



truffles

— EXPRESS —

ORDER ONLINE (and save \$15 off your order):
expressorder.trufflescatering.net

OR BY TELEPHONE (Mon-Fri // 9am-5pm):
250-544-0200

OR BY EMAIL (Mon-Fri // 9am-5pm):
yummy@trufflescatering.net

Thank you for
choosing Truffles
Express for your
next fresh and
convenient delivery.

ORDERING

For your convenience, Truffles Express menu orders may be placed online at www.trufflescatering.net. Save \$15 when you order online!

During our business hours of Monday to Friday 9:00 am - 5:00 pm orders can also be placed by phone at **250-544-0200** or email: yummy@trufflescatering.net

Orders placed by 2 pm will be ready for next day delivery. For Monday deliveries or deliveries following holidays, orders must be placed by 2 pm on the last business day prior to the delivery.

For orders for Saturday or Sunday please contact our office as minimum values and delivery fees apply.

QUALITY

Truffles Catering endeavours to use locally sourced and sustainable ingredients wherever possible and use suppliers of Ocean Wise products. We are certified as a Vancouver Island GREEN business.

The Truffles Catering culinary team uses only fresh meat and fish prepared and cooked by ourselves to ensure the highest quality and best flavour in all our Express sandwich and entrée selections.

 = ocean wise products



ocean wise® A SUSTAINABLE CHOICE

ALLERGY & SPECIAL DIETARY RESTRICTIONS

Many of our menu items and dishes can be modified to meet allergy and dietary requirements (a surcharge may apply). Please contact Truffles Catering directly with any questions.

*If online ordering, please make clear dietary / allergy notes in the delivery section on the checkout page.

GF = gluten-free

VG = vegetarian

VE = vegan

DF = dairy-free



BEVERAGES

cool

still water **2.50**

our water bottle is made from post-consumer plastic

assorted juices **2.50**

apple, orange

san pellegrino **3.15**

sparkling, aranciata orange, limonata, blood orange, grapefruit

soft drinks **2.10**

coke, diet coke, sprite, ginger ale, root beer, iced tea, fresca

hot

coffee-to-go **23.50**

96oz (12 cups) level ground coffee and decaf

tea-to-go **23.50**

96oz (12 cups) selection of numi organic tea

CONTINENTAL BREAKFASTS

classic continental **12.75**

*minimum order of 10 per selection

fresh seasonal sliced fruit **GF / VG / VE / DF**
selection of breakfast breads + pastries **VG**
selection of apple / orange juice
level ground coffee + organic tea

healthy start **14.75**

*minimum order of 10 per selection

granola / yogurt / dried fruit / seasonal fresh berries **VG**
selection of breakfast breads + pastries **VG**
selection of apple / orange juice
level ground coffee + organic tea

CONTINENTAL BREAKFASTS CONT'D

european continental **16.75**

*minimum order of 10 per selection

ham and cheese biscuits + butter croissants **VG**
artisan cheese **GF / VG**
fruit skewers **GF / VE**
selection of apple / orange juice
level ground coffee + organic tea

HOT BREAKFASTS

classic breakfast **15.75**

*minimum order of 10 per selection

scrambled eggs **GF / VG**
grilled ham OR sausage OR bacon **GF / DF**
hashbrowns **GF / VG / VE / DF**
fresh seasonal sliced fruit **GF / VG / VE**
selection of apple / orange juice
level ground coffee & organic tea

breakfast sandwiches **5.75**

*minimum order of 6 per selection

english muffin with a choice of the following 3 options
- bacon, egg, cheddar
- sausage, egg, cheddar
- tomato, egg, cheddar **VG**

signature breakfast sandwiches **7.50**

*minimum order of 6 per selection

- croissant, egg, avocado, prosciutto, tomato chutney, herb aioli
- brioche, egg, brie, roasted red pepper, herb aioli **VG**
- brioche, sausage, egg, tomato, arugula, goat cheese

**add-ons:
see our selection of
baked goods, platters and
beverages.**

LUNCH ENTREES

	<u>Entrée / Complete*</u>
63 acres meatloaf GF *minimum order of 8 per selection hormone-free beef, creamed forest mushrooms, nugget potatoes	15.50 / 20.50
chicken fricassee *minimum order of 8 per selection braised chicken, white wine sauce, leek sauté, basmati rice	15.50 / 20.50
bbq pork shoulder *minimum order of 8 per selection apple cider kale slaw, salsa verde, rolls	15.50 / 20.50
chicken parmesan *minimum order of 8 per selection grilled chicken, tomato sauce, parmesan cheese, risotto cake VG option available (substitute chicken with eggplant)	15.50 / 20.50
sweet black bean beef stir fry *minimum order of 8 per selection asian vegetables, sweet chili sauce, chow mein VG/VE option available (substitute chicken with tofu or extra vegetables)	15.50 / 20.50
lasagna VG option available *minimum order of 8 per selection meat lover's or vegetarian with roasted vegetables; spinach and ricotta, mozzarella and served with herb garlic bread	15.50 / 20.50
butter chicken GF *minimum order of 8 per selection mild curry sauce, basmati rice, naan and mango chutney VG/VE - option available (substitute chicken with tofu or extra vegetables)	15.50 / 20.50
salad bar *minimum order of 8 per selection mixed greens, choice of protein (chicken, ham or salmon) with a selection of accompaniments: carrot, beetroot, egg, cucumber, cherry tomatoes, feta cheese, mixed seeds and cranberries, two dressings	15.50 / 20.50

*Complete lunch includes your choice of beverage and dessert

SPECIAL DIETARY LUNCH ENTREES

These can be ordered as one off individual meals when ordering other hot entrée items. They will be served on china, and due to the fact they are individually packed (unless you order for your whole group), it may require some reheating.

Some additional modifications are available as noted for each dish. If ordering online, please ensure that these modifications are communicated in the "note" section.

*minimum order of 1 per selection, unless otherwise specified (must be ordered in conjunction with other hot entrées).

	<u>Entrée / Complete*</u>
chick pea fritters morrocan vegetable ragout, fresh herbs, crumbled feta GF / VG - (omit feta for VE / DF)	15.50 / 20.50
tofu pad thai rice noodles, vegetables, crushed peanuts GF / VG	15.50 / 20.50
stuffed grilled eggplant house made, spinach & ricotta filled, smoked tomato sauce GF / VG	15.50 / 20.50

DESSERT

traditional desserts

may include: salted toffee, pecan chocolate chunk, black forest and coconut caramel squares, double chocolate brownies, lemon and nanaimo bars VG

sliced fruit

selection of seasonal sliced fruit and berries GF / VG / VE

*Complete lunch includes your choice of beverage and dessert



SALADS AND SIDES

Enjoy one of our sides and salads to compliment your sandwich, wrap, or hot lunch entrée. They are fresh, inventive, and packed with flavor. Even the dressings are made in-house. Available as a side or as a full meal salad. Enjoy!

	Side / Full
gathered greens quinoa, strawberries, red onion, sunflower seed praline, flower petals, white balsamic vinaigrette GF / VG / VE / DF	5.45 / 9.00
garden salad beets, carrots, red onion, grapes, sunflower seeds, white balsamic vinaigrette GF / VE / VG / DF	5.45 / 9.00
caesar romaine, croutons, parmesan cheese, caesar dressing, crispy capers VG	5.45 / 9.00
pear and romaine salad *minimum order of 6 compressed pear, almond praline, citrus vinaigrette GF / VG / VE / DF	5.45
greek salad *minimum order of 6 cucumber ribbons, bell peppers, heirloom cherry tomatoes, kalamata olives, feta, herb vinaigrette GF / VG	4.95
heirloom tomato caprese *minimum order of 6 baby mozzarella, basil, fresh cracked pepper, extra virgin olive oil, balsamic reduction GF / VG	4.95
yam & sweet potato salad *minimum order of 6 arugula, caramelized onion, goat cheese GF / VG	4.95
marinated kale & caramelized cauliflower *minimum order of 6 garbanzo beans, roasted tomato, fresh herbs GF / VG	4.95

SALADS AND SIDES CONT'D

kale slaw *minimum order of 6 compressed pear, raisins, carrot, fennel, apple cider vinaigrette GF / VG / VE / DF	4.95
fruit & cheese sliced fruit, island cheese, artisan crackers (gluten-free crackers available upon request) GF / VG	7.50
garden vegetables local seasonal vegetables, herb-artichoke dip GF / VG / VE	4.75
add protein to any salad - grilled chicken - grilled wild bc salmon - seared tofu	5.95

HOUSE MADE SOUPS

All our soups are made in house and served with hearty bread and butter.

roasted butternut squash & coconut (per person) *minimum order of 8 GF / VG / VE / DF	6.50
tomato basil soup (per person) *minimum order of 8 GF / VG / VE / DF	6.50
cream of mushroom (per person) *minimum order of 8 VG	6.50



BOARDROOM SANDWICHES

Our sandwiches are made with the freshest of ingredients, including the meat, which is cooked and prepared in-house. Constructed on a selection of artisan rolls, buns, baguettes and assorted wraps. We also offer gluten free bread for a surcharge. All sandwiches can be made into wraps upon request.

If ordering online, please make clear notes regarding modifications in the tab on the right of each item ordered.

*Gluten-free bread available add \$2.00

boardroom sandwiches (each)	7.95
boardroom + side OR salad OR soup combo	12.95
boardroom complete lunch combo (sandwich, side OR salad, dessert, drink)	17.65

BOARDROOM SANDWICH SELECTION CONT'D

roasted vegetable hummus wrap

caramelized onions, eggplant, zucchini, red pepper, asparagus, local mixed greens, smoked paprika hummus **VE**

falafel wrap

smoked paprika hummus, tzatziki, pickled vegetable slaw, local mixed greens, goat feta **VG**

egg

sliced hard boiled egg, cucumber, red onion, alfalfa sprouts, roasted pepper aioli **VG / DF**

bc oceanwise salmon

fresh vegetable slaw, daikon sprouts, togarashi mayo, tari sauce **DF**

old fashioned ham and cheddar

sharp english cheddar, local mixed greens, tomato, balsamic relish

chicken avocado wrap

tomato, dijon aioli, local mixed greens, bacon + onion jam **DF**

smoked tuna wrap

roast pepper aioli, green onion salad, pickled vegetables, local mixed greens **DF**

rainbow wrap

beets, carrots, grilled pear, avocado, pea shoots, alfalfa sprouts, feta **VG**

baja pork wrap

slow cooked pork shoulder, apple cider kale salad, smoked cheddar, dijon mayonnaise

roast turkey wrap

grape relish, goat cheese, cucumber, alfalfa sprouts, dijon aioli

slow roasted beef

bleu claire, grilled red onions, roasted pepper aioli, arugula

delicatessen

deli meats, olive tapenade, parmesan, pesto aioli



TREATS AND PASTRIES

breakfast pastries **3.75**

* 1 1/2 per person

may include: cinnamon swirls, mini filled croissants, raspberry and apple turnovers, maple pecan trellis

breakfast breads **3.75**

* 1 1/2 per person

may include:

- muffins: blueberry-bran, peach caramel, strawberry cream cheese, lemon honey basil

- scones: cranberry-orange, apple-cheddar, raspberry white chocolate, herb & yam

traditional desserts **4.00**

* 3 per person

may include: salted toffee, pecan chocolate chunk, black forest and coconut caramel squares, double chocolate brownies, lemon and nanaimo bars

house baked cookie **1.95**

sliced fruit platter **4.00**

seasonal and local saanich peninsula fruit
(when available) **GF / VG / VE**

patisserie **4.00**

* 3 per person

madeleines, palmiers, macarons, éclairs, petit fours, chocolate-dipped strawberries

fruit flan **4.00**

* 1 per person

lemon curd, fresh fruit, apricot glaze

artisan cupcakes **4.00**

(each) *minimum order of 10

may include: cardamom-brown butter, raspberry-lavender, preserved lemon-pistachio, caramel-sea salt

gluten free options **4.00**

provided by origins bakery, breakfast breads, dessert, cookie, granola bar **GF / VG**

WORK PLACE RECEPTIONS

Below are a few suggestions for office events, whether it is a retirement, birthday, or network event.

The items below can be ordered online, however, if you would like to discuss other options, please contact one of our event planners at 250.544.0200.

*minimum order of 10 per reception.

light reception #1

19.75

canapés

* 2 per person

shrimp + melon, balsamic reduction pan seared polenta, herb chèvre, and bell pepper marmalade

meat and cheese

deli shaved meats and comox valley cheeses (may include: goat cheese, brie, smoked cheddar, raclette, bleu claire), flatbreads + crackers

garden vegetables

local seasonal vegetables, herb-artichoke dip

high tea sandwiches

crustless finger sandwiches wild salmon lox bagel, brie & cucumber, prosciutto-tomato & mozzarella, smoked pastrami & raclette, asparagus pinwheels & fresh herb cream cheese



WORK PLACE RECEPTIONS CONT'D

light reception #2 25.75

canapés

* 2 per person

spanakopita
shrimp + melon, balsamic reduction
pan seared polenta, herb chèvre, and bell pepper marmalade

antipasto spreads

herb-artichoke dip, tomato bruschetta, red pepper chick pea spread, flatbreads + crackers

garden vegetables

local seasonal vegetables, herb-artichoke dip

coast sushi

wild bc salmon, sesame coriander crab, shrimp, albacore tuna, pickled ginger, wasabi + soya sauce

meat and cheese

deli shaved meats and comox valley cheeses
(may include: goat cheese, brie, smoked cheddar, raclette, bleu claire), flatbreads + crackers

patisserie

* 2 per person

madeleines, palmiers, macarons, éclairs, petit fours, chocolate-dipped strawberries

INDIVIDUAL PLATTERS

Servings per platter are approximately 35-40 bites

meat and cheese 90.00

deli shaved meats and comox valley cheeses
(may include: goat cheese, brie, smoked cheddar, raclette, bleu claire), flatbreads + crackers

coast sushi 65.00

* 50 pieces

wild bc salmon, sesame-coriander crab, shrimp, albacore tuna, pickled ginger, wasabi + soya sauce

garden vegetables 55.00

local seasonal vegetables, herb-artichoke dip

mezze platter 80.00

marinated feta, olives/pistachio crusted goat cheese, popcorn chick peas, artichokes, grilled squash, spring onions, smoked paprika hummus, flatbreads + crackers

root vegetable chips 75.00

yellow and red beetroot, sweet potato, yam, parsnip, yukon gold potato

polenta fries 75.00

spicy tomato sauce, wilted spinach, shaved parmesan

high tea sandwiches 32.00

*Per dozen (min 3 dz.)

wild salmon lox bagel + brie, cucumber + prosciutto + tomato, mozzarella + smoked pastrami, raclette + asparagus pinwheels, fresh herb cream cheese

antipasto spreads 55.00

herb-artichoke dip, tomato bruschetta, red pepper-chick pea spread, flatbreads + crackers

wild salmon lox 110.00

lemons, capers, sweet red onions, dill cream cheese, artisan breads + crackers

decorated fresh sliced fruit 60.00

honeydew, cantaloupe, watermelon, kiwi, pineapple, grapes, saanich peninsula berries (when available).