

# Catering Menu



## Chef's Cafe | Market



fresh . healthy . natural

Gluten Free & Vegan Options Available

103 – 101 6 Ave SW Calgary, AB – T2P 3P4  
403-265-6680 | catering@chefscafenmarket.ca | www.chefscafenmarket.ca

# LUNCH

## Fair-trade Coffee

Local Coffee Roaster "ROSSO's Medium or Dark roast  
\$17.99 per coffee canister

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## Organic Assorted Tea

(we will provide you our tea box with special collections of organic tea)  
\$2.50 per sachet

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## Juices and Beverages

(assorted juices, water bottles and natural canned beverages)  
Small \$2.29, Large \$2.99

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## Fresh Fruit Platter

(seasonal fresh-cut fruit with berries)  
\$3.50 per person

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## Garden Vegetables and Dips

(seasonal fresh-cut vegetables with house-made dips)  
\$2.85 per person

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## Soup of the Day

(soups changes daily, and freshly made in the house everyday)  
\$5.00 per person

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## Assorted Cookie Platter

(assorted fresh baked cookies)  
\$2.75 per person

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## Dessert Platter

(assorted cakes, brownies and bars with berries)  
\$2.99 per person

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## Gluten Free Dessert Platter

(chef's selections of gluten-free treats with berries)  
\$4.50 per person

## Appetizers & Snacks

### Cold Tomato & Avocado Dip

(house-made fresh tomato and avocado salsa like dip with south-western spices and fresh lime juice, served with house-made chips and toasts)

\$15.95 per platter

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### Tomato & Feta Bruschetta

(house-made fresh tomato bruschetta on crostini's with crumbled feta)

\$15.95 per platter

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### Red Lentil & Chickpea Hummus

(house-made red lentil and chickpea hummus, extra virgin olive oil, fresh lime juice, served with house-made chips and crispy pitas)

\$16.95 per platter

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### Finger Sandwiches

(assorted cold sandwiches cut into bite sizes, this is a great choice for all kinds of meetings and parties)

\$21.95 per platter

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### Hot Artichoke & Spinach Dip

(creamy hot artichoke & spinach dip made with cream cheese & goat cheese and baked in the oven, served with house-made chips and toasts)

\$26.95 per platter

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### Chef's Signature Quesadilla

(roasted vegetables & chicken with lots of mozzarella and cheddar, pressed and grilled in flour tortillas)

\$32.95 per platter

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### Chicken Skewers

(naturally raised chicken tenders skewered and cooked to the perfection, glazed with classic teriyaki)

\$35.95 per platter

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### Marinated Spicy Pacific Prawn

(marinated with garlic, lime juice and olive oil, cooked to the perfection and served with house-made avocado tomato relish)

\$39.99 per platter

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### Indian Traditional Samosas

(traditional indian savory appetizer, filled with veg/chicken and spices and wrapped in puff pastry)

\$1.85 Veg/\$2.25 Chicken each

# Salads & Platters

(Minimum 3 of Each)

## Field Greens Salad

(fresh baby-head lettuces, grape tomato, cucumber, shaved radish, carrots with house-made dressings)

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## \$3.5 per person Field Greens Salad

(fresh baby-head lettuces, grape tomato, cucumber, shaved radish, carrots with house-made dressings)

\$3.5 per person

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## Marinated Chickpea Salad

(baby arugula, grape tomatoes, feta and citrus vinaigrette)

\$4.00 per person

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## Mixed Bean Salad

(mixed beans, cucumber, tomatoes, basil vinaigrette and grated parmesan)

\$4.00 per person

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## Orzo Salad

(Italian Orzo, sautéed peppers and onions, olives, oven roasted tomato vinaigrette)

\$4.00 per person

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## Italian Pasta Salad

(Penne pasta and sautéed vegetables in creamy italian vinaigrette with shaved grana padano)

\$4.00 per person

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## Red Bliss Potato and purple Cabbage

(garlic and olive oil roasted red potatoes, and purple cabbage slaw, Italian parsley, fresh cracked pepper)

\$4.00 per person

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## Spinach & Goat Cheese Salad

(baby spinach, qubec goat cheese, crisp apples, grape tomatoes, crispy bacon and almonds with aged-balsamic vinaigrette)

\$4.25 per person

### Caesar Salad

(romaine hearts, crispy bacon, roasted tomatoes, kalamata olives, croutons and shaved parmesan)

\$4.25 per person

### Grilled Romaine Salad

(grilled baby romaines, feta, salsa fresca, crostini's, kalamata olives and toasted nuts with sour - chardonnay vinaigrette)

\$4.25 per person

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### Kale & Beet Salad

(olive oil marinated kale, roasted beets, crispy chickpeas, zested parmesan with lemon chili vinaigrette)

\$4.25 per person

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### Kale, Apple & Feta Salad

(fresh picked kale, crunchy apples, toasted pumpkin seeds, feta and cabernet vinaigrette)

\$4.25 per person

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### Savory Couscous Salad

(feta, kalamata olives, sautéed sweet peppers and onion, tomato, Italian parsley, extra virgin olive oil)

\$4.25 per person

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### Lemon Lentil Salad

(green lentil, fresh tomatoes, lemon chili vinaigrette, lemon zest and parmesan)

\$4.25 per person

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### Arugula, Avocado & Mango Salad

(baby arugula, fresh avocado and mango in shallot and sherry vinaigrette)

\$4.25 per person

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### Watermelon & Mint salad

(diced watermelon, baby arugula, fresh mint, shaved red onions, feta, aged balsamic reduction and extra-virgin olive oil drizzles)

\$4.25 per person

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### Greek Salad

(fresh cut vegetables with feta and Kalamata olives, herbs in house-made greek dressing)

\$4.25 per person

### Organic Quinoa Salad

(baby arugula, sundried cranberries, toasted sunflower seeds, sweet bell peppers and grape tomatoes)

\$4.75 per person

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### Tomato Bocconcini Salad

(bocconcini cheese, vine-ripened tomato, fresh cracked pepper, aged balsamic reduction, basil oil)

\$6.25 per person

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### Marinated Mushrooms, Olives & Tomato Salad

(balsamic and olive oil marinated mushrooms and oven roasted tomato with olives and parmesan)

\$6.25 per person

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### Chicken, Spinach & Strawberry Salad

(grilled chicken breast, baby spinach, fresh strawberries, toasted pecans, feta, fig balsamic vinaigrette)

\$7.00 per person

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### Chicken Nicoise Salad

(grilled chicken breast, french beans, kalamata olives, hard-boiled egg, red potato, tomato and balsamic)

\$7.00 per person

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### Grilled Vegetable Platter

(olive oil and herb marinated and grilled asparagus, zucchini, eggplant, peppers, red onions, olives, tomato, mushrooms and artichokes with feta and balsamic reduction)

\$7.00 per person

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### Cheese Platter

(selected domestic and imported cheese, dried fruits and nuts, berries, fruit preserves, house-made chips and crostini and crackers)

\$8.00 per person

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### Smoked Salmon Platter

(smoked salmon, baby greens, boiled egg, goat cheese, shaved red onions, capers, fresh lemon and extra virgin olive oil)

\$8.00 per person

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### Charcuterie Platter

(Italian cured meats, domestic and imported cheeses, olives, dried fruits, house-made pickles, mustards and crostini's)

\$8.50 per person

# Flatbreads

## Roasted Vegetables & Goat Cheese

(seasonal roasted vegetables, quebec goat cheese, caramelized onions, baby arugula, balsamic reduction)

\$9.95

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## Avocado & Bruschetta

(creamy arugula pesto, fresh avocado, feta, house-made bruschetta, olive oil, balsamic reduction)

\$9.95

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## Maple Cured Ham & Pineapple

(creamy lemon ricotta, tomato concasse, roasted pineapple, maple cured ham, marinated kale, balsamic reduction)

\$10.75

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## Chicken, Caramelized Onion & Brie

(garlic and olive oil marinated chicken, caramelized onion, brie, fresh tomato, mozzarella, baby arugula)

\$10.75

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## Piggy Flatbread

(maple cured ham, apple-wood smoked bacon, prosciutto, mozzarella, baby greens)

\$10.75

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## Chicken & Roasted Shitake Mushroom

(creamy arugula pesto, tomato concasse, roasted mushroom and caramelized onion)

\$10.75

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## Roasted Sirloin & Parmesan

(slow roasted and shaved sirloin beef, sautéed onions and peppers, shaved parmesan, baby kale)

\$10.75

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## Smoked Salmon Flatbread

(smoked salmon, shaved red onions, capers, lemon zest, goat cheese and zested parmesan)

\$12.95

# Wraps

## Garden Vegetable Wrap

(fresh raw vegetables with feta and house-made fresh bruschetta, house-made lemon chili aioli)

\$7.15 per person

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## Roasted Vegetable Wrap

(garlic and arugula marinated chicken, lettuce and tomato, fresh avocado, house-made tomato aioli)

\$7.15 per person

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## Vegetable and Quinoa Wrap

(organic quinoa, kale, cucumber, tomato, roasted zucchini, iceberg lettuce)

\$7.45 per person

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## Chicken and Avocado Wrap

(garlic and arugula marinated chicken, lettuce and tomato, fresh avocado, house-made spicy aioli)

\$7.95 per person

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## Kale and Chicken Caesar Wrap

(garlic and olive oil marinated chicken, oven roasted tomato, house-made caesar and parmesan)

\$7.95 per person

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## Chicken and Bacon Wrap

(garlic and arugula marinated chicken, lettuce and tomato, crispy bacon, roasted peppers, tomato aioli)

\$7.95 per person

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## BLT Wrap

(apple-wood smoked bacon, romaine hearts, tomato, onion, aged cheddar, house-made spicy aioli)

\$8.15 per person

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## Ham, Prosciutto and Goat Cheese Wrap

(black forest ham, thinly sliced prosciutto, iceberg lettuce, goat cheese, mustard aioli)

\$8.75 per person

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## Pastrami & Tomato Wrap

(thinly sliced pastrami, fresh tomato, mozzarella, iceberg lettuce, basil aioli)

\$8.95 per person

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## Grilled Chorizo Wrap

(grilled and sliced chorizo, tomato salsa, iceberg lettuce, shaved onion and avocado)

\$8.95 per person

## Sandwiches

### Tuna Sandwich (Cold)

(house-made tuna salad with lettuce, onion, tomato in marble rye, or multigrain slices)

\$6.45 per person

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### Egg Salad Sandwich (Cold)

(house-made egg salad with lettuce, onion, tomato in marble rye, or multigrain slices)

\$6.45 per person

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### Roasted Vegetable Sandwich (Grilled Hot Sandwich)

(roasted asparagus, zucchini, eggplant, peppers, aged cheddar and roasted tomato and garlic aioli)

\$7.99 per person

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### Italian Cold Cut Sandwich (Grilled Hot Sandwich)

(black forest ham, salami, prosciutto, mozzarella, tomato and spring mix lettuce )

\$8.95 per person

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### Porchetta Style Roasted Pork (Grilled Hot Sandwich)

(house-roasted pork, caramelized onion and mushrooms, apple mustard, mozzarella, spring mix)

\$8.95 per person

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### Roasted Beef Sandwich (Grilled Hot Sandwich)

(house-roasted sirloin, roasted pepper, fontina, iceberg lettuce, tomato, onion, horseradish aioli)

\$8.95 per person

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### BCLT Sandwich (Grilled Hot Sandwich)

(roasted chicken breast, crispy bacon, iceberg lettuce, tomato, onion, house-made spicy aioli)

\$8.95 per person

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### Montréal Smoked Meat Sandwich (Grilled Hot Sandwich)

(montreal style smoked beef brisket, sauerkraut, iceberg, fontina cheese)

\$8.95 per person

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### Roasted Chicken, Caramelized Onion & Brie (Grilled Hot Sandwich)

(roasted chicken, caramelized onion, triple cream brie, lettuce, tomato and garlic aioli)

\$9.25 per person

## Hot Pastas & Risotto

(Minimum 3 of Each)

### Roasted Vegetable Tagliatelle

(seasonal roasted vegetables with house-made oven roasted tomato sauce, fresh parmesan)

\$10.95 per person

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### Roasted Sweet Pepper and Goat Cheese Fettucine

(creamy roasted sweet red pepper sauce, asparagus, olives, goat cheese )

\$11.25 per person

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### Beef Sirloin Bolognese

(house-made beef bolognese, fresh tomato, zested parmesan and herbs)

\$11.25 per person

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### Creamy Arugula Chicken Penne

(garlic and olive oil marinated chicken with creamy arugula pesto sauce)

\$11.25 per person

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### Seafood Linguine

(shrimp, bay scallop, calamari, clams, white cod in spicy rosé sauce)

\$12.35 per person

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### Tomato, Mushrooms & Spinach Risotto

(sautéed mushroom, oven roasted tomato, baby spinach, parmesan and olive oil)

\$11.95 per person

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### Roasted Veg & Goat Cheese Risotto

(seasonal roasted vegetables, qubec goat cheese, parmesan, olive oil and herbs)

\$12.25 per person

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### Chicken & Ricotta Risotto

(garlic and olive oil marinated chicken, oven roasted tomato, parmesan and house-made creamy ricotta)

\$12.45 per person

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### Prawn Risotto

(lemon and olive oil marinated prawns, roasted peppers, tomato bruschetta, olive oil and parmesan )

\$12.95 per person

# Chef's Hot Lunches

(Minimum 8 of Each)

## Organic Quinoa & Chicken

(organic quinoa and roasted vegetables, grilled natural chicken breast, mushroom demi-glace)

\$13.95 per person

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## Grilled Chorizo and Vegetables/Potato

(grilled chorizo, roasted red potatoes, roasted market vegetables, caramelized onion demi-glace)

\$13.95 per person

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## Duo of Pork

(grilled pork chop chorizo, roasted red potatoes and market vegetables, caramelized onion demi-glace)

\$13.95 per person

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## Grilled Alberta Sirloin

(6oz alberta beef sirloin, roasted red potatoes and vegetables, aged balsamic demi-glace)

\$13.95 per person

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## Pan Seared Atlantic Salmon & Organic Quinoa

(pan seared atlantic salmon, sautéed vegetables and organic quinoa, tomato ragout, herbs)

\$13.95 per person

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## House-made Beef Lasagna

(house-made beef chuck and sirloin lasagna with oven roasted tomato, baby spinach, mozzarella, parmesan and olive oil)

\$12.95 per person

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## Tomato Risotto and Grilled Chorizo

(creamy tomato risotto grilled chorizo, house-made bruschetta, parmesan, olive oil and herbs)

\$13.95 per person

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## Roasted Little Piggy Loin

(whole loin of a little pig, pan roasted and then will get thrown in the oven to make sure it taste delicious, served with roasted market vegetables, potatoes and demi-glace)

\$13.95 per person

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## Slow Roasted Baron of Beef

(slow roasted beef round to the perfection for 12 hours and sliced, served with roasted market vegetables, potatoes and demi-glace)

\$14.95 per person

# Chef's Signature Lunch Package

## 3 Course Lunch

(\$32.50 per person, and minimum of 15 people)

### Chef's Salad

(choose any of your favorite salad from the above salads)

*Or*

### Chef's Day Soup

(please ask us about the chef's soup of the day)

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### Chicken Roulade w/ Mushroom Risotto

(sautéed spinach, oven roasted tomato, goat cheese and herbs wrapped in naturally raised chicken breast with creamy mushroom risotto)

*Or*

### Roasted Beef Striploin w/ Roasted Red Potato

(mustard and shallot crusted slow roasted striploin w/ olive oil & herb marinated red -potatoes)

*Or*

### Seared Atlantic Salmon w/ Tomato Risotto

(pan seared atlantic salmon with lemon beurre , and oven roasted tomato and spinach risotto)

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### Assorted Dessert Platter and Berries

(assorted cake, cookies, brownies and bars)

*Or*

### Fresh Fruit Platter

(seasonal fresh-cut fruit with berries)

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