



impressions

CATERING

DALHOUSIE UNIVERSITY



Thank you for choosing Impressions Catering at Dalhousie University. Our menu offers a range of delicious and tasty break platters, sweets, lunches, receptions and dinners.

The menu below encompasses our everyday offer. Our team would be happy to work with you to customize a menu especially for your event. Please contact us to arrange for menu items for guests who have dietary and allergy restrictions.

Order is easy with our CaterTrax online ordering system:

<https://dalhousie-cgc.catertrax.com/index.asp>

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Break | Beverages

Fresh brewed Fair Trade coffee (decaf available)	\$1.75
Fair Trade black and herbal teas	\$1.75
Hot chocolate	\$1.75
Canned soft drinks	\$1.79
Assorted bottled juices	\$1.79
Ice water service, per pitcher (free with min. \$50.00 order)	\$5.00
Bottled water	\$1.89

Break | Snack Platters

Fruit Platter Assortment of seasonal fruit	\$3.49 per guest
Veggie Platter Fresh garden vegetables Served with your choice of ranch, curry or sweet Thai chili sauce	\$2.99 per guest
Cheese & Cracker Platter A selection of Swiss, cheddar and marble cheese Served with crackers	\$3.99 per guest
Seasonal Fruit & Cheese Presentation A selection of Canadian and international cheeses Served with crackers and sliced fruit	\$5.99 per guest
Whole Fruit Basket Seasonal fruit selection	\$1.29 each
Assorted muffins	\$1.79 each
Assorted pastry favorites	\$1.79 each
Cinnamon rolls	\$1.79 each
Fruit salad	\$2.49 each
Individual yogurts	\$1.79 each
Kettle chips (basket)	\$1.49 per guest
Homemade breakfast cookies	\$1.79 each
Granola bars	\$1.79 each
Gourmet cookies	\$1.39 each
Assorted Squares (2 per guest)	\$2.25 per guest



Break | Pies & Cakes

Cheesecake \$39.99
 A creamy cheesecake with your choice of two toppings
 Choose from chocolate sauce, caramel sauce, cherry, blueberry or
 toasted coconut
Serves 16 guests

Celebration Cake \$29.99
 A single layer cake with buttercream icing and message of your
 choosing
Serves 10 to 12 guests

Slab Cake
 Your choice of white, chocolate or marble with white or chocolate icing
 Regular (1/2 slab) \$49.99 - Serves 30 to 40 guests
 Large (full slab) \$79.99 – Serves 60 to 80 guests

Breakfast

Executive Continental \$8.29
 Assorted muffins, fruit sticks & croissants with fresh fruit
 Coffee, selection of black and herbal teas, juices
Based on 1.5 pieces per guest

The Tiger Breakfast \$11.49
 Scrambled eggs, crispy bacon, smoky sausage and hashbrowns
 Assorted muffins, pastries, fresh fruit cocktail, chilled juices, coffee & tea

Breakfast Wraps (Minimum of 10 persons) \$4.79
 Tortillas filled with scrambled egg, fried potato and cheddar

Egg Skillet Casserole (Minimum of 10 persons) \$4.29
 An open-faced omelet style casserole made with fresh eggs, potato
 & cheddar

Add-ons
 Peppers, onions or mushrooms \$0.49
 Bacon, ham or sausage \$0.79

Make it a meal! \$1.99
 Add a side of bacon, ham or sausage



Breakfast | To Go

Boxed Breakfast

Whole fruit selection, yogurt and muffin served with butter
Chilled juice

\$5.79



Lunch | Working Lunches

Gourmet Sandwiches and Wraps	\$7.99
Southwest Chicken Club with Bacon	
Roast beef, pickled roasted red peppers, cheddar cheese, and mixed greens, tomato with horseradish aioli on a rosemary focaccia	
Turkey, granny smith apples, spring mix, cranberry peppercorn spread on a demi baguette	
Curried egg salad and chives	
Assorted Wraps	\$5.49
Turkey and Swiss, mixed greens, tomato and honey mayonnaise	
Roast beef, cheddar, mixed greens, tomato and grainy mustard	
Ham and cheddar, mixed greens, tomato and honey mustard	
Roasted vegetable medley, baby spinach, herb & garlic cream cheese	
Classic Sandwiches	\$4.99
Roast beef, ham, turkey, tuna, egg salad	
Served on white and whole wheat bread	
Sushi	\$100.00
Assorted Bento Sushi Platter with Maki Rolls, California Rolls, Sushi Rolls, Pickled Ginger, Wasabi & Soya (75 pieces) Seafood & Vegetarian Options available	
Make it a meal	
Add a delicious homemade soup to your sandwich or wrap	
<i>Minimum order of 10</i>	
Soup of the day	\$3.29
Chicken noodle	\$3.29
Beef Chili	\$3.99
Fresh baked rolls with butter	\$1.29



Lunch | Salads

Spinach Salad	\$5.79
Fresh spinach with red onion, strawberries and goat cheese Served with balsamic vinaigrette	
Mediterranean Salad	\$4.99
Crisp romaine, red onion, tomatoes, cucumbers, olives and feta cheese Served with herbed dressings	
Black Bean & Chickpea Salad	\$3.79
Black beans, chickpeas, red onions, red peppers and sweet corn Topped with cilantro and tossed in a southwest ranch dressing	
Mandarin Couscous Salad	\$4.49
Couscous, mandarin orange, dried cranberries and green onion Tossed with a mandarin sesame vinaigrette	
Mini red potato salad	\$3.29
Vegetable pasta salad	\$4.29
Garden greens salad	\$3.49
Classic Caesar salad	\$4.49
Make it a meal!	
Add grilled chicken breast to any salad	\$3.99

Lunch | Individual Boxes

Classic Lunch – Sandwich, Cookie, Whole Fruit & Soft Drink	\$7.99
Additions	
Cheese & crackers	\$1.29
Pasta salad	\$1.79
Potato chips	\$1.49



Lunch | Hot Entrees

Pastas

Lasagna al Forno \$13.99

Classic lasagna with layers of ground beef, tomato basil sauce and mozzarella cheese

Minimum order of 12

Chicken Mushroom Alfredo \$13.99

Penne noodles with sliced chicken breast in a creamy mushroom Alfredo sauce

Roasted Vegetable Chicken Prima Vera \$12.99

Roasted vegetable medley, sliced chicken and penne pasta tossed in an olive oil pesto sauce

Our pastas served with garlic bread, Caesar salad and parmesan cheese

Curry Dishes

Butter Chicken \$14.99

Sliced chicken breast, onions, peppers and tomatoes simmered in a butter curry sauce

Coconut Curry Chicken \$14.99

Chicken breast, onions, peppers, cauliflower in a coconut curry sauce

Our curry dishes served with basmati rice and warm naan bread



Lunch | Home Style

Cabbage Roll Casserole \$12.99
Layers of seasoned ground beef, rice, cabbage and a zesty tomato sauce

Shepherd's Pie \$12.99
Seasoned ground beef and vegetables topped with creamy mashed potatoes

Chicken Pot Pie \$12.99
Tender chicken and vegetables in chicken gravy topped with a biscuit crust

All home style dishes are served with a garden salad and fresh baked roll

Lunch | Favorites

Quesadillas \$11.99
Your choice of beef, chicken or tofu on a soft tortilla with sautéed onion, peppers, cheese and cilantro
Served with salsa, sour cream and Mexican rice

Fajita Bar \$12.99
Your choice of beef, chicken or tofu with a warm tortilla, peppers, onions, lettuce tomatoes and cheese
Served with salsa, sour cream and Mexican rice

Stir Fry \$12.99
Fresh vegetables stir fried with your choice of beef, chicken or tofu tossed in your choice of Thai chili, honey garlic or teriyaki Sauce
Served with rice



Pizza | Classics & Favourites

priced per pizza (16" pie, 8 slices)

Ask us about gluten friendly pizza options

Pepperoni Loaded with pepperoni and cheese	\$17.99
Vegetarian Topped with an assortment of vegetables and cheese	\$17.99
Three Cheese Loaded with mozzarella, parmesan and cheddar	\$17.99
Hawaiian Ham, pineapple, green peppers and cheese	\$17.99
Deluxe Pepperoni, peppers, onions, mushrooms and cheese	\$17.99
Meat Lovers Pepperoni, ham, ground beef, sausage and cheese	\$17.99
BBQ Chicken BBQ sauce, chicken, red peppers, red onion and cheese	\$17.99
Donair Donair meat, onion, tomato, donair sauce	\$17.99
Mediterranean Chicken, red onion, peppers, spinach and feta cheese	\$17.99
Garlic Fingers Served with donair sauce	\$17.99

Make it a meal!

Ask us about meal bundles with your choice of salad and beverages



Receptions & Dinners | Cold Hors d'oeuvres

priced per dozen

Beer battered jerk shrimp	\$22.99
Jerk marinated tiger shrimp with a mango shooter	
Thai Spring Rolls	\$18.99
Fresh Thai-style spring rolls with peppers, cabbage and onion Wrapped in rice paper and served with Thai basil dip	
Shrimp Cocktail	\$21.99
Traditional shrimp cocktail served with cocktail sauce and lemon	
Smoked Salmon Pinwheels	\$19.99
Smoked salmon, cucumber and cream cheese Wrapped in spinach tortillas	
Melon & Prosciutto	\$19.99
Mini cantaloupe and prosciutto skewers with fresh lime	
Caprese	\$19.99
Mini skewers of cherry tomato, basil and bocconcini cheese Drizzled with olive oil	
Greek salad skewers	\$19.99
Mini skewers with cucumbers, tomatoes, feta cheese and olives Topped with Greek dressing	
Bruschetta Platter	\$14.49
Classic style tomato bruschetta served with crisp toasted baguette rounds	
Prosciutto wrapped asparagus	\$19.99
Prosciutto wrapped asparagus with chipotle aioli and lemon zest	
Sushi	\$100.00
Assorted Bento Sushi Platter with Maki Rolls, California Rolls, Sushi Rolls, Pickled Ginger, Wasabi & Soya (75 pieces) Seafood & Vegetarian Options available	



Receptions & Dinners | Hot Hors d'oeuvres

priced per dozen

Crab Cakes Fried crab cakes with a hint of Dijon	\$24.99
Pan Seared Sea Scallops Hand seared Atlantic Canadian sea scallops with an orange reduction	\$24.99
Bacon Wrapped Scallops Roasted scallops wrapped in bacon	\$24.99
Pulled Pork Wontons Sweet & spicy pulled pork in a fried wonton cup	\$19.99
Potato & Vegetable Samosas Cumin spiced vegetables and potato in a crisp fried pastry	\$19.99
Chicken Satays Savour one of Indonesia's most popular dishes	\$19.99
Blackened Beef Tenderloin Crisps Hand seared beef tenderloin with candied maple onion relish and horseradish aioli	\$22.99
Butter Chicken Tarts Flakey tart dough filled with spicy butter chicken sauce	\$19.99
Chicken Wings Fried chicken wings with hot sauce and honey garlic sauce	\$18.99
Mini California Spring Rolls Fried vegetable spring rolls served with plum sauce	\$16.99
Mozzarella Sticks Oven baked mozzarella sticks served with ranch dip	\$16.99
Swedish Meatballs Braised meatballs in a tangy sauce	\$16.99
Spanakopita Greek feta and spinach wrapped in a butter brushed phyllo pastry	\$16.99



Receptions & Dinners | Plated Service Banquets

Seasonal vegetables, fresh rolls with butter and coffee and tea service included

Minimum 3 course

Starters

Priced per guest, choose one

Honey & Chili Glazed Scallops Pan Seared on Grilled Wonton	\$9.50
Grilled Jumbo Shrimp Skewer with Garlic Served with a Mango Cilantro Salsa	\$9.50
Trio of Stuffed Mushrooms Greek, French, and Italian	\$8.50

Soup and chowder

Priced per guest, choose one

Oven Roasted Butternut squash	\$4.99
New England Style Clam Chowder	\$6.99
Smoked Tomato Consommé	\$5.99

Salad

Per guest \$3.99, 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
- Fig and prosciutto salad with baby greens, cheery tomatoes, crumbles goat cheese +\$1.00

Sides

Per guest \$2.99, choose one

- Classic whipped potato
- Roasted garlic smashed potato
- Roasted potatoes
- White herbed rice
- Herbed wild rice
- Baby Red Potato

Main Entrees

Priced per guest

Rosemary mustard glazed Pork Loin	\$13.99
Chicken supreme with espagnole sauce	\$15.99
Triple-A beef striploin with béarnaise Sauce	\$18.99
Traditional roast turkey with stuffing, cranberry & gravy	\$14.99
Maple glazed salmon	\$15.99
Stuffed Chicken Breast - contact us for stuffing options	\$14.99
Slow braised pork belly	\$13.99
Butter poached lobster	Market Price
Caramelized onion & Swiss cheese stuffed chicken supreme	\$16.99
Veggie Stack with fire infused tomato puree	\$12.99



Desserts

Per guest \$4.99, choose one

- Apple blossom with French vanilla ice cream, and cinnamon crème anglaise
- Caramel swirl cheesecake with coffee espresso sauce
- Chocolate mousse gateau with a tropical fruit relish and whipped cream.

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

Receptions & Dinners | Buffet Service Banquets

Seasonal vegetables, fresh rolls with butter and coffee and tea service included

Appetizers

Choose two

- Garden green salad with dressings
- Greek pasta salad
- Red potato salad
- Pasta and vegetable salad with vinaigrette
- Creamy coleslaw
- Caesar salad with garlic croutons, bacon and parmesan

Accompaniment

Choose one

- Roasted garlic smashed potato
- Roasted potato
- Whipped potato
- Seven grain rice
- White rice

Main Entrees

Priced per guest

Chef carved roast beef au jus	\$26.99
Roast pork loin stuffed with apples and goat cheese	\$24.99
Slow roasted pork loin with rosemary mustard glaze	\$24.99
Maple glazed salmon	\$27.99
Grilled chicken breast with red pepper cream sauce	\$25.99
Chicken supreme with espagnole sauce	\$26.99
Honey glazed baked ham	\$24.99
Cider brined roast turkey with stuffing, cranberry and gravy	\$26.99

Desserts

- An assortment of cakes and pies
- Coffee and tea



Chartwells Catering Policies for Dalhousie Student Union

We consider it an honour and privilege to serve both you and your guests. We take pride in making your event a complete success.

Ordering Lead Time

Please place your order at least three working days prior to your event which is less than 25 people, 5 working days for groups of 25-75 and 10 working days for groups of 75 or larger. We will make every effort to accommodate last minute requests (charges may apply), but this lead-time is necessary to ensure fresh ingredients and adequate staff are available. Orders must be confirmed the day before the scheduled event, and pre ordered events will take priority.

Menu Selection

Our team is prepared to assist you with all of your event needs. Should you require a custom menu, please contact us to discuss details. Please allow three weeks' notice to properly make this happen for you. Custom menus will be priced accordingly depending on product availability and labour demands. We will also assist you with all of the various dietary needs of today such as, gluten friendly dishes, vegetarian meals, lactose intolerant and all other allergy and dietary concerns. Specialty menus which include halal meals require special attention and advance notice (our three week policy).

Chartwells (Compass Group Canada) Quality Assurance Policy

Safety is our first concern. Our company policy is to ensure safe food handling at all events. Therefore, food remaining after your event cannot be packaged or boxed for carry over or take home purposes. Please contact us for further details.

Catering Hours

Catering is available 7:00am to 10:00pm weekdays and upon request on the weekend. Please contact us to inquire about catering services outside of these times.

Pricing

We require a \$50 minimum order to provide catering services or a delivery fee of \$15.00 plus tax will be added. All catering orders include necessary dishes, cutlery, glassware and buffet utensils. Buffet table linens are also provided at no cost. Any extra items over and above what we deem necessary will be charged to the event and discussed in advance. This will include extra linens and table skirting and extra staffing.

Billing

All catering orders will be billed and require payment within 10 days, a 50% deposit is required at time of booking for external (non Dalhousie groups). A 15% service charge will be added to buffets and dinners over 75 guests.



Cancellations

In the case of inclement weather causing school closures, we will not charge for cancelled events. With this in mind, we hope that your event will be rescheduled. Cancellations due to other factors within the control of the event organizer will be subject to a full or partial cancellation charge. This will be determined by factors such as amount of notice, food items ordered and/or prepared and re-utilization of the food products.

CaterTrax Ordering System

All clients are asked to access the CaterTrax system to place their orders directly. The system is user friendly and has benefits to you such as keeping accurate records of your orders.

The ordering system can be found at the following link:

<https://dalhousie-cgc.catertrax.com/index.asp>

There are comment sections to leave special requests and instructions. Confirmations will be sent after the order has been placed. Forget something? The system allows you to view your order and request changes.

Contact

Brian Smart

Director, Food Services

902-494-2126 (office)

902-476-6275 (mobile)

impressions@dal.ca

All prices in this document are subject to 15% HST.