

INDIVIDUAL BREAKFAST ITEMS

Only available until 11am, cannot be modified.

Breakfast Burrito

scrambled eggs, black beans, red & green peppers, tangy cream cheese, shredded aged white cheddar and chopped salsa, wrapped in a tortilla

6 /guest

Egg & Cheddar Breakfast Sandwich

scrambled egg patty stacked with a layer of sliced cheddar cheese on a toasted English muffin

6 /guest

BAKED GOODS

Half Dozen Assorted Freshly Baked Muffins

fluffy, tender muffins in assorted flavours

15



Half Dozen Assorted Freshly Baked Cookies

soft, chewy house-baked cookies in assorted flavours

9



Half Dozen Freshly Baked Plain Croissants

buttery croissants baked to flaky golden perfection

16



Chocolate Coconut Energy Balls

bite-sized, gluten-free treats packed with nutrition and perfect for a quick, healthy snack

3 Set of 2



Chocolate Hazelnut Loaf

gluten-free loaf made with premium cocoa powder and toasted hazelnuts

4



Almond Sticky Bun

soft, buttery buns with sweet caramel glaze and sliced almonds

3.25



INDIVIDUALLY PORTIONED BREAK ITEMS

Vegetable with Ranch Dip Cups

fresh, crunchy vegetables served with creamy ranch dip

8 /guest



House-Made Chips with Chipotle Aioli

lightly salted, house-fried chips served with chipotle aioli

5 /guest



Fresh Fruit Cups

each cup is loaded with a selection of seasonal fruits

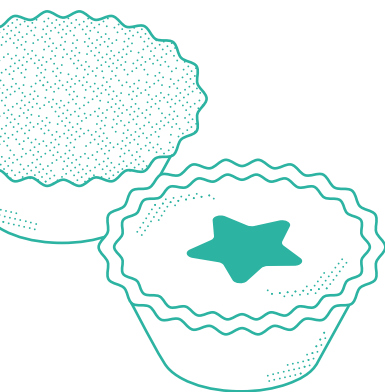
6 /guest
Minimum 6 people



Yogurt and Granola Parfait Cups with Fruit Compote

wholesome granola topped with a luscious seasonal fruit compote that adds a vibrant, tangy sweetness

8 /guest
Minimum 6 people



gluten friendly dairy free vegetarian contains nuts

All pricing subject to change. All orders will be subject to a 15% catering fee & GST.
Late orders will be subject to a 20% late fee.

eventsandcatering@atcblueflamekitchen.com

BlueFlameKitchen.com

Blue Flame
KITCHEN™

Catering Menu

INDIVIDUAL LUNCHES

Add grilled chicken or lemongrass chicken - \$5
Add ahi tuna steak or birria beef - \$7
Add bacon - \$3
Add flank steak strips - \$8

Lemongrass Chicken Bowl

marinated lemongrass chicken, cucumbers, pickled carrots and onions, lemongrass sauce, cilantro, sriracha aioli, green onions, served on Calrose rice

Nuts served on the side. **GF** on Request

16



Birria Beef Taco Salad

slow-roasted birria beef, tortilla chips, cheddar cheese, pickled jalapeños, grape tomatoes, pineapple salsa, cilantro lime sour cream, heritage greens, served on Calrose rice

DF on Request

18



Ahi Tuna Poke Bowl

ahi tuna steak, cucumbers, pickled carrots and onions, grape tomatoes, green onions, heritage greens, avocado, served on Calrose rice

GF on Request

20



Berry and Pistachio Salad

fresh seasonal berries, heritage greens, toasted pistachios, goat cheese, served with rooftop honey mint vinaigrette

Add Protein Recommended. **NF** on request

14



Crunchy Cucumber Dill Salad

cucumbers, grape tomatoes, radish, chives, sriracha roasted pumpkin seeds, served with creamy dill chive dressing

Add Protein Recommended.

14



Alberta Steak Sandwich

6oz flank steak, caramelized onions, horse radish aioli, arugula, chimichurri, served on buttered Filone bread

DF and **GF** on request

18

Turkey Bacon Club

roasted turkey breast, lettuce, tomato, fresh herb aioli, swiss cheese, avocado, bacon, served on buttered 8-inch baguette

GF on request

16

BLT

crispy bacon strips, fresh herb aioli, lettuce and tomato, served on buttered multigrain bread

GF on request

13

Pulled BBQ Chicken Sandwich

pulled chicken thighs, house-made BBQ sauce, smoked paprika aioli, crispy fried onions, coleslaw with green goddess dressing, served on a buttered tuxedo bun

DF and **GF** on request

15

Tuscan White Bean Soup

white beans, onion, garlic, olive oil, carrots, celery, white wine, kale, vegetable stock, tomato, red pepper flakes, thyme, oregano, basil, salt and pepper

GF on Request

7

BFK Chili

house-made chili loaded with sour cream, chickpeas, tortilla chips, cheddar cheese, served with fresh baked focaccia bread

DF and **GF** on request

10

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SHAREABLE PLATTERS

Seasonal Vegetables with Red Pepper Hummus and Fried Pita Chips

seasonal vegetables, red pepper hummus and fried pita chips

14 /guest
Minimum 10
people



Chef-Selected Charcuterie and Fine Cheeses

served with marinated olives, pickles, fresh baked baguette and crackers

16 /guest
Minimum 10
people



Creamy Broccoli Salad

pickled red onions, dried cranberries, sunflower seeds, carrots and white cheddar

10 /guest
Minimum 10
people



Mixed Greens Salad

red pepper, shredded carrot, cucumber, tomatoes and sweet shoyu vinaigrette

10 /guest
Minimum 10
people



Kale Caesar Salad

garlic croutons, oven-dried tomatoes and Parmesan vinaigrette

10 /guest
Minimum 10
people



Seasonal Fresh Fruit Platter

a selection of seasonal fruits

6 /guest
Minimum 10
people



Pan Pizza - Mozzarella & Parmesan Cheese Pizza

half sheet pan pizza (12 pieces) with a golden crust, loaded with a delicious blend of melted cheese

38 /half pan



Pan Pizza - Pepperoni & Mozzarella Pizza

half sheet pan pizza (12 pieces) with juicy slices of spicy pepperoni and melted mozzarella cheese

38 /half pan

ASSORTED SANDWICH PLATTER

May include a variety of the following choices based on availability.

All sandwiches will be served on a dinner roll. GF available on request

Tomato & Mozzarella arugula, pistou, balsamic reduction

Montreal Smoked Meat dill pickle, mustard aioli

Chicken Salad celery, red onion, green onion, fresh herb aioli, mixed greens, white cheddar

Grilled Vegetable olive oil, mixed greens, tomato

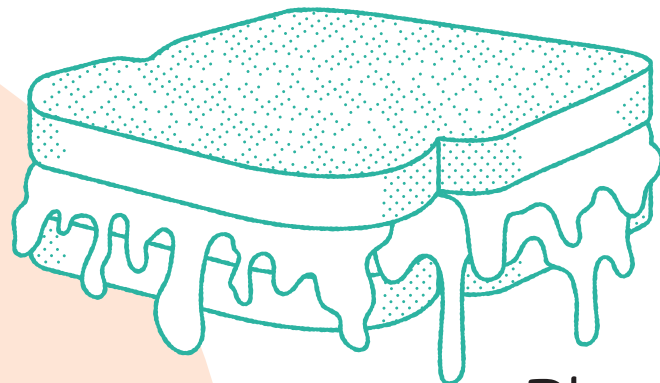
Tuna Salad celery, green onion, capers, fresh herb aioli, mixed greens

House-made Smoked Ham mustard aioli, mixed greens, tomato, fresh herb aioli

15 /guest
Minimum 10
people

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Catering Menu

**COLD
BEVERAGES**

Grapefruit Bubly Sparkling Water	2
Blackberry Bubly Sparkling Water	2
Lime Bubly Sparkling Water	2
Blood Orange Flavoured San Pellegrino	2.75
Lemon Flavoured San Pellegrino	2.75
Bottled Water	1.50
Sparkling Water	2.75
Coke	3.50
Diet Coke	3.50
Pepsi	3.50
Diet Pepsi	3.50
Pure Leaf Iced Tea	4.75
Apple Juice	1.75

**HOT
BEVERAGES**

Coffee & Tea Service regular coffee, hot water, assorted tea, cream, sugar, disposable cups, lids, stir sticks (dairy alternatives available on request)	5.50 /guest Minimum 10 people
Decaffeinated Coffee	5.50 /guest Minimum 10 people
Coffee Refresh half carafe of coffee refill and hot water only (must have already purchased coffee service)	3.00 /guest

**ADDITIONAL
REQUIREMENTS**

Butter Pods	.25 /guest
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