



# SPRUCE

## CATERING



**Spruce Catering is own and operated by Diversity Foods Services. We are a Winnipeg-based social enterprise committed to preparing ethically sourced natural foods with a focus on local & sustainable procurement.**

**We craft our fresh & delicious dishes using organic ingredients whenever possible, guided by our four pillars of sustainability:**

**Environmental- we are proud to be the 2018 & 2020 recipient of LEAF Greenest Restaurant award for our category!**

**Economic- we purchase directly from local farmers whenever possible, and ensure all our products are ethically sourced. As such our menus are heavily influenced by seasonality and local availability.**

**Social- we hire individuals who are marginalized from the traditional work force and focus on job skills development.**

**Cultural- we strive to create a working environment where everyone can participate in decision-making processes.**

**Learn more at  
[diversityfoodservices.com](https://diversityfoodservices.com)**



# Corporate meetings & retreats

## **LOCALLY SOURCED ~ COOKED FROM SCRATCH ~ DELICIOUS**

The Spruce Catering team is committed to making all of your guests remember every moment of your day. Our hospitality team will ensure that your friends and family are served beautiful meals and have a night to remember

Please note, these prices are based on drop off only providing compostable platters, plates, utensils, and cups. Enhance your guest experience by adding a chef and server on site, to serve in chinawares, and glasswares..

# BREAKFAST & PLATTERS

A minimum of 8 people  
all 8 must order the same meal.  
Fair Trade Coffee & Numi Tea included  
Prices are based on drop off only.

\*Upgrade to have a personal on site. Additional cost.

## BREAKFAST BUFFETS

Continental \$13.00

Sliced Fresh Fruit Platter

Assorted breakfast breads with Whipped Notre Dame butter.

Traditional \$14.00

Manitoba Raised, Free Range Organic Scrambled Eggs

Breakfast Cubed Potatoes

Choice of Diversity Homemade Breakfast sausage  
OR Local Bacon.

Select Both for an additional \$4.00 per person.

All Canadian \$18

Assorted Breakfast Breads with whipped Notre Dame butter.

Manitoba-Raised, Free Range Scrambled Eggs

Breakfast Cubed Potatoes

Choice of Diversity Breakfast Sausage

OR Local Bacon

Select both for an additional \$4.00 per person

Add Greek yogurt and cranberry almond granola +3

## PLATTERS

Sliced Fresh Fruit 6

Assorted Fresh Cut Seasonal Fruit

Breakfast Breads 4

Freshly Made Assorted Breakfast Breads

Assorted Bagels with Cream Cheese 6

Bagels with Cream Cheese and House Made jam

Cheese and Cracker Platter 11

Assorted Bothwell Cheeses with Crackers

Freshly Baked Cookies 2

Assorted baked cookies

Dessert Bites 4

Assortments of dessert bites. 1.5 per person

Breads and Dips 5

Freshly Made Assorted Breads with Hummus and Cucumber Garlic Dip

Crudites Platter 8

Fresh Vegetables with Chickpea Hummus and Warm Pita Breads

Vegetable Platter 6

Fresh Vegetables with House-made Ranch dip

Charcuterie Platter 22

Assortment of Cured Meats, Premium Cheeses, Olives, Pickled Vegetables, Spreads, Dried Fruits, Garnished with Grapes, Breads and Crackers.

# WORKING LUNCH

A minimum of 8 people

all 8 must order the same meal.

Assorted Can pop (coke products) included

Prices are based on drop off only.

\*Upgrade to have a personal on site. Additional cost.

## SANDWICHES & WRAPS

### SANDWICHES & WRAPS 10

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

Daily House Made Soup \*Call for choices 6

\*Comes with Sourdough Bread

## BUFFET

Soup & Sandwich 17

Assorted sandwiches & wraps

Soup of the Day.

Assorted house baked cookies

Canned Beverage

Classic Bagged Lunch 16

One Sandwich or Wrap, a House Made Cookie,  
Whole Fruit

Canned Beverage

Deluxe Bagged Lunch 19

One Sandwich or Wrap, Individual Mixed Greens

Salad with Balasamic Dressing, House Made Cookie

Can Beverage or Bottle Water

## SALAD

Caesar Salad 6

Housemade Dairy Free Dressing, Parmesan cheese &  
croutons

Chickpea Greek Salad 6

Fresh Vegetables, Feta Cheese, & Olives with Greek  
Olive Oil Dressing

Mixed Greens Salad 6

Greenland Tomato, Peppers, Cucumbers, Onions &  
Balsamic Dressing

Spinach Salad 6

Oranges, Feta, & Lemon Poppy Seed Vinaigrette



# LUNCH

A minimum of 8 people  
all 8 must order the same meal.  
Assorted Can pop (coke products) included

Prices are based on drop off only.

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## Baked Pasta Lunch 20

Caesar salad with Lemon Wedges, Parmesan

Cheese & Croutons

Thick Cut Grilled Garlic Toast

Natures Farm Pasta with Marinara Sauce, Roasted  
Vegetables & Bothwell Cheese

OR Alfredo Sauce with Bothwell Cheese

Add meatballs 4 Add chicken - 4

## Butter Chicken 20

Curried cabbage slaw with toasted almonds and  
raisins

Organic Brown rice

House Made Spiced Butter Chicken with Cucumber  
Salsa

Grilled pita bread

## Chick Pea Curry 20

Arugula and mixed green salad with balsamic  
vinaigrette Curried Chickpeas with tomatoes and  
vegetables Brown rice

Grilled pita bread

## Chicken Souvlaki 20

Greek Salad with Feta Cheese & Olives

Lemon Garlic Chicken Souvlaki Skewers with Fresh  
Herbs Chickpea Lemon and Herb Roasted Potatoes

Warm Pita Bread with Hummus and Cucumber Dip

## Manitoba Beef Chili with Bannock 20

Mixed Greens Salad with Tomatoes, Peppers,  
Cucumbers, Onions & Balsamic Dressing

8 oz Local Grass Fed Beef Chili

Bothwell Cheddar Cheese & Sour Cream

Wild & White Rice Pilaf

Fresh House Made Bannock with Notre Dame Butter

## Vegan Chili with Bannock 20

Mixed Greens Salad with Tomatoes, Peppers,  
Cucumbers, Onions & Balsamic Dressing

Three-Bean Veggie Chili

Bothwell Cheddar Cheese & Sour Cream

Wild & White Rice Pilaf

Fresh House Made Bannock with Notre Dame Butter

## Beef Stew 20

Mixed Greens Salad with Balsamic Dressing

8oz Locally Raised Beef Stewed with Root

Vegetables and Wild Rice.

Served with Fresh House Made Bannock, with Notre  
Dame Whipped Butter.

## Stir Fry 20

Asian Slaw with Toasted Almonds & Sesame Seeds

Mixed Vegetables Sautéed with Your Choice of  
Chicken, Pork or Tofu. In a Sticky-Soy, Green Curry  
or Coconut Peanut Sauce

Steamed Brown Rice

## Build your own Taco Bar 20

Choice of Hard or Soft Taco Shells - 3 per person

Choice of Beef, Pork, Chicken, Pinto Beans or Fish  
Roasted Tomato Rice

Served with Lettuce, Tomato, Bothwell Cheddar,  
Salsa, & Sour Cream

# BEVERAGES

## COFFEE

Fair Trade coffee or Numi Tea  
by the craft \$30.00  
\*serves 8-10pp  
By the cambro \$100.00  
\*serves 100pp

Accompanied by cream, milk, cane sugar,  
and sweetener. (Oat milk available upon  
request)

Housemade Fair Trade Hot chocolate  
with mini Marshmallows  
by the craft \$30.00  
\*serves 8-10  
by the cambro \$100.00  
\*serves 100

Canned Juice (340ml) 2.50  
Canned Pop (Coke Products) 2.50  
Fentimans Soda 4  
Prisim Kombucha 4.50  
Jones Soda 4

## INFUSED WATER STATION 7 OZ \$2

CHOOSE 2

- CUCUMBER AND MINT
- WATERMELON BASIL
- ROSEMARY & CITRUS
- CRANBERRY & ORANGE
- CITRUS & MINT
- PINEAPPLE & BASIL

# NON-ALCOHOLIC

## NON - BEER

LITTLE BROWN JUG BRITE WATER (SPARKLING  
WATER, COCONUT, MINT LIME, RASPBERRY  
LEMON)  
TALL CANS 473ML \$6  
SOBER CARPENTER (IPA, BLONDE ALE, CRAFT  
CIDER)  
TALL CANS 473 ML \$6

## SOL BRU RECIPES

MOCKTAILS + MINT LEMONADE  
SOLBRU ELEVATE, ROSEMARY & MINT SIMPLE  
SYRUP, LEMON JUICE, CLUB SODA  
12 OZ \$6  
COLD BRU  
INSPIRE BRU, COLD BREW COFFEE, MAPLE  
SYRUP, ORANGE PEEL  
12 OZ \$6

## PUNCH & JUICE STATION

HOMEMADE FRUIT PUNCH  
NUMI DECAF TEA, CANE SUGAR, CRANBERRY  
JUICE, ORANGE JUICE, LEMON JUICE  
7 OZ \$3  
FRESHLY SQUEEZE LEMONADE  
CANE SUGAR, WATER, LEMON JUICE, WHOLE  
LEMONS  
7 OZ \$3  
HOMEMADE SWEET TEA  
VANILLA, LEMON JUICE, SUGAR CANE, NUMI TEA  
7 OZ \$3

# BAR MENU

## WINE

HOUSE WINE: OGIO PINOT GRIGIO - & OGIO ROSSO  
by the bottle \$38/bottle  
by the glass 5 oz \$7

Passed Cava by the bottle begins at \$50/bottle

## BEER

MANITOBA CRAFT BREWERY TALL CANS 473ML \$9  
1919, Torque, Fortgarry Dark, Fortgarry Pale

DOMESTIC CANS 355 ML \$7  
Michelob Ultra, Coors Light, Labatt Blue

## LIQUOR

RAIL 1 OZ \$8

Tanqueray Gin, Captain Morgan Spiced Rum, Captain Morgan White Rum,  
Crown Royal, Smirnoff Vodka, Jose Curvo Tequila.

MB CAESAR BAR 1OZ \$12

Smirnoff Vodka or Tanquary Gin Clamato Juice, Worcestershire Sauce, Sriracha Sauce,  
Celery Salt, Garnished with a build-your-own selection of Homemade Pickled Vegetables,  
Kielbasa, Bothwell Cheddar Cheese,

PREMIUM SCOTCHES/BRANDY/BOURBON 1.5OZ \$10 AND UP

SIGNATURE COCKTAILS \*MARKET PRICE

(UPON CONSULTATION YOU MAY CHOOSE YOUR PREFERRED BRANDS OF ALCOHOL)

# CATERING POLICIES

## RENTALS

Additional Equipment rentals like Dishware, Glassware, Linens, start at \$5 per Guest. Additional set up of outside rental chairs, tables that are not onsite and that needs to be set up by our staff start at \$150.00.

## FULL TABLE AND CHAIR SET UP / TAKE DOWN

Any outside location that requires full table and chair set up and tear down start at \$150.00

## LINENS

Table linens and Table Napkins are an additional charge, please consult with our Catering and Events Director.

## PRICING

All menu items and prices are subject to change without notice until a final quote is issued at which point we guarantee the contents of the quote will remain fixed until the date of your event.

Gratuity charge is 18% and is charged on food and beverage.

## CONTRACT AGREEMENT

Please provide all final details in writing at least 4 weeks prior to your event date (Review contract for terms and conditions. Additional information provided within the 3 weeks may result in a admin fee. To confirm your date we will require \$1000.00 non-refundable deposit.