profiteroles french éclair pastry cup filled with <ul style="list-style-type: none"> • sun-dried tomato, garlic and roasted red pepper • shrimp and crab mousse with a roe and chive garnish • three onion and cream cheese 	\$22.80
assorted mini-pizzas choose your own filling or choose from below: <ul style="list-style-type: none"> • proscuitto, pimento and pineapple • mixed pepper, sweet onion, thyme and smoked gruyere cheese • blackened chicken, sweet peppers and fresh cilantro 	\$20.40
assorted mini-quiche choose your own filling or choose from below: <ul style="list-style-type: none"> • pan seared italian sausage and sautéed mushroom • shrimp, avocado and fresh dill • sweet caramelized onions 	\$20.40
classic tea sandwiches created with a wide variety of fillings on fresh baked sourdough and ninegrain	\$19.80
Calhouns's-style tea sandwiches artistically created with a wide variety of fillings on specialty breads	\$22.20

meat and poultry

shiitake frittata wrapped with proscuitto and tied with chive	\$22.80
shredded chicken, avocado, black bean and cucumber wrap	\$20.40
ribbon-wrapped meatballs with thin carrot strips, garnished with sweet peppers and skewered with glazed apricot preserve (2 per skewer)	\$20.40
asparagus spears wrapped in provolone and sliced italian meat	\$22.80

meat and poultry cont...

chicken satays **\$22.80**

choose from:

- thai green curry chicken
- yakitori chicken and green onion
- cashew

beef satays **\$22.80**

choose from:

- singaporean - peanut chili sauce with coconut
- yakitori and green onion

ham and asparagus bruschetta **\$22.80**

wine chorizo empenada **\$22.80**

a light pastry filled with chorizo, sweet onions, mushrooms, tomatoes, cheese, and mild spice

wine chorizo polenta wedges with parmesan and roasted red peppers **\$22.80**

seafood

vietnamese salad rolls **\$25.20**

filled with shrimp, veggies, rice noodles, and a hoisin mayonnaise

smoked trout sweet potato blini **\$25.20**

calhoun's california roll wrap **\$22.80**

try this new twist to the usual roll

smoked salmon on pumpernickel **\$25.20**

with dill cream cheese, capers, sweet onion and citrus zest

thai style coconut battered jumbo prawn **\$25.80**

mushroom cap **\$20.40**

stuffed with a portobello mushroom duxelle, garnished with shrimp

seared sea scallop on sushi rice **\$25.80**

with a wasabi mayonnaise

mini rock crab cakes **\$25.20**

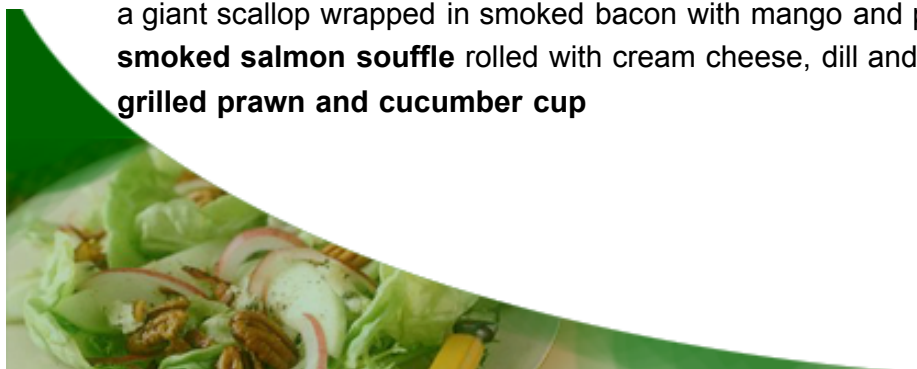
with salsa fresca and sour cream

not so traditional scallop and bacon **\$25.20**

a giant scallop wrapped in smoked bacon with mango and papaya fruit

smoked salmon souffle rolled with cream cheese, dill and red pepper **\$25.20**

grilled prawn and cucumber cup **\$25.20**



vegetarian

grilled vegetable skewers	\$20.40
selection of seasonal vegetables marinated in our homemade pesto	
vegetarian gyoza	\$18.00
pear and brie sambuca crostini	\$22.80
cheese sable	\$22.80
topped with chevre, roasted pecans and caramel sauce	
vegetarian samosa roll	\$18.00
filled with a mild curry mixture of peas, carrots and potatoes	
grilled eggplant crostini	\$20.40
with smoked gouda and mango chutney	
cherry tomato bocconcini bite	\$17.40
drizzled with balsamic vinaigrette	
phyllo pastry	\$20.40
<ul style="list-style-type: none">• spinach, herb and feta cheese spanakopita• raspberry and french brie cheese cup	
roasted garlic pastry cup	\$20.40
with a white wine stuffing and topped with melted swiss cheese and homemade pesto	
wild mushroom tart topped with asiago cheese and fresh dill	\$22.80
mediterranean skewer	\$25.20
cheese tortellini, manzanilla olives, and monterey jack cheese cubes drizzled in a balsamic vinaigrette	
cherry tomato and fresh basil bruschetta	\$22.80
roasted eggplant rollups with spinach, red pepper and sour cream	\$22.80



platters

small serves 8 to 15 people
medium serves 16 to 24 people
large serves 32 to 48 people

*these numbers are dependant on the length of your function and the nature of your event

	small	Medium	Large
the mediterranean platter a colorful arrangement of grilled vegetables with olives, tomato bocconcini salad, italian meats. comes with roasted pita triangles, hummus & tzatziki	---	\$ 85.00	\$115.00
roasted garlic and antipasto platter served with a selection of rustic breads, cheese sables and crackers	\$ 30.00	\$ 58.00	\$ 85.00
fresh market vegetable crudite with spinach or roasted red pepper dip	\$ 28.00	\$ 50.00	\$ 75.00
fresh fruit platter a seasonal selection of assorted fruits	\$ 30.00	\$50.00	\$ 75.00
domestic and imported cheeses, crackers and fresh fruit	\$ 45.00	\$ 75.00	\$105.00
roasted pita triangles with your choice of hummus and tzatziki or smoked salmon and lemon mousse or roasted eggplant and walnut	\$ 17.95	\$ 35.00	\$ 45.00
tortilla chips with fresh salsa, guacamole and sour cream	\$ 24.00	\$ 43.00	\$ 63.00
cheese terrine trio an elegant platter of three individual cheese terrines served with garlic crostini, crackers and sliced apples peppery cheese log smoked salmon cheesecake marscapone pistachio torte	---	\$ 90.00	\$105.00
smoked salmon cheesecake a perfect combination of smoked salmon and cream cheese, served with crackers	\$ 29.00	\$ 37.00	\$ 72.00
marscapone pistachio torte with a hint of lemon served with apple slices and cinnamon crostini	\$ 29.00	\$37.00	\$ 72.00
peppery cheese log served with crackers	\$ 29.00	\$ 37.00	\$ 72.00
sushi cake a unique way to serve sushi . . . sushi rice layered with smoked salmon, imitation crab, roasted red pepper, cucumber and spinach (small 40 pieces, medium 50 pieces, large 60 pieces)	\$ 60.00	\$ 75.00	\$ 90.00

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<u>Baked Goods Price List</u>	<u>Small (8")</u>	<u>Large (10")</u>
	(10-12 slices)	(12-16 slices)
Cheese Cakes:		35.00
- chocolate, white chocolate raspberry, chocolate cherry, cappuccino, blackberry, pineapple, lemon blueberry, pistachio, blueberry, mocha, New York, triple berry		
Mousse Cakes:	26.00	30.00
- chocolate, strawberry, raspberry, lemon, mango, mocha, cappuccino, fruits of forest, wildberry		
Shortcakes:	26.00	30.00
- strawberry, blackberry, blueberry, chocolate chunk, peach, raspberry		
Trifles:	28.00 per pan (w/ liquor add \$5.00)	
- blackforest, chocolate caramel sambuca, fresh fruit (seasonal)		
Assorted Pies	19.00 each	
- strawberry, rhubarb, apple, lemon meringue, pumpkin, blueberry, blackberry, tripleberry,		
Crisps (serves 12-14)	19.00 per pan	
- apple, berries, peach, mixed fruit, strawberry, rhubarb		
Chocolate Ganache Cake or Brownie Cake	31.00	39.00
Black Forest Cake, Turtle Cake	31.00	39.00
Carrot Cake	28.00	33.00
Pavlova Torte (meringue & whipped cream)	28.00	33.00
Fruit Flans	28.00	
Bread Pudding, Cobbler	28.00 per pan	
Assorted Tarts	2.25 each	
- fresh fruit, chocolate mousse, cheesecake		
Chocolate Dipped Strawberries	seasonal price	
Sheet Cakes , please call for decoration ideas, and prices		

** Prices subject to change with out notice

March 2004



chef-in-a-box

the **chef-in-a-box** is perfect for conferences, bus trips, and outdoor lunches. if there is something that you have in mind but do not see here, please let us know. we are always open to other ideas and would be happy to put together a box specific to your needs. all boxes include napkin, straw and utensils.

breakfast ideas

bagel in a box breakfast

assorted bagels
with cream cheese, peanut butter and jam
whole seasonal fruit
(pear, peach, apple, orange, banana, etc)
bottle juice

\$6.25/box

Continental box breakfast

Fresh bakery item
(muffin, scone, croissant, banana bread)
fresh fruit salad
bottle juice

\$7.95/box

lunch ideas

Standard sandwich

Whole seasonal fruit
Brownie, caramel nut bar or raspberry bar
Bottle juice or pop

\$12.95/box

Bunwich

Whole seasonal fruit
Gourmet cookie or rice krispie square
Bottle juice or pop

\$10.95/box

Standard sandwich

fresh fruit salad or greek salad
bottle juice or pop

\$11.95/box

Grilled chicken or vegetarian wrap

Gourmet cookie or rice krispie square
Bottle juice or pop

\$11.50/box

Grilled chicken or vegetarian wrap

Greek salad
Gourmet cookie or rice krispie square
Bottle juice or pop

\$14.50/box

Croissant Sandwich

Veggie sticks
Double chocolate brownie
Bottle juice or pop

\$14.50/box

or create your own. Please call for a quote.

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Gourmet Housemade 16" Pizzas
generously topped with your choice of fresh toppings all \$25.95

Topping Suggestions: (or make your own!)

Chicken, Beef, etc...

Grilled Chicken, Mixed Peppers and Thyme

Ham and Pineapple –Smoked Breakfast Ham with Fresh Hawaiian Pineapple

Meat Lovers – Pepperoni, Bacon, Sausage and Ham

Sausage, Oven Roasted Potatoes, and Roasted Garlic

Bacon, Tomato and Feta

Ground Beef and Fresh Tomato

Seafood

The Tuna Melt - Celery, Olives, Pickles, Tomato and Cheddar

Anchovies, Artichokes, Red Peppers, Black Olives, and Fresh Basil

Shrimp and Avocado

Vegetarian

Greek Pizza – Feta Cheese, Red Onion, Olives, Spinach and Fresh Basil

Spinach, Artichoke and Mixed Peppers

Tomato, Bocconcini and Fresh basil

Zucchini, Corn, Tomato, Mushroom and Cheddar

Marinated Tofu, Mixed Peppers and Red Onion

Broccoli, Cheddar and Potato

