



# URBANE

CULINARY

## AVIATION MENU

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## Beverages & Enhancements

Sliced Lemon or Lime (wedge/ round)	(2.) each
500 ml 1%, 2% or Homogenized milk	(6.) each
1 Liter 1%, 2% or Homogenized milk	(10.) each
500 ml Almond Milk	(6.) each
1 Liter Almond Milk	(10.) each
Freshly Squeezed Orange Juice	(8.) pp
500 ml Apple, Cranberry, Orange Juice	(6.) each
1 Ltr. Apple, Cranberry, Orange Juice	(10.) each
Canned Soft Drinks	(3.) each
Bottled Sparkling/Still Water	(3.) each

## A LA Carte BREAKFAST MENU

### Cold

Assorted breakfast pastries, butter	(3.) each
Assorted Bagels	(4.) each
Whole wheat, multi-grain, cheese, cinnamon raisin, everything, plain	
House made Fruit Muffins	(4.) each
House made Scones	(5.) each
Field berry, cheddar & chive, cheddar jalapeno	
Pastry Enhancements	(2.) each
fruit jam, maple butter, cinnamon butter, side of brown sugar, shaved almonds, plain cream cheese, peanut butter	
House Oatmeal (add hot water, milk)	(8.) each
Yogurt Parfaits with mixed berries	(15.) each
<b>Exotic Fruit Tray</b>	<b>(15.) each</b>
Mango, Papaya, Pineapple, Kiwi & Seasonal Fruit	
<b>Seasonal Fruit Tray</b>	<b>(15.) each</b>
Honeydew, Cantaloupe, Watermelon, Grapes & Seasonal Fruit	
<b>Berry Tray</b>	<b>(15.) each</b>
Selection of strawberries, blackberries, raspberries & blackberries	
Sliced Tomatoes	(3.) order
Pico de Gallo	(3.) order

### Hot

Please specify oven proof or microwaveable container when placing order. Options need to be re-heated prior to serving

#### **Breakfast Sandwiches (12.) each**

-Choice of english muffin or house breakfast scone  
 -Bacon, Ham, Fried Salami or Basil Chicken Pesto with soft egg, wilted greens, cheddar, tomato jam

#### **Breakfast Bowls (12.) each**

-Egg, Crumbled sausage, potato hash, vegetables, cheese  
 -Veg: Egg, Grilled vegetables, goats cheese, potato hash

#### **Omelets (3 egg) (18.) each**

Choice of: red or green peppers, green onions, white onions, spinach, mushrooms, tomatoes, cheddar cheese, feta cheese, goats cheese, ham, bacon, chicken, crumbled sausage

#### **Quiche (12.) each**

Broccoli & cheddar. ham & cheese. spinach, tomato & mushroom. Bacon, tomato & white cheddar.

#### **Hot Sides**

Double Smoked Bacon	(8.) order
Pork Sausage	(8.) order
Chicken or Turkey Sausage	(10.) order
Caramelized Potato Hash	(6.) order
Grilled Vegetables with blistered tomatoes	(8.) order

#### **OPEN FACE GRILLED BREAKFAST BREADS**

Smoked Salmon, pickled red onion, capers, dill, lemon crème fraiche (12.)

Grilled Vegetables, pickled red onion, balsamic glaze, crème fraiche (10.)

#### **BREAKFAST CANAPES (38. per dozen )**

*Perfect for short flights with networking*

Mini French Toast, smoked bacon, brie, Apple Gastrique maple butter (serve hot)

Mini Quiches (serve hot)

Braised Pork Belly, maple apple butter (serve hot)

Salmon lox on crostini

South African milk tart; cinnamon & raspberry

Fresh fruit tarts

## A LA Carte LUNCH & DINNER MENU

### SALADS

#### *Protein Options:*

5 oz - *Sous Vide Chicken Breast* (10.)

5 oz - *Sous Vide Grilled Hangar Steak* (12.)

5 oz - Grilled Salmon (10.)

*Please give us a call for additional protein options*

#### **SALADS (Side Salad – 10.) (Entrée Salad – 15.)**

- Artisan Greens Salad: shaved fennel, pickled root vegetables, goats cheese, orange poppyseed vinaigrette  
**gf df v**

- Classic Caesar Salad: garlic rubbed croutons, charred lemon, shaved parmesan, roasted garlic, house caesar dressing **v**

- Roasted Red Pepper & Tomato Pasta Salad: blistered tomato, fresh basil, shaved parmesan, red pepper dressing **v**

- Chipotle Bean & Quinoa Salad: black beans, quinoa, roasted corn, peppers, red onion, feta, lime, cumin, chili, cilantro **gf v**

- Buttermilk Dill Cobb Salad: smoked bacon, egg, pickled red onion, blue cheese, ice berg lettuce buttermilk dill dressing **gf (+5.00)**

#### **SANDWICHES (10.)**

- Spicy Calabrese & Prosciutto, provolone, basil, roasted pepper

- *Sous Vide Alberta Beef*, charred red onion puree, tomato, lettuce, horseradish aioli

- Roasted Chicken BLT, smoked bacon, lettuce, tomato, garlic aioli

- Caramelized Pork Char Sui, cilantro, pickled carrots, cucumber, sriracha aioli

- Classic Egg Salad, paprika, diced green onion, greens

- Rye, pastrami, sauerkraut, provolone, Urbane thousand island dressing... trust me.... This is good!

### PLATTERS

#### **BUILD YOUR OWN SANDWICH (20. pp)**

##### **Selection of breads (choice of 3)**

Flax seed, ciabatta, pumpernickel, sourdough, multigrain, whole wheat wrap **additional choice +2.00 pp**

##### **Selection of cheeses (choice of 3)**

Provolone, aged cheddar, swiss, goats cheese, brie  
**additional choice +4.00 pp**

##### **Selection of proteins (choice of 3)**

Sliced chicken breast, spicy calabrese, prosciutto, pastrami, salami, shaved turkey, bacon, roast beef, egg salad, tuna salad, pork char sui

##### **additional choice +4.00 pp**

##### **Selection of vegetables (choice of 5)**

Lettuce, tomato, red onion, grilled vegetables, banana peppers, pickles, artisan greens, caramelized onions, cilantro

##### **Selection of spreads (choice of 3)**

Garlic aioli, mayo, roasted red pepper aioli, thousand island sauce, horseradish aioli, sriracha aioli, mustard, hot mustard  
**additional choice +2.00 pp**

#### **CHEESE BOARD 15. pp**

Selection of fine artisan cheeses, seasonal compote with crackers

#### **CHARCUTERIE BOARD 25. pp**

Selection of cured meats, pate, house chutney, pickled onions

#### **GRILLED VEGETABLES 10. pp**

Seasonal vegetables may include: Red peppers, zucchini, charred red onion, mushrooms

#### **MARKET CRUDITE 10. pp**

Seasonal vegetables may include: Carrots, mushrooms, snap peas, red & green peppers, cucumber with hummus dip

**COLD BENTO MAINS (25. each)**

**COBB SALAD WITH SOUS VIDE CHICKEN & DOUBLE SMOKED BACON (+4.00)**

-Sous Vide Chicken Breast, Double Smoked Bacon, avocado, cherry tomatoes, pickled red onion, hard boiled eggs, mesclun greens, buttermilk ranch dressing **gf**

**PAD THAI SALAD WITH SOUS VIDE BEEF**

-Fresh mango, shaved asparagus, bean sprouts, Thai basil, green onions, cilantro, lemongrass, roasted peanuts, lime, shredded carrot, Thai red curry vinaigrette **gf df** **\*contains nuts**

**SPICED QUINOA WITH SEASONAL FISH**

-White quinoa, currants, almonds, basil, mint, parsley, coriander, green onion, lime, coconut nectar, grilled asparagus, tuscan greens **gf df** **\*contains nuts**

**CHICKEN BANG BANG**

-Sous Vide Chicken breast with crisp Asian vegetables, oriental leaves and a creamy coconut crunchy peanut dressing **gf** **\*contains nuts**

**GADO GADO**

-Sous Vide Chicken, Indonesian steamed vegetable salad with bean sprouts and quail's eggs and a spicy peanut dressing **gf df** **\*contains nuts**

**THAI BEEF SALAD**

-Green mango, papaya, roasted peanuts and a hot and sour dressing **gf df** **\*contains nuts**

**WATERMELON SALAD WITH CONFIT DUCK**

-Confit duck, roasted peanuts, spring onions and a hoisin dressing **gf** **\*contains nuts**

**DESSERTS**

Assorted Bars & Squares	<b>5. each</b>
French Macarons	<b>5. each</b>
Chocolate Dipped Strawberries <b>gf</b>	<b>32. doz</b>
Chocolate Pot de Crème <b>gf</b>	<b>48. doz</b>
Lemon Curd, smashed blueberries <b>gf</b>	<b>48. doz</b>

**HOT BENTO MAINS (30. each)**

*Microwave or oven containers available*

Choose your protein, your vegetable & your starch

**PROTEIN ENTRÉE SELECTION**

- Sous Vide Chicken Breast: white wine cream sauce **gf**
- Seasonal Fish: house made orange beurre blanc **gf**
- Alberta Braised Beef Short Rib, horseradish au jus **gf** +5.00

**Add to your entree - Grilled Prawn skewers **gf** \$8.00**

**SELECTION OF ACCOMPANIMENTS (choose two)**

- Garlic Pomme Puree **gf v**
- Seasonal Vegetable Rice Pilaf **gf df v**
- Roasted Candied Sweet Potatoes **gf df v**
- Seasonal roasted vegetables, basil pesto **gf v**
- Roasted brussel sprouts tossed with double smoked bacon **gf df**
- Orange & Herb Carrots **gf v**
- Creamed Corn, cream, sauteed onions, bernoise red pepper **gf v**

**RECEPTION-NETWORKING-CELEBRATE**

**HOT CANAPES**

**(small bites) per dozen**

- Wild Mushroom Tarte Tatin, caramelized onions, goats cheese **32.**
- Miniature Chicken Pot Pies, house puff pastry **38.**
- Braised Short rib Yorkshire Puddings, horse radish **42.**

**COLD CANAPES**

**(small bites) per dozen**

- Togarashi Tuna, salted lime wonton chip, puffed rice, wasabi cream **40.**
- Rice Paper Roll, Asian vegetables, sweet soy **gf df** **36.**
- Compressed Watermelon, dehydrated Kalamata olives, goats cheese, lemon crème fraiche **gf df** **36.**
- Alberta beef tartare, pickled mushrooms, parsnip chip **gf df** **54.**
- Truffle tomato tarts, caramelized onion custard & bernoise tomato & truffle **v** **34.**