

# 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 (Ocean Wise)**

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 Vegan**

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

**Mediterranean Vegan**

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

**Fresh Veggy Vegan**

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/Vegan)**

Julienne carrots, bell peppers, cucumbers &amp; 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 &amp; zest

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

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

**Potato Salad – Small, Medium or Large GF**

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

**Asian Noodle Salad - Medium or Large**

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

**Quinoa Salad - Medium or Large (GF/Vegan)**

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 &amp; sundried tomato pesto with asiago cheese

**Coleslaw - Medium or Large GF**

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

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**THE SOUPS *minimum 10 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 &amp; chives

**Vegan Vegetable (GF/Vegan)**

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/Vegan)****\$7.95pp***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 &amp; focaccia fingerling croutons served over crisp Romaine, parmesan cheese &amp; served with focaccia &amp; butter

**Chef's Salad GF/ Vegan Option**

Crisp garden greens, celery, carrot sticks, tomatoes &amp; cucumbers topped with shaved ham &amp; sliced Swiss cheese served with focaccia &amp; butter

**Quinoa & Roasted Vegetable Salad (GF/Vegan)**

Kale, roasted peppers, onion, chick peas, avocado &amp; parsley lemon vinaigrette served with focaccia &amp; butter

**West Coast Spinach Salad GF (Ocean Wise)****\$11.95pp**

Baby spinach, arugula, goat cheese &amp; candied pecans topped with wild smoked salmon or prawns served with focaccia &amp; 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 (Ocean Wise)**

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/Vegan)**

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/Vegan)**

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**

*Ever changing, locally produced complete meals. Includes protein & side.  
Speak with Degrees Catering for meal availabilities*

**\$14.00ea****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*** **\$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**, Rockfish (**Ocean Wise**), Tofu **Vegan** or Beef **GF**  
 Sautéed Bell Peppers & Onions **GF**  
 Shredded Lettuce, Salsa, Sour Cream & Cheddar Cheese **GF**  
 Mexican Rice & Beans (**GF/Vegan**)  
 Marinated Bean & Jicama Salad (**GF/Vegan**)  
 Fresh Sliced Fruit (**GF/Vegan**)  
 Fair Trade Organic Shade Grown Coffee & Numi Tea

**THE WEST COAST LUNCH *minimum 15 people*** **\$26.50pp**  
 Local Portofino Bread  
 Baby Kale Salad (**GF/Vegan**)  
 Select: Oven Roasted Wild Salmon **GF (Ocean Wise)**, Herb Crusted Rockfish **GF (Ocean Wise)** or Slow Roasted Cowichan Valley Chicken Legs **GF**  
 Penne with Fresh Herbs, Sautéed Seasonal Vegetables & Garlic Olive Oil **Vegan**  
 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/Vegan**) 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*



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