



eat

TASTE | QUALITY | SERVICE





**THOMPSON
RIVERS
UNIVERSITY**

Conferences, Weddings
and Events

EAT AT TRU

Whatever your needs, we've got you covered!

Our expert coordinators and talented catering team offer a diverse skill set and experiences to best assist you in designing the perfect culinary experience for your theme and budget. We strive to offer an excellent variety of healthy, fresh, seasonal and locally sourced creative food options.

Ask us about our substitute menu options for dietary concerns; we are happy to accommodate religious, social, and allergy restrictions. You are welcome to challenge us with your unique ideas or let us explore our creative boundaries to develop options that fit perfectly with your event. Our team is happy to assist and make recommendations, the options are endless.

TRU Conference Centre will help you make your event truly unique.

Bon Appétit!

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DIETARY GUIDE



- (V) Vegan
- (VG) Vegetarian
- (GF) Gluten Free
- (DF) Dairy Free

ALL DAY MEETING PACKAGES

Minimum order of 10 guests per selection.

MEETING PACKAGE #1

\$62.50/person

CONTINENTAL BREAKFAST

- Fresh fruit salad (V, GF)
- Assorted muffins and danishes (VG)
- Assorted yogurt cups (VG)
- Coffee, tea and fruit juice

MORNING PICK ME UP

- Banana loaf (VG)
- Assorted Nutrigrain fruit bars (VG)
- Coffee and tea

SANDWICH & WRAP LUNCH

- Choice of three sandwich flavours
- Chef's daily soup OR organic green chop salad with dressings (V, GF)
- Salted kettle chips with ranch dip (VG)
- Assorted pickles (V, GF)
- Dessert squares (VG)
- Coffee and tea OR soft driks

AFTERNOON ENERGIZER

- Energy bites (V, GF)
- Fresh fruit tray (V, GF)
- Brownies (VG)
- Coffee and tea OR soft drinks

MEETING PACKAGE #2

\$67.50/person

CONTINENTAL BREAKFAST

- Fresh fruit salad (V, GF)
- Assorted muffins and danishes (VG)
- Assorted yogurt cups (VG)
- Coffee, tea and fruit juice

MORNING PICK ME UP

- Banana loaf (VG)
- Assorted Nutrigrain fruit bars (VG)
- Coffee and tea

ROAST CHICKEN LUNCH

- Fresh rolls and butter (VG)
- Organic green chop salad with dressings (V, GF)
- Balsamic marinated vegetable salad (V, GF)
- Herb roasted potatoes (V, GF)
- Grilled oregano chicken breast served with a roasted vegetable marinara sauce (DF, GF)
- Chocolate truffle bar (VG)
- Coffee and tea OR soft drinks

AFTERNOON REJUVENATOR

- Assorted cheese and crackers (VG)
- Brownies and strawberry kebobs (VG)
- Oatmeal cookies (VG)
- Coffee and tea OR soft drinks

MORNING MEDLEYS

Minimum order of 10 guests per selection.

CONTINENTAL BREAKFAST \$18

- Fresh fruit salad (V, GF)
- Assorted muffins and danishes (VG)
- Assorted yogurt cups (VG)
- Coffee, tea and fruit juice

EXTREME CONTINENTAL \$22

- Fresh fruit platter (V, GF)
- Assorted muffins and danishes (VG)
- Build your own yogurt parfait: (VG)
 - Yogurt, berries, granola, almonds, pecans, cranberries and raisins
- Peanut butter energy bites (V, GF)
- Coffee, tea and fruit juice

EARLY RISER \$24

- Fresh fruit salad (V, GF)
- Assorted muffins and danishes (VG)
- Scrambled eggs (VG, GF)
- Seasoned hash browns (VG)
- Smoked bacon (3) OR pork sausage (2)
- Coffee, tea and fruit juice

BREAKFAST SANDWICH OR WRAP \$17

- Fresh fruit salad (V, GF)
- Choice of one:
 - Sausage, egg and cheddar english muffin
 - Bacon, egg and cheddar english muffin
 - Sausage, egg, cheddar and salsa wrap
- Coffee, tea and fruit juice

SMOKED SALMON BAGEL \$18

- Fresh fruit salad (V, GF)
- Fresh bagels, dill cream cheese, smoked salmon, tomato, onions and capers
- Coffee, tea and fruit juice

HEARTY BREAKFAST \$28

- Fresh fruit platter (V, GF)
- Assorted muffins and danishes (VG)
- Scrambled eggs (VG, GF)
- Seasoned hash browns (VG)
- Smoked bacon (2) and pork sausage (2)
- Cinnamon french toast (2) OR pancakes (2) (VG)
- Coffee, tea and fruit juice

BREAKFAST TACOS \$24

- Soft flour and hard corn tortillas (VG)
- Scrambled eggs (VG, GF)
- Nacho cheese blend (VG) • Bacon crumble
- Guacamole (V, GF) • Pico de Gallo (V, GF)
- Lime cilantro sour cream (VG)
- Tater tots (VG)
- Fresh fruit salad (V, GF)
- Coffee, tea and fruit juice

FRITTATA CUP \$26

- Fresh fruit platter (V, GF)
- Assorted muffins and danishes (VG)
- Egg frittata cups choice of one:
 - Bacon and cheddar (GF)
 - Ham and cheddar (GF)
 - Spinach, feta and dill (VG, GF)
- Seasoned hash browns (VG)
- Smoked bacon (3) OR pork sausage (2)
- Coffee, tea and fruit juice

BOXED BREAKFAST \$18

- Assorted muffins (VG) • Whole fruit (V, GF)
- Assorted yogurt cups (VG) • Cheddar cheese (VG)
- Juice Box
- Bagel and cream cheese OR croissant served with whipped butter (VG)

FRESHLY BAKED

Priced 10 per basket.

DELECTABLE LOAVES \$48

Your choice of banana bread, chocolate chunk, morning glory or fruit and fiber. Served with honey butter. (VG)

PASTRY ASSORTMENT \$43

Assortment of muffins, danishes and turnovers. Served with butter and preserves. (VG)

MUFFIN ONLY ASSORTMENT \$43

Assortment of chocolate chip, carrot, bran, blueberry, cranberry lemon and banana. Served with butter. (VG)

GLUTEN FREE BLUEBERRY MUFFINS \$49

Served with butter. (VG, GF)

CROISSANTS \$47

Your choice of plain or chocolate drizzled. (VG)

MINI DANISHES \$31

Assortment of cinnamon, vanilla, raspberry, maple and apple. (VG)

WARM CINNAMON BUNS (VG) \$35

APPLE TURNOVERS (VG) \$42

COCONUT ENERGY BITES \$20

Dried cranberries, raisins, oats, chopped nuts and coconut (GF, V).

PEANUT BUTTER ENERGY BITES \$20

Oats, peanut butter, coconut, maple syrup, cocoa powder and vanilla (GF, V).

ENHANCEMENTS

Minimum order of 10 guests per selection.

CEREAL & MILK \$5.75

Assortment of dry cereal and 2% milk. (VG)

YOGURT PARFAIT BAR \$9.50

Strawberry and greek yogurt served with granola, mixed berries, raisins, dried cranberries, almonds and pecans. (VG)

FRUIT SALAD \$7.75

Pineapple, honey dew melon, cantaloupe, orange segments and grapes in a light simple syrup. (V, GF)

YOGURT CUPS \$2.75

Assorted strawberry, vanilla, peach and blueberry. (VG)

WHOLE FRUIT \$2

Assortment of apples, oranges and bananas. (V, GF)

TOFU SCRAMBLE \$6

Crumbled tofu with sautéed onion, bell peppers, spices and finished with spring onion (NF, GF, V).

TOAST STATION \$4.75

Assorted breads served with butter, peanut butter and preserves. (VG)

FRUIT SMOOTHIE \$8

Classic (VG)- greek yogurt, banana, berries and orange juice. Vegan (V) - almond milk, banana, berries and orange juice.

BERRY OVERNIGHT OATS (VG) \$6.50

SMOKED BACON (3) \$6

PORK SAUSAGE (2) \$6

TURKEY SAUSAGE (3) \$6



TAKE A BREAK

Minimum order of 10 guests per selection.

ENERGIZER \$13 (VG, GF)

- Salted kettle chips with ranch dip
- Energy bites
- Fresh fruit tray
- Coffee, tea OR soft drinks

REJUVENATOR \$13 (VG)

- Assorted cheese
- Crackers
- Brownies
- Strawberry kebobs
- Oatmeal cookies
- Coffee, tea OR soft drinks

DEATH BY CHOCOLATE \$12 (VG)

- Chocolate bars
- Chocolate cookies
- Chocolate brownies
- Hot chocolate

A LITTLE PICK ME UP \$12 (VG)

- Strawberry yogurt
- Granola
- Banana loaf
- Nutrigrain fruit bars
- Coffee, tea OR soft drinks

FIESTA BREAK \$13 (VG)

- Corn tortilla chips
- Garlic crostini
- Pico de gallo
- Guacamole
- Vegetable platter
- Dill ranch dip
- Roasted red pepper hummus
- Coffee, tea OR soft drinks

TRADITIONAL BREAK \$13 (VG)

- Assorted cheese
- Crackers
- Fresh fruit tray
- Chocolate cake
- Coffee, tea OR soft drinks

LUNCH BUFFETS

Minimum order of 10 guests.

PREMIUM WRAP & SANDWICH \$25

- Choice of 3 wrap and/or sandwich selections
- Chef's daily soup OR organic green chop salad with dressings (V, GF)
- Salted kettle chips and ranch dip (VG)
- Assorted pickles (V, GF)
- Dessert squares (VG)
- Coffee, tea OR soft drinks

SIMPLE WRAP & SANDWICH \$19

- Choice of 3 wrap and/or sandwich selections
- Salted kettle chips and ranch dip (VG)
- Assorted cookies (VG)
- Coffee, tea OR soft drinks

WRAP & SANDWICH ONLY \$10.75

- Choice of 3 wrap and/or sandwich selections

BOXED LUNCH \$20

- Choice of 3 sandwich selections
- Choice of 4 items:
 - Whole fruit (V, GF)
 - Veggie and dip (VG)
 - Nutrigrain bar (VG)
 - Salad with dressing (V, GF)
 - Juice box
 - Cookie (VG)
 - Yogurt cup (VG)
 - Lays potato chips
 - Brownie (VG)

WRAP SELECTIONS

- Grilled chicken caesar wrap
- BBQ chicken, bacon, tomato, onion, romaine and a triple cheese blend
- Teriyaki steak with a sesame slaw and scallions
- Greek wrap with hummus, tomato, cucumber, pepper, kalamata olive, spinach and vegan cheese (V)
- Falafel with roasted red pepper, tomato, cucumber, baby kale, hummus and vegan cheese (V)
- Grilled chicken wrap with cranberry quinoa salad, baby kale and asiago cheese

SANDWICH SELECTIONS

- Chopped chicken salad with diced apple, grapes, mayo, onion, celery and lettuce
- Sage roasted turkey and avocado with garlic aioli, romaine, tomato, bacon and cheddar
- Sage roasted turkey with dijon aioli, caramelized onion, tomato, havarti and organic greens
- Honey ham, poached apple and brie with pineapple curry aioli and baby spinach
- Roast beef with BBQ aioli, romaine, tomato, caramelized onions and cheddar cheese
- Egg salad with dill, Tabasco, red and green onions (VG)
- Cucumber, avocado, dill cream cheese, organic greens, roasted red pepper and havarti (VG)
- Sage roasted turkey, tomato, cucumber, organic greens, whole grain mustard and cheddar cheese served on gluten free bread (GF)
- Avocado, cream cheese, roasted bell pepper, tomato and baby kale served on gluten free bread (VG, GF)
- Genoa salami with chipotle aioli, organic greens, monteray jack cheese, tomato and cucumber

BUILD YOUR OWN

SANDWICH BAR \$25

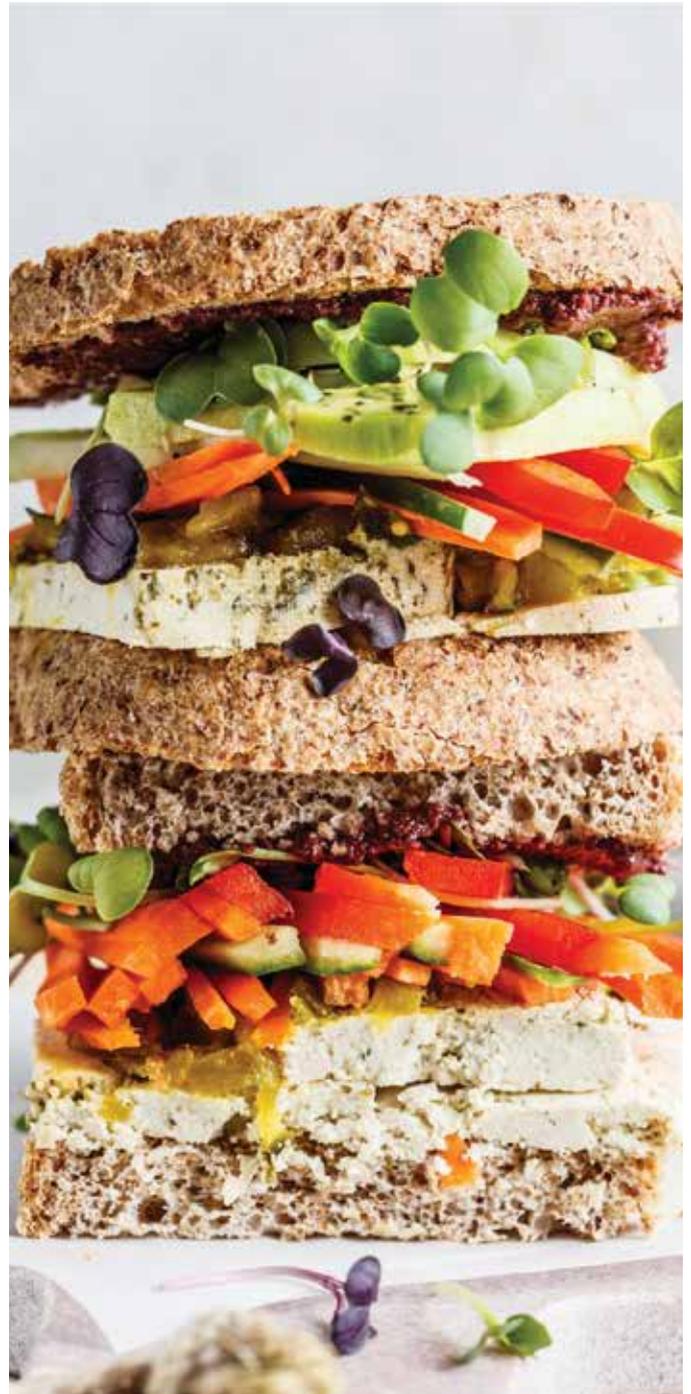
Minimum order of 20 guests.

- Sage roasted turkey (GF)
- Roast beef (GF)
- Honey ham
- Cheddar, swiss and havarti cheese (VG)
- Tomato, cucumber and red onion (V, GF)
- Lettuce (V, GF)
- Mayo, mustard, hummus
- Chef's daily soup OR organic green salad (V, GF)
- Salted kettle chips and ranch dip (VG)
- Assorted pickles (V, GF)
- Assorted cookies (VG)
- Coffee, tea OR soft drinks

SUPER GRAIN SALAD BAR \$19.50

Minimum order of 20 guests.

- Hot cajun blackened chicken (GF)
- Hot chickpea falafel (V, GF)
- Quinoa (V, GF)
- Baby kale and organic greens (V, GF)
- Dried cranberries (V, GF)
- Peaches (V, GF)
- Grape tomatoes (V, GF)
- Red onion (V, GF)
- Cucumber (V, GF)
- Shredded carrots (V, GF)
- Paprika roasted chickpeas (V)
- Roasted pecans (V)
- Vegan mozzarella cheese (V, GF)
- Triple cheese blend (VG, GF)
- Balsamic vinaigrette (V, GF)
- Greek herb vinaigrette (V, GF)
- Italian vinaigrette (V, GF)



HOT LUNCH BUFFETS

Minimum order of 20 guests per selection. All hot lunch buffets are served with coffee, tea OR soft drinks

POLLO ASADO TACO \$26

- Choice of chicken OR ground beef (DF, GF)
- Soft flour and hard corn tortillas (VG)
- Pico de gallo, guacamole and lettuce (V, GF)
- Baja sauce and nacho cheese (VG)
- Spicy potato wedges (VG)
- Cilantro lime coleslaw (VG)
- Assorted brownies (VG)
- *Sub carne asada steak - add \$3*

MEDITERRANEAN \$29

- Grilled pita bread (VG)
- Tzatziki and hummus (VG)
- Mediterranean marinated chicken breast (DF, GF)
- Greek salad with feta (VG, GF)
- Greek wild rice blend (VG, GF)
- Lemon shortbread bars (VG)

STIR FRY \$29

- Organic green salad with assorted dressings (V, GF)
- Sweet chili chicken vegetable stir fry (DF, GF)
- Steamed rice pilaf (V, GF)
- Carrot cake (VG)
- *Sub teriyaki steak - add \$3.50*

ITALIAN PASTA \$28

- Garlic toast (VG)
- Balsamic marinated vegetable salad (V, GF)
- Caesar salad
- Choice of 1:
 - Penne in a classic meat sauce
 - Penne chicken alfredo
 - Bechamel vegetable lasagna (VG)
- Classic tiramisu (VG)

INDIAN INSPIRED \$29

- Grilled naan bread (VG)
- Tomato cucumber salad (V, GF)
- Lemon ginger basmati rice (V, GF)
- Chickpea curry (V, GF) OR butter chicken (GF)
- Maple chocolate cake (VG)

ROAST CHICKEN LUNCH \$29

- Dinner rolls and butter (VG)
- Organic green salad with assorted dressings (V, GF)
- Balsamic marinated vegetable salad (V, GF)
- Herb roasted potato (V, GF)
- Grilled oregano chicken breast in a roasted vegetable marinara sauce (DF, GF)
- Chocolate truffle bar (VG)

INDIGENOUS INSPIRED \$28

- Fried bannock (VG)
- Organic green salad with assorted dressings (V, GF)
- Beef chili (GF, DF)
- Salsa, sour cream, lettuce and nacho cheese (VG)
- Triple berry crumble (VG)

CHILI BUFFET \$25

- Dinner rolls and butter
- Organic green salad with assorted dressings (V, GF)
- Choice of beef (GF, DF) OR vegan chili (V, GF)
- Corn tortilla chips and salsa (VG, GF)
- Caramel vanilla cake (VG)

BEEF DIP \$29

- Hoagie buns (VG)
- Caesar salad and potato wedges
- Slow roasted beef with au jus
- Chipotle aioli, horseradish, BBQ sauce
- Triple chocolate cake (VG)

DINNER BUFFETS

Minimum order of 40 guests per selection.

BUILD YOUR DINNER

All dinner buffets includes rolls and butter, your choice of two salads, one main entrée, one vegetable dish, one starch dish, choice of one pasta or vegan dish, chef's dessert selection, coffee and tea. Chosen selections are for all guests.

CHOICE OF ONE PROTEIN \$40/person

- | | | |
|---|--|---|
| 1 | | Dinner rolls with butter |
| 2 | | Choice of TWO salads |
| 3 | | Choice of ONE vegetable dish |
| 4 | | Choice of ONE starch dish |
| 5 | | Choice of ONE pasta or vegan dish |
| 6 | | Chef selection of cakes, bars, cookies and sliced fruit |
| 7 | | Beverages - coffee, assorted tea and water station |

CHOICE OF TWO PROTEINS \$48/person



ADD EXTRAS

SALAD

Add an additional - \$4/person

VEGETABLE DISH

Add an additional - \$3/person

STARTCH DISH

Add an additional - \$3.50/person

PASTA OR VEGAN DISH

Add an additional - \$5/person

PROTEIN CHOICES

GRILLED OREGANO CHICKEN BREAST

- Served with your choice of sauce:
 - Sundried tomato pesto cream sauce with roasted squash and wilted baby kale (GF)
 - Roasted apple and apricot au jus (GF, DF)
 - Mediterranean roasted vegetable tomato pomodoro (GF, DF)
 - Sauteed mushroom, spinach and spring onion cream sauce (GF)

CHICKEN MARSALA

Braised chicken breast with garlic mushrooms in a creamy marsala wine sauce (GF).

PARMESAN CRUSTED CHICKEN BREAST

Served with roasted red pepper and tomato bruschetta.

THYME RUBBED ROASTED PORK LOIN

Served with an apple and blueberry au jus (GF, DF).

SAGE ROASTED TURKEY

Served with cranberry sauce and cider pan gravy (GF, DF).

MAPLE GLAZED CRANBERRY HAM

Served with cranberry demi-glaze, apple sauce and dijon mustard (GF, DF).

LEMON & HERB BAKED SALMON FILET

- Served with your choice of sauce:
 - Rustic spinach and tomato basil sauce (GF, DF)
 - Mushroom dill sauce (GF)

BRAISED BEEF PROVENCAL

Slow braised chuck roast beef, onion, carrot and peppers in a rich au jus.

DIJON CRUSTED BARON OF BEEF

Chef carved and served with red wine rosemary au jus, horeseradish and dijon mustard.
Add \$4/person.





SALADS

- Organic green chopped salad with tomato, carrot, onion, cucumber and your choice of dressings (V, GF)
- Organic greens, peaches, fresh strawberries, raisins, almonds, spring onion and your choice of dressings (V, GF)
- Balsamic marinated vegetable salad (V, GF)
- Thai sesame vegetable salad (VG)
- Mediterranean herb quinoa salad (V, GF)
- Tuscan macaroni and feta salad (VG)
- Citrus avocado pasta salad with tomato, black beans and corn (VG)
- Organic greens, baby kale and berry salad with crumbled feta, pecans and your choice of dressing (VG, GF)
- Caesar salad with croutons and asiago cheese tossed in a classic caesar dressing.
- Classic creamy potato salad (VG)
- Cilantro lime coleslaw (VG)
- Greek vegetable salad with feta (VG, GF)

DRESSING CHOICES:

Choice of up to 3 per green salad:

- Ranch dressing
- Balsamic vinaigrette (VG, GF)
- Raspberry vinaigrette (VG, GF)
- Italian dressing (VG, GF)
- Greek herb vinaigrette (VG, GF)



VEGETABLES

- Lemon and oregano roasted carrots (V, GF)
- Roasted beets (V, GF)
- Roasted root vegetable medley (V, GF)
- Honey dill steamed carrots (GF, DF)
- Roasted broccoli and cauliflower (V, GF)
- Steamed garden vegetable medley (V, GF)

STARCHES

- Lemon ginger basmati rice (V, GF)
- Greek wild rice blend with herbs, onion and red bell pepper (V, GF)
- Steamed brown rice (V, GF)
- Roasted greek and lemon potato (V, GF)
- Apple cranberry stuffing (VG)
- Cilantro lime rice pilaf (V, GF)
- Mashed roasted garlic and herb potato (GF)
- Herb roasted baby potato (V, GF)

VEGAN

SEVEN BEAN SUCCOTASH

Seven bean medley, onion, bell pepper, tomato and spring onion with herbs and chili flakes (V, GF).

RATATOUILLE

Roasted garden vegetables with black beans and kidney beans (V, GF).

THAI COCONUT CAULIFLOWER CURRY

Served with spring onion and cilantro (V, GF).

SICILIAN ROTINI VEGETABLE MARINARA

Roasted artichokes, peppers, black olives and onion tossed in a tomato sauce (V).

ROASTED VEGETABLE CHANA MASALA

Served with carrot, onion, celery, broccoli, cauliflower and garlic (V, GF).

PASTA

CHEESE FILLED TORTELLINI

Served in a roasted vegetable and oregano tomato sauce (VG).

BUTTERNUT SQUASH PENNE

Butternut squash, baby kale and onions tossed in a sun-dried tomato pesto cream sauce (VG).

QUATTRO FROMAGGIO RAVIOLI

Four cheese ravioli served in a roasted red bell pepper cream sauce (VG).

BECHAMEL VEGETABLE LASAGNA

Baked with vegetables, bechamel, ricotta, mozzarella and parmesan (VG).

MACARONI & CHEESE

Creamy cheddar and asiago cheese sauce (VG).

TRADITIONAL BEEF LASAGNA

Tomatoes, garlic, onion and beef layered with ricotta, mozzarella, romano, parmesan and asiago.

Add \$2/person



HORS D'OEUVRES

Price per dozen. Minimum of 3 dozen per hors d'oeuvres.

SERVED COLD

\$36 - Crostini topped with artichoke, parmesan, olive tapenade and roasted bell pepper (VG).

\$40 - Crostini topped with fire grilled tomato, goat cheese, prosciutto, baby kale and cranberry.

\$36 - Crostini topped with hummus, grilled zucchini, grape tomato and bell pepper (VG).

\$49 - Focaccia topped with smoked salmon, lemon dill cream cheese, red onion and fried capers.

\$39 - Mini bocconcini salad skewered and drizzled with balsamic glaze (VG).

\$39 - Mini taco Asian marinated cucumber, carrot, herbs, garlic and sambal (V).

\$53 - Sweet and spicy chili lime marinated jumbo prawns (GF, DF).

\$36 - Spicy roasted chickpea and avocado cucumber bites (V, GF).

\$36 - Balsamic roasted vegetable and organic green salad rolls with raspberry vinaigrette (V, GF).

\$40 - Crostini with caramelized apple, smoked bacon and gorgonzola cheese.

\$40 - Mini avocado toast with grape tomato, bocconcini and balsamic glaze (VG).

\$7/each - Charcuterie cup with salami, prosciutto, cheddar, pepperoni, brie, berries, grapes, pickle, olive, bell pepper, crackers, nuts and bread sticks.
Minimum order of 20.





HORS D'OEUVRES

Price per dozen. Minimum of 3 dozen per hors d'oeuvres.

SERVED HOT

\$43 - Philly steak puff pastry roll with swiss cheese, caramelized onions and bell peppers.

\$49 - Rock crab, duxelle mushroom and herb cream cheese puff pastry roll.

\$37 - Caramelized onion, grape tomato, garlic and feta puff pastry roll (VG).

\$37 - Brie, cranberry and almond phyllo (VG).

\$32 - Chicken and vegetable gyoza with soy sauce.

\$36 - Vegetarian spring rolls with plum sauce (VG).

\$47 - Coconut crusted shrimp with tropical salsa.

\$49 - Crab cakes with roasted red pepper aioli.

\$44 - Parmesan crusted chicken bites with micro greens and drizzled with marinara aioli.

\$39 - Vegan zucchini boats stuffed with greek plant protein crumble and vegan cheese (V, GF).

\$49 - Crab claw and herbed cream cheese stuffed cremini mushrooms (GF).

\$46 - Whiskey BBQ chicken phyllo with spring onion and smoked cheddar.

\$32 - Spinach, artichoke and feta tartlet (VG).

\$32 - Mini samosa with sweet plum sauce (VG).

\$42 - Cheddar crab jalapeno popper with dill ranch.

\$28 - Tempura mushrooms with chili soy sauce (VG).

\$33 - Roasted chicken wings (hot, lemon pepper, greek or cajun) (GF, DF).

\$30 - Mini all beef meatballs.



ACTION STATION

Elevate your event with a Chef action station.

Let us wow the crowd with a chef attended action station where we cook the food in front of your guests.

Minimum order of 40 guests based on two appetizers per person.

VODKA PRAWNS \$16.50

Tiger prawns sautéed in butter with garlic, cilantro and flambéed in vodka (GF).

SLOW ROASTED BEEF ON A BUN \$16.50

Carved baron of beef on a bun with red wine demi glaze, horseradish, mustard and caramelized onion.

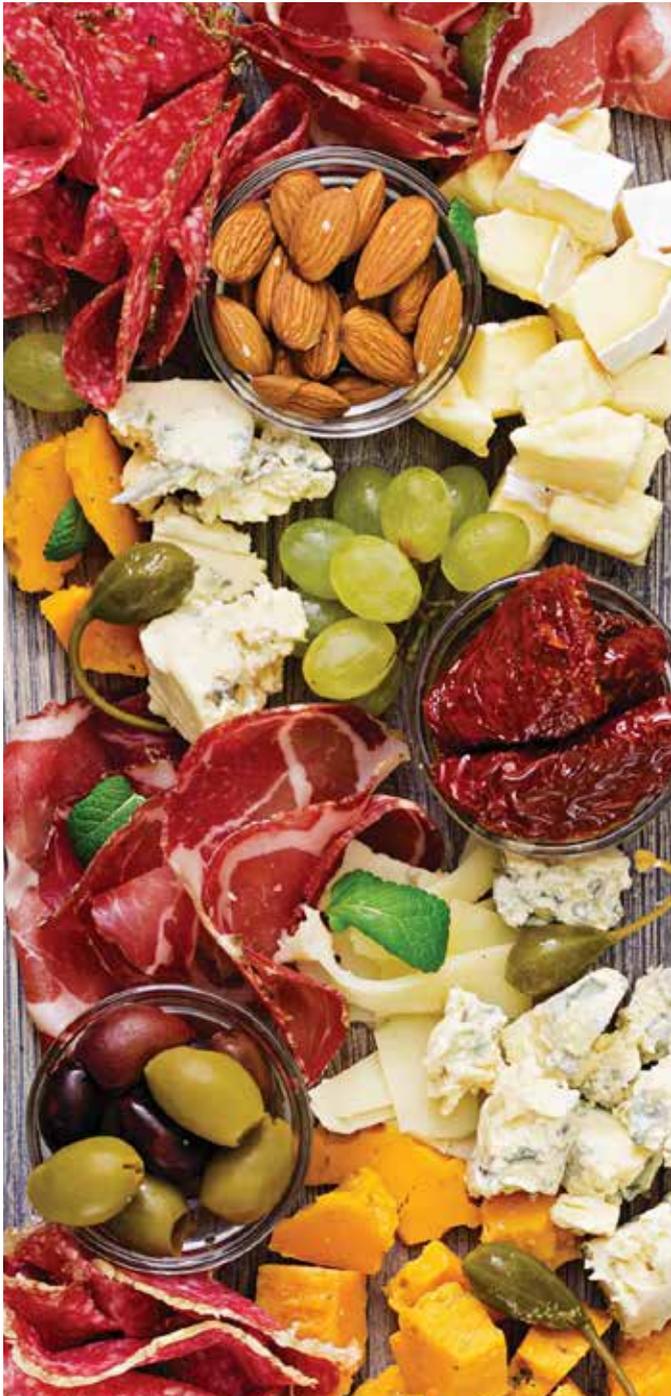
RED THAI COCONUT CHICKEN \$16.50

Flambéed with garlic, onion, bell pepper and drizzled with red Thai curry sauce and parsley (GF, DF).

CARNITA PORK TACO \$16.50

Braised pork, pico de gallo, corn and black bean salsa topped with fresh greens and monterey jack cheese.

Have an idea to fit your theme? Let us know and we can work with you to customize an action station designed to perfectly fit your event.



PLATTERS

Guests - small (10-15), medium (20-30), large (40 - 50).

MARKET VEGETABLE (VG)

SMALL \$94 | MEDIUM \$129 | LARGE \$220

Assorted vegetables served with ranch dip.

PICKLED VEGETABLE (V)

SMALL \$70 | MEDIUM \$99 | LARGE \$189

Gerkins, baby dill pickles, beets, assorted olives and banana peppers.

VEGETARIAN ANTIPASTO (VG)

SMALL \$145 | MEDIUM \$210 | LARGE \$350

Balsamic marinated vegetables and roasted garlic cloves served with herb marinated bocconcini, kalamata olives and panini bread.

SLICED FRUIT & YOGURT (VG, GF)

SMALL \$118 | MEDIUM \$169 | LARGE \$299

Assorted seasonal fruit with strawberry yogurt dip.

FRUIT & CHEESE (VG)

SMALL \$129 | MEDIUM \$215 | LARGE \$357

Assorted seasonal fruit, cheddar and swiss cheese served with grapes, berries and an assortment of crackers.

CHEESE & CRACKERS (VG)

SMALL \$126 | MEDIUM \$209 | LARGE \$350

Assorted soft and hard cheese served with crackers and berries.

GOURMET CHEESE & BAGUETTE (VG)

SMALL \$159 | MEDIUM \$265 | LARGE \$409

Herb goat cheese balls, brie, gorgonzola, sharp cheddar and swiss served with garlic baguette crostini, crackers, berries and grapes.

COLD CUT SELECTION

SMALL \$126 | MEDIUM \$209 | LARGE \$350
Ham, turkey, roast beef and genoa salami.

DELI SELECTION

SMALL \$126 | MEDIUM \$220 | LARGE \$350
Ham, turkey, roast beef, genoa salami with assorted pickles, cheese and crackers.

CHARCUTERIE

SMALL \$188 | MEDIUM \$289 | LARGE \$420
Herb marinated bocconcini, brie, sharp cheddar, genoa salami, smoked prosciutto, roasted garlic, roast turkey, pepperoni and kalamata olives served with panini bread, crackers, berries and grapes.

HIGH TEA SANDWICH & PINWHEELS

SMALL \$80 | MEDIUM \$109 | LARGE \$199
Egg salad, cucumber and lemon cream cheese, pesto turkey with havarti and roasted red pepper with spinach.

THE MEXICAN SNACK (VG)

SMALL \$74 | MEDIUM \$105 | LARGE \$198
Pico de gallo, guacamole, lime cilantro sour cream, roasted corn and black bean salsa and chipotle ranch dip served with salted kettle chips and corn tortilla chips.

CHIPS & DIPS (VG)

SMALL \$70 | MEDIUM \$99 | LARGE \$189
Salsa, sour cream, bruschetta and hummus served with garlic baguette crostini and corn tortilla chips.

MEDITERRANEAN (VG)

SMALL \$94 | MEDIUM \$129 | LARGE \$220
Vegetables with ranch dip, bruschetta and hummus served with garlic baguette crostini and corn tortilla chips.

GLUTEN FREE SNACK (VG, GF)

SMALL \$72 | MEDIUM \$103 | LARGE \$192
Garlic olive tapenade, roasted red pepper, spring onion hummus, pico de gallo and herb goat cheese balls served with gluten free crackers, corn tortilla chips and berries.



SWEET TREATS

Priced at 20 treats per selection unless stated.

ASSORTED BAKER'S VARIETY \$29

ASSORTED BROWNIE VARIETY \$30

CHOCOLATE LOVERS \$30

Silky chocolate truffle bars, maple chocolate cake, chocolate brownies and mini macaroons.

GLUTEN FREE COMBO \$36 (GF)

Mini brownie bites, nanaimo bars and fresh fruit.

ASSORTED COOKIES \$20 (*Priced per dozen*)

BROWNIE BITES \$22 (*Priced per dozen*) (GF)

NANAIMO BARS \$24 (*Priced per dozen*) (GF)

MINI CHEESECAKE TRIO \$34

Vanilla, strawberry and caramel chocolate chip.

STRAWBERRY & BROWNIE KEBABS \$37

TRIPLE DECKER TRIO \$40

Tiramisu, chocolate ganache and caramel vanilla swirl.

MINI FRESH FRUIT SKEWERS \$36

VEGAN CHOCOLATE GANACHE CAKE \$9.75 (V, GF)

Garnished with berries and raspberry coulis.
Priced per individual serving.

STRAWBERRY SHORTCAKE STATION \$8.75 (NF)

Vanilla sponge cake, fresh strawberries, mixed triple berries and vanilla whipped cream.
Priced per individual serving.





LATE NIGHT SNACK

Priced per person with a 10 guest minimum.

A perfect add-on to any event.

Served between 8 - 10:45pm.

SANDWICH STATION \$12

Build your own sandwich with a selection of meat, cheese, vegetables and condiments: turkey, roast beef, ham, cheddar cheese, swiss cheese, shredded lettuce, sliced tomato, margarine, mayo and mustard on a kaiser bun.

POUTINE BAR \$13

Build your own poutine. Battered plank fries served with classic cheese curds, triple cheese blend, gravy, green onions, jalapeños, tomatoes and crumbled bacon.

SLIDER STATION \$13

Build your own slider with your choice of:

- BBQ pulled pork sliders served with horseradish and dijon mustard.
- Mini all beef meatballs served with marinara sauce & triple cheese blend.

Served with kettle chips with ranch dip in your choice of flavours: plain, salted, sea salt & black pepper, greek, dill, cajun or lemon pepper.

POLLO ASADA CHICKEN TACO BAR \$13

Pollo asado chicken, pico de gallo, baja sauce, guacamole, triple cheese blend and lettuce served with soft flour and hard corn tortillas. Accompanied with corn tortilla chips, salsa and sour cream.

CEREAL BAR \$9

Assorted cereal served with 2% milk and almond milk.



BEVERAGES

Priced per person.

COFFEE \$3

TRU's very own 100% fair trade organic certified coffee. Regular and decaf, served in 10 cup urns.

TEGA TEA \$3

Regular and herbal, served in 10 cup urns.

HOT CHOCOLATE \$3

Served in 10 cup urns.

INFUSED WATER \$1.75

Choice of lemon, lime, orange, melon, cucumber, or mint.

SAN PELLEGRINO \$4.25

SUNRYPE JUICE BOXES \$2.50

DASANI BOTTLED WATER \$3.50

CANNED POP \$3

Coke, Diet Coke, Sprite and Ginger Ale.

CANNED JUICE \$3

Ice tea, apple and orange juice.

CRYSTAL JUICE

Ice tea, lemonade, fruit punch and peach:

60oz pitcher \$16

30oz cup igloo \$56

50oz cup igloo \$88

FRUIT JUICE

Apple, orange and cranberry:

60oz pitcher \$24

30oz cup igloo \$80

30oz cup igloo \$120

REAL FRUIT PUNCH

30oz cup igloo \$80

50oz cup igloo \$120

FRESH LEMONADE

30oz cup igloo \$24

50oz cup igloo \$80

ALCOHOL

Cash bar prices listed include applicable taxes. For all cash and host bars, a guaranteed minimum revenue of \$600 must be generated. If the minimum is not reached, a bartender fee of \$175 will be charged or the difference between the minimum and actual sales, whichever is less. Table wine served at dinner is not calculated in the bar revenue. Under the terms of the BC Liquor License Act, the TRU Conference Centre is prohibited from allowing any individual or group to provide their own alcohol at catered events.

WINE BY THE GLASS \$6.75 (5oz)

- Jackson Triggs Chardonnay
- Jackson Triggs Cabernet Sauvignon

REGULAR HIGHBALLS \$6.75 (1oz)

PREMIUM HIGHBALLS \$7.25 (1oz)

LIQUEURS \$7.75 (1oz)

DOMESTIC BEER \$6.75

- Budweiser (341ml)
- Coors Light (341ml)
- Sleeman Original (355ml)

PREMIUM DOMESTIC BEER \$7

- Okanagan Springs Pale Ale (355ml)
- Sleeman Honey Brown (341ml)

IMPORT BEER \$7.50

- Heineken (330ml)
- Corona (330ml)

BUDWEISER ZERO \$6.50 (355ml)

KAMLOOPS LOCAL BEERS

- Iron Road Seasonal Beer (355ml) \$7.25
- Red Collar Seasonal Beer (473ml) \$9.25

COOLERS & CIDERS

- Smirnoff Ice (330ml) \$7.25
- Growers (330ml) \$7

COCKTAILS \$7.25 (1oz)

- Caesars
- Long island ice tea

WINE

Wine pricing is subject to applicable taxes and a 15% gratuity. Not all wine selections are available for purchase on the bar. Clients are able to choose wines that are not listed in our wine selections for consumption at their event. Some restrictions may apply.

WHITE

- Jackson Triggs Reserve Select Sauvignon Blanc \$30
- Inniskillin Estate Series Select Pinot Grigio \$33
- Monte Creek Hands Up White \$36
- Harper's Trail Silver Main Riesling \$39

RED

- Jackson Triggs Reserve Select Merlot \$30
- Inniskillin Estate Series Select Cabernet Sauvignon \$33
- Monte Creek Hands Up Red \$37
- Harper's Trail Pinot Noir \$40

ROSÉ

- Jackson Triggs Reserve Select Rosé \$29
- Diabolica Rosé \$36

SPARKLING

- Yellow Tail Pink Bubbly \$31



VENUE POLICIES

GUARANTEED NUMBERS

- A guaranteed number of guests must be submitted (8) days before the event.
- Confirmed menu selections must be submitted (14) days prior to the event date.
- Price estimates will be based on the guaranteed number of guests.
- Final service charges will be based on the actual number of guests who attend the event.

FEES & DEPOSITS

- All bookings require a non-refundable deposit, due within thirty (30) days of booking the event.
- Deposit required for a one-day event is the total of all room rental charges for the day (not including set-up).
- Deposit required for a multi-day event is the total of all room rental charges for the first day of the event.
- 75% of the remaining balance is due seven (7) days before the event.
- Final invoice will be emailed to the client within ten (10) days after the event.
- Prices are subject to change without notice but will be honoured within sixty (60) days of the event.
- Account code is required from TRU departments for booking TRU catering and events.

CANCELLATION POLICY

- All cancellations require a written notice (email acceptable) to the TRU Conference Centre Sales Representative.
- All deposits are non-refundable.
- Cancellation fees will apply to all bookings cancelled sixty (60) days or less before the event.
- Bookings cancelled sixty one (61) days or more before the event will not be subject to cancellation fees.

Cancellation fees are calculated as a percentage of the total estimated service cost and apply as follows:

CATERING:

- 25% if cancelled between sixty (60) and fifteen (15) days before the event.
- 50% if cancelled between fourteen (14) and (8) days before the event.
- 90% if cancelled seven (7) days or less before the event.
- 100% if cancelled 24 hours or less before the event.

ROOM RENTAL:

- 100% if cancelled thirty (30) days or less before the event.

ADDITIONAL:

- 100% of total labour costs if cancelled 24 hours or less before the event.
- 100% of cost of any custom orders or special request food items.
- 100% of any additional costs incurred by TRU related to the event.
- Inclement weather is not a valid cause for cancellation under this contract.

FOOD & BEVERAGE SERVICE

- All food and beverage charges are subject to applicable taxes and 15% gratuity.
- Charges do not apply to children of ages (3) and under.
- Food and beverage selection must be submitted fourteen (14) days prior to the event.
- TRU Conference Centre will be the exclusive supplier of all food and beverage items for catered events in the Campus Activity Centre, Panorama Room and the BC Centre. Limited exceptions may be made for wedding and special occasion cakes.
- Based on Interior Health Food Service Guidelines, any high-risk foods (hot or cold) that have been at room temperature for more than two (2) hours must be disposed of by the service staff.
- Any leftover food and beverages remain the property of the TRU Conference Centre and may not be removed from the premises.
- Food and beverage substitutions may apply due to market availability and unforeseen circumstances.
- Events held in the Campus Activity Centre include china service for all orders from the regular menu.
- Events held in all areas outside the Campus Activity Centre and all off-site catering include disposable service. China service may be provided at additional cost.

VENUE POLICIES

LIQUOR SERVICE

- A minimum revenue of \$600 per bar must be generated for any cash or host bar at any event with liquor service.
- Should the minimum not be reached, the client will be charged: a bartender fee of \$175.00; or the difference between the minimum and actual sales.
- Table wine served at dinner is not calculated in bar revenue.
- Under the terms of the BC Liquor License Act, the TRU Conference Centre is prohibited from allowing any individual or group to provide outside alcohol at catered events.

FACILITY POLICIES

- The client must sign this contract at least seven (7) days before the event.
- The event is booked only for the times and the venue indicated in this contract.
- In case of unforeseen circumstances, we reserve the right to substitute the venue with a comparable function room.
- All events must end by 1:30 am and the venue must be vacated by 2:00 am.
- Set-up and dismantle times, if required, are not included in the bookings time and should be discussed with your event coordinator.
- If displays, exhibits or products are used, arrangements for their arrival, unloading and departure must be made through the TRU Conference Centre office. Such displays, exhibits, or products are the responsibility of the client and we accept no liability whatsoever for the loss or damage.
- TRU Conference Centre is not responsible for damages to or loss of any articles left by the client or their guests prior to, during or following any event.
- An event coordinator is not guaranteed to be present at the event or remain at the venue for the duration of the event. Should TRU Conference Centre deem it necessary to have an event coordinator present, one will be confirmed seven (7) days before the event.
- TRU Conference Centre reserves the right to inspect and regulate all private parties, meetings and receptions.
- TRU Conference Centre reserves the right to require the client to obtain a security guard service for any event.

ADDITIONAL CHARGES

- A minimum of \$150 additional cleaning charge will apply for excessive clean-up required due to items such as confetti, popcorn, decor, etc.
- A minimum of \$50 per hour and \$21 per staff member charge will apply for each hour beyond the specified event booking time.
- Additional charges will apply for each staff member required for events hosted on Statutory holidays.
- Charges will apply for any loss or damage to the premises resulting from the event.

INDEMNITY AND LIABILITY

- The User will indemnify and save harmless TRU from and against all losses, claims, actions, damages, liability and expenses (including any legal expenses incurred by TRU) arising from or in connection with the use of, or presence in, the Facility by User, any person invited or allowed into the facility by the User, or any person for whom the User is responsible.
- The User waives any and all claims against, releases from liability and agrees not to sue TRU, its governors, officers, employees, agents and representatives for any personal injury, death, property damage or any other loss sustained by the User or for which the User may be responsible arising out of, or in connection with the User's use of, or presence in, the above noted Facility. Note - by signing this agreement you are giving up your right to sue TRU.

FORCE MAJEURE

Neither party to this Agreement shall be liable to the other or be deemed to be in breach of this Agreement for any failure or delay in rendering performance arising out of causes beyond its reasonable control and without its fault or negligence. Such causes may include but are not limited to, governmental regulation or control, acts of nature or of a public enemy, acts of terrorism, mass-casualty event, fire, flood, local, regional or global outbreak of disease or other public health emergency, social distancing or quarantine restriction, strike, lockout or labour or civil unrest, freight embargo, unusually severe weather, failure of public utility or common carrier, or computer attacks or other malicious act, including attack on or through the internet, or any internet service, telecommunications provider or hosting facility.

PAYMENT METHODS

- Payment methods accepted are: VISA, MasterCard, AMEX, cash, debit or cheque.
- Made payable to: Ancillary Services, 805 TRU Way, Kamloops BC, V2C 0C8

