



## 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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V – Vegetarian VG – Vegan DF – Dairy Free GF – Gluten Free

\$95 labour charge will apply to parties less than the minimum for any lunch service



## PLATED LUNCHES

Choose one from the First Course, Entrée & Dessert selections

Add an additional first course choice to make a four-course lunch for an additional \$4 to the entrée selection price.

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### FIRST COURSE SELECTIONS

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, VG)

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 SELECTIONS

Fire-grilled Chicken Breast, Garlic Mashed Potatoes, Mushroom Jus **51**

Vegan Meatloaf, Maple Glaze (GF, DF, V, VG) **49**

Braised Short Rib, Mushroom Ravioli, Seasonal Vegetables & Sauce Supreme **51**

Marinated Top Sirloin Steak, Frites, Horseradish Jus **53**



Baked Wild Sockeye Salmon Fillet, Butter Melted Leeks, Brussel Sprout & Fennel Rice **53**

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### DESSERT SELECTIONS

Chef's Choice of Assorted Desserts, Served Family Style

Freshly Brewed Coffee & Specialty Teas Served with 2% Milk & Half & Half

### COLD BEVERAGE ON THE SIDE

Soft Drinks & Sparkling Water, *single serving* **5.50**

Lemon Iced Tea or Herbal Lemonade / *serves 8* **32 per pitcher**

*For a minimum of 50 guests*



## WHISTLER BUDDHA 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 Medley (GF, DF, V, VG)

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Shredded Carrots, Radish Slices, Sprouts, Broccoli Florets, Edamame, Squash,

Sweetcorn, Baby Summer Peas, Mixed Peppers (GF, DF, V, VG)

Crispy Wontons (DF, V)

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### PROTEINS (CHOOSE 3)

Pulled Spiced Beef (GF, DF)

Oven-Roasted Turkey Breast (GF, DF)

Falafel (GF, DF, V, VG)



Salmon Fillets (GF, DF)

Grilled Chicken (GF, DF)

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### SAUCE (CHOOSE 2)

Poultry Jus (GF, DF)

Seasoned Vegetable Broth (GF, DF, V, VG)

Tahini Sauce (GF, DF, V, VG)

Peanut Sauce (GF, DF, V, VG)

Teriyaki Glaze (GF, DF, V, VG)

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### DESSERT

Chef's Choice of Assorted Desserts

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Freshly Brewed Coffee & Specialty Teas Served with 2% Milk & Half & Half

**55 per guest** / for a minimum of 25 and up to a maximum 250 guests



## CHILLED POWER BOWL

*Build your own delicious power bowl with fresh seasonal vegetables & a variety of proteins, topped with house-made dressing*

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Rice Noodle (GF, DF, V, VG)

Romaine & Kale Mix (GF, DF, V, VG)

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Chopped Egg (GF, DF, V), Chickpea, Lentil, Beetroot, Roasted Yam, Tomato, Cucumber,  
Sprouts, Shredded Carrot (GF, DF, V, VG)

### PROTEINS (CHOOSE 2)

Roast Beef (GF, DF)

Grilled Chicken Breast (GF, DF)



Flaked Tuna (GF, DF)

Marinated Tofu (GF, DF, V, VG)

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### DRESSING (CHOOSE 2)

Lemon Dressing (GF, DF, V, VG)

Garlic Chili Mayo (GF, DF, V, VG)

Curried Mayo (GF, DF, V, VG)

Sweet Thai Chili Dressing (GF, DF, V, VG)

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### DESSERT

Chef's Choice of Assorted Desserts

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Freshly Brewed Coffee & Specialty Teas Served with 2% Milk & Half & Half

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



## SEA TO SKY BUFFET

*Add soup, bread & butter from the plated lunch menu to any buffet for an additional \$4 per person*

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Baby Leaf Salad, Seasonal Garnishes (GF, DF, V, VG)

Cranberry & Sunflower Seed Quinoa Salad, White Balsamic Dressing (GF, DF, V, VG)

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

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

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Baked Wild Sockeye Salmon, Olive Oil, Caper, Lemon, Tomato (GF, DF)

Porketta Roast, Herbs de Provence (GF, DF)

Charred Corn Pilaf (GF, DF, V, VG)

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Chef's Choice of Assorted Desserts

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Freshly Brewed Coffee & Specialty Teas Served with 2% Milk & Half & Half

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



## THE ITALIAN BUFFET

*Add soup bread & butter from the plated lunch menu to any buffet for an additional \$4 per person*

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Green Salad, Gem Tomato, Pepperoncini, Shaved Parmesan, Red Onion, Balsamic Vinegar (GF, V)

Panzanella Salad (GF, DF, V, VG)

Grilled Vegetable Platter (GF, DF, V, VG)

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Lentil & Vegetable Casserole (GF, DF, V, VG)

Classic Lasagna Bolognese (GF)

Vegetable Lasagna (GF, V)

Grilled Chicken Breast, Artichoke, Olive Ragout (GF, DF)

Sun-dried Tomato Focaccia Bread, Olive Oil, Balsamic Glaze (DF, V)

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Chef's Choice of Assorted Desserts

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Freshly Brewed Coffee & Specialty Teas Served with 2% Milk & Half & Half

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



## SANDWICH WRAP BUFFET

### SOUPS (CHOOSE 1)

Roasted Tomato Bisque (GF, DF, V, VG)

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

Cream of Mushroom (GF, V)

Chicken Vegetable (GF, DF)

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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)

Vegetarian Niçoise Salad (GF, DF, V, VG)

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

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### WRAPS (CHOOSE 4)

Beef & Cheddar

Falafel, Julienne Vegetables & Curried Mayo (DF, V, VG)

Turkey & Smoked Gouda

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

Roasted Chicken & Bacon, Arugula & Creamy Ranch

Seared Ahi Tuna Club (DF)

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### DESSERT

Chef's Choice of Assorted Desserts

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Freshly Brewed Coffee & Specialty Teas with 2% Milk & Half & Half

**42 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 \$4 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 Sautee (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

Chef's Choice of Assorted Desserts

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Freshly Brewed Coffee & Specialty Teas with 2% Milk & Half & Half

**48 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 \$4 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, DF)

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

Chef's Choice of Assorted Desserts

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Freshly Brewed Coffee & Specialty Teas with 2% Milk & Half & Half

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



## **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.

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.