

LUNCH

THE TRADITIONAL LUNCH BUFFET *minimum 10 people* **\$12.95pp**

Variety of Traditional Sandwiches or Wraps
 Select a Salad
 Mini Cakes & Squares
 Fair Trade Organic Shade Grown Coffee & Numi Tea

THE GOURMET LUNCH BUFFET *minimum 10 people* **\$14.95pp**

Variety of Gourmet or Traditional Sandwiches
 Select 2 Salads or Soup & Salad
 Mini Cakes & Squares
 Fair Trade Organic Shade Grown Coffee & Numi Tea

THE DELUXE LUNCH BUFFET *minimum 20 people* **\$17.95pp**

Variety of Gourmet or Traditional Sandwiches
 Select 3 Salads or 1 Soup & 2 Salads
 Sliced Fruit Platter
 Mini Cakes & Squares
 Fair Trade Organic Shade Grown Coffee & Numi Tea

THE DELI BUFFET *minimum 10 people* **\$15.95pp**

Selection of Breads, Meats, Cheeses & Veggies: chicken, black forest ham, roast beef, tomatoes, sliced red onions, leaf lettuce, bell peppers, alfalfa sprouts, cheddar & Swiss cheese, hummus, mustard & mayo
 Gourmet Green Salad with variety of dressings
 Assorted Cookies
 Fair Trade Organic Shade Grown Coffee & Numi Tea



THE GOURMET SANDWICHES**\$7.25ea***For gluten friendly bread add \$1 per sandwich***Montreal Stacker**

Montreal smoked beef, horseradish, Dijon mustard, leaf lettuce & Swiss cheese on a pretzel bun

Pesto Polo

Smoked chicken breast, bell peppers, spring mix salad & pesto mayo on focaccia

Sunday Roast Beef

Shaved roast beef, Havarti, horseradish, Dijon mustard & leaf lettuce on multigrain ciabatta

West Coast Classic

Smoked salmon, red onions, capers & dill cream cheese on an onion poppy seed bagnet

Turkey & Havarti

Smoked turkey, Havarti cheese, leaf lettuce & tomato with cranberry mayo on a croissant

Tuscan Deli

Genoa salami, capicola, provolone cheese, red onions, roasted red peppers & sundried tomato pesto mayo on focaccia

Mexican Beef Wrap

Shredded spiced short rib, cilantro slaw with chipotle mayo in a tortilla wrap

Caribbean Chicken

Jerk spiced chicken breast, grilled peppers, lettuce, pineapple jerk mayo on multigrain baguette

Spicy Bean Wrap V

Mix of seasoned beans, diced vegetables & shredded romaine in a green tortilla

Mediterranean V

Artichoke spread, roasted red peppers, hummus, grilled zucchini & sprouts on vegan bread

Portobello

Grilled marinated Portobello mushroom, goat cheese, spinach, red onion, relish & leaf lettuce on a rye & grains bagnet

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THE TRADITIONAL SANDWICHES OR WRAPS**\$5.50ea***For gluten friendly bread add \$1 per sandwich***Ham & Cheese, Roast Beef, Chicken, Egg Salad, Tuna, Vegetarian & Vegan****THE SALADS****Small serves 10-20 \$34.95 | Medium serves 20-30 \$54.95 | Large serves 30-40 \$74.95****Gourmet Green Salad - Small, Medium or Large GF V**

Julienne carrots, bell peppers, red onions & cherry tomatoes with a selection of dressings

Classic Greek - Small, Medium or Large GF

Kalamata olives, seeded cucumbers, bell peppers, red onions, feta cheese, tomatoes, olive oil, oregano, garlic, parsley, lemon juice & zest

Spinach Salad - Small, Medium or Large GF V

Bell peppers, red onions, cherry tomatoes & mushrooms with a selection of dressings

Potato Salad - Medium or Large GF

Steamed potatoes, julienne carrots, pickles, celery, green onions, eggs & mayo

Asian Noodle Salad - Medium or Large

Chow mein noodles, julienne carrots, bell peppers, red onions, bean sprouts & baby corn with teriyaki sauce

Tabbouleh with Quinoa Salad - Medium or Large GF V

Fresh mint, parsley, lemon, peppers onions, cucumbers, grape tomatoes

Crisp Vegetable Salad - Medium or Large GF

Fresh seasonal vegetables with a poppy seed dressing

Fusilli Pasta Salad - Medium or Large

Peppers, Kalamata olives, feta cheese, pesto vinaigrette

Coleslaw - Medium or Large

Julienne carrots, green onions, green cabbage, vinegar & mayo

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THE SOUPS *minimum 6 people***\$6.25pp***Served with crackers***Harvest Butternut Squash GF**

Rich butternut squash simmered with cream and a blend of ginger, cinnamon and nutmeg

Loaded Baked Potato

Roasted potatoes, bacon & chives

North Atlantic Clam Chowder

Made with clams and potatoes, garnished with celery in a pearl white cream sauce

Creole Chicken Gumbo GF

Louisiana-style gumbo made with diced tomatoes, okra, chicken, green peppers and rice

Vegan Vegetable GF V

Made with carrots, tomatoes, Great Northern beans and red lentils

Wicked Thai Chicken

Blend of chicken, rice, peppers and lemongrass, enhanced with the flavour of coconut in a spicy broth

THE HEALTHY SALADS**\$10.95pp***Choose any of our light meal salads for a lunch alternative to sandwiches***Chicken Caesar Salad Bowl**

Cajun grilled chicken breast & focaccia fingerling croutons served over crisp Romaine, parmesan cheese & served with focaccia & butter

Chef's Salad GF Option

Crisp garden greens, celery, carrot sticks, tomatoes & cucumbers topped with ham & Swiss served with focaccia & butter

West Coast Spinach Salad GF Option

Baby spinach, arugula, goat cheese & candied pecans topped with wild sockeye salmon or prawn skewer served with focaccia & butter

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HOT LUNCH

THE CHEF'S CHOICE *minimum 15 people*

Available Sept-Apr only

Chef's daily special hot entrée & sides

\$13.95pp

THE RING LUNCH BUFFET *minimum 15 people*

Select Soup or Salad

Select 1 Entrée

Select Jasmine Rice, Roasted Potatoes, or Garlic Bread

Seasonal Vegetables

Mini Cakes & Squares

Fair Trade Organic Shade Grown Coffee & Numi Tea

\$20.95pp

THE FINNERTY LUNCH BUFFET *minimum 15 people*

Select 2 Salads or Soup & Salad

Select 2 Entrées

Select Jasmine Rice, Roasted Potatoes or Garlic Bread

Seasonal Vegetables

Mini Cakes & Squares

Fair Trade Organic Shade Grown Coffee & Numi Tea

\$26.95pp

THE LUNCH BUFFET ENTRÉE CHOICES

Gremolata Crusted Wild Market Salmon GF

Herb marinated

Herb Roasted Chicken GF

Sundried cranberry demi-glaze

Slow Roasted Pulled Pork

Served with slider buns, angry onions & apple coleslaw

Beef or Vegan Chili GF V

Hardy vegetables (& seasoned beef) slow simmered in rich tomato sauce & spices

Chicken or Vegetarian Stir Fry GF V

Local fresh vegetables sautéed in our black bean sauce with choice of sliced chicken or tofu

Beef or Vegetarian Lasagna

Slow baked with 3 types of cheeses and fresh tomato sauce



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Puttanesca Gnocchi

Pan seared Gnocchi, roasted peppers, zucchini & mushrooms in a caper & Kalamata olive tomato sauce. Finished with feta cheese

Potato Crusted Cod

Tomato, artichoke & caper ragout

THE PIZZAS

8 slices per pizza

Gluten Free 6 slices per pizza

\$26.50ea

Mixed Cheese – House pizza sauce, premium mozzarella & cheddar **GF Option**

Hawaiian – House pizza sauce, ham & pineapple

Classic – House pizza sauce, pepperoni, mushroom & green pepper

Canadian – House pizza sauce, pepperoni, mushroom, bacon & mixed cheese

BBQ Chicken – House BBQ sauce, oven roasted chicken, roasted garlic, mushrooms, caramelized onions, red peppers, pineapple & mixed cheese

Greek – House garlic butter, lean ground beef, black olives, tomatoes, red onions, mozzarella & feta cheese

Vegetarian – House pizza sauce, mushrooms, white onions, green peppers, black olives, tomatoes & mozzarella cheese **GF Option**

Mediterranean – House pizza sauce, sundried tomatoes, spinach, artichoke hearts, red onions, black olives, red peppers, mozzarella, cheddar & feta cheeses **GF Option**

THE GREEK LUNCH *minimum 15 people***\$25.95pp**

Greek Salad

Hummus & Tzatziki with Pita

Chicken Souvlaki or Beef Skewers with Red Onions, Tomatoes & Shredded Lettuce

Spanakopita

Greek Style Rice or Lemon Potatoes

Assorted Mini Dessert Squares

Fair Trade Organic Shade Grown Coffee & Numi Tea

THE MEXICAN FAJITA LUNCH *minimum 15 people***\$23.95pp**

Soft Shell Flour Tortillas & Corn Tortilla Chips

Select 2: Sautéed Chicken, Fish (White Cod or Snapper), Tofu or Beef

Sautéed Bell Peppers & Onions

Shredded Lettuce, Diced Tomatoes, Salsa, Sour Cream & Cheddar Cheese

Mexican Rice & Beans

Fresh Sliced Fruit

Fair Trade Organic Shade Grown Coffee & Numi Tea



THE WEST COAST LUNCH *minimum 15 people***\$25.95pp**

Local Portofino Bread

Baby Kale Salad

Select: Oven Roasted Market Salmon, Herb Crusted Rockfish, Thai Curried Market Mussels & Clams or Slow Roasted Cowichan Valley Chicken Legs

Puttanesca Gnocchi

Roasted Baby Nugget Potatoes

Seasonal Vegetables

Assorted Mini Dessert Squares

Fair Trade Organic Shade Grown Coffee & Numi Tea

THE BUILD YOUR OWN BURGER BUFFET *minimum 15 people***\$18.95pp**

Potato Salad

Beef or Quinoa (**GF V**) Burgers

Brioche Buns

Leaf Lettuce, Sliced Tomato, Cheddar Cheese Slices & Sautéed Onions

Dijon Mustard, Red Relish, Ketchup & Mayo

Assorted Mini Cheesecakes

Iced Tea or Lemonade

Add crispy bacon for an extra \$1.50 per person

*While we strive to ensure our GF foods are safe for your consumption,
we cannot safeguard against possible cross contamination*

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