



Executive Catering

BC Hydro Edmonds



the fresh fork



Bakery

Muffin 3.29

bakers' fresh daily choice

Vegan Muffin or Gluten Free Muffin 4.19

Scone 3.29

bakers' fresh daily choice

Morning Bread 3.39

banana, lemon

Danish 3.99

assorted fruit filled pastry

Croissant 3.99

butter, chocolate or almond

Cinnamon Buns 3.99

Bakers Mini 18.99

per dozen pieces

mini - Danish, muffins, scones, croissants

Bagel Breakfast 18.99

6 person minimum per order

an assortment of bagels,
cream cheese, butter and preserves

Healthy Start Breakfast

Classic Breakfast Buffet 14.99 per person

10 person minimum

farm fresh scrambled eggs, crispy Potato Tarte,
with jams and butter

choice of:

Crispy bacon or sausage

White Toast or Whole Wheat Toast

Breakfast Sandwiches

Vegan Breakfast Burrito 7.29

Spiced Black Beans, Roasted Veggie, potato
bites in a warm tortilla

Vegetarian Breakfast Burrito 6.49

scrambled caged free eggs, mixed veggies,
sharp cheddar, potato bites in a warm tortilla

Breakfast Muffin 5.39

English muffin, caged free egg, cheddar
cheese and choice of bacon or sausage

Bacon Wrap 7.29

scrambled caged free egg, cheddar, bacon,
potato bites, warm tortilla

Breakfast Additions

Seasonal Fruit Cup 5.49

cubed, seasonally fruit

Assorted Oikos Greek Yogurt 1.99

Yogurt Parfait 4.99

vanilla, yogurt, granola
and seasonal fruits

Yogurt Bar – per person 6.99

vanilla yogurt, berries, granola,
nuts, dried fruit



the fresh fork



Working Lunch

minimum 10 guests all items are priced per person

14.39 pp

'SOUPER' SANDWICH

Chef's daily soup, choose from the following sandwiches :

- deli ham
- smoked turkey
- roasted beef
- ocean tuna
- farmers egg
- chicken salad
- veggie with cheese

Gourmet Artisan Sandwiches

Southwest Club

9.99 pp

smoked turkey, guacamole, mayo, lettuce, tomato, swiss cheese on rustic focaccia

Roast Beef

shaved beef, chipotle aioli, red onion, tomato, arugula, havarti on demi-baguette

Chicken Breast

red onion, roasted peppers, and baby spinach cheddar cheese with pesto mayo on ciabatta

Smoked Salmon

capers, red onion, cucumbers, tomatoes, roasted red pepper, lettuce with cream cheese on marble rye

Falafel and Feta Garden Wrap

handmade falafel, vegetable melody, shredded iceberg, olives, tzatziki in a tortilla wrap

Classic Handcrafted Sandwiches

Protein

8.99 pp

chicken salad, tuna salad, egg salad
smoked turkey, black forest ham, roast beef

Toppings

bell peppers, cucumber, tomato, leaf lettuce, mayo

Make it a Wrap

8.99 pp

Add Chips
for \$2.39

Add
Garden
Salad
\$3.45

Global and Comfort Buffets

minimum 10 guests all items are priced per person & need 48-hour notice

Taste of Greek chicken or beef souvlaki skewers, charred lemon Greek salad, lemon herb roasted potatoes, thick pita Spanakopita available for vegetarian option	16.99
---	-------

Slow Roasted Chicken served with fresh herbs and red skin mash and grilled market vegetables	16.99
--	-------

Butter Chicken tender braised chicken and chickpeas in a rich aromatic tomato sauce, basmati rice, warm naan bread Butter Tofu available for vegan option	16.99
---	-------

North African Beef Stew slow braised beef with eggplant, dried currants, toasted almonds in a Moroccan inspired curry. served with steamed rice, warm naan bread and grilled scallions	18.99
--	-------

Maple Dijon Baked Salmon pan seared then glazed with our maple dijon, served with 7 grain rice or roasted mini potatoes and steamed seasonal vegetables	19.99
--	-------

Lasagna ricotta, mozzarella and our scratch made tomato sauce. choose either lean beef bolognese or roasted vegetable with Caesar Salad and Garlic Toast	16.99
--	-------

Alfredo Chicken Pasta Creamy Alfredo Chicken Breast on the Pasta, with Caesar Salad and Garlic Toast	16.99
--	-------

Pair with our Salads & Desserts



the fresh fork

Market Side Salads

minimum 6 guests all items are priced per person

Heritage Blend Market Greens

3.29

roma tomato, cucumber and julienne carrot on a bed of tender greens. served with a garden salad, herb, or balsamic vinaigrette

Pasta Salad

4.29

vegetable fusilli with oven dried tomato, sweet red onion, diced green peppers, grated carrot tossed in a basil and oregano vinaigrette

Classic Cole Slaw

4.29

a mixture of green cabbage, radicchio, carrot and red pepper. finished with a creamy coleslaw dressing.

The Greek

4.99

marinated olives, red onion, roma tomatoes, red peppers and feta on chopped romaine finished with fresh oregano and parsley

Mediterranean Quinoa and Feta Salad

5.99

tri-coloured quinoa, cherry tomatoes, english cucumber, red peppers, pickled red onion, crumbled feta, fresh herbs & lemon balsamic vinaigrette

Boxed Salads

minimum 6 guests all items are priced per person

Blackened Chicken Caesar Salad

12.99

Blackened chicken, chopped romaine lettuce, grated parmesan cheese & house made croutons with our traditional Caesar dressing

Tradition Chef's Salad

12.99

Turkey, ham, cheddar, hardboiled egg, tomatoes, cucumbers & crisp greens with Italian dressing

Grilled Chicken Greek Salad

12.99

Grilled chicken, tomatoes, cucumbers, kalamata olives, feta cheese, red onion & mixed greens with Greek dressing

Falafel Greek Salad (Vegetarian, Vegan)

12.99

Falafel, tomatoes, cucumbers, kalamata olives, feta cheese, red onion & mixed greens with Balsamic dressing



the fresh fork

Beverages

Fresh Brewed Starbucks Coffee – serves 10 cups 23.99
choose from Pike (Medium), Decaf Pike, Verona (Dark) and Veranda (light)

Assorted Teavana Tea 2.39
english breakfast, earl grey, chai, radiant green, ginger peach
chamomile blush, harmonic mint, hibiscus spice, red rose orange pekoe

Canned Soft Drink 1.99
assorted pepsi or coke products

Large Soft Drink 2.99
assorted pepsi or coke products

Canned Sparkling Water 1.99
assorted bubly flavors

Small Fruit Juice 2.59
orange, apple, grapefruit, cranberry cocktail

Large Fruit Juice 3.29
orange, apple, grapefruit, cranberry cocktail, 100% cranberry

Bottled Water 2.50

Jug Iced Water 3.00
Free for order over \$50

Water Station 17.00
BC's freshest water with seasonal fruit and mint

Party Punch 18.00
Orange and ginger ale, sliced lemon



the fresh fork

Platters and Snacks

minimum 6 guests all items are priced per person

Crudités Platter

5.49

a selection of fresh peppers, zucchini, grape tomatoes, carrots, cauliflower broccoli and english cucumbers with a side of buttermilk ranch

Seasonal Fruit Platter

5.99

sliced melons, pineapple and grapes garnished with seasonal berries

Canadian and Imported Cheese Platter

6.79

cheddar, swiss, jack, havarti, danish blue cheese served with grapes, dried fruit and artisanal crackers

Half N' Half Platter (Fruit N' Cheese Platter)

7.49

mixture of sliced fruits and berries, sliced cheese, grapes, artisanal crackers

Antipasto Platter

8.49

marinated olives, artichokes, red peppers, feta and cured meats with grilled flat breads, red beet hummus and tzatziki

The Lighter Side

minimum 6 guests all items are priced per person

Breads and Dips

5.19

crispy flat breads, mini whole wheat pita, red pepper hummus yogurt with fresh dill

Santa-Fe Chips and Dips

5.19

yellow corn tortilla chips, tomato and lime salsa, guacamole and sour cream

At the Movies

6.19

a little sweet and salty mix of assorted potato chips, candy bars and baked pretzels

The Health Nut

6.39

protein packed builder bars, summer fresh hummus with flat bread and a variety of greek yogurt cups



the fresh fork



Sweet Treats

all items are priced per person

Cookies

2.79

chocolate chip, oatmeal raisin, double chocolate and macadamia nut white chocolate cookies

Dessert Squares

3.59

brownie, nanaimo bars, carrot cake, berry crumble bar

Gluten Free Brownie

3.99

Mini Assorted French Macarons(2 per person)

3.15



the FRESH FORK