OVERVIEW

Thank you for choosing The Fresh Fork Catering by Chartwells for the Dalhousie Student Union. Ordering from your student union catering service means you’re supporting student-run activities on-campus at Dalhousie University.

Our catering team are the catering experts on campus. If you’re looking for a customized catering experience, please contact us. Our catering manager and chef will work with your budget and unique needs to create an event to remember!

MENU ICONS

Our menu contains several icons to help you choose menu items that suit your catering needs.

- Made Without Gluten
- Vegetarian
- Vegan

CONTACT

Paulina Patterson
Catering Manager
Dalhousie Student Union
Paulina.Patterson@Compass-Canada.com
(902) 494-2126
REFRESHMENTS

Infused Water Station  $1.99/guest
Choose from:
• Cucumber, Lime & Mint
• Citrus Mix
• Very Berry

Fair Trade Coffee  $1.99
Fair Trade Decaf Coffee  $1.99
Fair Trade Black Tea  $1.99
Fair Trade Herbal Tea  $1.99
Hot Chocolate  $1.99
Canned Soft Drinks  $1.99
Assorted Bottled Juices  $1.99
Bottled Water  $2.09
Montellier Sparkling Water  $2.29
Sparkling Flavoured Water  $2.29
V8 Vegetable Juice  $2.50

priced per guest

A LA CARTE

Whole Fruit  $1.89
Chef MaryEllen’s Homemade Breakfast Cookie  $1.99
Cinnamon Rolls  $1.89
Granola Bars  $1.89
Cookies  $1.99
Assorted Squares  $2.59
Assorted Pastries  $1.99
Assorted Muffins  $1.89
Assorted Mini Muffins (2 per guest)  $1.69
Kettle Chips  $1.79
Individual Yogurts  $1.99
TIGER BREAK BUNDLES

Sweet Tooth Break
Caramel Coffee Cake
Assorted Cookies
Assorted Squares
Hot Chocolate
Tea, Coffee & Water
$7.59/guest

Tiger Athletic Break
Whole Fruit Basket
Granola Bars & Breakfast Bars
Non-Fat Yogurts
Assorted Sparkling Water
Tea, Coffee & Water
$8.99/guest

Break #1
Assorted Cookies
Tea, Coffee & Water
$2.79/guest

Break #2
Assorted Muffins
Tea, Coffee & Water
$3.29/guest

Break #3
Assorted Mini Muffins (2 per guest)
Tea, Coffee & Water
$2.99/guest

Break #4
Sliced Fruit Platter
Tea, Coffee & Water
$4.29/guest

Break #5
Assorted Mini Muffins (2 per guest)
Sliced Fruit Platter
Tea, Coffee & Water
$6.99/guest

Break #6
Assorted Muffins
Whole Fruit Basket
Tea, Coffee & Water
$7.29/guest

Upgrade your break with a Booster Juice smoothie bar! Ask our catering manager for details and pricing.
SNACK PLATTERS

Fruit Platter $3.79/guest
Fresh Fruit
Served with Yogurt Dip +$0.25/guest
Available as a Vegan-Friendly platter, please contact Catering Manager

Vegetable Platter $3.09/guest
Fresh Vegetables
Served with choice of Ranch, Curry or Hummus

Cheese & Cracker Platter $4.99/guest
Selection of Cheddar, Swiss & Marble Cheese
Served with Assorted Crackers
Available as a Gluten-Friendly platter, please contact Catering Manager

Seasonal Fruit & Cheese Platter $6.99/guest
Selection of Canadian & International Cheeses
Served with Assorted Crackers & Fresh Fruit
Available as a Gluten-Friendly platter, please contact Catering Manager

Hummus & Pita Platter $5.29/guest
Creamy Garlic Hummus
Served with Soft and Baked Pita Chips

Kettle Chips & Dip $5.29/guest
Homemade Kettle Chips
Served with House-made French Onion Dip

Chips & Salsa $4.99/guest
Tortilla Chips
Served with Salsa
CAKES & PIES

Cheesecakes $45.99
Butter Pecan, Chocolate Swirl, Double Chocolate or Classic Cheesecake
Choice of top toppings: Chocolate, Caramel, Blueberry or Strawberry
16 slices

Celebration Cake $35.99
Single-layer Cake with Butter Cream
Customize with a Personal Message
10 – 15 pieces

Pies $16.99
Apple, Pumpkin, Pecan or Lemon Meringue
8 slices
**BREAKFAST**

**Executive Continental**  $9.29/guest
Muffin, Pastry & Croissant Platter served with Fresh Fruit
Assorted Yogurt
Tea, Coffee & Juice

**Tiger Breakfast**  $12.99/guest
Scrambled Eggs
Crispy Bacon
Smoky Sausage
**Vegetable** Baked Beans
Hashbrowns
Mini Muffins & Pastry Platter serviced with Fresh Fruit
**Substitute for** Turkey Bacon for $1.00/guest

**Breakfast Wrap**  $4.99/guest
Tortillas filled with Scrambled Eggs, Fried Potatoes &
Cheddar Cheese

**Boxed Breakfast**  $5.99/guest
Whole Fruit
Yogurt
Muffin
Chilled Juice

**Add-ons**
Sautéed Peppers, Onions & Mushrooms  $1.09
Bacon, Ham or Sausage  $2.19
**Vegetable** Baked Beans  $1.59
Bring your favourite DSU brands to your lunch catering! We are pleased to offer these featured menu options. Please contact us if you require a customized menu from Mezza Lebanese Kitchen, Passage to India or Bento Sushi.

### Mezza Lebanese Kitchen
- Shawarma Wrap: $8.69
- Falafel Wrap: $7.69
- Donair Wrap: $8.69

### Passage to India
- Butter Chicken Plate: $10.99
- Vegetarian Plate: $9.99
- Bento Sushi
  - Bento Box: $11.99
WORKING LUNCHES

**Chicken Pot Pie**
Roast Chicken and **Vegetables** in a Creamy Gravy with a Flaky Crust
Garden Salad, Dinner Rolls & Butter
Cookies or Squares
Tea, Coffee & Water

$14.99/guest

**Stir-Fry**
Chicken, Beef or Tofu with Sauteed seasonal **Vegetables**
Choice of sauces: Teriyaki, Honey Garlic or Thai Chili (GF)
Garden Salad
Fortune Cookie or Cookies
Tea, Coffee & Water

$15.49/guest

**Lasagna**
Choice of Lasagna Al Forno or Roasted **Vegetable** Lasagna
Caesar Salad & Garlic Bread
Mini Cupcakes
Tea, Coffee & Water

$16.49/guest

**Fajita Bar**
Chicken, Beef or Tofu served on a Flour Tortilla with
Cumin Roasted Corn, Salsa, Sour Cream & Guacamole
and Sauteed Seasonal **Vegetables**
Mexican Rice & Garden Salad
Chocolate Brownies
Tea, Coffee & Water

$15.99/guest

**Pasta Italia**
Creamy Mushroom Alfredo Penne or Roasted **Vegetable** Pesto Primavera
Caesar Salad & Garlic Bread
Mini Cupcakes
Tea, Coffee & Water

$15.99/guest
**EXECUTIVE COLD LUNCHES**

**Herbed Chicken Salad**  $15.49/guest  
Herbed Grill Chicken, Hard-boiled Eggs, Roasted Garlic Cherry Tomatoes, Crumbled Goat cheese on a bed of Mixed Greens topped with House-made Honey Citrus Vinaigrette  
Artisan Rolls with Flavored Butter  
Mini Muffins & Pastries  
Tea, Coffee & Water

**Nova Scotia Apple Brined Chicken**  $14.99/guest  
Apple Brined Seared Chicken topped with Apple Cranberry Compote served with Balsamic Grilled **Vegetables**  
Chive Potato Salad  
Artisan Rolls with Flavored Butter  
Mini Muffins & Pastries  
Tea, Coffee & Water

**Sweet Chili Tofu**  $13.99/guest  
Grilled Sweet Chili Tofu on Ginger Noodles with Roasted Radishes  
**Vegetable** Slaw  
Artisan Rolls with Flavoured Butter  
Tea, Coffee & Water

*Available as a Vegetarian-Friendly and Vegan-Friendly dish, please contact Catering Manager*
LIGHT LUNCHES

**Sandwich Platter**
Turkey, Ham, Roast Beef, Tuna, Egg Salad
Roasted **Vegetables** with Hummus
White & Whole Wheat Breads
Mixed Green Salad
Cookies

$10.49/guest

**Gourmet Sandwich Platter**
Southwest Chicken Club Wrap
Roast Beef, Smoked Cheddar with Horseradish Aioli on a Rosemary Focaccia
Turkey Apple Cranberry Compote, Honey Ranch Mayo on a Demi Roll
Deviled Egg Salad Wrap
Roasted **Vegetable** with Hummus & Spinach Wrap
Mixed Green Salad
Cookies

$13.99/guest

**Wrap Platter**
Turkey and Swiss, Mixed Greens, Tomato & Honey Mayo
Roast Beef and Smoked Cheddar, Mixed Greens, Tomato & Grainy Mustard
Ham and Cheddar, Mixed Greens, Tomato & Honey Mustard
Roasted **Vegetable** Medley, Spinach & Hummus
Mixed Green Salad
Cookies

$12.49/guest

Need a gluten-friendly option? We can provide sandwiches made without gluten, please contact our catering manager.
SANDWICH PLATTERS

Gourmet Sandwich & Wrap Platter $8.29/guest
Southwest Chicken Club with Bacon on a Wrap
Roast Beef, Smoked Cheddar Cheese, Mixed Greens, with Horseradish Aioli on a Rosemary Focaccia
Turkey, Apple Cranberry Compote, Mixed Greens, Honey Ranch Mayo on a Demi Baguette
Deviled Egg Salad and Chives on a Wrap
Roasted Vegetable Medley with Spinach & Hummus

Wrap Platter $5.99/guest
Turkey and Swiss, Mixed Greens, Tomato & Honey Mayonnaise
Roast Beef, Cheddar, Mixed Greens, Tomato & Grainy Mustard
Ham and Cheddar, Mixed Greens, Tomato & Honey Mustard
Roasted Vegetable Medley with Spinach & Hummus

Classic Sandwiches $5.29/guest
Roast Beef, Ham, Turkey, Tuna, Egg Salad
Served on White and Whole Wheat Bread

Make it a Meal!
Minimum order of 10, priced per guest
Soup of the Day $3.99
Pasta Salad $1.99
Garden Salad $3.99
Caser Salad $3.99
Cheese & Crackers $2.99
Potato Chips $1.79
Dinner Roll with Butter $1.39

Individual Boxes $9.99/guest
Classic Lunch: Sandwich, Whole Fruit, Cookie & Soft Drink
SALADS

Spinach Salad $5.99/guest
Spinach with Red Onion, Strawberries & Goat Cheese topped with a Balsamic Vinaigrette

Mediterranean Salad $5.99/guest
Crisp Romaine, Red Onion, Tomatoes, Cucumbers, Olives & Feta Cheese topped with an Herbed Dressing

Chef Benson’s Pasta Salad $5.29/guest
Pasta with Peppers, Broccoli, Red Onions & Corn tossed with a Creamy Sauce; the sauce is Chef Benson’s secret ingredient!

Mini Red Potato Salad $3.79/guest
Baby Red Potatoes with Hardboiled Egg and Green Onion tossed in a Creamy Aioli Dressing

Garden Salad $3.79/guest
Crisp Lettuce topped with Cucumber, Tomatoes & Shredded Carrot and served with two Dressings

Classic Caesar Salad $4.99/guest
Crisp Romaine tossed with Bacon Bits, Crunchy Croutons, Parmesan Cheese and a Creamy Caesar Dressing

Kale & Quinoa Salad $4.69/guest
Kale, Carrot, Dries Cranberries, Pumpkin Seeds and Diced Pears served with an Apple Vinaigrette
PIZZA BUNDLES

Add a bundle to your pizza and turn your lunch into a pizza party!

**Tiger Pizza Party**  
$9.79/guest  
加上比萨饼

Caesar Salad  
Chicken Wings with Honey Garlic, Hot Sauce or Barbeque Sauce  
Cookies  
Soda, Bottled Water & Juice

**The Union Pizza Party**  
$3.99/guest  
加上比萨饼

Cookies  
Soda, Bottled Water & Juice

**Hail Caesar**  
$5.79/guest  
加上比萨饼

Caesar Salad  
Cookies  
Soda, Bottled Water & Juice
PIZZA

Priced per pizza; 16" pie, 8 slices

**Pepperoni**
Loaded with Pepperoni & Cheese $18.99

**Vegetarian**
Topped with an Assortment of Vegetables & Cheese $18.99

**Three Cheese**
Loaded with Mozzarella, Parmesan & Cheddar $18.99

**Hawaiian**
Ham, Pineapple, Green Peppers & Cheese $18.99

**Deluxe**
Pepperoni, Peppers, Onions, Mushrooms & Cheese $18.99

**Meat Lovers**
Pepperoni, Ham, Ground Beef, Sausage & Cheese $18.99

**BBQ Chicken**
BBQ Sauce, Chicken, Red Peppers, Red Onion & Cheese $18.99

**Donair**
Donair Meat, Onion, Tomato & Donair Sauce $18.99

**Mediterranean**
Chicken, Red Onion, Peppers, Spinach & Feta Cheese $18.99

**Tuscan**
Tomato Sauce, Basil & Fresh Mozzarella $18.99

**Garlic Fingers**
Served with Donair Sauce $18.99

*Ask us about keto-friendly and gluten-friendly pizza options (additional pricing may apply).*
RECEPTION
COLD HORS D’OEUVRES

**Beer Battered Jerk Shrimp**  $23.99/dozen
Jerk Marinated Tiger Shrimp with a Mango Shooter

**Thai Spring Rolls**  $19.99/dozen
Fresh Thai-style Spring Rolls with Peppers, Cabbage and Onion
Wrapped in Rice Paper
Served with Thai Basil Dip

**Shrimp Cocktail**  $22.99/dozen
Traditional Shrimp Cocktail Served with Cocktail Sauce
and Lemon

**Smoked Salmon Pinwheels**  $20.99/dozen
Smoked Salmon, Cucumber and Cream Cheese
Wrapped in Spinach Tortillas

**Caprese**  $20.99/dozen
Mini Skewers of Cherry Tomato and Bocconcini Cheese
Drizzled with Pesto Olive Oil

**Greek Salad Skewers**  $20.99/dozen
Mini Skewers with Cucumbers, Tomatoes, Feta Cheese and Olives
topped with Greek Dressing

**Bruschetta Platter**  $14.99/dozen
Classic Tomato Bruschetta served with Toasted Baguette Rounds

**Sushi**  $109.99/75 pieces
Bento Sushi Platter with Maki Rolls, California Rolls, Sushi Rolls
served with Pickled Ginger, Wasabi & Soya

Vegetarian-friendly Sushi available, please contact Catering Manager
**RECEPTION**

**HOT HORS D’OEUVRES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td><strong>Crab Cakes</strong></td>
<td>$29.99/dozen</td>
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<tr>
<td>Fried Crab Cakes with a hint of Dijon</td>
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<tr>
<td><strong>Bacon Wrapped Scallops</strong></td>
<td>$28.99/dozen</td>
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<tr>
<td>Roasted Scallops wrapped in Bacon</td>
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<tr>
<td><strong>Pulled Pork Wontons</strong></td>
<td>$20.99/dozen</td>
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<td>Sweet &amp; Spicy Pulled pork on a Fried Tortilla</td>
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<tr>
<td><strong>Potato &amp; Vegetable Samosas</strong></td>
<td>$20.99/dozen</td>
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<tr>
<td>Cumin Spiced Vegetables and Potato in a Crisp Pastry</td>
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<tr>
<td><strong>Chicken Satays</strong></td>
<td>$25.99/dozen</td>
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<tr>
<td>Classic Indonesia Chicken Dish in a Bite-sized hors d’oeuvres</td>
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<tr>
<td><strong>Butter Chicken Tarts</strong></td>
<td>$20.99/dozen</td>
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<tr>
<td>Flakey Tart Dough filled with Spicy Butter Chicken Sauce</td>
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<tr>
<td><strong>Chicken Wings</strong></td>
<td>$19.99/dozen</td>
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<tr>
<td>Fried Chicken Wings with Hot, Honey Garlic or BBQ Sauce</td>
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<tr>
<td><strong>Mini California Spring Rolls</strong></td>
<td>$17.99/dozen</td>
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<tr>
<td>Fried Vegetable Spring Rolls served with Plum Sauce</td>
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<tr>
<td><strong>Mozzarella Sticks</strong></td>
<td>$17.99/dozen</td>
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<tr>
<td>Oven-baked Mozzarella Sticks served with Marinara Sauce</td>
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<tr>
<td><strong>Swedish Meatballs</strong></td>
<td>$17.99/dozen</td>
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<tr>
<td>Braised Meatballs in a Tangy Sauce</td>
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<tr>
<td><strong>Spanakopita</strong></td>
<td>$17.99/dozen</td>
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<tr>
<td>Greek Feta and Spinach wrapped in Flakey Pastry</td>
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<tr>
<td><strong>Mini Beef Wellington</strong></td>
<td>$20.99/dozen</td>
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<tr>
<td>Puff Pastry filled with Sautéed Mushrooms, Maple Onion Relish and Beef Tenderloin with Horseradish Aioli</td>
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<tr>
<td><strong>Herbed Mushroom Risotto Balls</strong></td>
<td>$18.99/dozen</td>
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<tr>
<td>Creamy Risotto with Wild Mushrooms and Herbs, Panko Crusted and served with Marinara Sauce</td>
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<tr>
<td><strong>Honey Jalapeno Cornbread Bites</strong></td>
<td>$15.49/dozen</td>
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<tr>
<td>Fresh Baked Mini Cornbread with Jalapeno Peppers, brushed with Honey</td>
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</tbody>
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BANQUET
PLATED DINNERS

Main Entrees with salad and side
Priced per guest
Rosemary Mustard Glazed Pork Loin $23.99
Chicken Supreme with Creamy Wild Mushroom Sauce $25.99
Triple-A Beef Striploin with Chimichurri Sauce $26.99
Traditional Roast Turkey with Stuffing, Cranberry & Gravy $22.99
Maple Glazed Salmon $23.99
Stuffed Chicken Breast $25.99
Caramelized Onion & Swiss Cheese Stuffed Chicken Supreme $25.99
Vegetable Wellington with Vegan au Jus $22.99

Salad
Per guest, choose one
Market Greens Salad with Toasted Almond Slivers, Dried Cranberries and Cherry Tomatoes
Classic Caesar Salad with Crisp Romaine, Garlic Croutons, Crispy Bacon Bits and Shaved Parmesan Cheese
Roasted Pear and Crispy Prosciutto on Baby Greens with Cherry Tomato and Goat Cheese +$1.00

Sides
Per guest, choose one
Classic Whipped Potato
Roasted Potatoes
Rice Pilaf
Baby Red Potato

Desserts
Per guest $4.99, choose one
Apple Blossom with Chantilly Cream and Rum Raisin Sauce
Caramel Swirl Cheesecake with Caramel Espresso Sauce
Chocolate Mousse Gateau with a Tropical Fruit Relish and Whipped Cream
BANQUET
BUFFET DINNERS

Seasonal Vegetables, Fresh Rolls with Butter and Tea and Coffee Service included

Appetizers
Choose two
- Garden Green Salad with Dressings
- Greek Pasta Salad
- Red Potato Salad
- Chef’s Pasta Salad
- Creamy Coleslaw
- Caesar Salad with Garlic Croutons, Bacon and Parmesan

Accompaniment
Choose one
- Roasted Sweet Potato
- Roasted Potato
- Whipped Potato
- Rice Pilaf

Main Entrees
Priced per guest
- Chef Carved Roast Beef au Jus $29.99
- Roast Pork Loin Stuffed with Apples and Goat Cheese $27.99
- Slow Roasted Pork Loin with Rosemary Mustard Glaze $27.99
- Maple Glazed Salmon $30.99
- Grilled Chicken Breast with Red Pepper Cream Sauce $29.99
- Chicken Supreme with White Wine Cream Sauce $29.99
- Cider Brined Roast Turkey with Stuffing, Cranberry and Gravy $28.99
- Vegetable Wellington with Vegan au Jus $20.99

Desserts
An assortment of Cakes and Pies
Tea and Coffee

Our culinary and catering experts are pleased to design a menu to accommodate your needs. Please contact us for a planning meeting.