



sproutsbookings@gmail.com

Sprouts Catering Menu

ORDER NOW

www.sproutscateringservice.ca



BREAKFAST MENU

*AS THE SUN CAST A GOLDEN RAY THROUGH THE WINDOW, MY
BREAKFAST MIRRORED THE WARMTH OF THE MORNING. A STEAMING
CUP OF COFFEE, SPROUTS BREAKFAST AS LIGHT AS THE MORNING
BREEZE.*

ALBERTA BREAKFAST CATERING OPTION #1

Locally sourced double smoked bacon and maple sausage, free range scrambled eggs, smashed baby potato, and toast. Add on pancakes, French toast or waffles. Coffee, Tea, Juice and Water.

Per Person \$18.99

GRIDDLE BREAKFAST CATERING OPTION #3

Choice of three of the following:

Berry pancakes, French toast, waffles, churros, donuts, cinnamon sugar fry bread. Add on double smoked bacon, maple sausage, and baked beans. Coffee, tea, juice and water.

Per Person \$16.99

CONTINENTAL BREAKFAST CATERING OPTION #5

Fresh fruit platter, baked goods, and yoghurt. Coffee, tea, juice, water.

Per Person \$14.49



EGGS BENEDICT FLIGHT CATERING OPTION #2

The classic dish features toasted English muffins, an assortment of toppings, a perfectly poached egg and a rich buttery hollandaise sauce.

Smoked brisket, spinach artichoke, and cream cheese, tomato with double smoked bacon, etc. Served with smashed potatoes, and coffee, tea, juice and water.

Per Person \$21.99

SPROUTS MORNING CATERING OPTION #4

Fruit platter, baked goods, free range scrambled eggs, double smoked bacon, maple sausage, pancakes, smashed baby potatoes. Coffee, tea, juice and water. Per Person \$34.99

LIVE STATION CATERING OPTION #6

Omelet Station: Per Person \$29.99/\$15

Crepes Station: Per Person \$24.49

Griddle Station: Per Person \$26

BERRY PANCAKES



ENHANCEMENT ITEMS MINIMUM OF 10 PPL

English muffin sandwich, includes fried egg, bacon, cheese. Per Sandwich \$ 4.55
Avocado toast with eggs and aged cheddar cheese on homemade multigrain bread. Per Sandwich \$4.99

Berry infused pancakes with maple syrup and double smoked bacon or maple sausage. Per Person \$6.99

Fresh fruit platter. For 10 people \$65

Fresh baked Sticky Buns or Scones. 10 Person Platter \$65

OMELET STATION



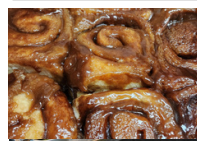
GRIDDLE BREAKFAST



MINIMUM OF 10 PPL

COFFEE	\$35	ORANGE JUICE	\$30
BLACK TEA	\$35	APPLE JUICE	\$30
MIXED TEA	\$35	FRUIT COCKTAIL	\$45
DECAF	\$35	SMOOTHIE	\$55

CINNAMON BUN





LUNCH MENU

A DELICIOUS AND SATISFYING MID DAY MEAL FEATURING A VARIETY OF FRESH FLAVORFUL DISHES. CHOOSE FROM HEARTY ENTREES, FRESH SALADS, AND SAVORY SIDES ALL CRAFTED WITH QUALITY INGREDIENTS. WHETHER YOU PREFER A BUFFET, PLATED SERVICE, OR BOXED LUNCHES. COMPLETE YOUR MEAL WITH DELECTABLE DESSERTS AND REFRESHING BEVERAGES FOR A PERFECT DINING EXPERIENCE.

GOURMET BURGER BAR OPTION #1

Customized and interactive experience, build your perfect burger with a variety of fresh toppings. Our delicious homemade juicy Alberta beef burgers all cooked to perfection, served on a buttery brioche bun and variety of classic toppings: Crunchy greens, lettuce, tomato, cheddar cheese, aioli, and condiments comes with potato chips. Per Person \$22.99
Add on soup, Per Person \$3
fries or salads, Per Person \$3

PULLED MEAT ON A BUN OPTION #3

Choice of maple wood 12 hour smoked brisket, honey chipotle pulled pork, or tangy caramel BBQ chicken. Served on a buttery brioche bun with coleslaw. Per Person \$24.95

SALAD & SOUP BAR OPTIN #5

A comforting and customizable meal experience, perfect for any occasion. Guests can mix and match a variety of hearty soups and freshly made seasonal salads served with brioche dinner buns. Per Person \$22



TACO BAR OPTION #2

Vibrant and interactive, build your own tacos with a variety of fresh toppings including corn tortillas, fresh lettuce, cilantro, tomato, cheese, sour cream, salsa roja, salsa verde, black beans. Choice of meat, chipotle smoked brisket, pulled pork, fajita chicken, serrano mango pork, and blackened shrimp. Per Person \$23.95

SOUP & SANDWICHES OPTION #4

Inviting you to try a comforting soup with freshly made sandwiches, creating a satisfying and customizable meal. Assortment of sandwiches: Pastrami, corned beef both on rye, apple cranberry chicken salad on Brioche, BLT on white bread, Honey Dijon Ham and Swiss on Whole Wheat bread. Served with chef's soup. Add on options, fries or salad. Per Person \$24.99

GOURMET BOX LUNCHES OPTIN #6

Our boxed lunch catering service offers individually packed or boxed platters for corporate meetings, or family gatherings. Customizable menus available. Per Person \$22

PLEASE REFER TO OUR DESSERT MENU FOR SWEET TREATS
SERVED AFTER LUNCH*

PULLED MEAT ON A BUN



GATHERING



ENHANCEMENT ITEMS MINIMUM OF 10 PPL

- Indian Style Lunch, includes tomato cucumber onion salad, fish Pakora, Butter Chicken, Naan bread, Pilaf rice, surprise dessert. Per Person \$34.99
- Customizable lunch menus available upon request. Please discuss with our coordinator.
- Take out lunches delivery Available

MINIMUM OF 10 PPL

COFFEE	\$35	ORANGE JUICE	\$30
BLACK TEA	\$35	APPLE JUICE	\$30
MIXED TEA	\$35	FRUIT COCKTAIL	\$45
DECAF	\$35	POP	\$55

BURGER



CORPORATE MEETING





DINNER MENU

INDULGE IN A SOPHISTICATED CULINARY JOURNEY WITH OUR ELEGANTLY CURATED DINNER MENU. EACH DISH IS THOUGHTFULLY CRAFTED USING THE FINEST INGREDIENTS, BLENDING BOLD FLAVORS WITH ARTISTIC PRESENTATION. BEGIN WITH GOURMET APPETIZERS, AND CRISP, REFRESHING SALADS, FOLLOWED BY EXQUISITELY PREPARED ENTREES, AND CONCLUDE YOUR MEAL WITH OUR SIGNATURE HANDCRAFTED DESSERTS. ELEVATE YOUR EVENING WITH PREMIUM WINE AND COCKTAILS.

SALADS: CHOOSE TWO OPTIONS

CAESAR SALAD OPTION #1

Crisp romaine lettuce, crunchy croutons, parmesan cheese, creamy Caesar dressing, and pancetta bites.

CITRUS POMEGRANATE SALAD OPTION #3

A refreshing mix of crisp greens, juicy orange segments, pomegranate arils, toasted almonds, with goats cheese and a honey citrus vinaigrette.

TRADITIONAL POTATO SALAD OPTION #5

Baby potatoes dressed in a Dijon white wine vinaigrette, with fresh parsley, and chives, celery, granny smith apples.



SEASONAL BERRY SALAD OPTION #2

A vibrant blend of seasonal berries, with crunchy greens, toasted almonds, crumbled feta, with a honey strawberry lime vinaigrette.

MEDITERRANEAN SALAD OPTION #4

A wholesome blend of cucumber, cherry tomatoes, red onion, feta cheese, roasted pepper, olives, and fresh crisp greens with a lemon garlic herb dressing.

VEGAN SWEET POTATO SALAD OPTION #6

Sliced sweet potato and avocado, black beans, tossed with a tahini cumin dressing. Topped with cilantro and green onion.

SIDES: CHOOSE ONE OPTION

YUKON GOLD BABY POTATOES



HOUSE MADE BREAD



- Roasted Garlic Gruyere Mashed Potato
- Crispy Fried Baby Potatoes with Rosemary and Parmesan Cheese.
- Garlic and Herb Roasted Baby Potatoes
- Scalloped Potatoes
- Baked Potatoes
- Browned Butter Maple Roasted Sweet Potatoes
- Saffron Pilaf Rice

BREAD: CHOOSE ONE OPTION

- Buttery Brioche Dinner Rolls
- Jalapeno Cheddar Cornbread
- Garlic Herb Focaccia Bread
- Baked Bannock

MINIMUM OF 10 PPL

COFFEE	\$35	ORANGE JUICE	\$30
BLACK TEA	\$35	APPLE JUICE	\$30
MIXED TEA	\$35	FRUIT	\$45
DECAF	\$35	COCKTAIL	\$55

FAMILY GATHERING



CORPORATE MEETING



PROTEINS: CHOOSE ONE OPTION

18 HOUR SMOKED BRISKET OPTION #1

Maple wood smoked AAA brisket with smokey maple Au Jus



SOUTHERN STYLE BBQ CHICKEN BREAST OPTION #2

A Tender, juicy chicken breast coated in a sweet, tangy BBQ



AAA ALBERTA BEEF INSIDE ROUND ROAST OPTION #3

with a Red Wine Pan Sauce



CANADIAN WHISKEY SMOKED TOP SIRLOIN OPTION #4

Canadian whiskey infused Top Sirloin with a Horseradish Cream



BLACKEND SALMON WITH MANGO SALSA OPTION #5



HERB CRUSTED AAA PRIME RIB WITH A CLASSIC DEMI GLACE OPTION #7

add extra cost per person \$5.95





APPETIZER MENU

APPETIZERS
ADD ON TO YOUR MENU FOR AN ADDITIONAL COST

CHARCUTERIE BOARD

An assortment of local meats and cheese, berry preserves and chutneys. Homemade pickles and fresh baked sourdough crostini.

LARGE BOARD 25PPL \$185
SMALL BOARD 10 PPL \$95

KETTLE CHIPS & AIOLI

House fried Kettle chips with a variety of Aioli.
LARGE BOARD 25PPL \$125 SMALL BOARD 10 PPL \$79

ORGANIC VEGETABLE BOARD

Organic Vegetable platter with homemade dill ranch dressing.

LARGE BOARD 25PPL \$145
SMALL BOARD 10 PPL \$79



BRUSCHETTA

House made crostini, fresh basil, organic local tomatoes, roasted garlic, fresh mozzarella, balsamic glaze.

LARGE BOARD 25PPL \$139.5
SMALL BOARD 10 PPL \$63.99

BREAD & BUTTER

Scratch made sourdough, Garlic Focaccia, French baguette and compound butter.

LARGE BOARD 25PPL \$185
SMALL BOARD 10 PPL \$95

CANAPES

Honey, fig and goats cheese on a French baguette. Mini pastry shells filled with truffle mushrooms in a cream Cajun sweet pepper mini crepes. Mini Bruschetta, with prosciutto on sourdough crostini.

LARGE BOARD 25PPL \$145
SMALL BOARD 10 PPL \$79

HOT APPETIZERS

BISON SLIDERS



SHRIMP COCKTAIL



CHICKEN SKEWERS

Free range chicken, with authentic Indian Tandoori spice, mint & yoghurt dipping sauce.

PER 25PPL \$199.5
PER 10 PPL \$89.5

BISON SLIDERS

Bison burger sliders, lettuce, tomato, aged cheddar cheese, on a house made brioche bun.

PER 25PPL \$224.5
PER 10 PPL \$105

BEEF SLIDERS

Bison burger sliders, lettuce, tomato, aged cheddar cheese, on a house made brioche bun.

PER 25PPL \$199.99
PER 10 PPL \$95.99

BAKED CHICKEN WINGS

Chipotle Caramel, Honey Balsamic, Sesame Soya, Buffalo, Tangy BBQ, Roasted Garlic and Pepper Spice Rub , Lemon Dill Parmesan.
BY LB \$ 9.5

SHRIMP COCKTAIL

Black tiger shrimp poached in white wine, citrus infused and served with smokey cocktail sauce
PER 25PPL \$245.99
PER 10 PPL \$124.99

SAMOSAS

Fried samosa with cumin and fennel seasoned bison. Served with a Tamarind sauce.

Bison samosas Per dozen \$ 54.99
Beef samosas Per dozen \$ 44.99
Vegetable samosas per dozen \$ 34.99

BAKED CHICKEN WINGS



PULLED BRISKET TOSTADA



PULLED BRISKET TOATADA

18 Hours smoked brisket on Bannock with jalapeno, cheese sauce, fresh crunch greens.

PER 25PPL \$224.25
PER 10 PPL \$115.95





DESSERT MENU

HANDCRAFTED, FINEST, LOCALLY SOURCED INGREDIENTS BAKED TO PERFECTION.
"EACH BITE IS A TASTE OF NOSTALGIA WRAPPED IN A GOURMET EXPERIENCE"

CHOICE OF TWO OPTIONS ON YOUR DESSERT BUFFET TABLE

- Raspberry White Chocolate Cheesecake
- Chocolate Pecan Truffle Cheesecake
- Tropical Fruit Pavlova
- Apple Pear Spiced Crumble
- Baklava
- Lemon Meringue Cake



- Fresh Berry Vanilla Bean Custard Tarts
- Ricotta Orange Cake
- Vegan Chocolate Coconut Torte
- Assorted Mousse Parfait Cups
- Assorted Squares and cakes
- Elderflower Panna Cotta
- Tiramisu

DESSERT DISPLAYS

COOKIE CHARCUTERIE BOARD

DESSERTS CHARCUTERIE BOARD



chocolate chip cookies, snickerdoodles, cranberry shortbread, jam thumbprints, with chocolate and caramel sauce, butterscotch chips and crushed pecans
minimum of 10 People \$ 55

DONUT WALL

Vanilla or Chocolate Dipped donuts with your choice of icing and sprinkle colors to suit your event
minimum of 25 pieces \$ 197.99
only wall for rental per day \$79



CUPCAKE DISPLAY

with lemon raspberry, dark chocolate caramel, chai spice, Vanilla bean
minimum of 10 ppl \$75

CORPORATE MEETINGS



CUSTOM CAKES



PIE BAR

A delectable selection of gourmet pies and tarts.
Per pie \$ 30

CHOCOLATE FOUNTAIN

Dark & Milk Chocolate with fruit, cookies, cheese & donut bits
Per Person \$ 11.99

CHOCOLATE COVERED STAWBERRY

Freshly picked strawberries dipped in artisanal dark chocolate infused with a hint of vanilla and sprinkle of white chocolate
Per Person \$ 11.99

DONUT WALL

WEDDING & FAMILY GATHERINGS



WEDDING DESSERTS

