



## INTRODUCTION

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### COMMITTED

Whistler Conference Centre and Sodexo Live! are committed to sustainable events. We vow to provide our guests with only the freshest ingredients that are locally sourced. We divert 90% of our waste and use our resources responsibly and efficiently. This means small changes, such as only offering bottled water on request, doing away with plastic straws and ensuring there are recycling bins in each room. We will help you make your meeting as earth friendly as possible – ask us how.

### CREATIVE

As you review this collection of menus, you will quickly see that we endeavor to stretch ourselves to achieve the ultimate in culinary creativity. Even though we cater to hundreds of guests at a time, we proudly operate a seasonal kitchen – everything we order is of the freshest quality and lowest possible food miles.

### CAPABLE

Our Executive Chef, Neal Harkins, and his team are proud to feature the very finest food and drink from British Columbia's fields and waters. Our culinary team is experienced, professional and love to create memorable events for our clients. Our Chefs are experienced in global cuisines influencing the uniqueness of our menus.



### OCEAN WISE

The Whistler Conference Centre is a partner of the Ocean Wise seafood program. Ocean Wise seafood is a conservation program that makes it easy for consumers to choose sustainable seafood for the long term health of our oceans. Our purchasing practices are made with a sustainable seafood choice approach to ensure the health of our oceans for generations to come.



# LUNCH MENU

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## PLATED LUNCHES

Add an additional appetizer to make a four-course lunch for an additional \$6 to the entrée selection price.

Add bread & butter for an additional \$3 per person

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### APPETIZER SELECTION (CHOOSE 1)

Roasted Tomato Bisque, Basil Crostini (DF, V, VG)

Carrot & Ginger Soup, Garlic & Thyme Crostini (DF, V, VG)

Vegetable Cioppino (DF, GF, V, VG)

Pemberton Squash Soup, Crème Fraîche (GF, V)

Romaine Hearts, Shaved Grana Padano, Grape Tomato, Garlic & Thyme Crostini (DF, V)

Baby Lettuce Greens, Seasonal Vegetable Garnish, Balsamic Dressing (GF, DF, V, VG)

Brûlée Goat Cheese & Beet, Spiced Pecan & Sprouts (GF, V)

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### ENTRÉE SELECTION (CHOOSE 1)

Fire-grilled Chicken Breast, Garlic Mashed Potatoes, Mushroom Jus (GF) 54

Vegan Meatloaf, Maple Glaze (GF, DF, V, VG) 52

Braised Short Rib, Mushroom Ravioli, Seasonal Vegetables & Sauce Supreme 54

Marinated Top Sirloin Steak, Frites, Horseradish Jus (GF) 56



Baked Wild Sockeye Salmon Fillet, Butter Melted Leeks, Brussel Sprout & Fennel Rice (GF) 56

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### DESSERT SELECTION

Chefs Choice of Assorted Desserts, Served Family Style

Freshly Brewed Coffee & Specialty Teas Served with 2% Milk, Half & Half & Non-Dairy Alternative

### COLD BEVERAGE ON THE SIDE

Soft Drinks & Sparkling Water, *single serving* 5.50

Lemon Iced Tea or Tropical Lemonade / serves 8 32 per pitcher

*For a minimum of 50 guests*



## TERIYAKI BOWL

*Build your own delicious noodle bowl with fresh seasonal vegetables, dried fruits, a variety of proteins, topped with house-made sauce*

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Rice Noodle (GF, DF, V, VG)

Rice (GF, DF, V, VG)

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Shredded Carrots, Radish Slices, Broccoli Florets, Edamame, Cucumber

Sweetcorn, Snap Peas, Sesame Seeds, Mixed Peppers (GF, DF, V, VG)

Crispy Onion (DF, V, VG), Siracha Mayo, Wasabi, Mayo (GF, DF)

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### PROTEINS (CHOOSE 3)

Bulgogi Beef (GF, DF)



Roasted Marinated Tofu (GF, DF, V, VG)

Teriyaki Salmon (GF, DF)

Teriyaki Chicken (GF, DF)

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### DESSERT

Chefs Choice of Sweet Bite

Fruit Platter (GF, DF, V, VG)

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Freshly Brewed Coffee & Specialty Teas Served with 2% Milk, Half & Half & Non-Dairy Alternative

**55 per guest** / for a minimum of 25 and up to a maximum 600 guests





## WHISTLER TACO BOWL

*Build your own delicious taco bowl*

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Shredded Lettuce, Sweetcorn, Marinated Cabbage, Shredded Carrot, Salsa Verde, Guacamole, Corn Tortilla Chips (GF, DF, V, VG), Pico De Gallo

Sour Cream, Grated Cheddar Cheese (GF, V)

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Black Beans (GF, DF, V, VG)

Rice (GF, DF, V, VG)

Seasoned Pepper & Onions (GF, DF, V, VG)

Spiced Beef (GF, DF)

Pulled Chicken (GF, DF)

*\*Add Sofritas—spiced, tomato-based shredded tofu (GF, DF, V, VG) for \$3 per person*

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## DESSERT

Chefs Choice of Sweet Bite

Fruit Platter (GF, DF, V, VG)

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Freshly Brewed Coffee & Specialty Teas Served with 2% Milk, Half & Half & Non-Dairy Alternative

**43 per guest** / for a minimum of 25



## TASTE OF GREECE

*Add bread & butter to any buffet for an additional \$3 per person*

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Caesar Salad (V)

Greek Salad (GF, V)

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Braised Chicken, Tomato Sauce (GF, DF)



Braised White Fish, Caper, Lemon (GF, DF)

Greek Style Potatoes (GF, DF, V, VG)

Baked Eggplant, Lentil Casserole (GF, DF, V, VG)

Spanakopita, Tzatziki (V)

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Chefs Choice of Sweet Bite

Fruit Platter (GF, DF, V, VG)

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Freshly Brewed Coffee & Specialty Teas Served with 2% Milk, Half & Half & Non-Dairy Alternative

**52 per guest** / for a minimum of 75 guests



## TASTE OF INDIA

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Baby Green, Coriander Dressing (GF, V)

Vegetable Chickpea Salad, Lemon Dressing (GF, DF, V, VG)

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Lamb Curry (GF)

Butter Chicken (GF)

Dahl (GF, DF, V, VG)

Steamed Rice (GF, DF, V, VG)

Pakora (V), Raita (GF, V)

Naan (DF, V)

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Chefs Choice of Sweet Bite

Fruit Platter (GF, DF, V, VG)

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Freshly Brewed Coffee & Specialty Teas Served with 2% Milk, Half & Half & Non-Dairy Alternative

**56 per guest** / for a minimum of 50 guests



## SANDWICH WRAP BUFFET

### SOUPS (CHOOSE 1)

Roasted Tomato (GF, DF, V, VG)

Coconut, Carrot & Ginger (GF, DF, V, VG)

Roasted Seasonal Squash (GF, DF, V, VG)

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### SALADS (CHOOSE 3)

Garden Greens, Seasonal Vegetable Garnish, Two Dressings (GF, DF, V, VG)

Cucumber, Tomato & Goat Cheese Salad (GF, V)

Primavera Pasta Salad (V)

Marinated Vegetable Salad (GF, DF, V, VG)

Quinoa Tabouleh (GF, DF, V, VG)

Roasted Cauliflower & Chickpea Salad (GF, DF, V, VG)

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### WRAPS (CHOOSE 4)

Beef & Cheddar

Spiced Black Bean & Vegetables, Avocado Mayo (GF, DF, VG)

Turkey & Aged Cheddar

TLT - Tofu, Lettuce, Tomato & Siracha Mayo (DF, V, VG)

Roasted Chicken, Tarragon Mayo (DF)



Seared Ahi Tuna Club (DF)

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### DESSERT

Chefs Choice of Sweet Bite

Fruit Platter (GF, DF, V, VG)

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Freshly Brewed Coffee & Specialty Teas Served with 2% Milk, Half & Half & Non-Dairy Alternative

**46 per guest** / for a minimum of 25 guests

Gluten free wraps are available on request. Must be ordered in advance & in addition to the guarantee.





## CREATE YOUR OWN BUFFET

*Add soup, bread & butter from the plated lunch menu to any buffet for an additional \$6 per person*

*Upgrade your event with a Chef attended carving station: \$150 per carver*

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### SALADS (CHOOSE 3)

Baby Mixed Green, Seasonal Vegetable Garnish, House Dressing (GF, DF, V, VG)

Baby Spinach, Dried Cranberries, Pumpkin Seeds, Tomatoes, Balsamic Dressing (GF, DF, V, VG)

Yukon Gold Potato Salad, Gherkins & Parsley Vinaigrette (GF, DF, V, VG)

Primavera Pasta Salad, Basil Parmesan Dressing (V)

Brussel Sprout & Carrot Salad (GF, DF, V, VG)

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### ENTRÉE SELECTIONS (CHOOSE 2)



Baked Red Snapper, Fennel Leek Broth (GF, DF)

Grilled Chicken Masala (GF, DF)

Whole Roasted Pork Loin, Stewed Apples, Dijon Jus (GF, DF)

Carved Roast Beef, Brandy Peppercorn Jus (GF, DF)

Vegan Meatball Sauté (GF, DF, V, VG)

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### SIDE DISH (CHOOSE 1)

Herb-roasted Potatoes (GF, DF, V, VG)

Roasted Rosemary Yam Wedges (GF, DF, V, VG)

Garlic Mashed Potatoes (GF, V)

Wild Rice Pilaf (GF, DF, V, VG)

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Seasonal Steamed Vegetables (GF, DF, V, VG)

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### DESSERT

Chefs Choice of Sweet Bite

Fruit Platter (GF, DF, V, VG)

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Freshly Brewed Coffee & Specialty Teas Served with 2% Milk, Half & Half & Non-Dairy Alternative

**50 per guest** / for a minimum of 75 guests



## CREATE YOUR OWN DELUXE BUFFET

Add soup, bread & butter from the plated lunch menu to any buffet for an additional \$6 per person

Upgrade your event with a Chef attended carving station: \$150 per carver

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### SALADS (CHOOSE 3)

Baby Mixed Green, Seasonal Vegetable Garnish, house dressing (GF, DF, V, VG)

Baby Spinach, Dried Cranberries, Pumpkin Seeds, Tomatoes, Balsamic Dressing (GF, DF, V, VG)

Yukon Gold Potato Salad, Gherkins & Parsley Vinaigrette (GF, DF, V, VG)

Pemberton Squash, Baby Kale, Spiced Pumpkin Seeds, Lemon Dressing (GF, DF, V, VG)

Heirloom Tomato, Basil & Grana Padano (GF, V)

Southwestern Pasta Salad (V)

Poached Golden Beets, Grilled Zucchini & Pea Shoots (GF, DF, V, VG)

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### ENTRÉE SELECTIONS (CHOOSE 2)



Baked Wild Sockeye Salmon Fillet, Butter-Melted Leeks (GF)

Oven-roasted Turkey Breast, Cranberry Jus (GF, DF)

Marinated Top Sirloin Steak, Horseradish Jus (GF, DF)

Whole-roasted Porketta Roast, Herbs de Provence (GF, DF)

Butter Chicken, Cilantro Oil (GF)

Meatless Meat Loaf, Maple Glaze (GF, DF, V, VG) \$4 Add On

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### PASTA (CHOOSE 1)

Penne all'Arrabbiata, Grilled Vegetables (V)

Cheese Tortellini, Sundried Tomato Cream (V)

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### SIDE DISH (CHOOSE 1)

Herb-roasted Potatoes (GF, DF, V, VG)

Roasted Rosemary Yam Wedges (GF, DF, V, VG)

Garlic Mashed Potatoes (GF, V)

Wild Rice Pilaf (GF, DF, V, VG)

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Seasonal Steamed Vegetables (GF, DF, V, VG)

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### DESSERT

Chefs Choice of Sweet Bite

Fruit Platter (GF, DF, V, VG)

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Freshly Brewed Coffee & Specialty Teas Served with 2% Milk, Half & Half & Non-Dairy Alternative

**58 per guest** / for a minimum of 75 guests



## SANDWICH WRAP LUNCH TO GO

In keeping with Whistler's environmental values, this lunch is presented in a bio-degradable container with corn starch cutlery.

*Available for off-site consumption only.*

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### WRAPS (CHOOSE 3)

Beef & Cheddar

Spiced Black Bean & Vegetables, Avocado Mayo (DF, DF, VG)

Turkey & Aged Cheddar

TLT - Tofu, Lettuce, Tomato & Siracha Mayo (DF, V, VG)

Roasted Chicken, Tarragon Mayo (DF)



Seared Ahi Tuna Club (DF)

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### ACCOMPANIMENTS (CHOOSE 1)

Greek Salad (GF, V)

Curried Quinoa Tabbouleh (DF, GF, V, VG)

Classic German Potato Salad (DF, GF, V)

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*Our lunch box also includes:*

Bag of Kettle Chips (GF, V)

Fresh Fruit (GF, DF, V, VG)

House Baked Jumbo Cookie (V)

Small Bottle of Water

**43 per guest** / for a minimum of 25 guests / 1 sandwich per boxed lunch

Gluten-free wraps available on request. Must be ordered in advance & in addition to the guarantee.





## CHILLED POWER BOWL LUNCH TO GO

In keeping with Whistler's environmental values, this lunch is presented in a bio-degradable container with corn starch cutlery.

*Available for off-site consumption only.*

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Rice Noodles (GF, DF, V, VG)

Chickpea, Beetroot, Roasted Yam, Tomato, Cucumber, Sprouts, Shredded Carrots (GF, DF, V, VG)

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### PROTEINS (CHOOSE 3)

Roast Beef - Garlic Chili Mayo Dressing (GF, DF)

Grilled Chicken - Sweet Lemon Dressing (GF, DF)



Grilled Salmon - Balsamic Feta Dressing (GF)

Marinated Tofu - Spicy Thai Dressing (GF, DF, V, VG)

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*Our power bowl also includes:*

Bag of Kettle Chips (GF, V)

Dessert Bar (V)

Small Bottle of Water

**44 per guest** / for a minimum of 25





## **ALLERGY/ALTERNATIVE DIETARY MEALS & PREFERENCES**

Handling alternative dietary requests demands careful attention – particularly when it comes to allergies that result in serious, sometimes life-threatening reactions.

The Whistler Conference Centre is committed to offering a wide range of food options for all of our guests. Part of this commitment includes meeting the needs of guests who have special dietary restrictions (such as a food allergy, including intolerance, or other medically restricted diet) and we recognize that many of our guests may also adhere to a vegetarian or vegan diet. Meeting these request requires advance notice and, as a result, all dietary restrictions must be received no later than the final guarantee deadline. Day of dietary requests can not be guaranteed.

Should the number special meal ordered for dietary reasons be exceeded, the Whistler Conference Centre reserves the right to charge up to \$30 per person plus applicable taxes and gratuities for any meals prepared and served.