



SPRING & SUMMER DELIVERY

Truffles
FINE FOODS

APRIL 1 - OCTOBER 31

604 505 4961 | INFO@TRUFFLESFINEFOODS.COM | TRUFFLESFINEFOODS.COM



A decorative illustration on the left side of the page. It features a vertical orange bar. To its right, a green herb sprig with small leaves hangs down. Below the herb, a stylized orange fork is depicted, with its tines pointing downwards. The background is white.

Truffles

FINE FOODS

CANAPÉS AND PLATTERS

HOT CANAPES

Price per piece

Minimum order of 1 dozen per item unless otherwise stated

(D) = Canapes available for delivery, some restrictions apply

MALAYSIAN CHICKEN SATAY (GF)(DF) (D) <i>With a peanut chili glaze</i>	\$3
GRILLED GREEK CHICKEN KEBAB (GF) (D) <i>With cucumber yogurt sauce</i>	\$3
MINIATURE CROQUE MONSIEUR (D) <i>With Emmenthal, béchamel and smoked ham</i>	\$3.50
PRAWN WITH LEMON AND HERBS (GF)(DF) (D) <i>Served with tarragon aioli</i>	\$3.75
MAC & CHEESE CROQUETTE (D) <i>With chili jam</i>	\$2.75
BASIL ARANCINI (D) <i>With sundried tomato aioli</i>	\$3
VEGAN MAC & CHEESE CROQUETTE (DF)(VEGAN) (D) <i>With chili jam</i>	\$3.75
YAM & BLACK BEAN EMPANADA (DF)(VEGAN) (D) <i>With chimichurri dip</i>	\$3

COLD CANAPES

Price per piece

Minimum order of 1 dozen per item unless otherwise stated

(D) = Canapes available for delivery, some restrictions apply

POULTRY

CURRIED CHICKEN CUP (D) <i>With grapes, fresh cilantro and curry aioli</i>	\$3
PROSCIUTTO & MELON SKEWER (GF)(DF) (D) <i>With fresh basil</i>	\$4
MINT & PRESERVED LEMON PRAWN (GF)(DF) (D) <i>With roasted red pepper dip</i>	\$3.50
SAVOURY WALNUT BISCOTTI (D) <i>With Danish blue cheese and house-made apricot preserve</i>	\$3
TOMATO BASIL & BOCCONCINI SKEWER (GF) (D) <i>With pesto dressing</i>	\$3
PECAN SHORTBREAD (D) <i>With balsamic glazed fig chutney and shaved Pecorino</i>	\$3.50
POACHED PEAR & STILTON TART (D) <i>Topped with a walnut crumble</i>	\$3.50
SAVOURY SUMMER VEGETABLE TARTE TATIN (DF)(VEGAN) (D) <i>With fresh herbs</i>	\$3

— SWEET CANAPES —

Price per piece

Minimum order of 1 dozen per item unless otherwise stated

(D) = Canapes available for delivery, some restrictions apply

CHOCOLATE COVERED STRAWBERRIES (GF) (D) <i>Strawberries dipped in dark chocolate with milk chocolate crumbs</i>	\$3
MINI LEMON TART (D) <i>Sweet pastry crust filled with lemon curd & topped with toasted meringue</i>	\$3.25
MINI CLASSIC ITALIAN TIRAMISU (D) <i>Classic mascarpone mousse with lady fingers soaked in a rum coffee syrup</i>	\$3.50
MINI CHOCOLATE GANACHE TART (D) <i>Dark chocolate ganache in a sweet pastry shell</i>	\$3.25
MINI DECADENT DARK CHOCOLATE MOUSSE (GF) (D) <i>With milk chocolate crumb</i>	\$3.50
ARTISAN FRENCH MACARONS (GF) (D) <i>Delicious assortment including pistachio, earl grey, vanilla buttercream & rose water</i>	\$4
GLUTEN FREE MINI BROWNIE (GF)(DF)(VEGAN) (D) <i>Topped with vegan chocolate ganache</i>	\$3.50
ASSORTED HOME-MADE CHOCOLATE TRUFFLES (D) <i>Milk chocolate hazelnut, coconut passion fruit, lychee raspberries</i>	\$4

PLATTERS

All of our platters can be dropped off or added to a selection of hors d'oeuvres to create a complete cocktail party package. We have three sizes to suit your event:

Small parties up to 15 people **Medium** parties up to 25 people
Large parties up to 75 people

CHARCUTERIE & CHEESE BOARD

A selection of cured meats and cheeses, mustard, house-made preserves, pickles and artisan crackers

\$130 \$150 \$300

CHEESE BOARD

A variety of local and imported cheese, house-made preserves, dried fruits, nuts, artisan crackers and breads

\$130 \$150 \$300

DELUXE CHEESE BOARD

A selection of premium local and imported cheese, house-made preserves, dried fruit, nuts and artisan crackers and breads

\$180 \$210 \$420

DELUXE CHARCUTERIE BOARD

A selection of local artisan salami and cured meats, house-made preserves, dried fruit, nuts, artisan crackers and bread

\$180 \$210 \$420

SPANISH TAPAS PLATTER (DF)

A selection of tapas including marinated squid, saffron prawns, chorizo, patatas bravas, olives and artisan flatbreads

\$150 \$175 \$375

SMOKED SALMON PLATTER

With red onion, dill, capers, cream cheese, lemon, baguette and rye crisps

\$105 \$125 \$275

DELUXE SEAFOOD PLATTER (GF)(DF)

A selection of chilled seafood including smoked salmon, steamed mussels, lemon herb prawns, candied salmon and seared albacore tuna. With watercress caper aioli and house-made cocktail sauce

\$150 \$175 \$375

MEDITERRANEAN PLATTER

Tomato bocconcini skewers with pesto, marinated feta, olives, tzatziki, hummus, marinated mushrooms, grilled Mediterranean vegetables and grilled pita bread

\$90 \$120 \$250

GARDEN VEGETABLE PLATTER (GF)

Market fresh vegetables and house-made dips

\$75 \$95 \$200

SEASONAL FRUIT PLATTER (GF)(DF)(VEGAN)

Assortment of fresh fruits

\$80 \$100 \$250

CHEFS' ANTIPASTO PLATTER

A selection of the best local and in season meats, seafood, cheese and vegetables. Served with olives, house-made dips and artisan flatbreads and crackers

\$16.50 per person – minimum order of 15 people

BAR & COOKIE PLATTER

Fresh baked cookies and bars including classic brownies, Nanaimo bars, brown butter chocolate chip cookies, oatmeal cookies and white chocolate macadamia cookies

\$65 \$75 \$225

DECADENT DESSERT PLATTER

Assortment of miniature desserts including chocolate ganache tart, lemon meringue tart, fruit tart and a selection of mini verrines and assorted French macarons

\$130 \$150 \$400

—TEA SANDWICH PLATTER—

SMALL PLATTER – 25 PIECES

\$77

MEDIUM PLATTER – 50 PIECES

\$144

LARGE PLATTER – 120 PIECES

\$320

All platters come with an assortment of cucumber, smoked salmon, egg salad, ham and turkey tea sandwiches

—SANDWICH & WRAP PLATTER—

SMALL PLATTER – 18 HALF SANDWICHES	\$90
MEDIUM PLATTER – 30 HALF SANDWICHES	\$150
LARGE PLATTER – 80 HALF SANDWICHES	\$385

Select up to 4 different sandwiches from the following:

TRADITIONAL ROAST BEEF

With cheddar, Dijon, pickled onions and watercress on ciabatta

ROASTED GREEK VEGETABLE (DF)(VEGAN)

With mushrooms, zucchini, red pepper, eggplant and hummus on ciabatta

HAM AND CHEDDAR

With tomatoes, lettuce, red onion and Dijon on whole wheat

EGG SALAD (DF)

With green onion, celery, mayo and lettuce on whole wheat

VEGAN VIETNAMESE TOFU (DF)(VEGAN)

With marinated tofu, vegan sriracha mayo, pickled carrots & daikon and cilantro on a baguette

ROASTED VIETNAMESE PORK LOIN (DF)

With pickled carrots & daikon, sriracha aioli and cilantro on a baguette

TURKEY & SWISS

With green apples, watercress and cranberry mayo on sourdough

BOCCONCINI & TOMATO

With sundried tomato spread, arugula and balsamic reduction on focaccia

GRILLED CHICKEN (DF)

With basil mayo, roasted red peppers and lettuce on focaccia

JERK CHICKEN WRAP (DF)

With grilled jerk spiced chicken thigh, mango salsa and cabbage slaw

NORTHERN INDIAN CURRY CHICKEN WRAP

With sliced grapes, yogurt, mango chutney and carrots

TURKEY CLUB WRAP (DF)

With bacon, avocado, tomatoes, lettuce and mayo

MEDITERRANEAN VEGGIE WRAP (DF)(VEGAN)

With cucumber, tomato, chickpeas, olives, quinoa and lettuce

ASK ABOUT OUR MONTHLY SPECIAL OR GLUTEN FREE OPTIONS



Truffles

FINE FOODS

CORPORATE
BREAKFAST

HOT BREAKFAST

ROCKY MOUNTAIN BREAKFAST

PRICE PER PERSON

Minimum of 6 orders

\$21.95

SCRAMBLED FREE-RANGE EGGS (GF)

With cheddar and fresh herbs

HASH BROWNS (GF)(DF)(VEGAN)

MAPLE BACON (GF)(DF)

PORK BREAKFAST SAUSAGE (DF)

GRILLED SOURDOUGH (DF)

FRESH FRUIT SALAD (GF)(DF)(VEGAN)

COFFEE, TEA AND ASSORTED JUICES

A LA CARTE

PRICE PER SERVING

Minimum of 6 orders per item

SAUSAGE & CHEDDAR BREAKFAST WRAP

With scrambled free-range eggs, hash browns, sautéed peppers & onions and a side of salsa

\$10

KALE & MUSHROOM BREAKFAST WRAP

\$9.50

With scrambled free-range eggs, hash browns, sautéed peppers & onions and a side of salsa

HAM & SWISS BREAKFAST MUFFIN

Toasted English muffin with a free-range egg

\$8

SPINACH & RED ONION BREAKFAST MUFFIN

Toasted English muffin with a free-range egg

\$8

BACON BREAKFAST BOWL (GF)

With hash browns, peppers & onions and scrambled free-range eggs

\$14

ROASTED VEGETABLE BREAKFAST BOWL (GF)

\$13

With hash browns, peppers & onions and scrambled free-range eggs

COLD BREAKFAST

BREAKFAST PROTEIN BOX (GF) **\$9.50**
*Hard-boiled free-range egg, sliced ham, avocado, cheddar cheese
and house-made salsa fresca*

CANADIAN CONTINENTAL BREAKFAST

PRICE PER PERSON **\$14.95**

FRESH FRUIT SALAD (GF)(DF)(VEGAN)

GREEK YOGURT BREAKFAST PARFAIT
With house-made granola

FRESHLY BAKED PASTRIES
Scones, muffins, and croissants with butter and house-made preserves

COFFEE, TEA AND ASSORTED JUICES

A LA CARTE

PRICE PER SERVING
Minimum order of 6 per item

ASSORTED BREAKFAST PASTRIES
\$3.85
Scones, muffins and croissants with butter and house-made preserves

GREEK YOGURT BREAKFAST PARFAIT **\$5.50**
With house-made granola

FRESH FRUIT SALAD (GF)(DF)(VEGAN) **\$5**

FRESH BAKED MUFFINS **\$3.85**
*Your choice of apple cinnamon, morning glory, dark chocolate orange,
cranberry white chocolate streusel or lemon blueberry streusel.
Served with butter.*

SAVOURY SCONES **\$3.85**
*Your choice of cheese & fresh herbs, cheddar & bacon
or roasted garlic & Parmesan. Served with butter.*

SWEET SCONES **\$3.85**
Your choice of cranberry white chocolate, orange & raisin

or raspberry. Served with butter

— ADDITIONAL ITEMS —

HARD-BOILED FREE-RANGE EGG (GF)	\$2
1/2 AVOCADO (GF)(DF)(VEGAN)	\$3
ROASTED TOMATO (GF)(DF)(VEGAN)	\$2
GRILLED SOURDOUGH (DF)(VEGAN)	\$2
HOUSE-MADE GRANOLA (DF)(VEGAN)	\$4

— BEVERAGES —

COFFEE AND TEA SERVICE	\$2.95
ASSORTED JUICES	\$2.75
TRUFFLES FLAT WATER	\$2.75
TRUFFLES SPARKLING WATER	\$2.75

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Truffles


FINE FOODS

CORPORATE LUNCH

— INDIVIDUAL LUNCH BOXES —


PRICE PER SERVING

Minimum of 10 orders per item

CLASSIC BOXED LUNCH <i>Includes one of our classic sandwiches, salad, daily dessert and fruit</i>	\$16.50
DELUXE BOXED LUNCH <i>Includes one of our deluxe sandwiches, salad, daily dessert and fruit</i>	\$17.75
LEMON HERB CHICKEN (GF)(DF) <i>With grilled vegetables and roasted potato salad</i>	\$17.50
MISO GLAZED WILD SALMON (GF)(DF)  <i>With sesame noodles and Asian slaw</i>	\$20.50
PROTEIN BOX (GF) <i>Includes hummus, sliced ham and turkey, cheddar cheese, hard-boiled free-range egg, carrot & celery sticks and avocado</i>	\$15

ENTRÉE SALADS

Minimum of 10 orders per item

AHI TUNA POKE BOWL (GF) <i>Served on a bed of miso glazed quinoa, avocado, cucumbers, edamame, mango and spicy mayo</i>	\$17
LEMON & HERB MARINATED CHICKPEA SALAD (GF) \$14 <i>With cucumber, tomato, red onion, feta and organic greens</i>	
CLASSIC COBB SALAD (GF) \$15 <i>With iceberg lettuce, egg, chicken, tomatoes, corn and blue cheese dressing</i>	
VEGAN COBB SALAD (GF)(DF)(VEGAN) \$15 <i>With grilled tofu, tomatoes, radish, corn, avocado and vegan ranch dressing</i>	
MISO GLAZED WILD SALMON SALAD (GF)(D)  \$17 <i>With edamame, snow peas, daikon, carrots, kale and organic greens</i>	
GRILLED CHICKEN CAESAR SALAD \$15 <i>With house-made croutons, Parmesan and a lemon wedge</i>	
ARTISAN GREENS SALAD (GF)(DF)(VEGAN) \$12	

*With julienne red & yellow peppers, cucumber, carrot, cherry tomatoes
with a balsamic vinaigrette*

ASK ABOUT OUR MONTHLY SPECIALS

— CLASSIC SANDWICHES —

PRICE PER SANDWICH

Minimum of 5 of per kind

TRADITIONAL ROAST BEEF \$9.25

With cheddar, Dijon, pickled onions and watercress on ciabatta

ROASTED GREEK VEGETABLE (DF)(VEGAN)

\$9.25

With mushrooms, zucchini, red pepper, eggplant and hummus on ciabatta

HAM AND CHEDDAR \$9.25

With tomatoes, lettuce, red onion and Dijon on whole wheat

EGG SALAD

\$9.25

With green onion, celery, mayo and lettuce on whole wheat

— DELUXE SANDWICHES & WRAPS —

Minimum of 5 of per kind

VEGAN VIETNAMESE TOFU (DF)(VEGAN) \$10.50

*With marinated tofu, vegan sriracha mayo, pickled carrots and daikon
and cilantro on a baguette*

ROASTED VIETNAMESE PORK LOIN \$10.50

With pickled carrots and daikon, sriracha aioli and cilantro on a baguette

TURKEY & SWISS

\$10.50

With green apples, watercress and mayo on cranberry sourdough

BOCCONCINI & TOMATO \$10.50

With sundried tomato spread, arugula and balsamic reduction on focaccia

GRILLED CHICKEN (DF)

\$10.50

With basil mayo, roasted red peppers and lettuce on focaccia

JERK CHICKEN WRAP (DF) \$10.50

With grilled jerk spiced chicken thigh, mango salsa and cabbage slaw

NORTHERN INDIAN CURRY CHICKEN WRAP \$10.50

With sliced grapes, yogurt, mango chutney and carrots

TURKEY CLUB WRAP (DF) \$10.50

With bacon, avocado, tomatoes, lettuce and mayo

MEDITERRANEAN VEGGIE WRAP (DF)(VEGAN) \$10.50

With cucumber, tomato, chickpeas, olives, quinoa and lettuce

ASK ABOUT OUR MONTHLY SPECIALS OR GLUTEN FREE OPTIONS

Please see our Canapé & Platter menu for sandwich platter options

SALADS

Minimum of 10 orders per item

ARTISAN MIXED GREENS (GF)(DF)(VEGAN) \$5

With house-made vinaigrette

TRUFFLES' CAESAR \$6

With house-made croutons and Parmesan

MEDITERRANEAN KALE SALAD (GF) \$7

With chickpeas, red onion and feta

CLASSIC GREEK SALAD (GF) \$7

With cucumber, tomato, peppers, red onion, kalamata olives and feta

POTATO SALAD (GF)(DF)(VEGAN) \$6

With onions, capers, fresh herbs and apple cider grainy mustard vinaigrette

ROTINI PASTA SALAD \$6

With basil, capers and sundried tomato vinaigrette

ASIAN VEGETABLE SLAW (GF)(DF)(VEGAN) \$7

With a ginger soy dressing

PREMIUM SALADS

CHERRY TOMATO & BOCCONCINI (GF) \$8

With zesty pesto dressing

BEET & GOAT CHEESE (GF) \$8

With honey, toasted pecans and dill

MOROCCAN QUINOA (GF)(DF)(VEGAN) \$8

With dried fruit, nuts and cinnamon coriander vinaigrette

ADDITIONAL ITEMS

ADD TO YOUR SALAD – PRICE PER SERVING

GRILLED CHICKEN – 3 OZ	\$5
BAKED WILD SALMON – 3 OZ	\$8
HARD-BOILED FREE-RANGE EGG	\$2

DESSERT

PRICE PER PERSON

Minimum order of 6 per item

SEASONAL FRUIT PLATTER (GF)(DF)(VEGAN) **\$5**

Assortment of fresh fruits

DECADENT DESSERT PLATTER **\$5**

Assortment of miniature desserts including chocolate ganache tart, lemon meringue tart, fruit tart and a selection of mini verrines and assorted French Macarons.

ASSORTED BARS AND COOKIES **\$5**

Fresh baked cookies and bars including classic brownies, Nanaimo bars, brown butter chocolate chip cookies, oatmeal cookies and white chocolate macadamia cookie

BEVERAGES

COFFEE AND TEA SERVICE **\$2.95**

ASSORTED POP & JUICES **\$2.75**

TRUFFLES FLAT OR SPARKLING WATER
\$2.75

HOUSE-MADE LEMONADE **\$4.50**

Infused with blueberry and mint

HOUSE-MADE ICED TEA **\$4.50**

Infused with lemon and basil

HOT ENTRÉES

PRICE PER SERVING

Minimum of 10 orders per item

COQ AU VIN	\$17
<i>With mashed potatoes and herb & sea salt roasted vegetables</i>	
BEEF BOURGUIGNON	\$25
<i>With mashed potatoes and herb & sea salt roasted vegetables</i>	
MUSHROOM POT PIE (DF)(VEGAN)	\$16.50
<i>With olive oil mashed potatoes and herb & sea salt roasted vegetables</i>	
BAKED WILD SALMON (GF)(DF) 	\$25
<i>With steamed jasmine rice and lemon ginger broccoli</i>	
GRILLED LEMONGRASS CHICKEN (GF)(DF)	\$17
<i>With steamed rice and lemon ginger broccoli</i>	
SESAME CRUSTED TOFU (GF)(DF)(VEGAN)	\$16.50
<i>With steamed rice and lemon ginger broccoli</i>	

ASK ABOUT OUR DAILY SPECIALS

PASTA

PRICE PER SERVING

Minimum of 10 orders per item

BEEF LASAGNA	\$19
<i>Ricotta, tomato and fresh basil served with garlic bread</i>	
BUTTERNUT SQUASH LASAGNA	\$17
<i>roasted butternut squash, sage brown butter, ricotta and spinach served with garlic bread</i>	
DAILY MEAT PASTA	\$17
<i>With garlic bread</i>	

DAILY VEGETARIAN PASTA

\$15

With garlic bread

SOUPS

PRICE PER 10 OZ SERVING

\$6.50

Minimum of 10 orders per item

CREAM OF MUSHROOM (GF)

With mixed mushrooms, rosemary and cream

TOMATO & BASIL SOUP (GF)(DF)

With fire roasted tomatoes and fresh basil

MOROCCAN CHICKEN (GF)(DF)

With chickpeas and North African spices

SOUP OF THE DAY

SALADS

Minimum of 10 orders per item

ARTISAN MIXED GREENS (GF)(DF)(VEGAN)

With house-made vinaigrette

\$5

TRUFFLES' CAESAR

With house-made croutons and Parmesan

\$6

MEDITERRANEAN KALE SALAD (GF)

With chickpeas, red onion and feta

\$7

CLASSIC GREEK SALAD (GF)

With cucumber, tomato, peppers, red onion, kalamata olives and feta

\$7

POTATO SALAD (GF)(DF)(VEGAN)

With onions, capers, fresh herbs and apple cider grainy mustard vinaigrette

\$6

ROTINI PASTA SALAD

With basil, capers and sundried tomato vinaigrette

\$6

ASIAN VEGETABLE SLAW (GF)(DF)(VEGAN)

\$7

With a ginger soy dressing

PREMIUM SALADS

CHERRY TOMATO & BOCCONCINI (GF) <i>With zesty pesto dressing</i>	\$8
BEET & GOAT CHEESE (GF) <i>With honey, toasted pecans and dill</i>	\$8
MOROCCAN QUINOA (GF)(DF)(VEGAN) <i>With dried fruit, nuts and cinnamon coriander vinaigrette</i>	\$8

ADDITIONAL ITEMS

CORNBREAD <i>With chili lime butter</i>	\$4
SOFT ROLLS AND BUTTER	\$3.50

DESSERT

PRICE PER PERSON

Minimum order of 6 per item

SEASONAL FRUIT PLATTER (GF)(DF)(VEGAN) <i>Assortment of fresh fruits</i>	\$5
DECADENT DESSERT PLATTER <i>Assortment of miniature desserts including chocolate ganache tart, lemon meringue tart, fruit tart and a selection of mini verrines and assorted French Macarons.</i>	\$5
ASSORTED BARS AND COOKIES <i>Fresh baked cookies and bars including classic brownies, Nanaimo bars, brown butter chocolate chip cookies, oatmeal cookies and white chocolate macadamia cookies</i>	\$5

BEVERAGES

COFFEE AND TEA SERVICE	\$2.95
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ASSORTED POP & JUICES	\$2.75
TRUFFLES FLAT OR SPARKLING WATER \$2.75	
HOUSE-MADE LEMONADE <i>Infused with blueberry and mint</i>	\$4.50
HOUSE-MADE ICED TEA <i>Infused with lemon and basil</i>	\$4.50