



SPRUCE

CATERING

CORPORATE BREAKFAST & LUNCH MENU





Spruce Catering is operated by Diversity Foods Services. Diversity is a social enterprise that prioritizes social, cultural, economic, and environmental well-being for the community. The enterprise specializes in creating flavorful and nutritious food prepared from scratch using authentic ingredients and recipes. The food is sourced using sustainable and responsible methods, with all products following rigorous standards. The social enterprise also offers meaningful employment and career development opportunities to individuals traditionally marginalized in the economy. This includes persons with disabilities, refugees, indigenous peoples, and those in low-income households. The enterprise fosters a positive, dynamic work environment that values each employee's skills and provides them with opportunities to grow. Moreover, the social enterprise believes in creating meaningful community through the sharing of food, which is done in their intentional gathering spaces. Through their partnerships with other organizations, Diversity expands its vision and reaches more people in the community.



BREAKFAST & SNACK PLATTERS

LOCALLY SOURCED ~ COOKED FROM SCRATCH ~ DELICIOUS

BREAKFAST BUFFETS

Priced Per Person - Based on Drop off Only

Includes Fair Trade Coffee + Numi Tea

Minimum orders of 8 People

MORNING MEETINGS

BREAKFAST BUFFETS

Continental Breakfast \$19.00

minimum 8 guest.

Sliced Fresh Fruit Platter

Assorted Breakfast Breads

with Whipped Notre Dame butter.

Fair Trade Coffee & Numi Tea Selection

Bottles of Orange Juice + Apple + Jug of Waters.

Traditional Breakfast \$25.00

minimum 8 guest.

Manitoba Raised, Free Range Organic Scrambled Eggs

Breakfast Cubed Potatoes

Choice of

Diversity Homemade Breakfast Sausage

OR Local Manitoba Bacon.

Select Both for an additional \$4.00 per person.

Fair Trade Coffee & Numi Tea Selection

Bottles of Orange Juice + Apple + Jug of Waters.

Executive Breakfast \$29.00

Assorted Breakfast Breads

with Whipped Notre Dame butter.

Manitoba-Raised, Free Range Scrambled Eggs

Breakfast Cubed Potatoes

Choice of Diversity Breakfast Sausage

OR Local Manitoba Bacon

Select both for an additional \$4.00 per person

Fair Trade Coffee & Numi Tea Selection

Bottles of Orange Juice + Apple + Jug of Waters.

Add Greek yogurt and cranberry almond granola

\$3.00

PLATTERS

Priced Per Person - Based on Drop off Only

Fresh Fruit Platter Presentation \$7.00

Selection of Fruit, Fresh Cut presented on a platter

Breakfast Breads \$4.00

Freshly Made Assorted Breakfast Breads, can include; Muffins, Banana Breads, Zucchini Breads, Scones, Cinnamon Buns. Served with Notre Dame Whipped Butter.

Bagels with Cream Cheese \$6.00

Locally Produced Bagels with Cream Cheese. Cut in half.

Sleepy Owl Pastries \$6.50

*Please provide 48 notice. *Please provide 48 notice.

Not Available on Mondays & Tuesdays.

Assorted Fresh Fruit Danishes, Baked in House at 751 Wall Street.

Sleepy Owl Croissants \$6.50

*Please provide 48 notice. Not Available on Mondays & Tuesdays.

Buttery Croissants Made in House at 751 Wall Street

Assorted Dessert Platter \$4.00

May include vegan brownies, peanut butter squares, dates squares, Lemon Squares, and cookies.

Selections based on what is available the day of your order. 2 Pcs Per Person.

SNACK BREAKS

BREAKOUT SESSIONS

AFTERNOON COOKIES \$6.00

Assortment of Freshly Baked Cookies.
Fair Trade Coffee & Numi Tea Selection
Jug of Waters.

AFTERNOON DESSERT BITES \$8.00

In House Made Dessert Bites, May Include, Vegan Brownies, Peanut Butter Squares, Lemon Squares, Koopa Squares, Cookies. 2 Pieces Per Person.
Fair Trade Coffee & Numi Tea Selection
Jug of Waters.

AFTERNOON HEALTH BREAK \$9.00

Fresh Fruit Platter Presentation
Freshly Made Yogurt
Individual Granola Bars
Fair Trade Coffee & Numi Tea Selection
Jug of Waters

BANNOCK + JAM \$5.00

Freshly Made Bannock
with Housemade Berry Jam and Notre Dame Whipped Butter

MORE SNACKS

WHOLE FRUIT SELECTION \$3.00 per

Bananas, Apples, Oranges, selection based on season

CAMINO CHOCOLATE BARS \$8.00 Per

ASSORTED HEALTH BARS \$4.00 Per

OLD DUTCH CHIPS \$2.00 Per

PLATTERS

CHARCUTIRE PLATTER \$22.00

An assortment of Cured Meats, Bothwell Premium Cheeses, Brie, Grapes, Fig & Onion Jam, Apricot Jams, and Assorted Jelly and Mustard, Homemade Crostini, Breads, Crackers and Pickled Vegetables.

CROSTINI STATION \$18.00

House made banquette cut into perfect Crostini's then baked and season. Fresh Marinated Vegetables, Dips, Cured Meats, Bothwell Cheeses & Dried Fruit

MANITOBA SOCIAL PLATTER \$15.00

Garlic Coil, Local Ham, Soppressata, Bothwell Cheddar Cheese, Pickles, Rye Bread, Mustard.

BOTHWELL CHEESE PLATTER \$11.00

Platter of Local Bothwell Cheese, cut into Cubes, or Slices.

BREADS AND DIPS \$6.00

Freshly Made Assorted Focaccia Breads, Warm Pita. Served with Hummus and Cucumber Garlic Dip.

CRUDITES PLATTER \$8.00

Fresh Vegetables with Chickpea Hummus and Warm Pita Breads

VEGETABLE PLATTER \$6.00

Fresh Vegetables with House-made Ranch dip

AFTERNOON DESSERT BITES \$5.00

In House Made Dessert Bites, May Include, Vegan Brownies, Peanut Butter Squares, Lemon Squares, Koopa Squares, Cookies. 2 Pieces Per Person.

AFTERNOON COOKIES \$2.00

Assortment of Freshly Baked Cookies.

BEVERAGES

HOT BEVERAGES

FAIR TRADE COFFEE BY THE CRAFT \$40.00

Colosomo Coffee, Medium Roast Blend
Delivered by the Craft. Craft Served 8-10 People
Cream, Milk, Sugar, (Oatmilk, Sweetner by request)

NUMI TEA BY THE CRAFT \$40.00

Assorted Numi Tea Selection or Breakfast Blend
Numi Tea Flavours:
Earl Grey, Breakfast Blend, Gun Powder Green, Chai.
Delivered by the Craft. Craft Served 8-10 People
Cream, Milk, Sugar, (Oatmilk, Sweetner by request)

FAIR TRADE HOT CHOCOLATE BY THE CRAFT \$40.00

Camino Fair Trade Hot Chocolate
Delivered by the Craft. Craft Served 8-10 People
Cream, Milk, Sugar, (Oatmilk, Sweetner by request)

COLD BEVERAGES

BOTTLE JUICES \$2.75

CANNED POP - COKE PRODUCTS \$3.00

EARTH WATER \$5.00

SPARKLING WATER \$4.50

FENTIMANS SODA \$4.00
Assorted Flavors

PRISIM KOMBUCHA \$4.50
Assorted Flavors

JONES SODA \$4.00
Assorted Flavors

INFUSED WATER STATION \$3.00
*Minimum 8 Per Order Served at 7 oz each

- Cucumber and Mint
- Rosemary & Citrus
- Cranberry & Orange
- Citrus & Mint

HOMEMADE FRUIT PUNCH \$5.00
*Minimum 8 Per Order Served at 7 oz each
Numi Decaf Tea, Cane Sugar, Cranberry juice, Orange Juice, Lemon Juice

FRESHLY SQUEEZE LEMONADE \$5.00
*Minimum 8 Per Order Served at 7 oz each
Cane Sugar, Water, Lemon Juice, Whole Lemons

HOMEMADE SWEET TEA \$5.00
*Minimum 8 Per Order Served at 7 oz each
Vanilla, Lemon Juice, Sugar Cane, Numi Tea



WORKING LUNCH & HOT LUNCH BUFFETS

LOCALLY SOURCED ~ COOKED FROM SCRATCH ~ DELICIOUS

*Minimum 8 of the same meal
*Priced reflect drop off only + delivery and set up fee
enhance your event by having a Server ON-SITE
\$25.00 Per hour (1 for every 20 guest)
To set up, clear throughout, Tear down services

WORKING LUNCH

SANDWICHES & WRAPS SELECTION

Enjoy the kitchen's selection of sandwiches and wraps
We portion sandwiches & wraps at one per person,
presented cut in half. (Please note the sandwich
platters come in as assortment, otherwise chosen.

Bombay chickpea wrap with lettuce, cucumber, carrot
& tomato ginger chutney (vegan)

Southwest chicken wrap with lettuce, red onion,
peppers, sour cream & mesa red sauce

Smoked Turkey sandwich with cranberry mayo,
tomatoes & lettuce

Roast beef sandwich with mayo, Dijon mustard,
Bothwell cheddar & pickled red onion

Chicken Caesar wrap with red onion, egg-free Caesar
dressing, Parmesan cheese & lettuce

Roasted turkey salad wrap with cranberry onion mayo
& lettuce

Ham & cheese sandwich with mayo, Dijon mustard,
tomato & lettuce

Egg salad sandwich
Local Organic Eggs, Celery, Onion, Lettuce, Bothwell
Cheddar with Lettuce (vegetarian)

Roasted Vegetable and Spinach Wrap with chickpea
hummus and feta (vegetarian)

SOUP & SANDWICH BUFFET \$25.00

*Minimum of 8 People

Assorted Sandwiches & Wraps Platter

Soup of the Day

Freshly Made Bannock

House Baked Cookies Platter

Fair Trade Coffee & Numi Tea Selection

Includes Can Pop + Pitcher of Water

CLASSIC BAGGED LUNCH \$18.00

One Sandwich or Wrap, a House Made Cookie, Whole
Fruit Canned Beverage.

Packaged in a Brown Paper Bag, Ready to Enjoy!

DELUXE BAGGED LUNCH \$23.00

One Sandwich or Wrap,

Individual Mixed Greens Salad with Balsamic
Dressing,

House Made Cookie

Can Beverage or Earth Water

Packaged in a Brown Paper Bag, Ready to Enjoy!

SALAD ADD ON

CAESAR SALAD \$6.00

Crisp Romain Lettuce, Housemade Dairy Free Dressing,
Parmesan Cheese & Croutons.

CHICKPEA GREEK SALAD \$6.00

Lettuce, Red & Green Peppers, Red Onions, Feta
Cheese, & Olives with Greek Olive Oil Dressing.

MIXED GREENS SALAD \$6.00

Tomato, Peppers, Cucumbers, Onions & Balsamic
Dressing

SPINACH SALAD \$6.00

Spinach Leaves, Oranges, Feta, & Lemon Poppy Seed
Vinaigrette

HOT LUNCH BUFFET

BAKED PASTA LUNCH \$22.00

Caesar salad with Lemon Wedges, Parmesan Cheese & Croutons
Thick Cut Grilled Garlic Toast Nature farm Pasta with a Choice of
Marinara Sauce with Roasted Vegetables, Or Alfredo Sauce Baked Bothwell Cheese.
*Add Beef Meat Balls 3 PP \$4.00
*Add Chicken Slices \$4.00
Includes Can Pop + Pitcher of Water

BUTTER CHICKEN \$25.00

Curried Cabbage Slaw with Toasted Almonds and Raisins.
Organic Tumeric Rice
House Made Spiced Butter Chicken with Cucumber Salsa
Grilled Pita Bread
Includes Can Pop + Pitcher of Water

CHICK PEA CURRY \$20.00

Arugula and Mixed Green Salad with Balsamic Vinaigrette
Curried Chickpeas with Tomatoes and Vegetables
Organic Tumeric Rice
Grilled Pita Bread
Includes Can Pop + Pitcher of Water

KADHAI CHICKEN OR TOFU \$22.00

Tender chicken Stewed with Green Peppers, Onions, Tomatoes, Ginger, Garlic, Cumin, Coriander, Cinnamon, Cardamon in a Traditional East Indian Gravy.
Served on Lemon Rice with Crispy Chickpea and Grilled Pita.
Accompanied with Sambhar (Curried Red Cabbage Carrot Slaw)
Includes Can Pop + Pitcher of Water

MANITOBA BEEF CHILI WITH BANNOCK \$28.00

Mixed Greens Salad with Balsamic Dressing
8 oz Local Grass Fed Beef Chili.
Served on the side; Bothwell Cheddar Cheese & Sour Cream
Wild & White Rice Pilaf.
Fresh House Made Bannock with Notre Dame Butter
Includes Can Pop + Pitcher of Water

VEGAN CHILI WITH BANNOCK \$24.00

Mixed Greens Salad with Balsamic Dressing
8 oz Three-Bean Vegan Chili
Served on the side; Bothwell Cheddar Cheese & Sour Cream
Wild & White Rice Pilaf.
Fresh House Made Bannock with Notre Dame Butter
Includes Can Pop + Pitcher of Water

MANITOBA BEEF STEW \$28.00

Mixed Greens Salad with Balsamic Dressing
8oz Locally Raised Beef Stewed with Root Vegetables
Wild & White Rice Pilaf.
Served with Fresh House Made Bannock, with Notre Dame Whipped Butter.
Includes Can Pop + Pitcher of Water

WHITE BEAN CHILI CHICKEN \$22.00

Mixed Green Salad with Balsamic Dressing.
White Bean Chili Chicken - Tender Chicken Stewed with Fresh Peas, Corn, White Beans, Pickled Jalapenos, Garlic and Onion in a Rich Cream Sauce.
Served with Rice Pilaf or Herbed Shell Pasta.
Grilled Pita Bread.
Includes Can Pop + Pitcher of Water

HOT LUNCH BUFFET

BUILD YOUR OWN TACO BAR \$25.00

La Cuchina chips
Choice of Hard or Soft Taco Shells - 3 per person
Choice of Seasoned Ground Beef, Pork, Chicken.
Pinto Beans
Roasted Tomato Rice Pilaf
With Toppings of Shredded Lettuce, Diced Tomato,
Shredded Bothwell Cheddar Cheese, Homemade Salsa,
& Sour Cream.
Includes Can Pop + Pitcher of Water

MAC & CHEESE \$25.00

Mixed Greens Salad with Balsamic Dressing
Baked Natures Farm Mac and Cheese with Creamy
Cheese Sauce. Topped with Panko Bread Crumbs. Green
Onions and Bacon Bits.
Garlic Toast.
Includes Can Pop + Pitcher of Water

CHICKEN SOUVLAKI \$25.00

Greek Salad with Feta Cheese & Olives
Lemon Garlic Chicken Souvlaki Skewers 2 Per Person.
with Fresh Herbs
Lemon and Herb Roasted Potatoes
Warm Pita Bread with Hummus and Cucumber Dip.
Includes Can Pop + Pitcher of Water

STIR FRY \$20.00

Cabbage Asian Slaw with Toasted Almonds & Sesame
Seeds
Mixed Vegetables Sautéed with Your Choice of Chicken,
Pork or Puffed Tofu.
In a Sticky-Soy, Green Curry or Coconut Peanut Sauce
Steamed Brown Rice
Includes Can Pop + Pitcher of Water

CATERING INFORMATION

All beverages invoiced to the client are subject to applicable taxes & gratuities.

Diversity Food Services can provide alcoholic beverage service only at events that we are also providing food services. Diversity employees reserve the right to refuse alcohol service to any guest. We will not serve minors or guests that appear intoxicated (in accordance with the LGA's Smart Choices training program). It is the responsibility of the host to ensure that all guests have safe transportation home.

Diversity Food Services is licensed through the Liquor & Gaming Authority of Manitoba. Clients are not permitted to serve their own alcoholic beverages at functions that are catered on Diversity managed premises.

MLCC license hours of operation of the bar will vary depending on the approval of the MLCC At FortWhyte Alive hours of operation is 5:00 p.m. - 1:00 a.m. (Last call 12:30 p.m.)

HOST BAR

Diversity Food Services provides the bar & the client is invoiced for guests' beverage consumption. Diversity provides complete setup, stocking, and service of the bar. Bar sales must exceed \$500.00, otherwise a bartender fee will apply.

CASH BAR

Diversity Food Services provides the bar & the guests are responsible for purchasing their own beverages at the event. Diversity provides complete set up, stocking and service of the bar
BARTENDER FEE: \$40.00 PER BARTENDER PER HOUR 1 BARTENDER FOR EVERY 50 GUEST

CATERING INFORMATION

DIETARY RESTRICTIONS/ALLERGIES

Dietary substitutions to accommodate allergies or intolerances may be made in advance. Diversity kitchens are NOT nut, gluten or seafood free kitchens. While all precautions will be taken, we cannot guarantee that any food item has not come into contact with these allergens.

GENERAL INFORMATION

We require that a guaranteed number of guests as well as final menu selections be confirmed no later than 14 business days prior to the event date. The final invoice will reflect the greater of either the guaranteed number of guests or the actual number of guests who attend the event.

EXCLUSIVITY

Diversity Food Services retains exclusivity for all food & beverage services on the premises of Diversity managed locations with the exception of wedding cakes. Cake cutting, cupcake serving, and donut wall presentation, etc is available for \$2.50 per person. Cakes & dessert displays brought in from outside vendors must be purchased from a bakery with a valid business license.

FOOD AND BEVERAGE PRICES

All food, beverage, rentals, staffing, gratuity & other charges are subject to both GST & PST.
All events are charged an automatic gratuity of 18%.

PAYMENT

Payment is due upon receipt. Please make cheques payable to:
Diversity Food Services, 515 Portage Avenue, Winnipeg, MB, R3B 2E9
E-transfers to: k.godbout@uwinnipeg.ca Question: Who is your cater.
Answer: sprucecatering

CATERING AGREEMENT

This Agreement is entered into between Diversity Foods Services / Spruce Catering (the Caterer) and (Client) and sets forth the agreement between the Parties relating to catering services to be provided by the Caterer for the Client for the event identified in this contract.

FOOD + BEVERAGE PRICES

The Parties have agreed to the menu attached to this Agreement as per invoice. The Caterer reserves the right to make changes to the menu if key ingredients are unable to be sourced due to reasons beyond the control of either party to this agreement. No alcoholic beverages will be served without a separate agreement relating thereto. The Caterer will communicate these changes to the Client as soon as the need for the changes becomes clear. The Caterer reserves the right to adjust menu prices based on economic inflation and will notify the client a month before the event date. One month before the event, the menu and price will be confirmed.

GUARANTEE OF ATTENDANCE

The final guaranteed number of guests is due 15 days before your event date. You will be charged according to the number of guests served or the guaranteed number of guests, whichever is greater.

CHANGES AND MODIFICATIONS

The Caterer will work to accommodate all reasonable requests by the Client; however, any material changes will need to be sent to the Caterer in writing a minimum of 15 days before the Event Start time. Mutual acceptance, of the change will occur with a confirmation message. Changes to the number of guests will require a minimum of 14 days' notice.

Additional information provided within the 15 days will result in an admin fee.

All terms and conditions outlined in the Diversity Food Services Catering Menu (appended to this agreement) continue to apply. Note due to the fluctuating cost of ingredients and inflation of prices, the price for your menu is not guaranteed until 1 month (30 days) before your event

LEFTOVER FOOD

Due to insurance, health, and safety, the catering policy does not allow for the removal of food from the premises.

CATERING AGREEMENT

DEPOSITS & PAYMENTS

Customers with an estimated invoice total greater than \$1,000.00 are required to pay a non-refundable deposit of \$1,000.00 at the time of booking + 50% of your total invoice to date.

The final payment will be due the day after your event concludes.

Final payment is due on the day you receive your invoice. (Via Mail) Interest on late payments will incur at a rate 8% per 2 weeks on the outstanding balance.

The Client understands that upon entering into this agreement, the caterer is committing time and resources to the success of this Event, and thus cancellation would result in lost income and lost business opportunities in an amount hard to precisely calculate.

If the Client requests the cancellation of the event, fewer than 60 days in advance of the Event, the Caterer shall be entitled to 50% of the estimated total cost of the event.

If the Client requests the cancellation of the event, fewer than 14 days in advance of the Event, the Caterer shall be entitled to 100% of the estimated total cost of the event.

The client's deposit will be credited against the cancellation fees owed. Any balance will be payable upon the notice of cancellation.

INSURANCE AND INDEMNIFICATION

The Caterer will obtain, general liability insurance relating to catering services at the event. However, the client will indemnify and hold harmless the caterer for any damage, theft or loss of property related to the event Cancellation.

If the Client cancels the event, the Client will provide written notice to the Caterer along with any required cancellation fee described in this catering agreement, to affect the cancellation.

LEGAL COMPLIANCE

The Caterer will work in compliance with all applicable laws, rules and regulations, set out by relevant Government agencies including Manitoba Public Health, The LGCA, and Workplace health and safety.

SOCIAL MEDIA AND ONLINE REVIEWS

Both the Caterer and the Client agree to not post any negative information about the other arising out of this contract of the event on any online forum or website without providing advance written notice of the intended content thereof and providing the other party with an opportunity to resolve any issues between the parties amicably.