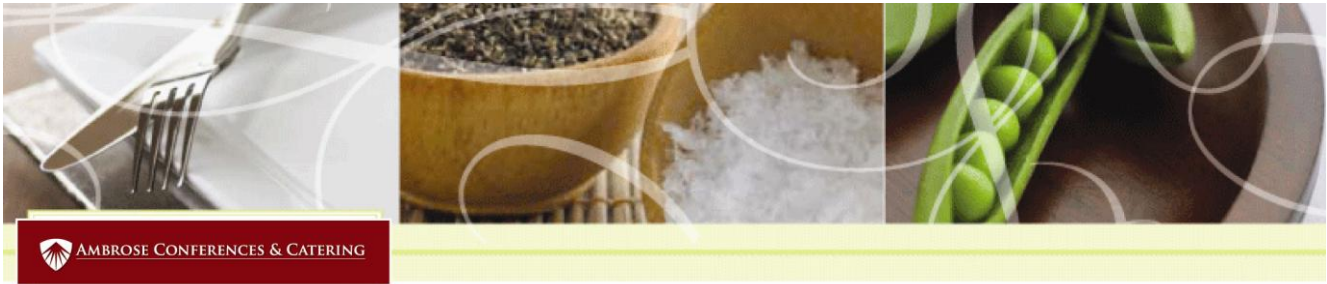




AMBROSE CONFERENCES & CATERING

see
enjoy
taste



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Catering Guidelines and Information

Ambrose Catering offers excellent food, professional services and all the finishing touches to your special event. The menu selections included in this package are suggestions created by our staff to give you a taste of the delicious cuisine Ambrose Catering has to offer. Our experienced catering staff is available to assist with your special requests in tailoring a menu for your special event.

Our catering department wants to ensure that your event is worry free. If you have any special request (dietary or otherwise), we will be pleased to create options to best suit your needs. Personalized planning ensures you and your guests enjoy the finest food and service; enjoying the peace of mind that comes with knowing Ambrose Catering has taken care of every detail.

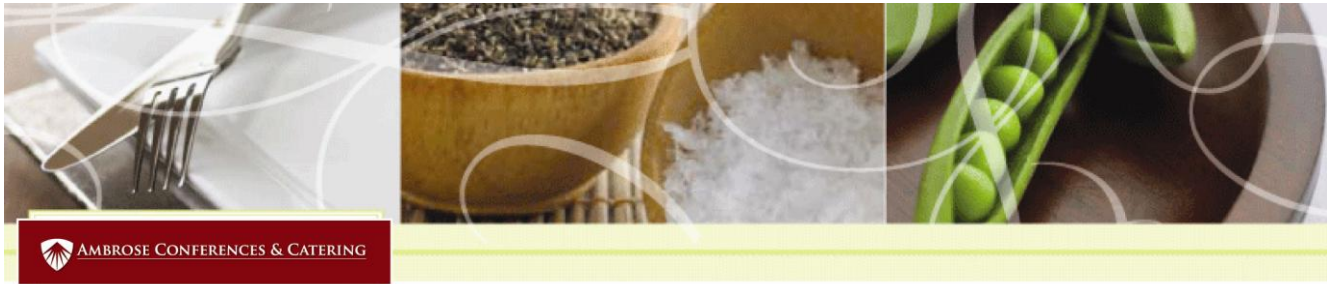
We ask that your menu selections be made approximately two weeks in advance with regular updates on the number of guests expected to attend. Final numbers are required no later than seven days prior. Your Catering Confirmation will detail your selected menu items and the service times requested. A signed copy of the Catering Confirmation is required to approve and confirm your catering order. We will do everything possible to provide service for catering requests received with less than five business days notice. However, please be aware that some selections may not be available and your delivery times may need to be adjusted to accommodate existing catering orders.

Menus and Pricing

The menu selection is an important step in planning any type of event. Ambrose Catering welcomes the opportunity to create personalized menus for any occasion. All prices listed in the menu are subject to 5% GST and 15% gratuity. Prices are guaranteed for a period of 60 days and are subject to change thereafter.

Guarantees

Attendance for any function can be delicate. To ensure that your entire party will be looked after, we ask that you guarantee the number of guest no later than seven business days prior to your event. The estimated number of guests given at the time of booking or your actual attendance number, whichever is greater, will be used for billing. Ambrose Catering understands that attendance can be unpredictable and we are always prepared to serve 4% over your guaranteed number to provide for unexpected guests.



Changes and Cancellations

Ambrose Catering understands that changes for an event are to be expected. We do ask that you let us know of any changes five business days prior to your event. If you cancel less than five business days prior to your event, charges will be applied for any expenses already incurred. If, unfortunately, you need to cancel the day of your event, you will be billed for the full amount of the function.

Services and Arrangements

Once the catering details are confirmed, we require a 50% deposit of the estimated catering costs. The balance will be charged to a credit card the day of the event. The credit card details are required when the catering contract is confirmed prior to the event. Should the booking of your event and the event date be close together, payment in full may be required in advance. Charges will also be applied if equipment and/or dishes are not returned to us. For water services and services without purchase a \$15.00 flat charge will be applied.

If you should require any additional services not mentioned, please feel free to contact our Special Events Coordinator at 403.410.2000 ext 2965 for availability and pricing. Ambrose Catering will provide all the food for your event. Due to Health and Safety Regulations, all remaining food belongs to Ambrose Catering.



Beverages

Starbucks Coffee (regular and decaffeinated)	\$1.50 per person
Specialty Tazo Tea (variety)	\$1.50 per person
Milk (500 ml)	\$2.50 each
Chocolate Milk (500 ml)	\$2.50 each
Can Soft Drink (355 ml)	\$1.50 each
Can Fruit Juice (341 ml)	\$1.50 each
Bottled Fruit Juice (450 ml)	\$2.25 each
Bottled Water (591 ml)	\$2.00 each
Iced Tea (355 ml)	\$2.00 each
Tomato Juice (284 ml)	\$2.00 each
V8 Juice (355 ml)	\$2.00 each
Mineral Water	\$2.49 each
Energy Drinks	\$3.50 each
Fruit Punch	\$1.50 per person



Breakfast Buffets

Ambrose Breakfast

\$5.75 per person

Assorted Freshly Baked Breakfast Pastries
Whipped Butter and Preserves
Assorted Chilled Fruit Juice
Coffee and Tea

Continental Breakfast

\$7.75 per person

Assorted Freshly Baked Breakfast Pastries
Whipped Butter and Preserves
Seasonal Fresh Fruit Slices or Seasonal Fresh Fruit Salad
Assorted Chilled Fruit Juice
Coffee and Tea

Healthy Choice Continental Breakfast

\$9.50 per person

Assorted Freshly Baked Regular and Low Fat Muffins
Assorted Pastries and Fruit Granola Bars
Whipped Butter and Preserves
A selection of Individual Fruit Yogurt and Yogurt Parfaits,
Seasonal Fresh Fruit Slices or Seasonal Fresh Fruit Salad
Assorted Chilled Fruit Juice
Coffee and Tea

Rise and Shine Buffet

\$10.75 per person (15 people minimum)

Assorted Freshly Baked Bagels or
Fresh Croissants
Whipped Butter, Preserves and Cream Cheese
Scrambled Eggs with Fresh Chives and
Cheddar Cheese
Choice of One: Bacon, Sausage or Ham
Assorted Chilled Fruit Juice
Coffee and Tea

Early Riser Breakfast Buffet

\$13.75 per person (15 people minimum)

Assorted Freshly Baked Breakfast Pastries
Whipped Butter and Preserves
Scrambled Eggs with Fresh Chives and
Cheddar Cheese
Pan Fried Potatoes
Choice of Two: Bacon, Sausage or Ham
Choice of One: Pancakes or Cinnamon French
Toast with Syrup
Assorted Chilled Fruit Juice
Coffee and Tea

Add Seasonal Fresh Fruit Slices, Seasonal Fresh Fruit Salad or Domestic Cheese Platter to any of the above for an additional \$3.00 per person



Breakfast Baskets

Muffin Basket

\$14.95 Serves 8-10 people

A variety of muffins available, including Chocolate Chunk, Blueberry, Pralines and Cream, Coffee Swirl, Cranberry Lemon, Banana Nut, Oatmeal and several other options.

Assorted Pastries Basket

\$14.95 Serves 8-10 people

Includes a variety of muffins, scones and danishes.

Fresh Fruit Platter

\$19.95 Serves 10 people

An assortment of fresh seasonal fruit.

Cinnamon Bun Basket

\$17.95 Serves 8-10 people

Ambrose Signature Cinnamon Buns, topped with delicious cream cheese icing.



Snack Selections

Fresh Vegetable Platter

Small Platter \$17.95 (serves 10 people)
 Medium Platter \$35.95 (serves 20 people)
 Large Platter \$52.95 (serves 30 people)
Assorted vegetables served with a creamy dip

Seasonal Fresh Fruit Platter

Small Platter \$19.95 (serves 10 people)
 Medium Platter \$39.95 (serves 20 people)
 Large Platter \$59.95 (serves 30 people)

Seasonal Fresh Fruit and Cheese

Combination Platter

Small Platter \$50.00 (serves 10 people)
 Medium Platter \$100.00 (serves 20 people)
 Large Platter \$150.00 (serves 30 people)
Seasonal Fresh Fruit Slices, Domestic Cheese and Specialty Crackers

Cheese and Crackers Platter

Small Platter \$45.00 (serves 10 people)
 Medium Platter \$90.00 (serves 20 people)
 Large Platter \$135.00 (serves 30 people)
Canadian Cheddar, Swiss, Marble, Havarti, Mozzarella, Mini Baby Bells served with Specialty Crackers

Assorted Dessert Squares

\$16.00 per dozen
A delicious assortment of brownies and squares

Spinach and Herb Dip

\$49.95 (serves 10 people)

Spinach and Herbs combined with Spices and Cream Cheese. Served with Baguette Chunks, Pita Chips or Bagel Chips

Afternoon Refresher

\$8.50 per person

Seasonal Fresh Fruit with Vanilla Yogurt, Assorted Cookies, Coffee and Tea, Assorted Soft Drinks and Fruit Juice

Healthy Break

\$8.50 per person

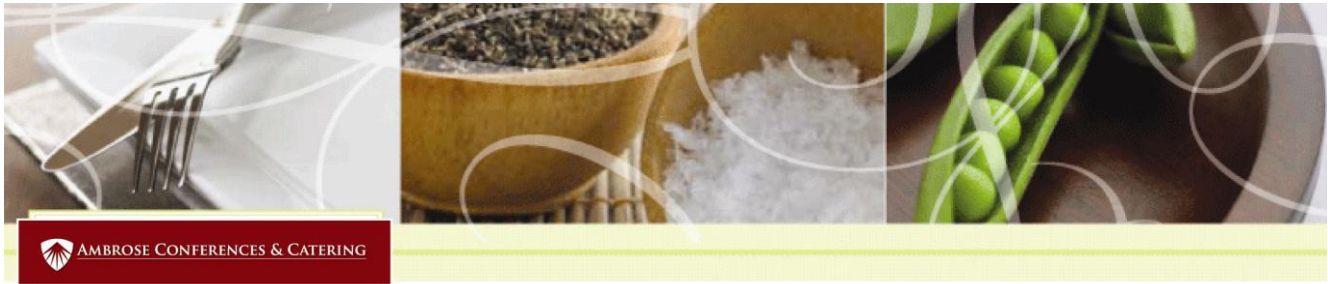
Assorted Granola Bars, Seasonal Fresh Fruit Salad, Selection of Individual Yogurt, Chilled Fruit Juice, Coffee & Tea

Freshly Baked Assorted Cookie Basket

Small Basket \$10.00 (serves 10 people)
 Medium Basket \$20.00 (serves 20 people)
 Large Basket \$30.00 (serves 30 people)
1 cookie per person

Assorted Sweets Basket

Small Basket \$32.95 (serves 10 people)
 Medium Basket \$65.90 (serves 20 people)
 Large Basket \$98.85 (serves 30 people)
(2 Dessert Squares and 1 Cookie per person)
Assorted Dessert Squares and Freshly Baked Cookies



Individual Snack Items

Rice Crispy Squares	\$2.75 each
Puffed Wheat Squares	\$2.75 each
Granola Bars	\$2.50 each
Assorted Whole Fresh Fruit (seasonal)	\$1.50 each
Individual Fruit Yogurt	\$2.50 each
Individual Yogurt Parfait with Granola & Fruit	\$3.50 each
Chocolate Bars	\$1.90 each
Large Brownies	\$2.75 each
Potato Chips	\$2.49 each
Pretzels	\$2.49 each
Mixed Snacks	\$2.49 each



Luncheon Buffets

Luncheons include your choice of two Salad Selections and two Dessert Selections found on page 11. Also includes assorted Soft Drinks and Assorted Fruit Juice, or Freshly Brewed Coffee and a variety of Specialty Teas.

Deluxe Sandwich and Wrap Buffet

\$14.00 per person (minimum order – 10 people)

Deluxe Deli Sandwiches and Wraps made with Premium Cold Cuts
Marble Rye, Sourdough, Chibatta, Focaccia, Baguette, Cheese, White and Multigrain Breads
Tomato, Spinach, Cheese, Whole Wheat and Regular Soft Tortilla Wraps
Seasonal Fresh Fruit Slices and Fresh Vegetables and Dip

Build Your Own Sandwich Buffet

\$15.00 per person (minimum order – 10 people)

Premium Deli Meat Platter with Tuna and Egg Salad, Assorted Deli Breads and Rolls
Lettuce, Tomatoes, Cucumbers, Hot Peppers, Pickles and Cheese, Butter, Mustard and Mayo
Seasonal Fresh Fruit Slices and Fresh Vegetables and Dip

Beef on a Bun Buffet

\$17.00 per person (minimum order – 20 people)

Slow Roasted Beef with Au Jus
Fresh Baguette Rolls, Herb Roasted Potatoes and Fresh Vegetables and Dip

Pasta Buffet

\$17.00 per person (minimum order – 10 people)

Choice of two Pastas: Penne, Vegetable Rotini, Spaghetti, Fettuccine or Linguini
Choice of two Sauces: Traditional Meat Sauce, Chicken Alfredo Sauce, Three Cheese Sauce, Tomato Sauce
Herb Parmesan Bread Sticks



Chili Buffet

\$17.00 per person (minimum order – 15 people)

Traditional Beef Chili or Vegetarian Chili

Baked Potatoes with Shredded Canadian Cheddar, Fresh Chives and Sour Cream

Tortilla Shards and Salsa

Fresh Dinner Rolls and Butter

Chicken Breast Buffet

\$18.00 per person (minimum order – 15 people)

Choice of one Chicken:

Grilled Chicken with Orange-Ginger Sauce, Chicken Souvlaki, Chicken Supreme, Apricot & Ginger Glazed Chicken, Chicken with Wild Mushroom Stuffing, Szechwan Chicken, Garlic Chicken or Chicken Parmesan.

Includes one Choice of Potato, Rice or Pasta:

Roasted Garlic Mashed Potatoes, Herb Roasted Potatoes, Potatoes Au Gratin, Steamed Rice, Vegetable Fried Rice, Lemon Pepper Rice Pilaf, Wild Rice Pilaf, Penne Pasta or Rigatoni Pasta

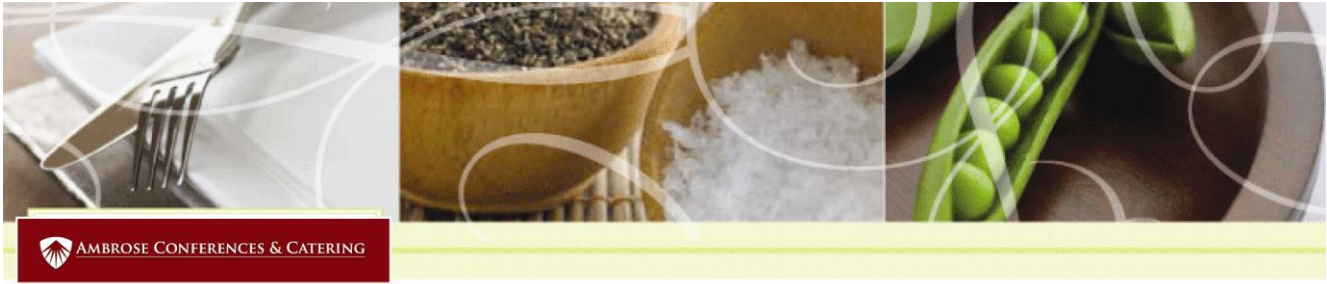
Includes Vegetable Medley and Fresh Dinner Rolls and Butter

Luncheon Buffet Salad Selections

Classic Caesar Salad
 Marinated Vegetable Salad
 Market Vegetable Salad
 Four Bean Salad
 Spinach Mandarin Orange Salad with Feta, Pine Nuts and Raspberry Vinaigrette
 Spinach Salad with Strawberries and Almonds
 Thai Noodle Salad
 Greek Salad
 Red Skin Potato Salad with Dill
 Pasta Salad
 Coleslaw

Luncheon Buffet Dessert Selections

Assorted Cookies
 Assorted Dessert Squares
 Apple Crisp or Berry Crisp
 Apple Pie
 Bumble Berry Pie
 Strawberry Shortcake
 Lemon Shortcake
 Apple Cinnamon Cake
 Old Fashioned Chocolate Cake
 Black Forest Cake
 Seasonal Fresh Fruit Slices



Themed Luncheon Buffets

Includes Assorted Soft Drinks and Assorted Fruit Juice or Freshly Brewed Coffee and a Variety of Teas

Mexican Buffet

\$18.00 per person (minimum 20 people)

Choice of two Entrees:

Beef Enchiladas, Chicken Enchiladas, Vegetarian Enchiladas, Beef Fajitas, Chicken Fajitas, Chicken Quesadillas or
Bean Quesadillas
Mexican Pasta Salad
Seasonal Fresh Fruit Slices
Apple and Cinnamon Enchilada Dessert

Italian Buffet

\$18.00 per person (minimum 20 people)

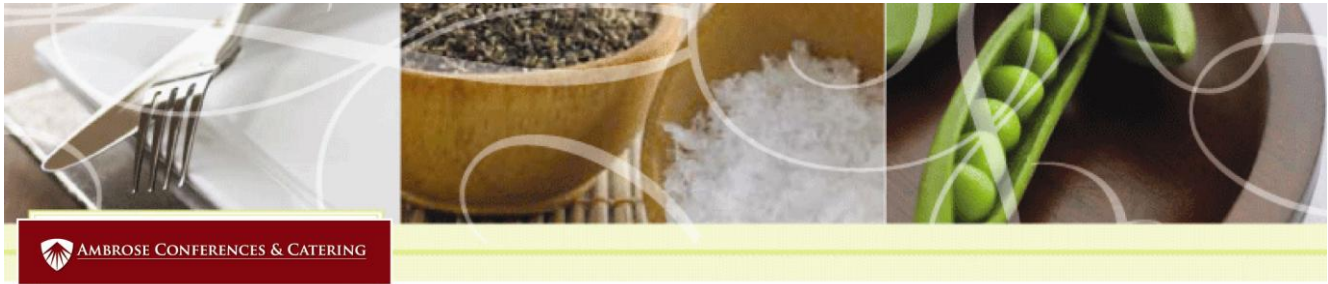
Choice of two Entrees:

Traditional Beef Lasagna, Vegetarian Lasagna, Manicotti, Chicken Parmesan or Tuscany Pasta with Meat Balls and
Italian Sausage
Fresh Mozzarella and Tomato Salad or Classic Caesar Salad
Herb Parmesan Breadsticks or Garlic Toast
Seasonal Fresh Fruit Slices
Tiramisu Cake

Mediterranean Buffet

\$18.00 per person (minimum 20 people)

Chicken Breast Souvlaki served on Skewers with Tzatziki Sauce
Lemon Pepper Rice Pilaf or Lemon Herb Roasted Potatoes
Grilled Vegetable Medley
Greek Salad
Hummus and Warm Pita Bread
Seasonal Fresh Fruit Slices
Baklava



Chinese Buffet

\$18.00 per person (minimum 20 people)

Cantonese Noodles or Fried Rice (Mushroom, Vegetable or Shrimp)

Choice of two Entrees:

Broccoli with Beef or Chicken, Chop Suey with Beef or Chicken, Sweet & Sour Pork, Lemon Chicken,

Sesame Chicken, Black Bean Chicken or Ginger Beef

Stir-Fry Vegetables

Spring Rolls with Plum Sauce

Seasonal Fresh Fruit Slices

Fortune Cookies

Indian Spice Buffet

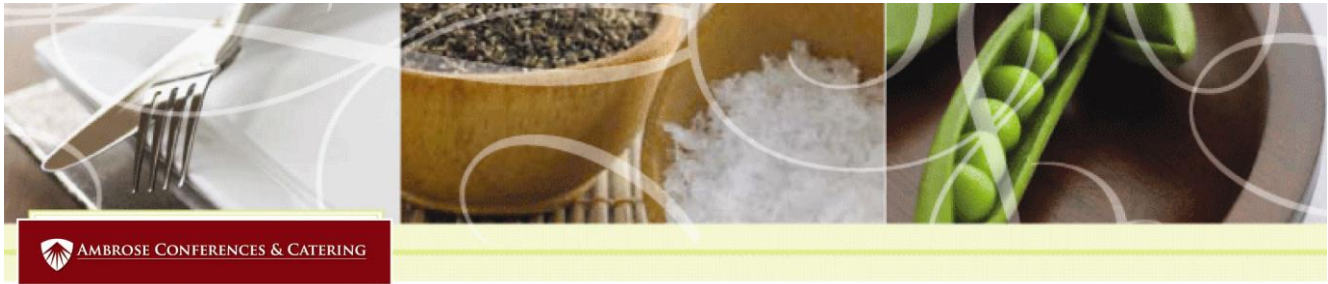
\$18.00 per person (minimum 20 people)

Butter Chicken served with Yogurt Sauce

Basmati Saffron Rice

Vegetable Medley

Nann Bread and Seasonal Fresh Fruit Slices and Assorted Cookies



Luncheon Baskets and Platters

Traditional Sandwich Basket

Small Basket \$40.00 (serves 10 people)

Medium Basket \$80.00 (serves 20 people)

Large Basket \$120.00 (serves 30 people)

Selection of Roast Beef, Turkey, Chicken, Egg Salad, Tuna, Black Forest Ham and Vegetarian Sandwiches
Made with Whole Wheat and White Bread

Classic Deluxe Sandwich or Wrap Basket

Small Basket \$57.50 (serves 10 people)

Medium Basket \$115.00 (serves 20 people)

Large Basket \$172.50 (serves 30 people)

Selection of Roast Beef, Turkey, Chicken, Egg Salad, Tuna, Black Forest Ham and Vegetarian Sandwiches
Made with a selection of Fresh Deli Rolls and Buns

Specialty Sandwich Basket

Small Basket \$80.00 (serves 10 people)

Medium Basket \$160.00 (serves 20 people)

Large Basket \$240.00 (serves 30 people)

Large Crusty French Baguette Sandwiches

Selection of Smoked Salmon with Herb Cream Cheese and Thinly Sliced Red Onion,
Grilled Chicken with Mango Salsa, Prosciutto with Goat Cheese and Basil Pesto,
Grilled Vegetables with Feta and Pesto



Tri-colored Tortilla Chip & Dip Platter

Small Platter \$18.00 (serves 10 people)

Medium Platter \$36.00 (serves 20 people)

Large Platter \$52.00 (serves 30 people)

Tri-colour Nachos served with Salsa, Guacamole and Sour Cream

Quesadilla Platter

Small Platter \$25.00 (serves 10 people)

Medium Platter \$50.00 (serves 20 people)

Large Platter \$75.00 (serves 30 people)

Chicken Quesadillas

Served with Salsa and Sour Cream

Wing Platter

Small Platter \$30.00 (serves 10 people)

Medium Platter \$60.00 (serves 20 people)

Large Platter \$90.00(serves 30 people)

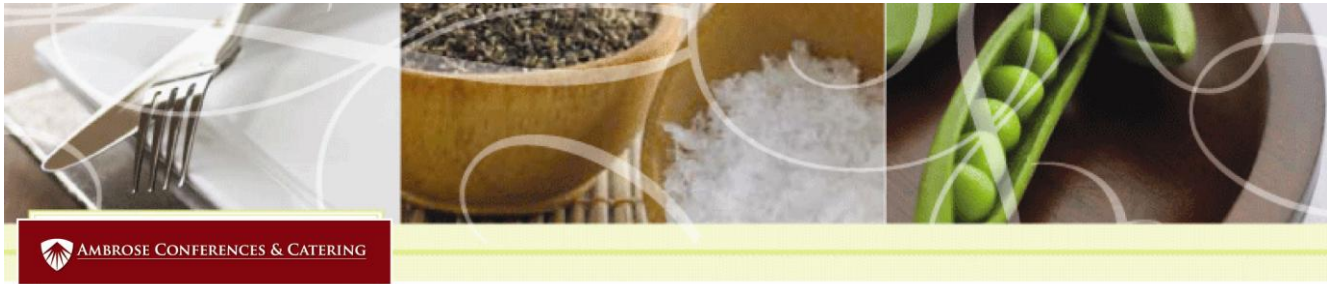
6 wings per person

Your choice of Hot, Teriyaki, Sweet and Sour or Salt and Pepper

Two Topping Classic Pizza - \$22.00 each

Cheese and Herb, Vegetarian, Pepperoni and Hawaiian or create your own Pizza (16 inch)

Additional Toppings add \$1.25/each



Signature Platters

Gourmet Cheese Platter

Small Platter \$65.00 (serves 10 people)

Medium Platter \$130.00 (serves 20 people)

Large Platter \$195.00 (serves 30 people)

A Selection of Domestic & Imported Cheeses
 Canadian Cheddar, Swiss, Gruyere,
 French Camembert, Chevre with Herbs and Danish
 Blue Cheese
 Garnished with Fresh Berries and served with
 Specialty Crackers

Up-Market Vegetable Platter

Small Platter \$55.00 (serves 10 people)

Medium Platter \$110.00 (serves 20 people)

Large Platter \$165.00 (serves 30 people)

Selection of Asparagus Spears, Endive, Zucchini and
 Roasted Peppers
 Served with Hummus, Pita and Breadsticks
 Choose from Creamy Garlic and Rosemary Dip,
 Ginger and Chive Dip, Hickory Bacon Dip or our
 Classic Herb Blend Dip

Antipasto Platter

Small Platter \$67.50 (serves 10 people)

Medium Platter \$135.00 (serves 20 people)

Large Platter \$200.00 (serves 30 people)

Grilled Eggplant, Zucchini and Tomato, Roasted
 Garlic, Asparagus, Red Peppers,
 Red Onions, Artichoke Hearts,
 Bocconcini, Mozzarella and Spiced Olives
 Served with Pita and Hummus

Hummus Platter

Small Platter \$30.00 (serves 10 people)

Medium Platter \$60.00 (serves 20 people)

Large Platter \$90.00 (serves 30 people)

Served with Pita Bread or Tortilla Chips

Tzatziki Platter

Small Platter \$30.00 (serves 10 people)

Medium Platter \$60.00 (serves 20 people)

Large Platter \$90.00 (serves 30 people)

Combination of Yogurt, Garlic and Cucumber
 Served with Pita Bread or Tortilla Chips



Cold Hors d`Oeuvres

Priced per Dozen

Crab Salad Canapés Crab Salad on Crackers	\$16.00
Shrimp Canapés Baby Shrimp with Lemon Cream Cheese served on Crackers	\$16.00
Smoked Salmon Canapés Smoked Salmon with Lemon Cream Cheese served on Crackers	\$16.00
Bruschetta Fresh Roma Tomato & Herbs served with Baguette Rounds	\$14.00
Tuna Canapés Sesame Crusted Ahi Tuna on Sea Salt Tortilla Chips	\$14.00
Artichoke & Goat Cheese Crostini	\$14.00
Sushi California Rolls, Vegetarian & Seafood Maki with Wasabi Sauce & Pickle Ginger Sauce	\$18.00
Prawns with Peppered Cream Cheese served on Toast Points	\$18.00
Roasted Bell Peppers served on Goat Cheese Crostini	\$16.00
Pâté on Crostini	\$14.00
Olive Tapenade Toasts	\$14.00
Shrimp and Mango Salad Rolls	\$16.00
Bagels served with Lox, Cream Cheese, Capers and Fresh Dill	\$20.00
Chocolate Dipped Strawberries (seasonal)	\$18.00

We suggest ordering 4-6 pieces per person for a reception.

If your reception runs over a meal time, we suggest you order at least 8-10 pieces per person.

Specialty Items are available and our Catering Department can custom design a menu for any occasion.



Hot Hors d`Oeuvres

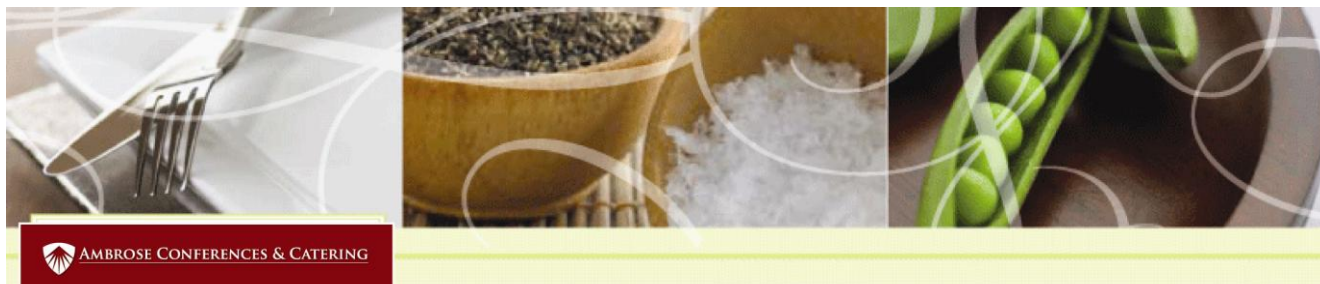
Priced per Dozen

Satays Beef, or Chicken Satay served with Chef's Selection of Asian Sauces	\$16.00
Breaded Fantail Shrimp Breaded Jumbo Shrimp served with Cocktail Sauce	\$16.00
Spanikopita Goat Cheese and Spinach wrapped in a Phyllo Triangle	\$14.00
Spicy Thai Meatballs	\$16.00
Breaded Brie Baked Breaded Brie Cheese	\$18.00
Coconut Shrimp served with Mango Salsa	\$18.00
Bacon Wrapped Scallops Bay Scallops wrapped with Bacon	\$20.00
Breaded Chicken Filet served with Plum Sauce	\$18.00
Baked Vegetarian Samosas served with Cucumber Dill Dip	\$16.00
Baked Beef Samaosas served with Cucumber Dill Dip	\$18.00
Chicken Wings choice of Hot, Honey Glazed, Teriyaki, Salt and Pepper or BBQ	\$16.00
Shrimp or Crab Cakes served with Roasted Red Pepper Aioli	\$20.00
Quesadillas choice of Chicken or Beef served with Salsa and Sour Cream	\$16.00
Mini Quiche Lorraine, Spinach & Feta, Shrimp & Dill, Crab & Artichoke, Chicken & Swiss	\$14.00
Spring Rolls served with Plum Sauce (Vegetarian available)	\$16.00
Mini Wontons served with Asian Sauce	\$16.00

We suggest ordering 4-6 pieces per person for a reception.

If your reception runs over a meal time, we suggest you order at least 8-10 pieces per person.

Specialty Items are available and our Catering Department can custom design a menu for any occasion.



Dinner Buffet

Dinner Buffet includes your choice of two Salad Selections, One Entrée Selection, Chef's Dessert Display, Seasonal Fresh Fruit and Domestic Cheese Platter, Freshly Brewed Coffee and a Variety of Specialty Teas

Carving Stations are available – please inquire
Vegetarian options are available – please inquire

\$25.00 per person

(includes one Entrée selection, each additional selection \$7.99 per person)

Entrée Selections:

- Pepper Crusted Sirloin Roast Beef
- Marinated Salmon with Lemon-Ginger Sauce
- Beef Strip Loin Steak
- Honey Glazed Roasted Ham
- Pork Loin with Brandy Peppercorn Sauce
- Roasted Turkey with Traditional Sage Dressing
- Grilled Chicken with Asian inspired Orange-Ginger Sauce
- Cajun Chicken Breast topped with Mango Salsa
- Baked Chicken Breast with Lemon-Wine Sauce

Choose Two Salads

- Classic Caesar Salad
- Marinated Vegetable Salad
- Market Vegetable Salad
- Four Bean Salad
- Spinach Mandarin Orange Salad with Feta, Pine Nuts and Raspberry Vinaigrette
- Spinach Salad with Strawberries and Almonds
- Thai Noodle Salad
- Pasta Salad
- Coleslaw
- Red Skin Potato Salad with Dill
- Greek Salad

Choose one Potato or Rice:

- Roasted Garlic Mashed Potatoes
- Herb Roasted Potatoes
- Baked Potatoes with Sour Cream and Chives
- Potatoes Au Gratin
- Steamed Rice
- Lemon Pepper Rice Pilaf
- Vegetable Fried Rice
- 7 Grain Wild Rice Pilaf



Barbecue

Barbecue Option I

\$14.50 per person

4 oz All Beef Hamburgers
 All Beef Hot Dogs
 Fresh Kaiser Buns and Rolls
 Potato Salad
 Coleslaw
 Potato Chips
 Lettuce, Tomato, Onion and Pickles
 Choice of Fruit Punch, Lemonade or Ice Tea

Barbecue Option II

\$18.00 per person

Barbecue Chicken Breast
 Potato Salad
 Mixed Greens Salad
 Corn on the Cob
 Fresh Rolls & Butter
 Fresh Watermelon and Cantaloupe Slices
 Choice of Fruit Punch, Lemonade or Ice Tea

Barbecue Option III

\$23.00 per person

6 oz New York Steak
 Baked Potatoes with all of the trimmings
 Corn on the Cob
 Mixed Greens Salad
 Caesar Salad
 Coleslaw
 Garlic Bread Sticks
 Fresh Watermelon and Cantaloupe Slices
 Choice of Fruit Punch, Lemonade or Ice Tea

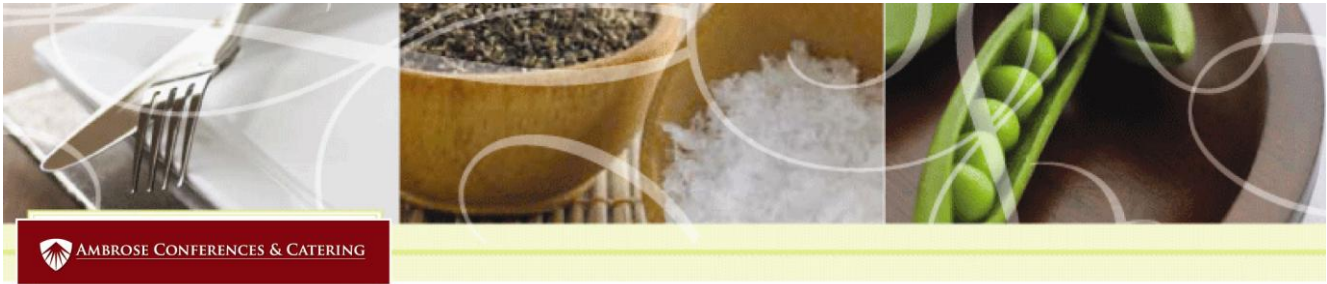
Barbecue Option IV

\$23.00 per person

Marinated Salmon Filet
 Herb Roasted Potatoes
 Corn on the Cob
 Mixed Greens Salad
 Caesar Salad
 Coleslaw
 Fresh Watermelon and Cantaloupe Slices
 Choice of Fruit Punch, Lemonade or Ice Tea

Vegetarian options are available – please inquire

Our Catering Team is happy to assist in custom designing a menu to suit any occasion



Contact Information

Ambrose Conference and Catering

Special Events Coordinator

Phone: 403.410.2000 ext. 2965

Email: specialevents@ambrose.edu