

SFU

SIMON FRASER UNIVERSITY
MEETING, EVENT AND CONFERENCE SERVICES



SEGAL BUILDING | HARBOUR CENTRE | GOLDCORP CENTRE FOR THE ARTS
MORRIS J. WOSK CENTRE FOR DIALOGUE

DAILY MEETING PACKAGE



the lazy Gourmet

DAY 1

Daily Meeting Packages starting at \$55 per person.

all day china service \$8 per person

upgrade to china service with linen napkins: breakfast: \$4 per person | break: \$2.50 per person | lunch: \$5 per person | dinner: \$5 per person

BREAKFAST

Orange and Grapefruit Juice
Coffee Cake Slices
Butter and Preserves
Fresh Fruit Platter
Mini BLT's
with bacon aioli on brioche
Coffee and Tea

CHEF'S HOT BREAKFAST UPGRADE +\$11

Orange and Grapefruit Juice
Coffee Cake Slices
Butter and Preserves
Fresh Fruit Platter
Quiche
ham and brie
spinach, mushroom and feta
Tater Tots
Turkey Bacon
Coffee and Tea

MORNING BREAK

Yogurt and Berry Parfaits
West Coast Parfaits
Assorted Shortbread
Fresh Fruit Platter
Coffee and Tea

ADD ON RECEPTION +\$15

Charcuterie Board
Cheese Board
Mediterranean Tapas Platter

COLD LUNCH

Harvest Salad
with wild greens, sweet potato, hemp, roasted pears
and pear ginger vinaigrette
Penne Caesar Salad
with chopped romaine, tomatoes and caesar dressing
Assorted Gourmet and Fresh Sheet Wraps
Chef's Daily Cakes
Fresh Fruit Platter
Pop, Juice and Sparkling Water

CHEF'S HOT LUNCH UPGRADE +\$15

Tomato Basil Soup
Harvest Salad
with wild greens, sweet potato, hemp, roasted
pears and pear ginger vinaigrette
Penne Caesar Salad
with chopped romaine, tomatoes and caesar
dressing
Chicken Cacciatore
Pesto and Goat Cheese Risotto Cakes
with lemon caper aioli
Crispy Smashed Potatoes
with romesco sauce
Roasted Beets, Carrots and Brussel Sprouts
Chef's Daily Cakes
Fresh Fruit Platter
Pop, Juice and Sparkling Water

AFTERNOON BREAK

Warm Spinach and Artichoke Dip
Pita Crisps
Rosemary and Salted Chocolate Cookies
Fresh Fruit Platter
Coffee and Tea

DAY 2

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all day china service \$8 per person

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BREAKFAST

- Orange and Grapefruit Juice
- Mini Scone Sandwiches
 - ham and cheese with honey mustard*
 - tomato and cheese with honey mustard*
- Sun Dried Tomato Deviled Eggs
- Assorted Muffins
- Fresh Fruit Platter
- Coffee and Tea

CHEF'S HOT BREAKFAST UPGRADE +\$11

- Orange and Grapefruit Juice
- Home Style Pancakes
 - with cinnamon whipped cream and maple syrup*
- Scrambled Eggs with Chives
- Bacon
- Assorted Muffins
- Fresh Fruit Platter
- Coffee and Tea

MORNING BREAK

- Trail Mix Cups
 - with nuts, seeds, raisins and chocolate chips*
- Corn, Cheddar and Jalepeno Mini Muffins
 - with lime butter*
- Fresh Fruit Platter
- Coffee and Tea

ADD ON RECEPTION +\$15

- Charcuterie Board
- Cheese Board
- Mediterranean Tapas Platter

COLD LUNCH

- Kale, Feta, Almond and Cranberry Salad
 - with lemon poppyseed dressing*
- Quinoa, Fennel, Orange and Spinach Salad
 - with citrus dressing*
- Assorted Sandwiches and Wraps
- Assorted Cheesecake Bites and Fruit Jellys
- Fresh Fruit Platter
- Pop, Juice and Sparkling Water

CHEF'S HOT LUNCH UPGRADE +\$15

- Butternut Squash Soup
- Kale, Feta, Almond and Cranberry Salad
 - with lemon poppyseed dressing*
- Quinoa, Fennel, Orange and Spinach Salad
 - with citrus dressing*
- Honey, Lime and Ginger Pork Belly
- Thai Chili Chicken Thighs
- Sweet and Spicy Cauliflower
- Sambal Green Beans
- Assorted Cheesecake Bites and Fruit Jellys
- Fresh Fruit Platter
- Pop, Juice and Sparkling Water

AFTERNOON BREAK

- Chocolate Dipped Biscotti
- Pigs in a Blanket
- Cheese and Fruit Kabob
- Coffee and Tea

DAY 3

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all day china service \$8 per person

upgrade to china service with linen napkins: breakfast: \$4 per person | break: \$2.50 per person | lunch: \$5 per person | dinner: \$5 per person

BREAKFAST

Orange and Grapefruit Juice
Egg Salad Mini Bagels
Double Baked Almond Croissants
Butter Croissants
Fresh Fruit Platter
Coffee and Tea

CHEF'S HOT BREAKFAST UPGRADE +\$11

Orange and Grapefruit Juice
Denver Omelette
*ham, onions and swiss
peppers onions and cheddar*
Diced Fried Potatoes
with tomatoes and green onions
Butter Croissants
Fresh Fruit Platter
Coffee and Tea

MORNING BREAK

Seasonal Berries and Coconut Cream Parfaits
Healthy Banana Bread
Monkey Balls
banana, chocolate and peanut butter
Fresh Fruit Platter
Coffee and Tea

ADD ON RECEPTION +\$15

Charcuterie Board
Cheese Board
Mediterranean Tapas Platter

COLD LUNCH

Baby Greens Salad
with tomato, red onion, mint and pomegranate
Mango, Chickpea and Cauliflower Salad
Assorted Gourmet and Fresh Sheet Sandwiches
Mini Doughnuts
with seasonal fruit dips and toppings
Fresh Fruit Platter
Pop, Juice and Sparkling Water

CHEF'S HOT LUNCH UPGRADE +\$15

Wild Mushroom Soup
Baby Greens Salad
with tomato, red onion, mint and pomegranate
Mango, Chickpea and Cauliflower Salad
Boursin Stuffed Sole
with lemon caper sauce
Honey Butter Chicken
Steamed Brown Rice
Roasted Heirloom Carrots
with carrot top pesto
Mini Doughnuts
with seasonal fruit dips and toppings
Fresh Fruit Platter
Pop, Juice and Sparkling Water

AFTERNOON BREAK

Cheesy Vegan Popcorn
with coconut oil and nutritional yeast
Mini Sandwich on a Stick
*herbed chicken, havarti, lettuce, tomato, lemon
oregano aiolo*
Fresh Fruit Platter
Coffee and Tea

DAY 4

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all day china service \$8 per person

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BREAKFAST

Orange and Grapefruit Juice
Bagel Quarters with Lox, Cream Cheese and Dill
Bagel Quarters with Cream Cheese and Cucumber
Sweet and Salty Breakfast Cookies
Fresh Fruit Platter
Coffee and Tea

CHEF'S HOT BREAKFAST UPGRADE +\$11

Orange and Grapefruit Juice
Eggs Mediterranean Frittata
with peppers, onions, tomatoes and olives
Sausage
Toasted Focaccia Points
Healthy Coconut Bliss Balls
Fresh Fruit Platter
Coffee and Tea

MORNING BREAK

Ham and Gruyère Puff Pastry Twists
Yogurt
Berry Compote
Granola

COLD LUNCH

Butter Lettuce Salad
with orange, feta and lemon dressing
Ancient Grain Salad
with roasted squash, greens, pumpkin seeds and cranberries
Assorted Sandwiches and Wraps
Profiteroles
Fresh Fruit Platter
Pop, Juice and Sparkling Water

CHEF'S HOT LUNCH UPGRADE +\$15

Spicy Lentil Soup
Butter Lettuce Salad
with orange, feta and lemon dressing
Grilled Romaine
with creamy parmesan dressing and crisps
Spinach and Cheese Stuffed Chicken Breasts
with sun dried tomato sauce
Maple Plank Salmon
with honey mustard and tartar sauce
Mafalda Noodles
with romesco sauce
Assorted Pies
Fresh Fruit Platter
Pop, Juice and Sparkling Water

AFTERNOON BREAK

Kettle Popcorn
chocolate and rosemary
cool ranch
classic butter
Mini Sugar Cookie Sandwiches
Pesto Bruschetta Bites
Fresh Fruit Platter
Coffee and Tea

ADD ON RECEPTION +\$15

Charcuterie Board
Cheese Board
Mediterranean Tapas Platter

DAY 5

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all day china service \$8 per person

upgrade to china service with linen napkins: breakfast: \$4 per person | break: \$2.50 per person | lunch: \$5 per person | dinner: \$5 per person

BREAKFAST

- Orange and Grapefruit Juice
- European Breakfast Platter
hard boiled eggs, meats, cheese, tomatoes and bread
- Mini Lemon Scones
with mascarpone and berry preserves
- Fresh Fruit Platter
- Coffee and Tea

CHEF'S HOT BREAKFAST UPGRADE +\$11

- Orange and Grapefruit Juice
- Scrambled Eggs with Chives
- Bacon and Sausage
- Paprika Roasted Potatoes
- Mini Croissants
- Fresh Fruit Platter
- Coffee and Tea

MORNING BREAK

- Granola with Milk, Bananas and Brown Sugar
- Mini Stuffed Croissants
- House-Made Bits and Bites
- Coffee and Tea

ADD ON RECEPTION +\$15

- Charcuterie Board
- European and Domestic Cheese Platter
served with house-baked breads and crackers

COLD LUNCH

- Kale and Roasted Chickpeas
with tahini dressing
- Butter Lettuce Salad
with orange, feta and caramelized orange dressing
- Ham and Swiss Cheese on Sourdough
with lettuce, tomato and honey mustard mayo
- Prosciutto and Bocconcini Sandwich
with tomato and sundried tomato aioli on baguette
- Roasted Portobello Mushroom
with spinach and goat cheese on focaccia
- Chef's Selection Fruit Crumbles and Crisps
- Fresh Fruit Platter
- Pop, Juice and Sparkling Water

CHEF'S HOT LUNCH UPGRADE +\$15

- Carrot Ginger Soup
- Kale and Roasted Chickpeas
with tahini dressing
- Grilled Romaine
with creamy parmesan dressing and crisps
- Saucy Braised Beef Shortribs
- Chicken Thighs
with aji verde and grilled oranges
- Mashed Potatoes with Chives
- Zucchini and Parmesan Casserole
- Chef's Selection Fruit Crumbles and Crisps
- Fresh Fruit Platter
- Pop, Juice and Sparkling Water

AFTERNOON BREAK

- Vegetarian Harvest Platter
with marinated bocconcini, roasted vegetables, dips and pita crisps
- Chocolate Peanut Butter Pretzel Bites
- Fresh Fruit Platter
- Coffee and Tea



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