

## CATERING MENU



Douglas College
2019-2020 Menu

the fReSh fORK

Look for the WE logo on menu boards to find a WE Special meal!

## Eat well, do good

the fRESh fORK
SEASONAL CATERING. QUALITY SERVICE.

fresher taste. stronger communities . healthier planet,
child to help them stay healthy and strong. You can help us reach our goal of providing these children with one million meals.

Enter 709911 at TYI.org to see how your meal makes a real difference!

> We support Vancouver's
> Farmers
> Market!

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the fReSh fORK
Pick Up Orders: 10\% OFF

## WELLNESS OPTIONS

Look for the green menu items for Vegan Selection

Look for the brown menu items for Made without Gluten selection

## BEVERAGES



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Freshly Brewed Coffee or Decaf WE15.39
(serves 10)
Freshly Brewed Tea WE13.39
(serves 10)
Hot Chocolate14.09
(serves 10)
Fresh Infused Water WEServes 40
Strawberry \& Mint / Lemon \& Limes / Pineapple \& Mint andOrange \& Apples.Fruit Juice pitchers12.69
Apple, Orange or Cranberry (serves 10)
Tropical Punch12.89
(serves 10)
Simply Juice ..... 2.99
Orange, Peach, Lemonade or Raspberry Lemonade Odwalla Smoothies ..... 3.99
Mango, Life (Green), Strawberry Banana
Minute Maid Juice ..... 2.69
Soft Drinks ..... 2.59
Bottled
Soft Drinks ..... 1.79
Can
Chocolate or 2\% milk ..... 3.49( 473 ml )
Soy Milk ..... 1.99
(Tetra)Tim's Take 12 Coffee(Box)


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## STARTING YOUR DAY RIGHT

Served with freshly brewed coffee \& tea (MINIMUM 10 GUESTS)

Assortment of Danishes, Muffins, Scones and Croissants

# Mini Continental Platter (2pcs each) ack <br> Assortment of Mini Croissants, Mini Danishes, Mini Muffins and Mini Scones 

Breakfast Sandwich<br>(Individually Wrapped)<br>choice of: Bacon or Sausage<br>choice of: English muffin or Home-Style Biscuit Egg Patty \& Cheese served with Home-Style Potatoes

Breakfast Wrap
choice of Bacon, Ham or Sausage
2 Eggs Scrambled, with Peppers, Onions,
Cheddar Cheese \& Salsa wrapped in a Tortilla served with Home-Style Potatoes

## Canadian Breakfast

Choice of Bacon or Sausage
2 Eggs Scrambled served with Home-Style Potatoes
\& Fruit Salad. Sub Turkey Sausage Extra $\$ 0.99$

## Pancakes (2)

served with Whipped Cream, Strawberries \& Syrup Add Bacon or Sausage per \$1.99

## Healthy Start

Bowl of Mueslix served with Milk, Mini Fruit Kebob \&
Vanilla Yogurt Parfait with Local Berries from Vancouver's Farmer Market \& Granola

## Hot Oatmeal

Oatmeal, 2\% Milk, Raw Sugar and Raisins
Fresh Cut Fruits

Be Well Breakfast


Scrambled Egg Whites served with Sautéed Spinach, Roasted Tomatoes, Gluten Free Muffin \& Fruit Salad


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Thin crust made with Mozzarella Cheese

Ham \& Pineapple
Smoked Ham \& Pineapple
BBQ Chicken
Banana Peppers, Onions, BBQ sauce drizzle
Meat Lovers
Ham, Pepperoni, Sausage
Vegetarian
Mushrooms, Tomato, Peppers, Olives \& Feta Cheese
Pepperoni
Pepperoni \& Mozzarella Cheese
Cheese
Tomato sauce \& loaded with Mozzarella

SPECIALTY PIZZA
16 inch Pizza (cut into 12 slices) Thin crust made with Mozzarella Cheese

Tuscan
Spinach, Kalamata olives, Onion, Feta Cheese, Peppers, Tomato, Mozzarella

Mediterranean
Pesto, Chicken, Artichoke Hearts, Peppers, Parmesan \&
Mozzarella
Douglas Royal
Ham, Pepperoni, Shrimp, Olives, Green Pepper, Onion, Mushroom, Mozzarella


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## FLAT BREAD

6" Flat Bread (cut in 1/2)

## South West BBQ Chicken <br> WE

Banana Peppers, Onions, BBQ sauce drizzle
Meat Lovers
Ham, Pepperoni, Sausage

## Vegetarian

Mushrooms, Tomato, Peppers, Olives \& Feta Cheese

## Cheese

Tomato sauce \& loaded with Mozzarella

## CARVERY AND BAKERY

\$7.99

## Chick Pea and Avocado

Lettuce, Tomato, \& Yogurt

## Farmers Lunch

Horseradish Mayo, Mushroom, Tomato, Roasted Beef \& Arugula

Roger Chederer
Chipotle, Peppers, Onions, Cheese \& Roasted Beef

## Cluckin' Good

Chicken, Chimichurri Sauce, Bacon, Swiss Cheese and Spinach


BAGGED LUNCHES

Classic Bag Lunch
8.09 per Guest

Classic Sandwich, Juice Box, Bag of Chips, Granola Bar

Health Smart Bag
Premium Sandwich, Juice box, Lara Bar \& Whole Fruit

Gourmet Bag
Choose one of each: Gourmet Sandwich \& Salad. Served with a Juice Box, Solo bar \& Whole fruit Salad Choices:

Roasted Potato Salad
Thai Noodle Salad
Coleslaw Veggie Pasta Salad

Healthy Grain Salad


DA

Daily Soup
3.39 per Guest
accompanied with crackers
Coconut Curry Chicken
Chicken Noodle
Minestrone
Broccoli \& Cheese
Tomato \& Basil (Low Sodium)


Beef Chili
3.69 per Guest
accompanied with buns Local West Coast Clam Chowder
3.69 per Guest accompanied with buns

Be Well Chili $\qquad$ (vegetarian \& made without gluten)
3.69 per Guest


All Sandwiches and Wraps are Based on 1 per Guest (MINIMUM 10 GUESTS)
Classic (1/4 cut)
WE
6.09 per Guest
White and Brown

Premium (Cut in Half)
6.29 per Guest

Quinoa \& Flax / Whole Wheat / 12 Grain
Wraps
6.69 per Guest

Flour Tortilla / Whole Wheat / Spinach / Sundried Tomato

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## Classic / Premium / Wraps

Ham- Black Forest Ham / Lettuce / Cheddar
Turkey- Smoked Turkey / Swiss / Lettuce
Egg Salad- Eggs / Chives / Lettuce
Tuna Salad- Albacore Tuna / Lettuce
Vegetarian- Tomato / Cucumber / Bell Pepper / Spinach / Carrot \& Hummus

Roast Beef- Roast Beef / Swiss / Lettuce / Dijon
Mayonnaise
Chicken Salad Wrap - Chipotle Chicken / Spinach / Bell Peppers

Buffalo Chicken Wrap - Buffalo Chicken / Celery Sticks / Carrot Sticks / Ranch / Romaine

## HOT APPETIZERS <br> PRICED PER DOZEN

Vegetable Spring Rolls with Plum Sauce ..... 14.29
Vegetable Pot Sticker
served with Light Soya ..... 15.59
Buffalo Cauliflower Bites
Chick Pea Battered Cauliflower ..... 14.59
Mini Samosa
with Tamarind Chutney ..... 15.99
Mini Spanakopita
with Tzatziki Sauce ..... 15.49
Sweet Potato Tempura with Soy Ginger Sauce ..... 14.29
Roasted Vegetable Skewer
Cherry Tomato, Red Pepper, Mushroom, Zucchini with Balsamic Drizzle ..... 14.39
Chicken Satay
(Teriyaki, Honey Garlic, Spicy Thai, BBQ) ..... 16.79
Breaded Tiger Prawns WE with Cocktail Sauce ..... 17.49
Crab Cakeswith Lemon Dill Aioli16.99
Mini Meatballs
(Teriyaki, Honey garlic or BBQ) ..... 15.99
Asian Beef Satay
with soy sauce ..... 17.29
Chicken Wings(Hot, BBQ, Salt \& Pepper, Teriyaki)16.49

# HOT APPETIZER COMBOS <br> PRICED PER PERSON (6-7 pcs per person) MINIMUM ORDER 25 GUESTS 

Pub Night Combo WE<br>Chicken Wings, Mini Vegetable Spring Rolls,<br>Crab Cakes, Cauliflower bites, Chips and Salsa<br>\subsection*{10.49 per Guest}

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Classic Appetizer Combo
Chicken Satay, Mini Spring Rolls, Spanakopita, Vegetable Pot Sticker

## Supreme Appetizer Combo

Chicken Wings, Breaded Prawns,
Mini Meatballs, Beef Satay,
Mini Vegetable Spring Rolls

Douglas Combo
Create your own Combo
WE
Choice any (6) Hot Appetizers
Includes 12 inch Vegetable \& Dip Platter
11.99 per Guest
13.49 per Guest
15.99 per Guest

All Combos come with Assorted Sauces


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## COLD APPETIZERS

5 Business Days Notice Required

## Assorted Gourmet Sushi Rolls \$ 1.49 a piece 100 Piece Minimum

Assorted Canapés \$ 1.59 a piece<br>Served on a mirror 100 Piece Minimum

## Cucumber Cups

with Sundried Tomato Cream Cheese

Bocconcini \& Grape Tomato Caprese Skewer drizzled with Balsamic dressing

Curried Crab \& Apple Salad on Fresh Baguette

Roast Beef, Lettuce \& Horseradish Aioli on Crostini

Poached Citrus Salmon Kebob
with Citrus Aioli

Hummus \& Vegetable Tortilla Pinwheel

## Devilled Eggs

Asparagus \& Prosciutto

Roasted Vegetable Skewer

## SNACKS \& BREAKS

Price per person $\$ 3.99$

## Popcorn Bar Break

## 3 types:

Smart White Cheddar, Chicago Mix and Classic.

## Apple Break

Low Fat \& Fruit Yogurt
Apple Granola Bars
4 Varieties of Apples

Bakery Cookie Break

Tarts \& Squares
Chewy Pecan Squares
Mini Cheesecake Squares
Assorted Cookies

## Power U Break

Energy Bars
Low Fat \& Fruit Yogurt
Granola Bars
Select Whole Fruit
Assorted Energy Drinks

# hot entrée (MINIMUM 10 GUESTS) 

# Each Entrée includes: Choice of 1 Salad from our Salad Selection \& Warm Dinner Rolls 



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Mediterranean Salmon ..... 19.69served on a bed of Quinoa \& Roasted Vegetableswith Feta Cheese on top
Layered Vegetable Terrine ..... 17.99
Portobello, Eggplant Zucchini, Spinach, Onion, Squash with Tomato \& Herb Tomato Coulis served with Polenta
Slow Roast Baron of Beef ..... 17.59Thinly Sliced Roast Beef topped with ClassicOnion Gravy, Yorkshire Pudding served withGarlic Mashed Potatoes \& Seasonal Vegetables
Spinach \& Feta Stuffed Chicken Breast19.49Served with herbed tomato coulis accompaniedWith Rice Pilaf \& Seasonal Vegetables
Roasted Pork Shoulder ..... 17.29Topped with Apple Pear Chutney served withMashed Potatoes \& Seasonal Vegetables
Traditional Roast Turkey Dinner ..... 18.99
Roasted Turkey with Stuffing, MashedPotatoes \& Yams. Seasonal Vegetables \&Cranberry Sauce

## SALAD CHOICES <br> (PRICE PER PERSON)

| Caesar Salad | 3.90 |
| :--- | :--- |
| Crisp Romaine Leaves with Shredded |  |
| Parmesan and Herb Croutons |  |

$\begin{array}{ll}\text { Caprese Salad } & 3.79 \\ \text { Ripe Tomatoes, Bocconcini, Red Onion, } & \\ \text { Fresh Basil and Balsamic Dressing } & \end{array}$
Coleslaw 2.89
Shredded Cabbage , Carrot, Sliced Apple, Bell Peppers, Red Onion in a Light Dressing

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## VEGAN SALAD CHOICES (PRICE PER PERSON)

## West Coast Superfood Salads



## the fReSh fORK



Tofu Salad
Deep fried tofu with Julienne Peppers, Onions and Thai Sesame dressing

Root Vegetable Salad
Yams, Onions, Parsnips, Turnips, Carrots
\& Potatoes in a Pesto Vinaigrette
Healthy Grain Salad
3.69

Barley, Quinoa, Lentils, Wax Beans and Peppers in a Citrus Sesame dressing

West Coast Superfood Salad 3.69

Quinoa, Broccoli, Kale, Cabbage, Sunflower Seeds, Roasted Beets in a Cranberry Apple Lime Dressing

# INTERNATIONAL 

## Mexican Taco Bar

Choice of Chicken, Beef or Haddock Corn and Flour Tortilla's, Shredded Lettuce, Diced Tomatoes, Shredded Cheese, Diced Red Onion, Jalapenos, Corn \& Black Bean Salsa, Guacamole, Sliced Peppers.
Accompanied with Spanish Rice served with Lime Sour Cream

## WE

## Indian Delight Buffet

19.79

Butter Chicken served with Chopped Tomato and Cilantro. Vegetarian Chick Pea Curry served with Basmati Rice, Naan Bread \& Raita (Yogurt Dressing).
Choice of 1 Salad from our Salad Selection Veggie Samosa Platter with Chutney

Greek Souvlaki Buffet
Chicken or Beef Souvlaki served with Layered Vegetable Terrine, Rice Pilaf, Greek Roasted Potatoes, Mini Spanakopita, and Greek salad. Accompanied with Pita Bread and Tzatziki.

## Upgrade:

Combo Skewer Chicken, Beef or Prawn


## Made without Gluten 14.99

## Ratatouille

Roasted Vegetables cooked slowly in a Herb infused Tomato Sauce served with Polenta

## Vegetable Kebobs

Vegetables with Tofu served with Rice Pilaf \& Tzatziki Sauce

## Vegan and Gluten Free Pasta (Penne or Rotini)

Primavera- Roasted Vegetables in a Tomato Sauce
Olive Oil, Garlic, Red Onion, Grape Tomatoes \& Fresh Herbs

Vegan Options
16.99

Thai Coconut Tofu Curry
Vegetables and Lentils served with Jasmine Rice

## Stuffed Zucchini

Lentils, Carrot, Celery \& Onion with Marina Sauce served with Brown Rice

## Vegetable Terrine

Portobello, Egg Plant Zucchini, Spinach, Onion, and Squash with Tomato \& Herb Tomato Coulis

## Stuffed Portobello Mushroom

Sweet Potato and Quinoa with a Basil \&
Red Pepper Coulis served with Seasonal Vegetables


## CREATE YOUR OWN BUFFET

(MINIMUM 12 GUESTS)

## BYOB - Build Your Own Burger (per person) 8.09

Hamburger Buns / Hotdog Buns<br>Sliced Tomatoes, Red Onion, Shredded Lettuce, Mayo, Mustard, Pickles

> 5 oz. Beef Patty or 5 oz. Chicken Breast
> 5 oz. Veggie / Vegan Patty

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Additions
Cheese Slice (Swiss or Cheddar) ..... 1.29
Assorted Bags of Chips ..... 1.89
Hot Dog / Smokie or Chicken Dog ..... 2.99
Sweet Potato Fries or Rustic Herb Potato Wedges (Served with Chipotle Mayo or Ranch Dip) ..... 2.99
Create your own Pasta Buffet
Served with Garlic Bread and Caesar Salad MINIMUM 15 GUESTS
Choice of One Pasta and Sauce 13.99 per person
15.99 per person
Noodles:
Spaghetti Penne Fettucine
Sauces:
Alfredo Sauce Meat Sauce
Pesto Olive Oil Tomato Sauce
Upgrade:3.29
Italian Sausage (Based on 3 oz. per person) ..... 2.09
Meatballs (Based on 3 per person) ..... 1.79
Roasted Vegetables ..... 1.79
*Made without Gluten Option Available upon Request*


## Aboriginal Menu Minimum 20 Guests

Warm BannockOrganic Mixed Greens with Ranch \& Wild BerryVinaigrette
Wild Pacific Pink Salmon Citrus Salsa
Bison Stew
Layered Vegetable Terrine
Assorted Bars and Squares
Fresh Fruit Salad
The Royals Menu
Minimum 20 Guests23.99
Warm Artisan Rolls and ButterOrganic Mixed Greens with Ranch \& Balsamic
Crisp Caesar Salad with Herb Croutons
Wild Rice Medley / Red Skin Mashed Potatoes
Layered Vegetable Terrine with Polenta
Mediterranean Salmon
Assorted Mini Cheese Cake \& Squares
Fresh Fruit Salad
Add to Buffet for \$3.99 Or Substitute for \$1.99 perperson:


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## Charcuterie Board WE

12 in (10-15 guests) 47.89

Smoked Turkey, Black Forest Ham, Roast Beef
Served with Ciabatta Buns, Mayo \& Mustard

## West Coast Platter <br> WE

12 in ( $\mathbf{1 0 - 1 5}$ guests)
Smoked Salmon, Crab Cakes, Mussels, Prawns and Assorted Roasted Vegetables

## Mediterranean Platter WE

12 in (10-15 guests)
46.39

16 in (15-25 guests)
74.29

Olives \& Artichoke Hearts served with a Beet Root Mint Yogurt dip \& Pita bread

## Fruit Platter

 12 in (10-15 guests) 16 in (15-25 guests)
45.89

Watermelon, Honeydew, Cantaloupe, Pineapple, Strawberries \& Grapes

Cheese Platter
12 in ( $10-15$ guests) 44.29
16 in ( $\mathbf{1 5 - 2 5}$ guests) 70.99
Cheddar, Swiss, Havarti, Marble, Brie Boursin
Served with Baguettes \& Crackers
Fruit \& Cheese Platter
12 in (10-15 guests) 49.29
16 in (15-25 guests)
75.59

Seasonal Fresh and Dried Fruit with Cheddar, Swiss, Havarti, Marble, Brie, Boursin. Served with Baguettes \& Crackers
Fresh Local Vegetable Platter 12 in ( $\mathbf{1 0 - 1 5}$ guests) ..... 33.59
16 in (15-25 guests) ..... 54.79

Carrot Sticks, Celery Sticks, Cucumbers, Bell Peppers, Broccoli, Cauliflower \& Cherry Tomatoes

Dessert Tray \# 1 (per person) ..... 3.39Assortment of Carrot Cake, Brownies,Triple Berry Crumble \& Nanaimo Bars
Dessert Tray \# 2 (per person) ..... 4.39
Assortment of Mini Euro Bites Minimum Order of 10
Dessert Tray \# 3 (by the dozen) ..... 6.49
Eclairs and Mini Cream Puffs Drizzled with ChocolateBased on AvailabilityMinimum Order of 4 dozenMinimum Order Time: 5 business days
Dessert Tray \# 4 ..... 4.89
Assorted Bars, Tarts, Mini Euro Bites \& Cookies
Dessert Tray \# 5 (per person)
Carrot Cake, Brownie, Nanaimo bar \& Snickerdoodles
GUT:5.39
Fresh Fruit and Cream Double Layer Cakes

| 12 in. by 16 in. | Serves 48-52 | \$130.00 |
| :---: | :---: | :---: |
| 14 in. by 14 | Serves 55-58 | \$140.00 |
| 16 in. by 16 | Serves 64-70 | \$150.00 |
| 17 in . by 25 in. | Serves 100-120 | \$205 |

Sponge Cakes without Fruit (12x16") \$100.00Choice of Vanilla or Chocolate Butter Cream IcingServes 50Tiramisu or Red Velvet Cake (10")\$70.65
Serves 20

Please advise if you would like writing on the cake

> We provide Plates, Cutlery, Napkins

## RENTALS

## Rentals

There will be a rental charge for items such as china, cutlery, linen, table runners and serving utensils that are not directly related to the catering provided, as below:

Cocktail table $\$ 15$
White tablecloths for pedestal \$22
White tablecloths \$22
Overlays \$11
Champagne flutes \$1
Barbecue $\$ 300$

Other items are available upon request.

There is a delivery fee of $\$ 65.00$

Prices subject to change without notice

## ORDERING INFO

## menus

Your food service manager would welcome the opportunity to advise on Menu Selection or to Create your Own Special Menu. Menu Selections should be submitted prior to the function(s). Décor items, floral arrangements and centerpieces are available for an additional charge.

## dietary / allergies

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Please note that Chartwells cannot guarantee its products do not contain ingredients that a guest might may have a reaction with. We strongly recommend that you discuss your menu with us if there is any concern.

## ordering lead time

Orders must be placed and confirmed at least 5 working days in advance of the event. However, we will try our best to accommodate last minute requests. Please speak with us or call Room Bookings to determine what can be offered for last minute requests. Please note that some orders may require additional notice.

## minimums

Minimum catering order is $\$ 30.00$ and does not include taxes and service charges. This is per order and per location.

## guarantee

We require 5 business days notice on guaranteed attendance. If no guarantee is received, the number of guests indicated on the catering order will be considered as such. We will undertake to serve $10 \%$ increase in attendance over the guarantee for numbers less than 150 and $5 \%$ more for numbers exceeding 150. The master account will be charged with the guarantee or the number served, whichever is greater.

## ORDERING INFO

## set up

All caterings in-house are served buffet style on banquet tables and with tablecloths.
If you require additional set up, please email: facilities_nw@douglascollege.ca or call 5800.
For Coquitlam please contact:
facilities_dl@douglascollege.ca or call local 6262.
Please contact Chartwells for any food set up requirements.

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## billing

For catering provided through Room Bookings, you will be billed by Douglas College directly. For outside events and deliveries, payment is due at the completion of the function unless prior credit arrangements have been established with the Director of Food Services. In some cases, a $50 \%$ deposit will be required to confirm a catering.

## food and beverage exclusivity

No food or beverage of any kind will be permitted in the college or leave the premises by the convener or guest.

Please, note this is strictly enforced.

## food storage

Chartwells has a strict policy of NOT accepting any food or storage in any part of our premises that have not been purchased directly through us.

## cancellations

Due to any reason for cancellation, Chartwells will need 48 hours notice for cancellation of the event.

## lost item charge

Chartwells provides china, cutlery and serving items for use during a catering event. Please, note that any missing or damaged items will be charged back to the customer.

## ORDERING INFO

## taxes and labour

$5 \%$ GST will be added to all services provided. All servers are subject to an hourly rate, minimum of 4 hours per server.

Bartender's rate is $\$ 18.00$ per hour ( $\$ 25$ per hour after normal service hours) when net sales under $\$ 400.00$ (rate included with applicable provincial taxes).
After operating hours rates will be charged the same as above, for catering. Functions held beyond normal food service hours.

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## liabilities

Douglas College and Chartwells, a division of Compass Group Canada, will not assume any responsibility for the damage or loss of any merchandise or articles left in the building before or after your function or from any events that are beyond our control.

## health \& safety

The health and safety of our guests is a top priority to Chartwells.
Our dining services team is comprised of staff certified in: first aid, basic and advanced food safety and serving it right, and follow all company and provincial health \& safety and food and beverage regulations. As per liquor control board regulations, no outside food or non-alcoholic beverage of any kind is permitted to be brought into, served, or consumed, at an event catered by Chartwells.

For food safety reasons, any food that is not consumed during the event may not be removed by the client at the end the event, no exceptions

## food service contact

New Westminster campus: (604) 527-5497 or email: 67851@compass-canada.com

Coquitlam campus: (604) 777-6256 or email: 67852@compass-canada.com

