



SPRUCE

CATERING



Diversity Foods is 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



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.

BREAKFAST

Minimum of 8 people
all 8 must order the same meal, served buffet style
Fair Trade Coffee & Numi Tea included

BREAKFAST BUFFETS

Continental 13
Sliced Fresh Fruit Platter
Assorted breakfast breads with whipped Notre Dame butter.

Traditional 14
Manitoba - Raised, Free Range Organic Scrambled Eggs
Breakfast Cubed Potatoes
Choice of Diversity Homemade Breakfast sausage
OR Local Bacon

All Canadian 17
Assorted Breakfast Breads with whipped Notre Dame butter.
Manitoba-Raised, Free Range Scrambled Eggs
Breakfast Potatoes
Choice of Diversity Breakfast Sausage
OR Local Bacon

Select Both Bacon & Sausage +4

Add Greek yogurt and cranberry almond granola +3

BEVERAGES

Fair Trade coffee or Numi Tea
by the craft 30
serves 8-10pp
by the cambro 100
serves 100pp
*accompanied with cream, milk, cane sugar, sweetener. (Oat milk available upon request)

Housemade Fair Trade Hot chocolate
with mini Marshmallows
by the craft 30
serves 8-10
by the cambro 100
serves 100

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

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.

LUNCH

Minimum of 8 people
all 8 must order the same meal, served buffet style
Beverages included.

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 2 Add chicken - 2

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
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
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

WORKING LUNCH

Minimum of 8 people

all 8 must order the same meal, served buffet style

Beverages included.

SANDWICHES & WRAPS

SANDWICHES & WRAPS 10

Enjoy the kitchen's selection of sandwiches and wraps or choose the selection that you would like to serve. We portion sandwiches & wraps at one per person, presented cut in half.

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

Turkey Wild Rice *GF 6

Carrot Coconut Soup *Vegan, *GF 6

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 and a Canned Beverage

Classic Bagged Lunch 16

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

Deluxe Bagged Lunch 18

*Perfect for taking with you to explore FortWhyte Alive grounds

One Sandwich or Wrap, Individual Mixed Greens Salad with Balsamic 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

Mixed Greens Salad 6

Greenland Tomato, Peppers, Cucumbers, Onions & Balsamic Dressing

Spinach Salad 6

Oranges, Feta, & Lemon Poppy Seed Vinaigrette



Menus

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.

HORS D'OEUVRES

Minimum of 4 dozen of each

Priced by the dozen

STICKS

MAPLE PORK SAUSAGE with LBJ Beer Mustard 35

CHICKEN SATAYS with Choice of Sauce: Honey Garlic, Coconut Peanut, or BBQ 35

POACHED PRAWNS with Curried Mayo & Cilantro 35

BEEF MEATBALLS with Honey Dijon Glaze 38

SLIDERS

ROAST BEEF with horseradish, mayo, pickled red onion & Bothwell cheddar 35

SMOKED TURKEY with Dijonaise, Bothwell cheese & pickled cabbage 35

PULLED PORK with honey mustard, apple slaw and Bothwell cheese 35

PULLED JERK CHICKEN with chipotle mayo, and pineapple slaw 35

MINI BURGERS Beef burger, Gorgonzola Cheese, and apple chutney 35

TARTLETS

MINI VEGETABLE QUICHE with Bothwell Cheese & Green Onions 30

BEET TART Roasted beet tart with whipped feta and toasted buckwheat. 32

HORS D'OEUVRES

continued

CROSTINI

CHICKPEA HUMMUS with Roasted Baby Tomatoes 30

MARINATED MUSHROOM DUXELLE with Feta 30

BRUSCHETTA with Parmesan Cheese 30

PORK TENDERLOIN with Cranberries & Brie 35

SMOKED WILD SALMON with Garlic Cream,
Capers & Green Onion 35

PUMPERNICKEL with grilled peach, crispy
pancetta, and fresh peas. 30

ASIAN STYLE

SALAD ROLLS with BBQ Pork, Shredded
Marinated Vegetables, Fresh Herbs, Cashew,
Served with Peanut Sauce & Sweet
Soy 35

SCALLOP CEVICHE with fresh cilantro, 40
radish, pickled garlic, crunchy tempura bits,
with a light citrus vinaigrette

COCONUT SHRIMP with mango sriracha 35
dipping sauce

VEGAN

TOSTADOS Roasted corn salsa, cilantro, 30
marinated tofu

CAULIFLOWER BITES served with Marinara sauce 30

ALOO TIKI SLIDER potato paddy, topped with vegan 30
mayo, fresh tomato, crisp lettuce,
and cucumber kimchi.

A photograph of an outdoor dining area with several wooden tables and chairs. Each table is set with white linens, folded napkins, bread rolls, and glassware. A central green plant centerpiece is visible on one of the tables. The background shows a grassy area and a white patio umbrella.

PLATED DINNER

Minimum 8 Guests

Fresh Baked Breads with 3 types of Notre Dame Whipped Butters:
Sundried Tomato and olive, Roasted garlic and herb, Beet and
grainy mustard

All Entrees are Accompanied with Fresh Seasonal Local
Vegetables and an your
choice of:

Whipped Manitoba potatoes with Horseradish and Fresh Herb
Roasted Garlic and herb whipped Manitoba potatoes
Traditional mashed potatoes with Cream & Notre Dame Butter
Roasted Garlic & Chive Roasted Baby Potatoes with Olive Oil
Wild and White Rice Pilaf with Herbs
Quinoa & Barley with Parmesan Cilantro, Garlic & Lemon

3 course meal includes choice of salad or soup , entrée, and
dessert.

4 Course Option; Serve soup and salad for an additional \$6



THREE AND FOUR COURSE

SOUP

Select One:

Butternut Squash Topped with Mixed Seed Praline

Corn & Basil Chowder

Creamy Potato & Roasted Garlic with Julienne cut Crispy Potato Skins



SALAD

Select One:

Artisan Greens with Apples, Goat Cheese, Candied Walnuts & Champagne Vinaigrette

Caesar Salad with Parmesan Cheese, Lemon Wedge & Croutons

Arugula with Dried Cranberries, Grapes & Almonds with Honey Lime Vinaigrette

DESSERT

Select One:

Chocolate Mousse with salted caramel and Kasha Praline

Chocolate Beetcake with Raspberry Compote, Whipped Cream, Candied Beet

Broken cheesecake with graham crumbs & fruit compote

Lemon tart with Mascarpone Whipped Cream & Blueberry Reduction

Vegan Chocolate Date with Chai anglaise. Garnished with Grapefruit





ENTREES

Select One:

PICKEREL NICOISE GF DF

56

Local Baked Pickerel Rosette, with Fresh Herbs, Tomato Olive, Lemon Zest, and Garlic

PORK TENDERLOIN

58

with Grainy Mustard. Served with Tart Apples and Calvados Sauce and Walnut Gremoulata

8OZ ROASTED PORK

58

Boneless Pork Chop Served with Honey Soy, Garlic Sauce, and Pickled Cabbage

CHICKEN MARSALA GF DF

55

with Cremini Mushrooms & Roasted Shallot

6OZ BEEF TENDERLOIN STEAKS

68

with Fresh Herbed Compound Butter & Red Wine jus

ROASTED PRIME RIB OF BEEF

**MARKET PRICE*

with Yorkshire Pudding, au jus

6OZ BEEF TENDERLOIN GF

68

with Chimichurri Sauce, and Fresh Herb Salad

MUSHROOM & BUTTERNUT SQUASH BARLEY RISSOTO VEG

50

Served Fresh Herbs and Cumin Pumpkin Seeds

ZUCCHINI FRITTERS VG GF

50

Roasted Tomato Sauce

CHICKPEA CURRY VG GF

40

Served over Turmeric Rice, and Caramelize Onion with Cucumber Salsa and Warm Pita Bread



CHILDRENS' MEALS

Children's meal include
first course soup, or salad & plated dessert. 25

choice of:

Chicken Fingers and Fries with Honey Dill and Ketchup

Local Beef Burger with Cheese Topped with Lettuce, and Tomato,
with Ketchup, Mayonnaise on the side.

Served with Fries

Housemade Natures Farm Mac and Cheese



BUFFETS AND FAMILY STYLE MEALS

PRICED PER GUEST.

Prices starting at \$58.00

Minimum 25 Guests

Fresh Baked Breads with
3 types of Notre Dame Whipped Butters:
Sundried Tomato and olive, Roasted garlic and herb, Beet and
grainy mustard

2 Salads
1 Hot Vegetables
2 Starch
1 Protein

direct trade coffee &
organic tea

SALADS

Please choose two

CAESAR SALAD

House made Dairy Free Dressing, Parmesan cheese & croutons

CHICKPEA GREEK SALAD

with Fresh Vegetables, Feta Cheese & Olives

DIVERSITY MIXED GREENS SALAD

Greenland tomatoes, peppers, cucumbers, onions & balsamic dressing

SPINACH SALAD

with Oranges, Feta & Lemon Poppy Seed Vinaigrette

CLASSIC CREAMY POTATO SALAD

Made with Local Grown Potatoes, Hardboiled Eggs, Pickles, & Green Onions

NATURE'S FARM PASTA

with House Made Ranch Dressing, Peppers, and Green Onions

BROCCOLI SALAD

Made with Fresh Broccoli, Peppers, Almonds peppers & almonds and Honey Lime Dressing

ROASTED CELERIAC

Hemp heart, pumpkin seed, bay leaf vinaigrette, arugula, pickled mushroom.

MANITOBA HARVEST SALAD

Wild rice, roasted sweet potato, corn, celery, dried cranberry/herb vinaigrette.

ROASTED CAULIFLOWER

Lentil, fresh tomato, parsley, savory kasha granola, curry citrus vinaigrette.

D.E.L.A SALAD

Roast beets, Roasted sweet potato, Spicy greens, Crispy Kasha, Savory Granola, Creamy dill vinaigrette

TOASTED QUINOA

Sweet braised red cabbage, Pickled raisin, Cucumber, Herbs dressing





VEGETABLES

Please choose one

CHEFS CHOICE VEGETABLES

Using Manitoba Prairie Seasonal Vegetables

GRILLED CARROT

Manitoba harvested carrots with crispy kale, toasted almonds sunflower seeds raisin sauce

ROASTED BEETS

Made with warm roasted garlic hummus, crispy chickpeas hemp hearts, grilled lemon

TOASTED QUINOA

MB Prairie Quinoa with braised cabbage, pickled raisin, cucumber, and herbs

HONEY CARROT

Carrots frilled and glazed with Manitoba Bee Boys Honey, fresh herbs, hemp seed, and tahini

SWEET POTATO HASH

Roasted sweet potato hash, grilled red peppers, crispy turnip, served on romesco sauce





STARCH

Please choose two

ORGANIC BROWN RICE PILAF

QUINOA PILAF WITH ALMONDS, RAISINS & FRESH HERBS

ROASTED SWEET POTATO HASH/GRILLED RED PEPPERS/CRISPY TURNIP SERVED ON ROMESCO.

WHIPPED MANITOBA POTATOES WITH HORSERADISH AND FRESH HERB

ROASTED GARLIC AND HERB WHIPPED MANITOBA POTATOES

TRADITIONAL MASHED POTATOES WITH CREAM & NOTRE DAME BUTTER

ROASTED GARLIC & CHIVE ROASTED BABY POTATOES WITH OLIVE OIL

WILD AND WHITE RICE PILAF WITH HERBS



PROTEIN

Please choose one:

ROASTED PASTURE RAISED PORK LOIN
with Apple & Onion with Dijon Mustard

WHOLE ROASTED 9CUT BONE-IN LEMON AND HERB RUBBED
CHICKEN, NATURAL JUS.
Topped with hearty greens

GRILLED CHICKEN BREAST
in Tomato, Spinach and Olive Oil

LOCAL MANITOBA BEEF TENDERLOIN
with Chimichurri sauce, topped with Fresh Herb Salad

ROMESCO SALMON
Sustainable farmed Ocean Wise Salmon, Served with
Sunflower Seed and Tarragon Romesco Sauce

ENHANCEMENT

Per per person

Glazed Ham with Roasted Shallots and Turnup
add 8

*Coffee Rubbed Roasted Local Beef with Beef Au Jus
add 12

*Coffee Rubbed Roasted Local Bison with Bison Jus
add 15

*ACCOMPANIED WITH HORSERADISH, AND LBJ BEER MUSTARD

LATE NIGHT

ITALIAN ANTIPASTI PLATTER 15

cured meats with olives, pickles vegetables & breads

CROSTINI STATION 18

fresh marinated vegetables, dips, cured meats, cheeses & dried fruit

MANITOBA SOCIAL PLATTER 15

Manitoba Meats, Bothwell Cheese & pickles with crackers & crostini

BOTHWELL CHEDDAR PEROGIES 15

Notre Dame Butter & fried onions accompanied with sour cream, green onions & bacon bits

CLASSIC POUTINE BAR 15

Fresh cut fries, Bothwell cheese curds, gravy

LA COCINA NACHO BAR 16

Bothwell cheddar cheese, taco beef, salsa, sour cream & olives

BUILD YOUR OWN PULLED PORK ON A BUN 16

Bbq sauce with Cabbage slaw

VEGAN MAC AND CHEESE 16

With smoky coconut flakes with vegan cheese sauce



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)

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

INFUSED WATER STATION

7 OZ \$2

CHOOSE 2

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

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.

Gratuuity 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.

