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2016 Wu Centre Catering Guide



Conference
Services
Fredericton



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CATERING FOR SUCCESS

Our catering team delights in meeting every client's needs so feel free to challenge us! We offer the following information to assist with your event planning:

- We are happy to accommodate any special dietary requirements with advance notice
- Vegan and vegetarian options can easily be provided upon request.
- While we do not include Gluten Free options automatically, we are happy to adapt any menu to meet the needs of guests with Gluten intolerance



- This symbol denotes Gluten free selections are included in our menu



- While we feature as many local ingredients as possible in the preparation our menu items, we have chosen a complete New Brunswick meal for your dining enjoyment and our Chef has selected a tasting of local cheeses for your reception
- Chef Leanne is always happy to assist with your menu selections and it is her delight to tailor a menu specifically for you and your guests
- All services at the Wu Conference Center are presented with china and linens
- We also offer seasonal menu choices – please see our website <http://www.unb.ca/fredericton/sodexo/catering.html>

Prices valid until May 31st, 2016

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BEVERAGES... A LA CARTE

100% Columbia Coffee	\$1.35
Java Mousse Coffee (min.10 cups)	\$1.50
Decaffeinated Coffee (min. 10 cups)	\$1.35
Herbal Tea	\$1.35
Bottled Water	\$2.10
Canned Juices	\$1.85
Tropicana Juices	\$3.05
Canned Soft Drinks	\$1.80
Milk (250ml), Skim or Chocolate	\$1.65
Pitchers of Spring Water with Lemon (serves 8)	\$4.35
Pitchers of Assorted Juice (serves 8)	\$9.45
Sparkling Fruit Punch	\$2.10
Minted Lemonade (min. 10 pp)	\$2.00

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BAKED TREATS... A LA CARTE

Freshly Baked Grande Muffins	\$1.40
Gluten Free Muffins 	\$2.00
Mini Muffins	\$1.25
The Ultimate Sticky Buns with Pecan Orange Zest	\$2.30
Assorted Scones: Plain, Butterscotch, Chocolate Chip Toffee, Apricot Sour Cream	\$1.90
Upside Down Cakes (please select one) Apple Cornmeal, Banana Caramel, Lemon Blueberry	\$1.95
Mini Butter Croissants	\$1.25
Mini Cinnamon Crunchies	\$1.10
Decadent Dessert Squares	\$1.75
Gourmet Cookies (2 per person)	\$1.50
Gluten Free Cookies 	\$2.00
Coffeecakes (min 12 pp) Apple-Spice Cake with Brown Sugar Glaze, Sour Cream-Orange Coffeecake with Chocolate Pecan Streusel or Poppyseed Coffeecake with Cardamom Streusel	\$2.75

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ACTIVE LIVING... A LA CARTE

Sliced Seasonal Fruit with Vanilla Dip	\$2.30
In-Season Fresh Whole Fruit	\$1.30
Individual Activia Yogurt	\$1.40
Individual Oikos Greek Yogurt	\$1.45
Fresh Fruit Kabobs with Honey Yogurt Dip	\$2.75
Crudités with a Creamy Peppercorn Dip	\$1.60
Domestic Cheese Array with Crackers	\$3.30

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BREAKFAST

Upgrade to Java Moose coffee for just \$0.10 per person

MORNING START

\$2.45

Freshly Brewed 100% Columbia Coffee, a variety of Regular and Herbal Teas served with Honey and Lemon and Chilled Pitchers of Juice.

CONTINENTAL BREAKFAST

\$7.70

Freshly Baked Mini Croissants, Danishes, Muffins served with Fruit Preserves and Butter. Fresh Fruit Array with Yogurt Dip. Freshly Brewed 100% Columbia Coffee, a variety of Regular and Herbal Teas served with Honey and Lemon accompanied by Chilled Pitchers of Juice.

UNB BREAKFAST

\$11.95

Freshly Baked Mini Pastries served with Fruit Preserves and Butter. Fresh Fruit Array with Yogurt Dip, Scrambled Eggs with Chives, your choice of Crisp Bacon OR Farmers Sausage, Seasoned Breakfast Potatoes accompanied by Freshly Brewed 100% Columbia Coffee, a variety of Regular and Herbal Teas served with Honey and Lemon and Chilled Pitchers of Juice.

FRESH & FIT

\$12.95

Honey-Lime Minted Fruit Salad, Individual Greek Yogurt with Almond Coconut Granola, Low Fat Raspberry Yogurt Coffeecake. Freshly Brewed 100% Columbia Coffee, a variety of Regular and Herbal Teas served with Honey and Lemon and Chilled Pitchers of Juice.

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BREAKFAST

(continued)

Upgrade to Java Moose coffee for just \$0.10 per person

GOURMET BREAKFAST

\$11.55

Freshly Baked Mini Croissants, Danishes, Muffins served with Fruit Preserves and Butter, Tropical Fruit Salad. Eggs Benedict with Canadian Bacon OR Spinach served with Seasoned Breakfast Potatoes, Freshly Brewed 100% Columbia Coffee, a variety of Regular and Herbal Teas served with Honey and Lemon accompanied by Chilled Pitchers of Juice.

CUSTOMIZE THIS...

\$7.55

Create your own Yogurt Shot or Hot Oatmeal with Vanilla Yogurt, Strawberries, Blueberries, Peaches, Cinnamon Maple Granola, Mixed Nuts, Toasted Coconut, Brown Sugar and Dried Cranberries all served with Freshly Brewed 100% Columbia Coffee, a variety of Regular and Herbal Teas served with Honey and Lemon and Chilled Pitchers of Juice.

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ALL INCLUSIVE BREAKS

Includes coffee/tea and chilled beverages
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GOURMET COOKIES	\$4.50
Selection of Double Chocolate, Chocolate Chip, Oatmeal Raisin and Macadamia White Chocolate	
ASSORTED SQUARES	\$4.35
Carrot Spice, Mixed Berry Crumble, Macaroon Madness, Rocky Road, Lemon Crunch and Date Squares	
FRESH CUT FRUIT ARRAY WITH YOGURT DIP	\$4.95
An array of Fresh Seasonal Fruit	
MINI STRAWBERRY SHORTCAKE	\$4.95
Build your own strawberry shortcake with our Homemade Biscuits, Strawberries and Whipped Cream	
DOMESTIC CHEESE ARRAY & CRACKERS	\$6.25
Cheddar, Swiss, Monterey Jack and Marble Cheese served with assorted crackers	
CRUDITÉS & PEPPERCORN DIPPING SAUCE	\$4.35
An Array of Crispy Fresh Seasonal Vegetables served with a savory Peppercorn Dip	
POUND CAKES	\$5.10
Cornmeal Pound Cake with Rosemary Syrup, Maple Walnut Pound Cake with Maple Glaze, Chocolate Sour Cream Pound Cake	
LOX PLATTER	\$7.65
NB Hot House Smoked Salmon accompanied by Chopped Hardboiled Egg, Red Onion, Capers and Lemons served with Crisp Flatbread and French Baguette	

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ALL INCLUSIVE BREAKS

(CONTINUED)

Includes coffee/tea and chilled beverages
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MEZZA PLATTER

\$7.10

Roasted Red Pepper Hummus, Baba Ghanoush, Tahini Dressing, Mediterranean Tzatziki, Artichoke Tapenade, Grilled Vegetables, Olive Oil and Balsamic Vinegar accompanied by Grilled Pita & Flatbread and Rustic Ciabatta Loaf

MEXICAN ARRAY

\$6.00

Avocado Salsa Crude, Black Bean Tomato & Corn Salsa, Cucumber Dill Salsa, Roasted Mushroom Salsa, Cilantro Lime Salsa and Guacamole. Accompanied by Tortilla & Corn Chips

SALSA DE FRUTAS

\$6.25

Watermelon Pineapple Pecan Salsa, Tropical Fruit Salsa, Cranberry Mango Salsa, Orange Avocado Salsa and Grilled Peach Salsa accompanied by Curried Pita Chips, Cinnamon Wontons and Bagel Chips

PARTY PAUSE

\$5.15

Homemade Caramel Popcorn, Granola S'More Bars and Sweet Potato Chips & Lime Salt

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LUNCHEONS

Create your own Luncheon by choosing a soup OR a salad, a luncheon entree and a dessert.

Hot and cold Beverages are included.

Upgrade to Java Moose coffee for just \$0.10 per person

SOUPS

- Chef's Soup of the Day
- Roasted Red Pepper Bisque
- Chef Leanne's Award Winning Seafood Chowder
- Gingered Carrot Soup
- Beef Barley Soup with Wild Mushrooms & Parsnips

SALADS

CLASSIC CAESAR SALAD

Crisp Romaine, Homemade Bacon Bites, Focaccia Croutons, Shredded Parmesan and Fresh Lemon Wedges served with a Creamy Garlic Dressing.

BABY SPINACH SALAD

Tender Baby Spinach, Fresh Berries, Goat Cheese, Roasted Walnuts served with an Apple Cider Vinaigrette.

CLASSIC GREEK SALAD

Crisp Romaine, Cucumber, Grape Tomatoes, Red Onions, Kalamata Olives and Creamy Feta Cheese served with a Lemon Feta Vinaigrette.

MEDITERRANEAN VEGETABLE SALAD

Balsamic Dijon Roasted Red Skin Potatoes, Red Onions, Eggplant & Zucchini served with shaved Parmesan.

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LUNCHEONS

(CONTINUED)

ENTRÉES



We are happy to accommodate gluten free requests and any special dietary requirements for any of the luncheons below

THE WU FAMOUS DUO

\$13.25

Turkey Cheddar, Roast Beef, Ham and Swiss, Curried Mango Chicken Salad, Egg Salad, Tuna Salad and Hummus with Tomato & Cucumber all served on White, Whole Wheat, Grain Breads and Flavored Wraps.

GOURMET WRAPS

\$12.40

Chopped Turkey Cobb Salad, Roast Beef & Swiss Pub, Blackened Chicken & Avocado, Chimichuri Citrus Tuna and Roasted Garlic Portobello Caesar all served on a variety of Flavored Wraps served with Nacho Chips and Salsa.

GOURMET FLATBREAD SANDWICHES

\$15.75

Roast Beef with Caramelized Onions & Blue Cheese Mayonnaise, Roast Turkey with Roasted Red Peppers, Feta Cheese & Spicy Hummus, Italian Cold Cuts with Caramelized Red Onions, Green Pepper, Black Olives, Provolone Cheese & Creamy Italian Vinaigrette, Grilled Chicken Breast with Crisp Bacon, Swiss Cheese & Bourbon Maple Mustard and Mixed Greens with Avocado, Tomatoes, Cheddar Cheese, and Lime Drizzle all served on regular and herb flatbread.

MARITIME FAVORITE

\$18.45

A Freshly Baked Roll Stuffed with Maritime Lobster Salad and Crisp Lettuce.

BUILD YOUR OWN (Min. 12 pp)

\$16.75

Build your own sandwich or have our Chef carve freshly roasted Turkey Breast & Beef. Served on a choice of assorted Gourmet Breads and accompanied by Flavored Mayonnaises & Mustards, Tomatoes, Lettuce and a variety of Cheeses.

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LUNCHEONS

(CONTINUED)

TRADITIONAL PIZZA

\$13.90

Choose from: Pepperoni and Cheese, Works (Pepperoni, Bacon, Sausage, Onions and Mushrooms), Vegetarian (Peppers, Onions and Mushrooms) on a white, whole wheat or gluten free crust.

MEXICAN FAJITAS

\$14.95

Build your own Fajitas with your choice of Grilled Chicken or Beef Picadillo, served with Refried Beans, Guacamole, Shredded Cheese, Sour Cream, Warm Tortillas and Cilantro scented Mexican Rice.

LASAGNA (Min. 6 pp)

\$13.75

Choose from Traditional Italian Meat Lasagna **or** Spinach Lasagna served with Crisp Garlic Bread.

ASIAN FRY

\$13.85

Choose one of the following: Korean Marinated Beef, Kung Pao Chicken, Teriyaki Tofu with Toasted Sesame Seeds. Your selection is served with Steamed Rice and Sautéed Bok Choy.

BALSAMIC CHARRED CHICKEN BREAST

\$15.95

Balsamic Marinated Chicken Breast served on a Rustic Artisan Roll and topped with Havarti Cheese, Caramelized Red Onions, Leaf Lettuce, Tomatoes and Honey BBQ Sauce.

SLOPPY JOE

\$15.25

Remember "Sloppy Joes"? Here's the grown up version!

Choose from Ground Turkey with Hoisin & Cilantro, Moroccan Ground Lamb with Cucumber Cabbage Slaw or Vegan Lentil Sloppy Joe with Pickled Jalapenos served on a Scallion Potato Bun.

FARMHOUSE RUSTIC QUICHE

\$15.65

Savory, deep dish and served in flaky pastry! Individually portioned so that everyone can choose their personal favorite from Classic Quiche Lorraine, Smoked Salmon & Dill or Asparagus & Goat Cheese

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LUNCHEONS

(CONTINUED)

DESSERTS

- Assorted Gourmet Cookies
- Assorted Decadent Squares
- New York Style Cheesecake with Assorted Toppings
-  Flourless Chocolate Cake with Caramel Sauce
- Decadent Strawberry Cake with Chantilly Cream (minimum 16pp)
- Chocolate Cake with Caramel-Coconut-Almond Filling (minimum 16pp)
- Pumpkin Butterscotch Pie
- Fresh Fruit Flan
- Mango Mascarpone Tarts with Candied Ginger
- Apple Spice Cake with Brown Sugar Glaze
- Lemon Cake with Lemon Curd and Vanilla Cream (minimum 16pp)
-  Gluten Free Assorted Cookies
-  Gluten Free Brownies

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DINNERS

Enjoy the attentive service of our experienced staff. All events listed below include linen and china service, preset water goblets, fresh rolls with butter, coffee and tea.

These are samples of our creative menus but Chef Leanne is always happy to tailor a menu that meets the personal needs of your guests!



As always, we are also happy to accommodate special dietary and gluten free requests with any of our menus.

Buffet style menus are also available on request.

PRIME RIB OF BEEF WITH FRESH THYME JUS

\$31.95

Fresh Mozzarella and Tomato Stack with Crispy Leeks
Prime Rib Roast of Beef with Fresh Thyme Jus, Garlic Potato Puree and Wild Mushroom Ragout with Potato Crisps
Coffee Brandy Crème Brulee with Spun Sugar

RICOTTA STUFFED CHICKEN BREAST

\$21.25

Boston Bibb with Fresh Berries and Balsamic Vinaigrette
Ricotta Stuffed Chicken Breast with Warm Basil Sauce **or** Tandoori-Spiced Chicken Breast with Tomato-Ginger Chutney, Wild Rice Pilaf and Broccoli Spears tossed in Shallot Butter
Caramel Chocolate Cheesecake with Candied Hazelnuts



THE BEST OF NEW BRUNSWICK

\$22.00

Butternut Squash Bisque
St. George Cedar Plank Salmon with Grilled Mustard Potatoes and Glazed Root Vegetables
Pumpkin Maple Bread Pudding served with Cinnamon Scented Whipped Cream
Java Moose Coffee

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DINNERS

(CONTINUED)

RACK OF LAMB WITH POMEGRANATE DATE CHUTNEY

\$28.90

Onion and Fennel Bisque with a Crispy Parmesan Wafer
Grilled Rack of Lamb with Pomegranate-Date Chutney, Saffron Risotto and Classic Ratatouille
Raspberry Tiramisu with Raspberry Framboise Sauce

ROASTED PORK LOIN WITH WHISKEY SAUCE

\$21.25

Roasted Beet and Mache Salad with Shallot Mustard Dressing
Brined Pork Loin with Apple Relish and Whiskey Sauce, Marmalade Sweet Potato Mash and
Sautéed Zucchini Batons
Chocolate Pistachio Torte with Warm Chocolate Ganache

PEPPER PISTACHIO CRUSTED CORNISH HEN

\$29.95

Shaved Fennel Salad with Marinated Figs, Roasted Sweet Peppers and Orange Balsamic
Reduction
Roasted Cornish Hen with Peppered-Pistachio Crust, Wild Rice and Roasted Root Vegetable
Ragout
Chocolate Brioche English Toffee Bread Pudding

CITRUS MAPLE CORIANDER GLAZED SALMON

\$22.90

Grilled Asparagus and Pepper Salad with Goat Cheese
Chef's Leanne's Signature Citrus Maple Coriander Glazed Salmon with Roasted Fingerling
Potatoes and Garlic Wilted Spinach
Flourless Orange Almond Cake with Honeyed Chantilly Cream

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RECEPTIONS

PINEAPPLE CRANBERRY PUNCH	\$2.30
DECADENT SWEETS (3 pieces pp) Cassis Puffs, Chocolate Coffee Cups, Mini Pavlova with Fresh Fruit, Mini Lemon Meringue Pies, Shortbread Cookies, Florentine Cookies.	\$4.00
GOURMET ANTIPASTO Genoa Salami, Prosciutto, Brie Cheese, Havarti, Marinated Olives, Sundried Tomatoes, Artichokes, Roasted Peppers all served with Gourmet Crackers and Focaccia.	\$6.95
SEAFOOD MARTINI Scallops, Shrimp and Calamari cooked in a Court Bouillon. Served with Shredded Lettuce, Diced Red and Yellow Peppers and topped with Tomato Vodka Sauce, Green Onion and Olive Skewer.	\$5.45
INTERNATIONAL CHEESE ARRAY WITH CRACKERS Blue Cheese, Cranberry Goat Cheese, Roquefort, Port Salute, Havarti and Gouda served with Honey, Fruit Chutney, Artisan Bread and Gourmet Crackers.	\$5.60
BRIE WHEEL (SERVES 4) Caramel Crusted Brie with dried Fruits and Sugared Pecans. Served with Gourmet Crostini.	\$12.95
CRAB & SPINACH DIP Served with Crisp Tortillas, Crunchy Bread Sticks and Gourmet Crackers.	\$5.40
CHARCUTERIE PLATTER (min 25pp) Bratwurst, Debrezini, Italian and Oktoberfest accompanied by Spicy Brown Mustard, Grainy French Mustard, Honey Mustard and Horseradish Mustard. Served with Crusty French Bread.	\$5.60
 GOURMET LOCAL CHEESES (min 1 week notice required) A selection of savoury New Brunswick cheeses served with Gourmet Crackers and Crostini	\$5.75

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RECEPTIONS

(CONTINUED)

COLD CANAPÉS (by the dozen)

- Assorted Sushi **\$14.90**
- Cherry Tomato & Bocconcini Tartlets **\$18.60**
- Brochettes of Melon, Prosciutto and Fresh Mozzarella **\$20.50**
- Buckwheat Blinis with Smoked Salmon, Capers and Crème Fraîche **\$19.70**
- Fig, Goat Cheese and Candied Pecans on Belgium Endive **\$18.40**
- Mango Crab Stack with Wasabi Mayo on Toasted Brioche Rounds **\$20.50**
- Shaved Beef Tenderloin on Mini Ciabatta with Creole Mustard Dressing **\$22.95**
- Pesto Chicken Tortellini Skewers with Garlic Pesto Dipping Sauce **\$19.50**

HOT HORS D'OEUVRES (by the dozen)

- Bacon Wrapped Scallops **\$18.25**
- Mini Beef Wellington **\$21.35**
- Spinach Ricotta Stuffed Mushrooms **\$15.25**
- Macadamia Crusted Chicken Bites with Mango Chutney **\$19.95**
- Tri Pepper Beef with Soy Dipping Sauce **\$19.95**
- Spicy Lamb Kebabs **\$22.00**
- Twice Baked Truffle Fingerling Potato with Asiago Cheese **\$17.55**
- Bleu Cheese Popovers **\$16.25**
- Pork Satay with Pineapple & Spicy Peanut Sauce **\$18.00**

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