



CATERING MENU



Sault College





the fresh fork

SEASONAL CATERING. QUALITY SERVICE.

OVERVIEW

The Fresh Fork Catering menu has been carefully crafted with seasonal ingredients in mind, as well as a variety of flavour profiles.

We take pride in making your function a success. Should you desire items outside of our published menus, please contact us well in advance of your function date, so that we can appropriately source & build your menu.

POLICIES

All catering requests are to be submitted a minimum of 48 hours in advance, to ensure that we are properly able to fulfill your order. Larger, more complex catering functions may require a lengthier lead time – please contact us for specifics. Orders placed within 24 hours of the function date may be subject to a rush order surcharge. All orders are subject to 13% HST.

All requests for catering must be done so via the CaterTrax system to ensure accuracy. Catering orders must be at least \$50 before taxes to receive delivery, otherwise a \$25 delivery fee will apply. Orders not reaching the \$50 minimum can be picked up at the main cafeteria to avoid the delivery fee.

Catering functions must be paid for in full on the day of the event, or within 30 days if internally submitted with an approved Purchase Order.

CONTACT

Jana Charron – Assistant Food Service Director
Sault College
443 Northern Ave
Sault Ste Marie, ON., P6B 4J3
705.759.2554 ext. 2441
Jana.Charron@saultcollege.ca

details



the fresh FORK

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BREAKFAST



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BREAKFAST

COLD

PASTRY OPTIONS INCLUDE: CLASSIC MUFFINS & DANISHES; MINI BREAKFAST PASTRIES; OR ASSORTED BAGELS.

The Full Service (80-500 Cals) \$9.49 ea
Choice of pastry option, freshly brewed coffee, selection of tea, chilled fruit juices, & fresh sliced fruit platter.

Lighter Fare (80-500 Cals) \$7.49 ea
Choice of pastry option, freshly brewed coffee, selection of tea, & chilled fruit juices.

Pastries & Coffee (80-500 Cals) \$4.59 ea
Choice of pastry option with freshly brewed coffee & selection of tea.

Berry & Yogurt Parfaits (250 Cals) \$3.99 ea
Creamy vanilla yogurt with blueberries & granola.

Homemade Breakfast Bars (360 Cals) \$3.29 ea
Oats, nuts, raisins, apricots, cranberries & honey baked with almond butter.

HOT

SERVED WITH FRESHLY BREWED COFFEE, SELECTION OF TEA, & ASSORTED FRUIT JUICES. (0-120 Cals) CALORIES ARE IN ADDITION TO STANDARD MENU ITEM.

Hot Buffet (700 Cals) \$13.29 ea
Scrambled eggs, crispy bacon, sausage & hash browns with croissants, butter & preserves.

Breakfast Sandwiches & Wraps (280-420 Cals) \$9.49 ea
Assorted hot sandwiches on English muffins with egg & cheese, and choice of bacon, sausage, or ham.

Country Quiche (440-480 Cals) \$7.99 ea
Individual hot quiche. Choice of Ham & Swiss, Mushroom & Cheddar, Red Pepper & Chevre, or Spinach & Feta

BEVERAGES

Freshly Brewed Coffee or Tea (serves 10) (0-10 Cals) \$15.69 ea

Premium Juice (selection varies) (140-180 Cals) \$2.99 ea

Bottled Water (0 Cals) \$2.29 ea

Fresh Smoothies (150-330 Cals) \$3.99 ea
Ask about varieties

Hot Chocolate (serves 10) (280 Cals) \$17.49 ea

Milk (160-260 Cals) \$2.49 ea

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LUNCH



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LUNCH

DELI

SERVED WITH CHOICE OF TWO SALADS, FRESH BAKED COOKIES & VARIETY OF SOFT DRINKS (0-750 Cals). CALORIES ARE IN ADDITION TO STANDARD MENU ITEM.

Classic Varieties \$14.69 ea
Egg salad (370 Cals), Tuna salad (450 Cals), Turkey Club Baguette (700 Cals), Curry Vegetable Wrap (300 Cals), Chicken Salad Wrap (470 Cals), BBQ Chicken Wrap (630 Cals)

Artisan Open Faced \$15.99 ea
Roast chicken with pancetta & pesto (250 Cals), Roast beef with provolone & red onion bacon marmalade (190 Cals), Roast Pork with sun-dried tomato pesto & smoked cheddar (260 Cals), & Thai Shrimp with mango slaw (210 Cals).

Classic box lunch \$15.99 ea
Choice of sandwich from Classic Varieties, individually boxed with a bottle of water (0 Cals), piece of fruit (90 Cals), veggies sticks with dip (120 Cals) & two freshly baked cookies (260 Cals).

Salad choices include: Classic Caesar (230 Cals), Market Greens (90 Cals), Baby Spinach & Sweet Mandarin Orange (80 Cals), Classic Greek (140 Cals), Pasta Salad (150 Cals), or Mediterranean Quinoa Salad (140 Cals).

PROTEIN PLATES

Chilled Salmon Provençale (390 Cals) \$13.99 ea
Panko crusted salmon with warm curried quinoa & vegetable salad, green beans, balsamic grilled vegetables, dill pickles & cherry tomatoes

Orange Rosemary Chicken (330 Cals) \$12.99 ea
Rosemary & Garlic marinated chicken breasts served with Tomato Relish, Potato Salad with Lemon Aioli, & Balsamic Grilled Vegetables

Sirloin Beef (300 Cals) \$13.99 ea
Seasoned roast sirloin with horseradish cream, potato medallions, balsamic mushrooms, & grilled vegetables

Seared Tofu Teriyaki (420 Cals) \$10.99 ea
Seared teriyaki tofu, sesame lo mein noodles, sautéed raddish, & julienne vegetables in thai sesame dressing.

Add fresh baked cookies, soft drinks, coffee & tea (320-460 Cals) \$3.99

ETHNIC

SERVED WITH BOTTLED SOFT DRINKS, ICED WATER, & FRESH BAKED COOKIES. (0-520 Cals) CALORIES ARE IN ADDITION TO STANDARD MENU ITEM.

Cheese Tortellini & Turkey Meatballs (850 Cals) \$13.99 ea
Hand made turkey meatballs with cheese tortellini in a pesto cream sauce.

Gourmet Asian Tacos (380-750 Cals) \$14.99 ea
Korean Chicken with kimchi & Sriracha mayo, and Cajun Fish with pickled onions & chipotle aioli. Includes Mexican rice pilaf

Butter Chicken (200-570 Cals) \$15.99 ea
Tandoori marinated chicken thighs in butter chicken sauce with basmati rice & warm naan bread.

Chicken Mole (150-400 Cals) \$14.99 ea
Tender chicken with mole sauce, served with Chipotle brown rice & jicama slaw

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SNACK



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SNACK

SWEET

SERVED WITH FRESHLY BREWED COFFEE, SELECTION OF TEA, & ICED WATER. (0-60 Cals) CALORIES ARE IN ADDITION TO STANDARD MENU ITEM.

Mini Dessert Squares (130-270 Cals) Assorted brownies, nanaimo bars, & other decadent dessert bites. 2-3 per person	\$5.99 ea
Apple Caramel Coffee Cakes (200 Cals)	\$5.99 ea
Caramel Corn (300 Cals)	\$4.99 ea

SAVORY

Warm Pretzels with Cheese Sauce (350 Cals)	\$5.99 ea
Sliced Fruit Display (90 Cals/serving) Small (Serves 10-15) Large (Serves 20-25)	\$49.99 ea \$76.99 ea
Classic Cheese Display (500 Cals/serving) Small (Serves 10-15) Large (Serves 20-25)	\$74.99 ea \$119.99 ea
Veggies & Dip (60 Cals/serving) Small (Serves 10-15) Large (Serves 20-25)	\$39.99 ea \$65.99 ea

BEVERAGES

Freshly Brewed coffee or Tea (Serves 10) (0-10 Cals)	\$15.69 ea
Iced Tea or Lemonade (Serves 20) (180-220 Cals)	\$24.99 ea
Bottled Soft Drinks (selection varies) (0-280 Cals)	\$2.49 ea
Premium Juice (selection varies) (170-230 Cals)	\$2.99 ea

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RECEPTION

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COLD

Dry Rubbed seared Ribeye with Aioli (190 Cals)	\$42.99 dz
Shaved filet mignon crostini (140 Cals)	\$42.99 dz
Korean pork tenderloin medallions (380 Cals)	\$39.99 dz
Chili glazed braised pork with fresh salsa (190 Cals)	\$22.99 dz
Grilled polenta, sundried tomato, Thai basil (110 Cals)	\$18.99 dz
Roast carrot & goat cheese mousse (90 Cals)	\$12.99 dz

HOT

Prosciutto wrapped prawn, coconut curry (140 Cals)	\$35.99 dz
Seared chicken satay, peanut sauce (140 Cals)	\$32.99 dz
Golden risotto lollipops with marinara (460 Cals)	\$32.99 dz
Breaded mushroom caps with pesto (150 Cals)	\$18.99 dz
Mini Grilled Cheese & Tomato Soup (140 Cals)	\$18.99 dz
Battered Zucchini sticks with curry mayo (100 Cals)	\$18.99 batch

PACKAGE (90-1200 Cals/serving)

Chefs Selection of hot & cold hors d'oeuvres \$9.99 person
Priced at 3-4 per person.

CHARCUTERIE (500-1500 Cals/serving)

Gourmet Charcuterie & Antipasto

Selection of domestic & imported cheese, cured meats, grilled vegetables & candied nuts garnished with pickles, mustards & olives.

25-49 People	\$10.99 ea
50-75 people	\$10.29 ea
76-100	\$9.49 ea

CUSTOM

we are happy to create a custom menu to match your budget and culinary needs

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SNACKS

Flatbreads & Dips (250 cal/serving)	\$45.99 ea
Assorted flatbreads & pita with olive tapenade, red pepper hummus, & tzatziki	
Tea sandwiches (250-350 Cals/serving)	\$9.49 dz
Variety of classic sandwiches in bite sized pieces.	
Fresh Baked Cookies (250 Cals/serving)	\$7.49 dz
Assorted varieties.	

ENTREES

SERVED WITH ICED WATER

Penne Primavera (550 – 800 Cals)	\$10.99 ea
Served with toasted garlic bread & choice of garden or Caesar salad.	
Pizza (600-670 Cals/serving)	\$20.99 ea
18" Pizza. Choose Cheese, Pepperoni, or Garden Veggie. 6 Servings per pizza.	
Chicken & Vegetable Stir Fry (90-180 Cals/serving)	\$12.99 ea
Fresh market vegetables tossed with chicken in teriyaki or honey garlic sauce, served with basmati rice, brown rice, or lo-mein noodles.	
Taco Bar (150-400 Cals/serving)	\$10.99 ea
Seasoned ground beef & soft shell tortillas with shredded cheddar, diced tomatoes, green onion, shredded lettuce. With Mexican rice pilaf. 2 tacos per person.	
Soup, Salad, & ½ sandwich (50-450 Cals)	\$10.99 ea
Soup du jour served with fresh baked rolls, assorted sandwiches, & either market greens, classic Caesar, or pasta salad.	

A LA CARTE

Freshly baked muffins (340-420 Cals)	\$1.69 ea
Selection varies. Inquire about available varieties	
Croissants, danishes, cinnamon buns (340-550 Cals)	\$2.09 ea
Fresh Whole Fruit (50-80 Cals/serving)	\$1.09 ea
Apples, oranges, & bananas	
Freshly Brewed Coffee or Tea (serves 10) (0-10 Cals)	\$15.69 ea
Premium Juice (assorted varieties) (140-180 Cals)	\$2.99 ea
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BUFFET DINNER MENU

Step 1 – choose 3 salads

mixed field greens (90 Cals)

mesclun mix, cherry tomatoes, carrots, onions, cucumber, balsamic vinaigrette

loaded potato (220 Cals)

red skin potatoes, egg, chives, bacon, cheddar cheese, lemon aioli

quinoa, corn, black bean (160 Cals)

quinoa, roasted corn, black beans, cumin, chili, lemon olive oil, cilantro

rocket salad (150 Cals)

baby arugula, chevre, roasted diced beets, candied walnuts

pesto caprese bowtie (150 Cals)

bowtie pasta, cherry tomatoes, mini bocconcini, sundried tomatoes, pesto

Step 2 – select entree

chicken supreme (310 Cals)

\$29.99 ea

herb marinated, seared & roasted, with creamy peppercorn sauce

stuffed chicken supreme (360 Cals)

\$31.99 ea

herb marinated, stuffed with roasted red pepper, spinach & ricotta, pan jus

seared salmon fillet (190-240 Cals)

\$32.99 ea

6oz wild Atlantic salmon, choice of lemon dill or teriyaki

prime rib au jus (470 Cals)

\$35.99 ea

AAA ribeye slow roasted to medium rare, au jus, mini yorkshire

maple soy marinated pork tenderloin (280 Cals)

\$27.99 ea

bowtie pasta, cherry tomatoes, mini bocconcini, sun-dried tomatoes, pesto

vegetarian entrees

\$21.99 ea

Choose from Quinoa & mushroom stuffed zucchini (220 Cals), lentil stuffed pepper with pine nuts (260 Cals), or Roasted roma vegetable tower with polenta & marinara (280 Cals).

Step 3 – choose 1 starch

roasted red skin potatoes (90 Cals)

garlic mashed potatoes (130 Cals)

maple sweet potato mash (110 Cals)

seven grain rice blend (130 Cals)

brown rice pilaf (110 Cals)

inclusions

All buffet dinners include artisan rolls & butter (130 Cal), chefs choice of seasonal vegetables (40-80 Cals), assorted dessert squares & cookies (120-240 Cals), iced water, coffee & tea (0-10 Cals).

Special requests may be accommodated – please speak with a member of our team to inquire. Minimum 20 guests per entrée, with exception of vegetarian choices.



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menu