

LUNCH

THE TRADITIONAL LUNCH BUFFET *minimum 10 people* **\$13.50pp**

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* **\$15.50pp**

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

THE DELUXE LUNCH BUFFET *minimum 20 people* **\$18.55pp**

Variety of Gourmet Sandwiches & Wraps
 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* **\$16.50pp**

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**\$7.50ea***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, leaf lettuce & pesto mayo on focaccia

Sunday Roast Beef

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

West Coast Classic

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

Shrimp Salad

Baby shrimp with peppers, onion, lemon & dill mayo on fresh baked croissant

Turkey & Havarti

Chipotle turkey, bacon, Havarti cheese, leaf lettuce & tomato with guacamole & mayo on ciabatta bun

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

Spicy Bean Wrap V

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

Mediterranean V

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

Fresh Veggy V

Spinach, fresh tomatoes, shredded carrot, red peppers & red onions with avocado spread on harvest grain bread



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THE TRADITIONAL SANDWICHES OR WRAPS**\$5.95ea***For gluten friendly bread add \$1 per sandwich***Ham & Cheese, Roast Beef, Chicken, Egg Salad, Tuna, Vegetarian & Vegan****THE SALADS****Small serves 10-20 \$38.95 | Medium serves 20-30 \$58.95 | Large serves 30-40 \$78.95****Gourmet Green Salad - Small, Medium or Large GF V**

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

Classic Greek - Small, Medium or Large GF

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

Spinach & Pickled Beet Salad – Small, Medium or Large GF

Bell peppers, red onions, candied pecans & goat cheese with a selection of dressings

Potato Salad – Small, Medium or Large GF

Steamed potatoes, bacon, green onions, roasted peppers, smoked paprika & grainy mustard vinaigrette

Asian Noodle Salad - Medium or Large

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

Quinoa Salad - Medium or Large GF V

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

Crisp Vegetable Salad - Medium or Large GF

Fresh seasonal vegetables with a poppy seed dressing

Fusilli Pasta Salad - Medium or Large

Peppers, grilled chorizo, parsley & sundried tomato pesto with asiago cheese

Coleslaw - Medium or Large GF

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



THE SOUPS *minimum 6 people***\$6.50pp***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

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

Homestyle Chili GF V *minimum 10 people***\$7.50pp***Choose our beef or vegan option. Served with bread roll & butter***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/ V Option

Crisp garden greens, celery, carrot sticks, tomatoes & cucumbers topped with shaved ham & sliced Swiss cheese 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

Quinoa & Roasted Vegetable Salad GF Option V

Kale, roasted peppers, onion, chick peas, avocado & parsley lemon vinaigrette 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

\$21.50pp

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

\$27.50pp

THE LUNCH BUFFET ENTRÉE CHOICES

Marinated Wild Salmon GF

Lemon & fresh herbs

Dry Spiced Chicken Breast GF

Memphis style rub

Slow Roasted Pulled Pork GF Option

Served with slider buns, angry onions & apple coleslaw

Butter Chicken GF

Marinated chicken thighs, slow braised in traditional butter chicken sauce

Beef or Vegetarian Stir Fry GF V

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



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Puttanesca Gnocchi

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

Baked Triple Cheese Tortellini

Tri-colored tortellini with asiago Alfredo sauce baked with house blend of cheese

Chicken or Tofu Red Thai Curry GF V

Spicy red curry slow cooked with coconut milk, peppers, mushrooms & onion.
Option to substitute a side for rice noodles

THE A LA CARTE**Lasagna, Beef or Vegetarian**

Full pan serves 18 pieces

\$150.00ea**THE HALAL MEALS****\$12.00ea****Persian Meatballs & Rice**

Ground beef, yellow split pea, tomato paste, dried herbs with Basmati rice & saffron

Chicken Herb Stew & Rice

Chicken breast, red kidney beans, onions & fried herbs with Basmati rice & saffron

THE PIZZAS**\$26.50ea**

8 slices per pizza

Gluten Free 6 slices per pizza

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* **\$26.50pp**

Greek Salad **GF**
 Hummus & Tzatziki with Pita
 Select: Chicken **GF**, Beef **GF** or Vegetable Skewers **GF**
 Red Onions, Tomatoes & Shredded Lettuce
 Spanakopita
 Greek Style Rice **GF**
 Assorted Mini Dessert Squares
 Fair Trade Organic Shade Grown Coffee & Numi Tea

THE MEXICAN FAJITA LUNCH *minimum 15 people* **\$24.95pp**

Soft Shell Flour Tortillas
 Select 2: Sautéed Chicken **GF**, Fish (White Cod or Snapper), Tofu **GF** or Beef **GF**
 Sautéed Bell Peppers & Onions **GF**
 Shredded Lettuce, Salsa, Sour Cream & Cheddar Cheese **GF**
 Mexican Rice & Beans **GF**
 Marinated Bean & Jicama salad **GF**
 Fresh Sliced Fruit **GF**
 Fair Trade Organic Shade Grown Coffee & Numi Tea

THE WEST COAST LUNCH *minimum 15 people* **\$26.50pp**

Local Portofino Bread
 Baby Kale Salad **GF V**
 Select: Oven Roasted Market Salmon **GF**, Herb Crusted Rockfish or Slow Roasted Cowichan Valley Chicken Legs **GF**
 Penne with Fresh Herbs, Sautéed Seasonal Vegetables & Garlic Olive Oil **V**
 Seasonal Vegetables **GF**
 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 **GF**
 Beef **GF** or Quinoa (**GF V**) Burgers
 Brioche Buns
 Leaf Lettuce, Sliced Tomato, Cheddar Cheese Slices & Sautéed Onions **GF**
 Dijon Mustard, Red Relish, Ketchup & Mayo
 Assorted Mini Cheesecakes
 Iced Tea or Lemonade

Add 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*