



# Sassafras Savouries.com

## Café & Catering Company

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## Catering Menus

Our Catering Menus are especially suitable for business functions, meetings, conferences & gatherings of all sorts. We would appreciate **at least 48 hours'** notice. Please note that we will be happy to create customized menus for your special get together.

### Appetizers.....

**Asparagus Poppers...** one dozen steamed asparagus spears wrapped in cream cheese and prosciutto, \$24 dozen

**Artisan Baguette with Salmon Lox...** slices of fresh artisan baguette topped with cream cheese, smoked salmon & capers, \$30/dozen

**Baked Brie...** with roasted garlic, sun dried tomatoes & artichokes or blueberries, maple syrup and pecans, served with sliced baguette, \$32

**Crostini...** toasted slices of French bread topped with traditional tomato-basil bruschetta, or succulent roast beef sliced paper thin with wasabi mayo and capers, or brie with grapes, walnuts & honey, \$24/dozen

**Dim Sum Dumplings...** steamed chicken and vegetable gyoza, lightly fried in sesame oil and served with sweet chili sauce, 5 dozen minimum order--\$12/dozen

**Filo Pastries...** savory mushrooms, pecans, cream cheese & Asiago or yam, Gruyere & roasted garlic, \$20/dozen

**Spanokopita...** classic filo triangles with spinach & feta, \$20/dozen

**Greek Appie Platter...** a large platter of chicken skewers, Calamari, Greek tomatoes with feta, handmade pita, homous, tzatziki, Greek olives and artichoke hearts \$60

**Meatballs...** made with local grass fed, antibiotic & hormone-free beef, in spicy, sweet & sour sauce \$15/dozen

**Mini Quiche...** made with assorted fillings: spinach & red pepper, smoked gruyere & black forest ham, mushrooms, Swiss cheese & caramelized onion, Mini \$20/dozen, Large \$40

**Stuffed Mushroom Caps...** with pesto, prawn mousse or escargot, \$17/dozen

**Mussels...** Five pounds of tender mussels steamed in a red wine, Mediterranean sauce, served with baguette, \$70

**Pakorras...** potatoes, onions and peas dredged in a chickpea flour batter & deep fried until golden, served with our own mango & peach chutney, \$24/dozen—4 dozen minimum order

**Pierogies...** hand-made potato & cheese pierogies, tossed with bacon & sautéed onions, served with sour cream, \$13/dozen

**Potato Skins...** russet potato skins mounded with melted cheddar, real bacon bits & chopped green onions served with sour cream, \$21/dozen

**Prawn Platter...** succulent sautéed prawns on a platter served with savory dip, 62-80 pieces (2 pounds) \$47

**Quesadilla...** with cheese, chicken & sautéed peppers and onions, served with our fresh salsa, guacamole and sour cream \$29/doz

**Roasted Veggie platter...** red & green peppers, Japanese eggplant & onions roasted in garlic, olive oil & thyme, served with baguette & pesto mayo, \$37

**Samosas...** large deep fried pastries stuffed with a savory potato-curry filling, served with sweet tamarind sauce, \$30/dozen

**Spring Rolls...** hot 'n crispy vegetable spring rolls served with Thai lime dip, cilantro & chopped peanuts, 36 pieces \$30

**Teriyaki Chicken Wings...** our own garlicky, ginger Teriyaki sauce with chilies, so yummy, \$13/dozen

**Zucchini Parm Crisps...** zucchini slices, marinated, grilled, & topped with parmesan: cheesy, garlicky goodness \$13/dozen

## Dips...

**Guacamole...** 500ml, \$7 each

**Tzatziki or Homous...** 500ml, \$5.50 each

**Sour Dough Rounds...** stuffed with spinach, roasted garlic, artichoke & red pepper dip, served with sour dough cubes & baguette slices, \$32

**Hot Spinach Tortilla Dip...** creamy spinach with artichokes, red peppers, Monterey Jack and Parmesan, served hot & bubbly (1.4 L casserole) with a variety of tortilla chips & fresh crostini, \$32

**Hot Seafood Gratin Dip...** Canadian shrimp & scallops in a white wine béchamel with parmesan (1.4 L casserole), served with sliced baguette \$50

## Soups...

our signature soups are a no-fail crowd pleaser & "oh so good!" A variety of homemade soups served in an electric tureen.

**Soup & Bun...** \$5.50 (sm) & \$7.00 (lg)

**Soup & Scone...** \$5.50 (sm) & \$7.00 (lg)

**Small Soup & Salad - No Bread...** \$8.25

**Small Soup & Salad & Bun...** \$9.00

**Small Soup & Salad & Scone...** \$9.50

**Soup & Sandwich...** \$11.50

**Soup & Wrap...** \$12.50

**Bun & Butter...** \$1.50

## Sandwiches...\$8

Our sandwiches are a meal - made with fresh bread from the Pastry Chef, what a difference! Choose from meat, meat & cheese, vegetarian, or a variety. All sandwiches are prepared with a selection of lettuce, sliced tomatoes, sliced peppers, pickles, cucumbers, red onions & our own roasted vegetables. We can also do any of our sandwiches with gluten-free bread.

**Meat:** roasted local beef (hormone and antibiotic free), salami, ham, chicken roasted in our kitchen, tuna or salmon

**Cheese:** Monterrey Jack, Swiss, cheddar, provolone, Edam, or Gouda

**Veggie:** egg salad, roasted vegetables, humous, avocado, cream cheese, variety of sliced cheeses

**With Tossed Green Salad, or Caesar, or Soup... \$11.50**

## Wraps...\$9

**Fresh Roast Beef Donair...** with rice, Greek salad, tzatziki & feta

**Spicy Refried Lentils & Rice...** with avocado, salsa, sour cream, cheddar, lettuce & cilantro

**Shrimp Bok Choy...** Asian-inspired sautéed bok choy & red pepper, shrimp on rice with orange ginger sauce

**Chicken, Rice Noodles & Peanut Sauce...** with red peppers, grated carrot, green onions & lettuce

**Chicken & Roast Vegetable Souvlaki...** with rice, tzatziki & feta

**Chicken Greek Salad...** with rice, Greek salad, tzatziki & feta

**Chicken Caesar...** crispy romaine and roasted chicken tossed in our own Caesar with parmesan cheese

**Chicken Thai Curry...** seasoned rice with chicken, Thai curry, sweet chili sauce, fresh spinach & cilantro

**With Tossed Green Salad, or Caesar, or Soup... \$12.50**

**With Organic Greens & Fruit Salad... \$12.75**

## Salads.....

Sassafras loves salads!

**Salad side order...** \$4.00 - \$5.50

**Broccoli Coleslaw...** \$4.50

**Coleslaw...** \$4.00

**Moroccan Orange Walnut...** \$4.50 **Broccoli**

**Grape...** \$4.75

**Apple Almond...** with luscious green dressing, iceberg lettuce, fresh spinach, grated carrot & almonds \$4.00

**Classic Spinach...** with grated Swiss, mushrooms, real bacon bits, hard-boiled egg in a creamy Italian dressing \$4.50

**Creamy Caesar...** with homemade croutons & dressing, \$4.00

**Sassafras Organic Greens...** with fresh pineapple & berries, toasted nuts & homemade dressing, \$4.25

**Traditional Pasta...** with grated carrots & green onions in a creamy dressing, \$4.25

**Mediterranean Pasta...** \$4.50

**Greek...** with fresh tomatoes, cucumber, crispy peppers, red onions & feta \$5.00

**Asian Marinade...** \$4.50, add noodles & shrimp \$5.50

## Assorted Platters.....

Mini platters feed under 10 people, small platters feed 10-18 people, and large platters feed 19-30 people.

	Mini	Small	Large
<b>Whole Fruit...</b> \$1.50			
<b>Fresh Fruit...</b> a selection of: Melon, Grapes, Pineapple, Kiwi & other available fruits	\$25	\$38	\$52
<b>Fresh Vegetables &amp; House Made Dip</b>	\$23	\$32	\$45
<b>Half Fruit &amp; Half Veggie</b>	\$24	\$34	\$48
<b>Meat &amp; Cheese...</b> a beautifully presented selection of cold cuts & cheeses		\$45	\$60
<b>Mini Meat</b>	\$30		
<b>Cheese &amp; Crackers</b>		\$40	\$55
<b>Meat, Cheese, Pickles &amp; Crackers</b>		\$40	\$50
<b>Assorted Cheeses</b>		\$48	\$65
<b>Fruit &amp; Cheese</b>	\$28	\$45	\$58
<b>Assorted Crackers</b>			\$30
<b>Antipasto...</b> antipasti, prawns, pesto mushrooms, sliced salamis, artichoke hearts, olives, marinated vegetables, pickles & crackers			\$65
<b>Pate &amp; French Bread Platter...</b> with Brie, olives & grapes		\$38	

## Main Courses.....

Made from scratch with only the best ingredients, local & organic when possible. Stick to the basics or add a soup, a salad, or dessert!

**Beef...** we only use local, grass fed, hormone and antibiotic free beef!

**Shepherd's Pie...** mmm comforting! Layers of savory, saucy local beef, buttered corn, carrots, peas & zucchini, topped with fluffy mashed potatoes, \$10 (add a salad... \$13.50)

**Beef Dip...** tender slices of local roast beef stacked in a crusty hoagie, au jus, \$10 (add a salad... \$14.00)

**Roast Beef Donair ...** roasted local beef with fresh Greek salad, tzatziki & feta all wrapped in a handmade pita, \$9.95 or veggie donair, \$8.95

**Steak Sandwich...** 6oz. sirloin or strip loin, grilled or barbecued served open-faced on garlic toast \$11 (add a tossed green salad... \$14.50)

**Chili Con Carne...** made in our kitchen with local beef & served with fresh garlic bread. We do a mean veggie version too! small... \$6.50, large... \$9.50, add a tossed green salad... \$3.50, add a scone... \$1.00

## Chicken...

**Oven Fried Chicken...** baked in a delicious lemon-herb crispy coating, roast or garlic mashed potatoes, & vegetable medley, \$13.50

**Chicken Fajitas...** juicy strips of chicken seared with red and green peppers, Mexican rice pilaf & cheddar stuffed in a soft whole wheat tortilla and baked with enchilada sauce and cheddar. Served with guacamole, salsa and sour cream, \$11.50 (add a tossed salad... \$15.50)

**Quesadillas...** chicken, peppers, onions, & cheddar cheese stuffed inside a tortilla & grilled 'till golden brown. Served with guacamole, salsa, sour cream, \$ 9.50 (add a salad... \$13.50)

**Chicken Thai Curry...** succulent chicken in a creamy green Thai coconut sauce with red peppers, carrots & yams. Served with Thai sticky rice, \$11

**Chicken Stir Fry...** tender seared chicken stir fried with carrots, bok choy, peppers, onions, broccoli & mushrooms in our own Asian sauce served with steamed rice, \$11

**Chicken Souvlaki...** two grilled skewers of marinated chicken served with roasted Greek potatoes, Greek salad, handmade pita & tzatziki, \$17 (extra skewers, add...\$3each) (No Greek potatoes \$14) (No Greek salad \$13.50)

## Pasta Dishes...

oh mama mia – delizioso - served with Caesar salad, homemade creamy dressing, our own garlicky croutons & garlic toast

**Penne Arrabiata...** penne pasta tossed served with a spicy tomato sauce & topped with fresh Parmesan cheese, \$11

**Vegetarian Lasagne...** layers of pasta noodles, sautéed veggies, spicy sauce & a generous blend of cheeses, \$13

**Creamy Chicken Lasagne...** layers of roast chicken slices, mushrooms & sautéed red peppers smothered with creamy béchamel, Asiago, Parmesan, & Mozzarella, \$14

**Classic Beef Lasagne...** with layers of sautéed local, grass fed, hormone and antibiotic free beef, spicy sauce, Parmesan & Mozzarella, \$14

**Creamy Vegetable Lasagne...** spinach, sautéed mushrooms & red peppers in a creamy & cheesy Béchamel, \$13

## Seafood...

**Salmon Fillet...** grilled boneless fillet with lemon, served with wild rice pilaf & vegetable medley, \$17

**Thai Curry & Prawns...** prawns, carrots, asparagus, & red peppers in a creamy green Thai coconut curry, served with sticky rice, \$15

## Vegetarian Dishes...

**Mushroom Moussaka...** a delicious meatless version of the classic: layers of roasted eggplant, a delicious cheesy mushroom filling & topped with Béchamel, then baked. Served with Greek salad, handmade pita bread & tzatziki, \$13

**Lentil & Rice Tortillas...** delicious & nutritious, soft tortillas are filled with refried spicy lentils and rice, grated cheddar & salsa, then baked. Served with our own salsa & guacamole, sour cream, & a tossed salad, \$13

**Vegetarian Shepherd's Pie...** layers of our own mashed veggie burger, succulent buttered vegetables with tender corn, topped with fluffy mashed potatoes & served with our veggie gravy, \$10

## Desserts.....

We love desserts! - when it comes to this part of the repast we do not mess around; all the desserts are made from scratch with only the best ingredients, minimums do apply.

**Apricot Baklava...** One dozen minimum... \$2.75 each

**Babe's Apple Cake** 15 servings... \$27

**Best Ever Banana Cake...** with a coconut & walnut streusel topping, 15 servings, \$37.50

**Sassafras Black Forest Cake...** raspberries, sherry, espresso whipped cream, \$60.00, or decorated, \$70.00

**Carrot Cake...** our famous carrot cake, double layered, with a delicious cream cheese icing, \$70.00, or \$3.00 per slice (minimum order of 12 slices). We also have a delicious gluten free carrot cake!!

**Classic Rum Cake...** a delicious, moist yellow cake topped with walnuts, permeated by a butter-rum glaze, 12 servings, \$40.00

**Custard Tarts...** filled with house made pastry cream & topped with fresh fruit, \$3.00 each

**Danish Apple Bars...** fresh apples baked in a fluffy Danish pastry with icing. One dozen minimum, \$2.75 each

**English Trifle...** this is the real thing with sherry, in season fruit, homemade custard & whipped cream - YUMM!! 10 serving minimum. \$4.50 each

**Peach Kuchen...** peaches baked in custard over a short crust, 12 serving minimum, \$2.75 each

**Poke & Pour Ginger Cake...** rich & moist, 15 servings, \$30.00, with whipped cream, \$37.50

**Spice Cake with Crumb Topping/Coffee Cake...** 12 to 15 servings, \$27.00

**Strawberry Shortcake...** \$4.00 each

**Pear Frangipane Tart...** pears poached in wine, cinnamon stick & vanilla bean set in a short butter crust & surrounded by a ground almond & rum frangipane filling, 12-16 servings, \$50.00

## Squares & Cookies.....

All lovingly scratch baked with authentic ingredients including local eggs, butter, chocolate & a variety of nuts

**Disgustingly Rich Chocolate Brownies...** \$2.75      **Lemon Squares...** \$2.75

**Espresso Cheesecake Brownies...** \$2.75      **Raspberry Squares...** \$2.75

**Butter Tart Squares...** \$2.75      **Cookies...** chocolate chip, ginger snaps, peanut butter, chocolate chip, mocha pecan, oatmeal raisin, \$12/dozen

## Mornings, Muffins etc.....

**Yogurt & Granola...** vanilla (or plain yogurt) topped with our in-house made granola & fresh fruit garnish, \$4

**Sticky Cinnamon Buns ...** homemade with butter, pecans & maple syrup caramel sauce, \$42/15 pieces

**Muffins...** made in house from scratch to order--large variety, utilizing local berries when possible, served with butter, \$10.50/6 pieces

**Scones...** order cheesy savory or sweet \$10.50/6 pieces

**Coffee Cakes...** a wide variety (9"X12") sliced into 12 or 15 pieces, \$22 each

**Egg Wraps...** a whole wheat tortilla filled with scrambled eggs, sautéed onions and peppers, salsa & cheddar cheese, \$5.50

**Ham & Egg Muffins ...** English Muffins with free range eggs, sliced ham and cheddar cheese, \$4 each

**Vegetarian Muffins ...** free range eggs, sautéed peppers, onions and spinach with cheese, \$4 each

## Beverages.....

**Coffee...** We only serve organic, fair trade coffee, with fresh cream, sweetener, white & brown sugar. Choose from dark roasted Columbian or medium roasted Peru, \$16.50/15 cup carafe

**Tea...** Tetley, Earl Grey & a nice selection of herbal, 10 serving minimum order, \$11

**Juice Spritzers...** real juice with sparkling mineral water, 6 cup jug \$7, 8 cup jug \$9

**Pop...** variety of regular & diet, \$1.50 each

**Bottled Water...** \$1.50 each

**Juice & SanPells...** variety of real juices, \$2.00 each

## Fees & Services for Customized Catering Orders.....

**Catering Fee...** 15% of total bill is charged on all catering orders and includes: paper (cups, plates, bowls & cutlery), delivery, heating dishes & fuel, set-up, & dish retrieval. We will also arrange dish rentals for you. Please note an extra clean-up fee can be added for un-rinsed dishware. Orders that are picked up will have a 7% or \$1.00 per person charge for paper and equipment. For more information, please see our Policy Sheet.

**Rentals...** cost for rentals such as china, glass ware, table cloths & cutlery depends on your requirements. Arranging the rentals for you is included in our catering fee.

## Bartending or Serving.....

**Servers or Bartender...** with "serving it right" & bartending accreditation, \$20 /hour

Minimum 4 hours billing calculated from when our staff leaves our premises until they return with equipment.

Alcohol pick-up & delivery, as well as restocking fee, are determined upon order as needed.