

# CATERING FROM



THE

# COMMONS

at

SASKATCHEWAN POLYTECHNIC

## MENU

We offer a wide range of catering services using top quality food and beverages.

Working together, we can customize everything from light snacks and coffee to full service banquets.



# FREEDOM OF CHOICE

**Give your guests the freedom of choice by providing them with a Gift Card to The Commons at Saskatchewan Polytechnic.**

Daily offering includes everything from fresh brewed coffee and fresh baked goods to daily hot lunch features and grab and go options. Pre-order the gift cards with a set value and we will have them ready at your campus(es) for pick up or delivered to your meeting/event.



# EYE OPENERS & THIRST QUENCHERS

<b>Sustainable Coffee Service</b>	<b>2</b>
bring your own mug; coffee, creamer, sugar, & stir sticks provided	
<b>Coffee Only Service</b>	<b>2.5</b>
coffee, creamer, sugar, & stir sticks provided	
<b>Coffee, Tea, &amp; Ice Water Service</b>	<b>3</b>
regular coffee, assorted teas, & water. decaf by request only <i>replenish, by request, every two hours for \$1 per person</i>	
<b>Ice Water Station</b>	<b>0.5</b>
self-serve pitchers and cups	
<b>Non-alcoholic Punch</b>	<b>2</b>
<b>Milk (473ml): 2% or Chocolate</b>	<b>3.5</b>
<b>Dasani Water 591ml or 1L bottles</b>	<b>2.75 / 3.5</b>
<b>Assorted Pop 500ml Bottles</b>	<b>2.75</b>
<b>Assorted Minute Maid Juice 355ml Bottles</b>	<b>3</b>



## MORNINGS A LA CARTE

<b>Continental Breakfast</b>	<b>9</b>
freshly baked assorted pastries, fruit, & hard-boiled eggs	
<b>Assorted Muffins</b>	<b>2.5</b>
inquire for varieties available	
<b>Fresh Pastries</b>	<b>5</b>
freshly baked muffins, cinnamon buns, & banana bread with butter	
<b>Individual Yogurt Parfait</b>	<b>4.25</b>
vanilla yogurt, mixed berries, & granola as seen in The Commons @ Saskatchewan Polytechnic	
<b>Cinnamon Buns</b>	<b>3</b>
freshly baked	
<b>High Protein Overnight Oats</b>	<b>5.75</b>
vanilla protein powder, almond milk, flax, yogurt & berries	
<b>Breakfast Sandwich &amp; Hashbrowns</b>	<b>9</b>
english muffin, egg & cheese, choice of bacon or sausage patty	
<b>Traditional Hot Breakfast</b>	<b>11.25</b>
scrambled eggs, choice of bacon or sausage links, hashbrowns & croissant	



# SOUP

**Broth or cream**

**4.25**

## HANDHELDS

**Assorted Triangle Sandwiches**

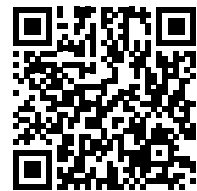
**6.25**

variety of ham, turkey, roast beef, egg salad, or vegetarian served on white or whole wheat bread

**Artisan Sandwiches & Wraps**

**8**

artisan breads, freshly baked buns, & flour tortillas choose 4 varieties from linked document



## MORE THAN A HANDFUL

**Pizza - cut in 8 triangles**

**25**

three cheese, ham & pineapple, pepperoni mushroom, all dressed, all meat, chicken bacon ranch, or vegetarian

*recommended serving 3 - 4 people per pizza*

**Pizza Combo - cut in 16 squares**

**12**

assorted pizza & freshly baked cookies | 3 pieces of pizza & 1 cookie per person

**Burger Bar**

**15**

buns, lettuce, tomato, onion, pickles, cheese, & condiments served with kettle chips or fries & caesar salad

add chicken or veggie burger options

**2.5**

**Taco Bar**

**15**

taco beef, flour tortillas, salsa, sour cream, shredded cheese, black olives, & jalapenos served with spanish rice or cilantro lime cucumber salad

**Lasagna — Minimum 12 people**

**14**

classic meat & tomato or bianca vegetarian served with caesar salad & garlic toast

**Boxed Lunch**

**14**

sandwich, potato salad, hand fruit, fresh baked cookie

# MIDDAY TABLE D'HÔTE

## Minimum 12 people

all meals include choice of 1 (one) protein | 1 (one) starch | 1 (one) vegetable

## PROTEIN – Choose 1 (one)

<b>Chicken or Pork Souvlaki</b>	16
with tzatziki & pita	
<b>Falafel</b>	14
with tzatziki & pita	
<b>Pulled Pork</b>	14
fresh based kaiser bun	
<b>Italian Beef Sandwich</b>	17
pretzel bun, giardiniera, & beef jus	
<b>Battered Cod</b>	18
half-pound fillet, tartar sauce & lemon	
<b>Grilled Chicken</b>	16
chili lime rubbed or citrus herb	
<b>Quiche Florentine</b>	14
egg, spinach, cheese	
<b>Additional Protein</b>	7.5

## STARCH – Choose 1 (one)

<b>Steamed Rice</b>	0
<b>Country Style Garlic Mashed</b>	0
<b>Barley &amp; Wild Rice Pilaf</b>	0
<b>Fries</b>	0
<b>Kettle Chips</b>	0
<b>Herb Roasted Potatoes</b>	0
<b>Additional Starch</b>	3

## VEGGIES – Choose 1 (one)

<b>Roasted or Steamed Vegetables</b>	0
<b>Athenian Greek Salad</b>	0
<b>Caesar Salad</b>	0
<b>Pasta Salad</b>	0
<b>Potato Salad</b>	0
<b>Coleslaw</b>	0
<b>Additional Vegetable</b>	3



# GREENS & GRAINS

<b>Mixed Greens</b>	<b>4</b>	
fresh vegetables & house vinaigrette		
<b>Caesar</b>	<b>5</b>	
romaine, bacon, parmesan & croutons		
<b>Artisan Grain Bowls</b>	<b>8</b>	
a variety of western canadian grains, fresh vegetables, and house dressing high protein, gluten aware, & vegan options available		
<b>add chicken 5</b>	<b>add shrimp skewer 5</b>	<b>add paneer 5</b>

# ANYTIME NOSH

<b>Veggies &amp; Dip</b>	<b>4.75</b>
fresh cut with ranch	
<b>Fresh Cut Fruit</b>	<b>5.75</b>
fruit variety is subject to availability	
<b>Accoutrements</b>	<b>5.5</b>
cheese, crackers & pickles	
<b>Trail Mix</b>	<b>2.5</b>
mixed nuts, dried fruits and chocolate candy	
<b>Chip Bags</b>	<b>2.25</b>
assortment of frito lay varieties as seen in The Commons	
<b>Fresh Fried Kettle Chips</b>	<b>2.5</b>
served with chipotle mayo	



# SWEET DREAMS

<b>Assorted Cookies</b>	<b>1.75</b>
chocolate chip, double chocolate, white chocolate macadamian nut, oatmeal raisin	
<b>Squares</b>	<b>3.5</b>
rice krispy treats, puffed wheat, or gluten-free brownie	
<b>Slab Cakes</b>	
<b>Half Slab</b> — for up to 50 people	<b>80</b>
<b>Full Slab</b> — for up to 100 people	<b>150</b>
<i>Please contact us directly to order cakes with writing. Available icing colors vary per campus.</i>	

# VALUE ADDED SERVICES

**individually pack items from your bulk order** 1.5

**linens** 2.5 each

## Delivery to:

**In the same building as The Commons**

**at Saskatchewan Polytechnic**

**Satellite campuses**

**No charge**

**10**

- Includes all food and beverage delivered to room — we will knock on the door to ensure product is received
- Booking the room and arranging for the appropriate number of tables to be set up is the organizers responsibility through facilities
- Food placement is the responsibility of the organizer
- Includes chafing dishes if required
- Retrieval of equipment used

## Delivery with set up and tear down includes:

**In the same building as The Commons**

**at Saskatchewan Polytechnic**

**Satellite campuses**

**20**

**30**

- Booking the room and arranging for the appropriate number of tables to be set up is the organizers responsibility through facilities
- Hospitality Services will set up of tables for food / beverage service
- Linen placement (if ordered separately)
- Food placement
- Includes chafing dishes if required

**Service in the Hospitality Services Spaces  
on any of our campuses:**

**20 / 25 people**

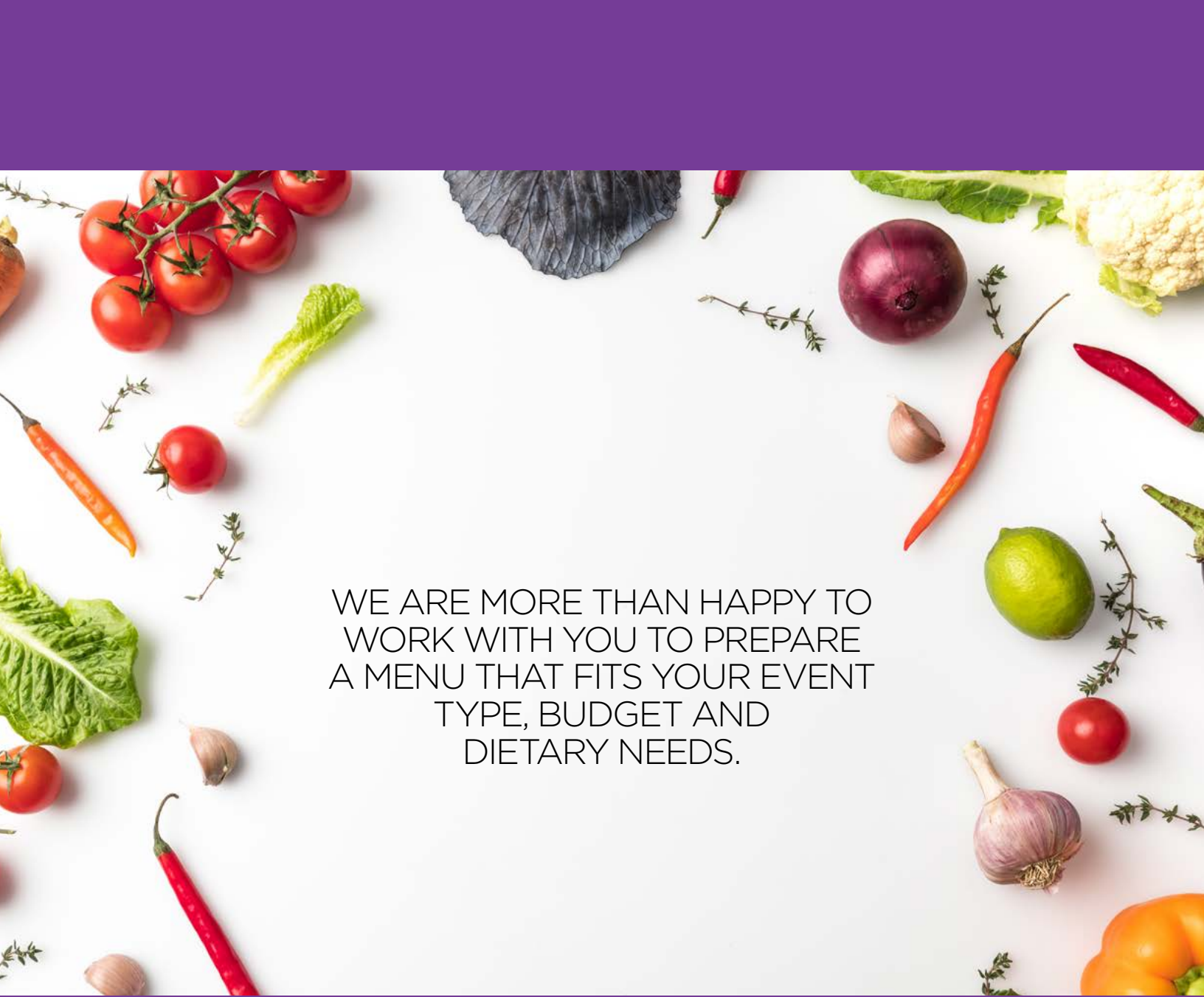
(includes The Bistro, Corner Café, Sarah's & The Our Place Dining Room)

- Booking the room and arranging for the appropriate number of tables to be set up is the organizers responsibility through facilities or Hospitality & Tourism, depending on the campus
- Hospitality Services will set up of tables needed for number required
- Linen placement (if ordered separately)
- Food placement
- Includes chafing dishes if required
- Tear down of necessary tables and retrieval of equipment used

**Gift Cards to The Commons  
at Saskatchewan Polytechnic**

You choose the value, your guest chooses their meal





WE ARE MORE THAN HAPPY TO  
WORK WITH YOU TO PREPARE  
A MENU THAT FITS YOUR EVENT  
TYPE, BUDGET AND  
DIETARY NEEDS.

**Contact us at:**

[moosejaw.catering@saskpolytech.ca](mailto:moosejaw.catering@saskpolytech.ca)  
[princealbert.catering@saskpolytech.ca](mailto:princealbert.catering@saskpolytech.ca)  
[regina.catering@saskpolytech.ca](mailto:regina.catering@saskpolytech.ca)  
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