



# Rocky Mountain Flatbread Company

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# BREAKFAST MENU

## **Continental Buffet**

*Served on a self-serve buffet:*

**(portion sizes are in units of 10)**

Various assortment of individual serving yogurt (100 gr.)

A selection of seasonal fruit on a platter

Assortment of in-house baked muffins – carrot, blueberry or banana

Large bowl of Granola cereal (with milk on the side)

**\$99.50**

## **Hot Style Buffet**

*Kept warm in chafing dishes on a self-serve buffet:*

**(portion sizes are in units of 10)**

Seasoned Scrambled eggs with fresh chives and spinach

Applewood smoked bacon and breakfast sausages

Spanish enhanced hashbrown creamers

Warmed croissants with individual strawberry jam & butter cups

**\$165.50**



# BREAKFAST MENU

## **Combined Buffet**

*Served on platters or warmed in chafing dishes on a self-serve buffet:  
(portion sizes are in units of 10)*

Seasoned Scrambled eggs with fresh chives and spinach

Applewood smoked bacon and breakfast sausages

Spanish enhanced hashbrown creamers

Various assortment of individual serving or large bowl of plain yogurt

A selection of seasonal fruit on a platter

Assortment of in-house baked muffins – carrot, blueberry or banana

Warmed croissants with individual strawberry jam & butter cups

Large bowl of Granola cereal (with milk on the side)

**\$249.75**

## **Omelet Station**

*An assortment of veggies, cheeses and meat options to be prepared  
and made fresh to order while you wait  
(portion sizes are in units of 10)*

**\$99.95**



# BREAKFAST MENU

## **Beverage Options**

Full coffee and tea service for 10  
(includes all condiments and 3 insulated 1.8 lt.(60 oz.) urns of  
locally roasted free-trade organic coffee)

**\$39.95**

Assorted individually bottled juices(300ml.) and water(500ml.) for 10  
(choice of apple, orange, grapefruit or cranberry cocktail)

**\$35.95**

## **Full Breakfast Buffet**

*A wonderful combination of both our hot and continental buffets  
plus our manned omelet station and:  
(portion sizes are in units of 10)*

Full coffee and tea service

A selection of assorted juices and bottled water

**\$395.00**



# PACKED LUNCHES

## SALADS

Roasted Vegetable Pasta Salad with a Garlic Herb Vinaigrette

**\$3.25/person**

Greek Salad with Kalamata Olives, Green Pepper, Cherry Tomatoes, Cucumbers, Red Onion and Goat Cheese with a Herbed Balsamic Reduction Dressing

**\$4.75/person**

Organic Mixed Greens served with a wide variety of vegetable toppings.

**Choice of dressing: Fresh Basil & Blackberry, Black Mission Fig,  
Or Herb Vinaigrette**

**\$5.25/person**

## SANDWICHES

*Created on ciabatta buns*

Smoked gouda and roasted mixed vegetables on

sundried tomato hummus **\$8.95/person**

Valbella Proscuitto ham & Genoa salami with a herb mayo, leaf lettuce,

roasted red peppers and Asiago cheese **\$9.95/person**

Grilled Flank steak, grainy Dijon mayo, marinated mushrooms,

arugula and carmelized onions **\$10.95/person**

Marinated Chicken Breast with grainy Dijon mustard, mustard greens,

sundried tomatoes and aged white cheddar **\$10.95/person**

Smoked Salmon, capers and cream cheese butter,

pickled red onions and arugula **\$11.95/person**



# BBQ MENU

## **SALADS**

*Served family style in large bowls or on a self-serve buffet*  
(portion sizes are in units of 10)

Roasted Vegetable Pasta Salad with a Garlic Herb Vinaigrette  
**\$37.50**

Greek Salad with Kalamata Olives, Green Pepper, Cherry Tomato, Cucumbers, Red Onion and Farm Goat Cheese in a Herbed Balsamic Dressing  
**\$49.50**

Mixed Organic Greens with choice of Dressing  
**\$52.50**

**Dressings for mixed organic greens are placed  
on the side for your convenience.**

## **DRESSINGS**

**Fresh Basil & Blackberry**

**Black Mission Fig**

**Herb Vinaigrette**



# BBQ MENU

## MAIN COURSE

*All main courses are served with 2 skewers of grilled seasonal vegetables and a roast potatoe salad(other options available).*

*Prices are per person and sold in minimum quantities of 10.*

Grilled Stuffed Portobello Mushrooms **\$13.50**

House-made Veggie Burger with Fresh Buns and Condiments **\$13.75**

Organic Beef Burgers with Fresh Buns and Condiments **\$14.75**

Grilled Boneless Chicken Breast in Oka Cream Sauce **\$15.75**

Pork Tenderloin in a Dried Cherry and Maple Stout Gastrique **\$19.25**

Grilled Sockeye Salmon topped with a salsa verde **\$24.50**

Canadian Baby Back Pork Ribs with Choice of:

BBQ Sauce or Chilli Glaze **\$26.75**

Grilled Alberta Beef Strip Loin(285 gr.) with a mushroom medley and a peppercorn Sauce **\$28.75**

Alberta Beef Tenderloin(227 gr.) topped with a Gorgonzola compound butter **\$32.50**

Alberta Grilled Buffalo Short Ribs with Choice of:

BBQ Sauce or Chilli Glaze **\$35.95**



# BBQ MENU

## DESSERTS

*All desserts are made in-house, are nut-free  
and contain only all-natural ingredients.*

**(Platters of 10)**

Assorted Fruit Platter

**\$35.00**

Home-made Warm Double Chocolate Brownie

**\$42.50**

New York Style Cheese Cake

**(gluten-free also available)**

**\$47.50**

Dessert Platter of Cheesecake and Brownies

**\$50.00**

Tiramisu

**(gluten-free also available)**

**\$55.00**





# BUFFET MENU

## STARTER PLATTERS

*Presented on platters on a self-serve buffet*  
(platter sizes are in portions of 10)

## BAKED FLATBREADS

Wood Fire Baked Organic Breads topped with Spicy Sundried Tomato Pesto, Garlic and Virgin Olive Oil or 3 Herb Pesto and Asiago Cheese

**\$26.75**

**Choice of dips: Sundried Tomato Hummus, Sweet Red Bell Pepper or Roasted Garlic & Onion**

## TOMATO BASIL BRUSCHETTA

Extra Virgin Oil & Balsamic Reduction with Diced Tomatoes and Fresh Basil on a Toasted Organic Crustini

**\$34.75**

## ANTIPASTO

Marinated Mushrooms, Caramelized Onion, Kalamata Olives, Cherry Tomatoes, Marinated Artichoke Hearts, Prosciutto Ham, Calabrese Salami, and Capriny Goat's cheese Medallion with Toasted Organic Baguettes

**\$46.25**



# BUFFET MENU

## SOUPS

*Served in a heated soup tureen on a self-serve buffet  
with baskets of organic flatbread  
(minimum portions of 10)*

Roasted seasonal root vegetable with Goat's Cheese & Fresh Herbs  
**\$4.25/person**

Home-made Chicken Noodle topped with 3-Herb Pesto  
**\$4.75/person**

A Light Cream of Wild Mushroom and Potato  
**\$5.00/person**

Mixed Seafood/clam chowder  
**\$5.75/person**

## SALADS

*Served family style in large bowls on a self-serve buffet*

Roasted Vegetable Pasta Salad with a Garlic Herb Vinaigrette  
**\$3.75/person**

Greek Village Salad with Kalamata Olives, Green Pepper, Cherry Tomato, Cucumbers, Red Onion and Farm Goat Cheese in a Herb and Balsamic Dressing  
**\$4.95/person**

Organic Mixed Greens served with a wide variety of vegetable toppings  
**Choice of dressing: Fresh Basil & Blackberry, Black Mission Fig,  
Or Herb Vinaigrette**  
**\$5.25/person**



# BUFFET MENU

## MAIN COURSE

*Main courses are served with 2 seasonal vegetables & one starch except Pasta Bar. Prices are per person and sold in minimum quantities of 10.*

Roasted Seasonal Vegetable Lasagna in a Béchamel Sauce **\$17.75**

Vegetarian and Goat cheese Cannelloni in rose sauce **\$18.25**

Pan seared Boneless Chicken Breast in Oka Cream Sauce **\$18.75**

Pork Tenderloin in a Dried Cherry and Maple Stout Gastrique **\$20.25**

Organic Beef with Mixed Vegetables and Tomatoe Lasagna **\$21.75**

Grilled Sockeye Salmon topped with a salsa verde **\$27.25**

Grilled Alberta Beef Strip Loin(285 gr.) with a mushroom medley and a peppercorn Sauce **\$29.75**

## STARCHES

Potatoe cheese gratin

Mixed Mushroom Barley Risotto

Roasted sweet potatoe & garlic mash

Roasted Rosemary Garlic Baby Potatoes

## PASTA BAR (Organic spaghetti)

A mixed array of sauces, seasonal vegetables and various meats or seafoods made to order individual pastas for each guest.

Vegetarian - **\$18.25** Beef or Sausage - **\$23.75** Seafood - **\$26.50**



# BUFFET MENU

## DESSERTS

*All desserts are made in-house, are nut-free and contain only all-natural ingredients.*

Home-Made Fruit Pies with Crumble Topping:  
Apple or Peach

**\$7.50**

Home-made Warm Double Chocolate Brownie

**\$7.50**

New York Style Cheese Cake  
**(gluten-free also available)**

**\$7.50**

Tiramisu

**(gluten-free also available)**

**\$7.50**

Fruit Platter

**\$35.00 (serves 10 people)**

Dessert Platter of Cheesecake and Brownies

**\$50.00 (serves 10 people)**



# PLATED SERVICE

## CANAPES

*All canapés are served on a thin crust flatbread and are sold in quantities of 10 pieces.*

Marinated Roasted Vegetables atop a creamy bed of Brie **\$24.50**

Smoke Salmon, cream cheese, pickled red onions and Capers **\$27.25**

Marinated Beef steak sitting on a Blue cheese compound butter **\$31.75**

Marinated Garlic prawns drizzled with lemon caper **\$32.50**

Duck confit nestled in a fig, onion and thyme compote **\$33.75**

**We suggest 2-3 Canapés per person.**

## CHEESE & DELI MEAT BOARDS

A Fine selection of Canadian and International Cheese with Assorted Fruits and our in-house Baguettes

**\$6.25 per person**

Including an assortment of Valbella sliced meats

**\$7.50 per person**

## ANTIPASTO

With Marinated Mushrooms, Caramelized Onion, Cherry Tomatoes, Marinated Kalamata Olives, Prosciutto, Salami, Artichoke Hearts served with a warm Herb and Bread Crusted Goat Cheese Medallion and toasted in-house Baguettes.

**\$5.75 per person**



# PLATED SERVICE

## SOUPS

*Served with organic flatbread with Virgin olive oil & balsamic vinegar drizzle*

Roasted seasonal root vegetable with Goat's Cheese and Fresh Herbs

**\$5.25**

Home-made Chicken Noodle Soup topped with 3-Herb Pesto

**\$6.25**

A Light Cream of Wild Mushroom and Potato

**\$6.50**

Mixed Seafood/clam chowder

**\$6.75**

## SALADS

Roasted Vegetable Pasta Salad with a Garlic Herb Vinaigrette

**\$4.25/person**

Greek Village Salad with Kalamata Olives, Green Pepper, Cherry Tomato, Cucumbers, Red Onion and Goat Cheese in a Herbed Balsamic Dressing

**\$5.95/person**

Organic Mixed Greens served with a wide variety of vegetable toppings

**Choice of dressing: Fresh Basil & Blackberry, Black Mission Fig,  
Or Herb Vinaigrette**

**\$6.25/person**

**Add a choice of:** Warm Goat's Cheese Medallion **\$2.00**,

Chicken **\$3.25**, or Prawns **\$4.25**



# PLATED SERVICE

## MAIN COURSE

*All main courses are served with mixed seasonal vegetable, ratatouille or peperonata with choice of one starch.*

Pan seared Chicken Supreme Breast in a Oka Cream Sauce **\$20.75**

Roasted Seasonal Vegetable Lasagna in a Béchamel Sauce **\$21.75**

Vegetarian with Goat cheese Cannelloni in a rose sauce **\$22.50**

Pork Tenderloin in a Dried Cherry and Maple Stout Gastrique **\$24.25**

Organic Beef with Mixed Vegetables and Tomato Lasagna **\$25.75**

Grilled Sockeye Salmon topped with a salsa verde **\$33.75**

Grilled Alberta Beef Strip Loin (285 gr.) dusted with a mushroom medley and a peppercorn Sauce **\$35.75**

Beef Tenderloin (227 gr.) Gorgonzola compound butter **\$41.25**

*All entrée prices for plated service are per person*

## STARCHES

Potatoe cheese gratin

Mixed Mushroom Barley Risotto

Roasted sweet potatoe & garlic mash

Roasted Rosemary Garlic Baby Potatoes



# PLATED SERVICE

## DESSERTS

*All desserts are made in-house, are nut-free and contain only all-natural ingredients.*

Home-Made Fruit Pies with Crumble Topping:  
Apple or Peach with Ice Cream

**\$7.50**

Home-made Warm Double Chocolate Brownie with Ice Cream

**\$7.50**

New York Style Cheese Cake  
**(gluten-free also available)**

**\$7.50**

Tiramisu  
**(gluten-free also available)**

**\$7.50**





# BAR SERVICE

## Full Service Bar

(includes bartender service and assorted mixes)

Host Bar: **\$900.00\*** - All bottles are 1.14 Lt. except Glenfiddich(750 ml.)  
(includes Absolut Vodka, Bacardi White & Dark Rum, Bombay Gin,  
Crown Royal Rye and Glenfiddich 12 yr. Old Scotch Whisky)

\*extra bottles available @ \$150.00 per bottle/Glenfiddich \$90.00

Various Domestic Lager and Ales: **\$120.00 per case of 24**

(Molson Canadian, Coors Light or Kokanee)

BC VQA Wines: **\$40.00 per bottle**

(Tinhorn Creek: Pinot Gris or Merlot/Gray Monk: Riesling or Pinot Noir)

## Service Bar

Cash Sales: **\$6.00 per drink/bottle**

(Domestic beers and Bar rail(as above) with various sodas for mix)

BC VQA Wines: **\$11.00 per glass**

(Tinhorn Creek: Pinot Gris or Merlot/Gray Monk: Riesling or Pinot Noir)

## Non-alcoholic Self-serve Bar

Various Sodas: **\$2.00 per person**

(assortment of Coke, Diet Coke, Ginger Ale, Sprite, Water  
and Iced Tea with ice – 355 ml. cans/bottles)

Assorted Juices: **\$3.00 per person** (341 ml. bottles)

Coffee and Tea: **\$3.00 per person** (inc. cream/sugar/milk)



# MISCELLANEOUS

## ACCESSORIES

### Catering Supplies

Tables: 8' x 30" - \$17.50

Tables: 6' x 30" - \$15.00

Tables: 6' Round - \$25.00

Chairs: Folding - \$4.00  
(Black /Neutral or Brown)

Linens: 8' x 30" - \$10.00

Linens: 6' x 30" - \$8.50

Linens: 6' round - \$10.00  
(Standard white linen)

Napkins - \$ 2.00 per person

Chinaware - \$2.50 per person

Cutlery - \$1.50 per person

Stemware - \$1.00 per person

### Catering Staff

Chef on location - \$40.00/hr.  
(minimum of 4 hours)

Cooking staff on location  
- \$20.00/hr.\*  
(minimum of 4 hours)

\* BBQ menu and Pasta bar include  
cooking staff

No delivery charges within  
the Town of Canmore

Travel outside the town  
\$0.50 per Kilometre

**All prices are subject to  
applicable taxes and a gratuity**