



Fax 403-265-3447 Email [catering@tmdish.com](mailto:catering@tmdish.com) Phone 403-265-3474

Company \_\_\_\_\_ Contact at company \_\_\_\_\_

Phone number ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_

Building name \_\_\_\_\_ Street address \_\_\_\_\_ Suite # \_\_\_\_\_

Pick-up OR Delivery

Date \_\_\_\_\_ Time (Please Allow a 15 Minute Window) \_\_\_\_\_

Number of people \_\_\_\_\_

Plates & cutlery required? \_\_\_\_\_

Special requests or instructions \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Payment Options:

A credit card must be supplied at time of first order, but if preferred payment can be made by cheque. If payment is not made within 30 days amount will be charged from credit card

Visa \_\_\_\_\_ Exp \_\_\_\_\_

MasterCard \_\_\_\_\_ Exp \_\_\_\_\_

AMEX \_\_\_\_\_ Exp \_\_\_\_\_




Cheque - payable to "The Main Dish"

**THE MAIN DISH will provide an itemized invoice upon delivery**  
**Please refer to our catering terms and conditions**



Look for our Healthy Essentials logo indicating a low carb, high protein, or low fat choice

# BREAKFAST








	#
<b>Fruit Salad</b>  A mix of fresh pineapple, honeydew, cantaloupe, grapes, and oranges <b>\$3.99/Person</b>	
<b>Assorted Breakfast Pastries</b>  <b>\$1-\$1.99/Person</b>	
<b>Grilled Cheese</b> Roma tomatoes, aged cheddar on whole wheat bread and drizzled with honey <b>\$3.99/Person</b>	
<b>Bacon &amp; Egg Croissant</b> Scrambled eggs with bacon and mozzarella cheese on a fresh croissant <b>\$4.99/Person</b>	
<b>Yogurt Parfait</b>  Honey yogurt and mixed berries topped with housemade granola <b>\$5.99/Person</b>	
<b>Ham &amp; Swiss Bake</b> Ham, Swiss cheese, croissants and egg <b>\$49.99 Serves 8-12 People</b>	
<b>Veggie Croissant Bake</b> Roasted red peppers, mushrooms, spinach, feta cheese, croissants and egg <b>\$49.99 Serves 8-12 People</b>	
<b>Baked Quinoa Oatmeal</b>  Traditional oatmeal mixed with Quinoa and topped with caramelized banana butter and honey yogurt <b>\$59.99 Serves 8-12 People</b>	

**Speak to our Chef's about booking your Corporate Stampede Breakfast, Lunch, or Dinner**

**We have Wild West style choices perfect for any type of Stampede event!**



# SANDWICHES & SALADS

<h2 style="text-align: center;">SANDWICHES</h2> <p style="text-align: center;">ALL SANDWICHES WILL BE MADE ON A VARIETY OF ROLLS AND WRAPS UNLESS OTHERWISE SPECIFIED SANDWICHES COME SERVED CUT IN HALF ON PLATTERS AND MAY BE WRAPPED INDIVIDUALLY UPON REQUEST</p>	#	<h2 style="text-align: center;">GREEN &amp; DELI SALADS</h2> <p style="text-align: center;">SERVED IN MULTIPLES OF 5 OR AS AN INDIVIDUAL SIDE SALAD</p>	# For 5	# For 1
<b>Smoked Turkey - \$8.99</b> Smoked turkey with lettuce, tomato, pancetta, guacamole, and provolone cheese		<b>Market Mixed Greens - \$13.99/\$4.99</b>  Spring mix, julienne carrots, red onions, roma tomatoes and cucumbers tossed in our honey herb vinaigrette		
<b>Italian - \$8.99</b> Hand sliced Italian mortadella, calabrese and pancetta with lettuce, tomato, provolone cheese and house made balsamic mayo		<b>Dish Caesar - \$13.99/\$4.99</b> Romaine, croutons and mozzarella tossed in our house made creamy roasted shallot vinaigrette		
<b>Roast Beef - \$8.99</b> Slow roasted Alberta beef and caramelized onions, lettuce, tomato, aged white cheddar cheese and house made honey Dijon mayo		<b>Spinach - \$17.99/\$5.99</b>  Crispy pancetta, roma tomatoes, julienne red onions, cremini mushrooms and mozzarella cheese tossed in a house made yogurt ranch dressing		
<b>Chicken Salad - \$8.99</b> Crisp red leaf lettuce with a house made blend of red onion, celery, tarragon, mayo, and chicken		<b>Vital Greens - \$27.99/\$9.99</b>  Spinach and spring mix, dried apricots, cranberries, raisins, cashews, roma tomatoes, cucumber, and crumbled feta cheese tossed in a orange chili dressing and topped with grilled chicken breast		
<b>Ham - \$8.99</b> Rosemary ham, aged white cheddar, mayo, lettuce, tomato and an apricot cranberry relish		<b>Artichoke, Chickpea, &amp; Feta - \$16.99/\$4.19</b>  Artichoke hearts, chickpeas, feta cheese, kalamata olives, lemon juice, red onions, and cilantro mixed with roasted garlic oil		
<b>Veggie - \$7.99</b>  Roasted red peppers, tomato, basil, thinly sliced bocconcini cheese, lettuce, with olive oil and house made balsamic mayo		<b>Mesa Bean - \$14.99/\$3.69</b>  A mix of black beans, cannellini beans, lima beans, corn and mixed bell peppers tossed in a red wine vinaigrette, cumin, and garlic dressing		
<b>Asian Tuna - \$7.99</b>  Tuna dressed with a wasabi mayo and a blend of cilantro, cucumber, pickled ginger, carrot, and lettuce		<b>Caprese Salad - \$19.99/\$4.99</b> Grape tomatoes and bocconcini cheese tossed in basil nut free pesto balsamic dressing		
		<b>Greek Salad - \$19.99/\$4.99</b> Tomatoes, cucumber, feta, kalamata olives, red onion, and green peppers mixed with basil and oregano and dressed in red wine vinegar, olive oil, and lemon		
		<b>Basil Pasta Salad - \$13.99/\$3.49</b> Mixed bell peppers with grape tomatoes, red onions, and pasta in our house made honey herb dressing		
		<b>Asian Noodle Salad - \$13.99/\$3.49</b> Egg noodles, red peppers, carrot, celery, cilantro and cashews in our miso ginger dressing		
		<b>Broccoli, Raisin, Cheddar Salad - \$16.99/\$4.19</b> Broccoli, white cheddar, red onion, and raisins in our honey herb dressing		
		<b>Pancetta Potato Salad - \$14.99/\$3.69</b> Pancetta and caramelized onions with baby potatoes in our balsamic dressing		

# LUNCH & DINNER ENTREES

<b>PROTEINS</b> PRICE INCLUDES 2 SIDES ENTRÉE'S ARE AVAILABLE BUFFET STYLE SERVED IN MULTIPLES OF 5 OR INDIVIDUAL LUNCH BOX STYLE	SERVES 5	SERVES 1
<b>Grilled Herb Chicken Breast</b> A grilled chicken breast glazed in olive oil, lemon juice, and parsley \$44.99/\$10.99		
<b>Cashew &amp; Tarragon Crusted Salmon</b> A fresh piece of salmon coated in crushed cashews and tarragon \$69.99/\$15.99		
<b>Grape Tomato Glazed Mini Meatloaf</b> Made with 100% ground beef and a variety of spices then glazed in our grape tomato mix \$44.99/\$10.99		
<b>Sundried Tomato &amp; Pancetta Turkey Loaf</b> Dark and white turkey meat ground with sundried tomatoes, onions, and topped with a slice of pancetta \$52.49/12.49		
<b>Lentil Patty</b> A mix of onions, garlic, roasted red peppers, brown mushrooms, chilli spice, bread crumbs, and lentils make up this great vegetarian option \$39.99/\$9.99		
<b>Italian Stuffed Chicken Breast</b> A breaded chicken breast stuffed with provolone, calabrese, basil and roasted red pepper \$59.99/\$13.99		
<b>Bourbon BBQ ½ Rack Ribs</b> Our fall off the bone ribs smothered in our house made Jack Daniels Bourbon BBQ Sauce \$64.99/\$14.99		
<b>Quiche</b> A crust-less quiche with spinach, red peppers, mushrooms, and feta cheese \$44.99/10.99		

<b>SIDES</b> CHOOSE TWO SIDES	
<b>Butternut Squash Wild Rice</b> Wild rice with butternut squash, sundried tomatoes, rosemary, and diced onion	
<b>Sweet Cashew Cranberry Wild Rice</b> Wild rice with cashews, cranberries, and green onion	
<b>Asparagus</b> Steamed and then tossed in olive oil and seasoned with salt and pepper	
<b>Honey Balsamic Roasted Beets</b> Oven roasted beets with honey balsamic	
<b>Roasted Vegetable Mix</b> A house roasted mix of red peppers, eggplant, artichokes, shallots, and zucchini in roasted shallot oil	
<b>Steamed Broccoli</b> Steamed and seasoned with salt and pepper	
<b>Chef's Vegetable Medley</b> Lightly steamed mixed vegetables	
<b>Roasted Garlic &amp; White Cheddar Mashed Potatoes</b> Mashed potatoes with white cheddar cheese and roasted garlic	
<b>Sweet Potato Mash</b> Sweet potatoes mashed with brown sugar, cinnamon, and cayenne	
<b>White Wine Chilli Creamed Corn</b> Creamed corn with a hint of chilli spice	

# INDIVIDUAL PROTEINS & SIDES

<b>PROTEINS</b>	# of Proteins
Grilled Herb Chicken Breast \$4.99	
Cashew & Tarragon Crusted Salmon \$9.99	
Grape Tomato Glazed Mini Meatloaf \$4.99	
Sundried Tomato & Pancetta Turkey Loaf \$6.49	
Lentil Patty \$3.99	
Italian Stuffed Chicken Breast \$7.99	
Bourbon BBQ ½ Rack Ribs \$8.99	
Quiche \$4.99	

<b>SIDES</b> INDIVIDUAL SIDES COME IN A PORTIONS OF 250ML	# of Sides
Butternut Squash Wild Rice \$3.69	
Sweet Cashew Cranberry Wild Rice \$3.69	
Roasted Vegetable Mix \$4.19	
Asparagus \$2.99	
Honey Balsamic Roasted Beets \$3.99	
Steamed Broccoli \$3.99	
Chef's Vegetable Medley \$3.99	
Roasted Garlic & White Cheddar Mashed Potatoes \$3.99	
Sweet Potato Mash \$3.99	

# PASTA, STIR-FRY, & MORE

ALL BELOW ITEMS ARE AVAILABLE BUFFET STYLE SERVED IN MULTIPLES OF 8 OR INDIVIDUAL LUNCH BOX STYLE

	SERVES 8	SERVES 1
<b>Lasagna Bolognese</b> Layers of noodles with a house made meat sauce, ricotta and parmesan cheeses \$71.99/\$10.99		
<b>Vegetable Lasagna</b> Layers of noodles with roasted red peppers, spinach, ricotta and parmesan cheeses \$67.99/\$10.49		
<b>Herb Crusted Mac &amp; Cheese</b> Noodles in a blend of cheeses baked with a herb crust \$63.99/\$9.99		
<b>Chicken Cannelloni</b> Ground chicken, spinach, mushrooms, onions and three cheeses topped with tomato basil sauce and parmesan cheese \$71.99/\$10.99		
<b>Shepherds Pie</b> Ground beef in a red wine demi glace mix with peas and corn and topped with our roasted garlic and white cheddar mashed potatoes \$67.99/\$10.49		
<b>Garlic Bread</b> \$1.99/Person		

## BUILD YOUR OWN PASTA *Served in multiples of 8 or individually*

Fill in your Pasta, Sauce, and Protein choices in the space below

**Pastas** - Penne, Linguini, Pappardelle, Macaroni

**Sauces** - Marinara, Arrabiata, Rose, White Wine Cream (Add \$5), Bolognese (Add \$5)

**Proteins** - Chicken \$87.99/\$12.99, Ham \$87.99/\$12.99, Prawns \$93.99/\$13.75, Meatballs \$83.99/\$12.50, Roasted Vegetables \$80.99/\$12.09, Pasta Sauce Only \$63.99/\$9.99

PASTA \_\_\_\_\_ PASTA \_\_\_\_\_

SAUCE \_\_\_\_\_ SAUCE \_\_\_\_\_

PROTEIN \_\_\_\_\_ PROTEIN \_\_\_\_\_

## BUILD YOUR OWN STIR-FRY *Served in multiples of 8 or individually*

Fill in your Base, Sauce, and Protein choices in the space below

**Bases** - Wild Rice, Egg Noodles

**Sauces** - Garlic Ginger, Mild Butter Curry, Thai Peanut

**Proteins** - Chicken \$87.99/\$12.99, Beef \$87.99/\$12.99, Prawns \$93.99/\$13.75, Vegetarian \$63.99/\$9.99

BASE \_\_\_\_\_ BASE \_\_\_\_\_

SAUCE \_\_\_\_\_ SAUCE \_\_\_\_\_

PROTEIN \_\_\_\_\_ PROTEIN \_\_\_\_\_

# APPETIZERS

SERVED IN QUANTITIES OF 12 UNLESS OTHERWISE NOTED	#
Mussels with roast tomato and chillis \$24/1 lbs	
Prawns in white wine cream sauce \$30	
Lamb Lollipops \$30	
Roasted apple and blue cheese crostinis \$24	
*Soup Shooters	
*Miso Candied Smoked Salmon with Wasabi Cucumber	
*Beef Fondue	
Chicken/Beef Satay \$24	
*Chef's Grilled Flatbreads	
*Injected Tomatoes	
Mini Chicken Scallopine with tomato basil and brie \$30	
Caprese Skewers \$20	
Mini Quiche - Caramelized onion, cheddar, and chicken - Roasted red pepper, basil, and feta \$24	
Mini Grilled Cheese with Flavoured Honey \$20	
Seafood Purses \$30	
BBQ Prime Rib Sliders Garlic aioli, roasted red pepper relish, aged white cheddar \$30	
Jack Daniels Bourbon BBQ Riblets \$30	

\* Chef consultation required

Looking for something else? Talk to our Chefs!

The Main Dish Chefs and/or serving staff are available for your event at an hourly rate

We are also able to provide any rentals at an additional cost

# BEVERAGES

<b>COLD BEVERAGES</b>	#
<b>BOTTLED WATER - \$1.50</b>	
<b>VITAMIN WATER - \$2.50</b> Available in XXX, Multi-V, Energy, Essential, Formula 50, and Mega-C	
<b>SAN PELLEGRINO 750ML SPARKLING WATER - \$4.00</b>	
<b>SAN PELLEGRINO 250ML SPARKLING WATER - \$2.00</b>	
<b>ACQUA PANNA 1L STILL WATER - \$4.00</b>	
<b>ACQUA PANNA 500ML STILL WATER - \$3.00</b>	
<b>COKE/DIET COKE/7UP/GINGER ALE - \$1.50</b>	
<b>SAN PELLEGRINO POP - \$2.00</b> Available in Limonata, Aranciata, and Chinotto	
<b>HANK'S GOURMET SODA - \$2.25</b> Available in Root Beer, Vanilla Cream Soda, Black Cherry, Orange, and Birch Beer	
<b>ORANGINA 1L SPARKLING ORANGE JUICE - \$4.00</b>	
<b>ORANGINA 296ML SPARKLING ORANGE JUICE - \$2.00</b>	
<b>SUN RYPE JUICE - \$2.50</b> Available in Orange or Apple	
<b>KNUDSENS SPARKLING JUICE - \$2.00</b> Assorted fruit varieties	
<b>2% MILK - \$2.00</b>	
<b>CHOCOLATE MILK - \$2.50</b>	

<b>HOT BEVERAGES</b>	#
<b>COFFEE - \$14.95</b> 10 Cups, includes cups and fixings	
<b>TEA - \$2.00/Person, minimum 5</b> Varieties of Green, Black, and Rooibois Teas	
<b>HOT CHOCOLATE - \$14.95</b> 10 Cups, includes cups	

# DESSERTS & PLATTERS

DESSERTS	#
Cookies \$1.00/Each	
Carrot Cake \$1.99/Each	
Triple Chocolate Cake \$1.99/Each	
Lemon Poppy Cake \$1.99/Each	
Banana Bread \$1.99/Each	
Field Berry Crumble \$1.99/Each	
Nanaimo Bars \$1.50/Each	

PLATTERS	#
<b>Antipasti Platter</b> Hummus, Tzatziki, bruschetta, and house marinated olives <b>\$49.99/15-25 People</b>	
<b>Meat &amp; Cheese</b> An international selection of meats and cheeses served with crackers <b>\$4.99/Person</b>	
<b>Bruschetta &amp; Crostinis</b> Served in quantities of 5 or individually <b>\$12.99/5 People \$3.99/Person</b>	
<b>Hummus &amp; Pita</b> Served in quantities of 5 or individually <b>\$9.99/5 People \$2.99/Person</b>	
<b>Tzatziki &amp; Pita</b> Served in quantities of 5 or individually <b>\$9.99/5 People \$2.99/Person</b>	
<b>Parmesan Ricotta Artichoke Dip &amp; Bread</b> Served in quantities of 5 or individually <b>\$9.99/5 People \$2.99/Person</b>	
<b>Salsa &amp; Que Pasa Chips</b> Served in quantities of 5 or individually <b>\$14.99/5 People \$3.99/Each</b>	
<b>Cheese</b> A variety of cheeses served with crackers <b>\$2.99/Person</b>	
<b>Premium Cheese</b> A variety of international cheeses served with crackers. Ask about our current selection <b>\$4.99/Person - Minimum 10 people</b>	

## ORDERS & CANCELLATIONS

1. The Main Dish is equipped to handle orders up to 200 guests
2. Orders must total a minimum of \$75 excluding applicable sales tax and service charges. Orders may be subject to increases to meet minimum.
3. The Main Dish requires at least 48 hours notice for hot food/appetizer requests. For sandwich, salad, dessert orders at least 24 hours notice required.
4. Cancellations are required at least 24 hours prior to the event. Cancellations made within 24 hours will be subject to a cancellation fee.

## CHARGES/FEES

1. All orders subject to 5% GST
2. Orders up to \$100 will be charged a \$10 catering fee
3. Orders \$101 and up will be charged \$10 or 15% whichever is greater up to a maximum of \$75

## PAYMENT

A credit card number is required to secure order, but payment can be made by cheque or direct deposit if preferred. Payment is due by cheque/credit card/direct deposit immediately after execution of catering. If payment is not received within 30 days amount will automatically be charged to the credit card on file.

## REFERRAL PROGRAM

Know someone who could use our catering services? Forward us their contact info and when they place their first order we'll give you a \$25 gift card!