



SEASONAL BITES

please inquire for current availability

VEGETARIAN

Organic Hummus

organic Saskatchewan chickpea hummus on coriander roasted zucchini

Stuffed Mushroom Caps

red pepper ratatouille & Parmigiano

Asiago Mini Cheesecakes

w/ candied walnut chunk

Brie Pillows

Brie filled puff pastry w/ apricot & sour cherry chutney

Beets & Chevre Skewer

roasted local beet & chèvre ball in organic hemp hearts on skewer

Calories Tart

seasonal selection

Risotto "Arancini"

saffron risotto balls filled w/ wild mushrooms & pine nuts served w/ house Aiöli

Phyllo Triangles

seasonal assortment

SEAFOOD & FISH

Cuban Mojo Shrimp Skewer

w/ grilled pineapple

Scallop Ceviche

scallops w/ pink peppercorn & citrus juice served on Asian spoon

Prosciutto Wrapped Scallop

olive oil sautéed sea scallops w/ organic house cured prosciutto

Wild House Smoked Trout

w/ house crème fraîche & dill on organic crostini

Lobster Spoons

w/ shiitake mushrooms & garlic butter



MEAT APPETIZERS

Spiced Chicken Meatball & Chutney

warm spiced local pastured chicken pan seared & skewered meatball w/ local green tomato chutney

Duck Confit Bite

house confit, wild mushroom & leek on toasted brioche

Crispy Wontons

crispy duck wontons w/ Asian dip

Dates & Bacon

ricotta stuffed dates wrapped in bacon

Spring Pea & Prosciutto Crostini

smashed local green peas, crispy local prosciutto & house crème fraîche on organic baguette crisp

Risotto "Arancini"

saffron risotto balls filled with organic ragu served with house Aiöli

Beef Roll Up

organic beef w/ avocado & wasabi cream sauce

SWEETS

Calories Mini Cheesecakes

seasonal variety

Mini Pavlova

cloud meringue with fresh fruit & whip cream

Mini Cupcakes

seasonal variety

Mini Chocolate Pate

dark chocolate cup with rich chocolate mousse & raspberry

Macarons

seasonal variety

Mini French Lemon Tarts

our classic Calories lemon tart in mini format w/ candied lemon slice

CALORIES

EST. 1986

catering

**\$15/
guest**

6 bites/guest
2 vegetarian / 2 fish or meat / 2 sweet
minimum 20 guests

**\$19/
guest**

8 bites/guest
2 vegetarian / 4 fish or meat / 2 sweet
minimum 20 guests

**\$28/
guest**

12 bites/guest
3 vegetarian / 6 fish or meat / 3 sweet
minimum 20 guests

**\$6/
guest**

Dessert Bar
3 sweet bites/guest
minimum 20 guests

BOARDS

Fruit Platter

variety of fruits and berries

Vegetable Platter

variety vegetables w/ organic hummus & herbed cream cheese dip

House Smoked Salmon Platter

smoked wild caught BC salmon w/ house creme fraiche, capers, red onions & lemon wedges;
organic baguette crisps

Cheese Board

selection of domestic & imported cheeses w/ house preserves, candied nuts & fresh fruit

Charcuterie Board

local cured meats w/ house pickles, mustards & marinated olives

Combination Charcuterie & Cheese Board

locally cured meats & selection of cheeses w/ house pickles, preserves, mustards, marinated olives,
candied nuts & fresh fruit

All boards include organic baguette and gluten free crackers

**\$6/
guest**

minimum 12 guests
all boards except
combination board

**\$9-15/
guest**

combination
charcuterie & cheese