



the
wave

CATERING & EVENTS



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Breakfast

Enjoy freshly brewed organic and fair trade coffee, fresh seasonal fruits, smoothie bowls and more! Start your day with one of our breakfast buffet packages. They are sure to please everyone at your event

Beverages

100% ORGANIC & FAIR TRADE COFFEE SERVICE

ORGANIC & FAIR TRADE TEA SERVICE – ORANGE PEKOE / HERBAL TEAS

HOT CHOCOLATE

BOTTLED JUICE

- Apple
- Orange

JUICE DISPENSERS (SERVES APPROX. 40)

Assorted juice options based on availability and seasonality; flavoured iced tea, iced coffee, signature juice, fruit punch, orange juice, peach juice, raspberry lemonade.

CANNED POP AND BOTTLED WATER

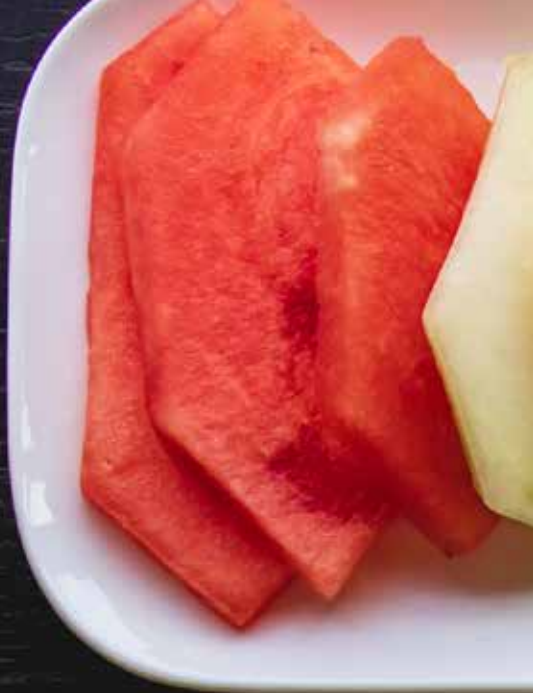
ASSORTED PEPSI PRODUCTS

UNLIMITED FOUNTAIN POP

Only available at The Wave and The Spoke.

INFUSED WATER – (SERVES APPROX. 40)

- Strawberry Basil Citrus
- Blueberry Orange
- Mojito
- Cucumber Mint





Continental Breakfast

ASSORTED BREAKFAST PASTRIES PLATTER (DOZEN)

Assorted pastries based on availability and seasonality.

CROISSANTS (DOZEN)

Served with whipped butter

SCONES (DOZEN)

Served with whipped butter and jam

MINI DANISHES (DOZEN)

FRESHLY BAKED MUFFINS (DOZEN)

CINNAMON BUNS (DOZEN)

DICED FRUIT BOWL

Based on seasonality.

YOGURT PARFAIT BAR

Creamy vanilla yogurt with a buffet of toppings including berry coulis, granola and fresh fruit.

YOGURT PARFAIT CUPS

Creamy vanilla yogurt with assorted toppings.

SMOOTHIE BOWLS

Ask us about our feature smoothie bowl! Delicious smoothie base topped with assorted toppings including fresh fruit, grains and seeds.

Breakfast Boxes

BREAKFAST SANDWICH BOX

Breakfast sandwich, tater tots, fruit and juice.

POWER BREAKFAST BOX

Hard boiled eggs, cheese, greek yogurt, granola and juice.

CONTINENTAL BREAKFAST BOX

Savoury Breakfast Pastry, mini danish, fruit and juice.

Breakfast Buffets

CALIFORNIA CONTINENTAL BUFFET

Assorted pastries and build your own vanilla yogurt parfaits with fresh berries and granola. Spoke organic, fair trade coffee & tea service with orange juice.

BREAKFAST SANDWICH BUFFET

Sausage patty with egg and cheddar cheese, or egg and cheddar cheese served on a toasted English muffin. Served with tater tots. Served with organic & fair trade coffee & tea service and orange juice.

THE WAVE BREAKFAST BUFFET

Scrambled eggs, pancakes with syrup, bacon and tater tots served with organic and fair trade coffee and tea and orange juice.

THE PREMIUM BREAKFAST BUFFET

Breakfast frittata or quiche, bacon & sausage, cheesy potato hash, waffles with syrup, yogurt parfait bar and assorted breakfast pastries. Served with orange juice and organic & fair trade coffee & tea.

A LA CARTE:

Bacon
Waffles
Tater tots
Fresh diced fruit bowl
Sausage
Peameal Bacon
Turkey Sausage
Yogurt Parfait
Fruit Platter



Lunch & Dinner

Impress your guests with our selection of buffets and boxed lunches. We would love to put together a delicious spread just for you. We're available to cater your meetings, daily meals, celebrations, team lunches, training sessions and so much more. After all, great teams eat together.

Salads

GARDEN SALAD

A blend of crisp iceberg & romaine lettuce, radicchio, english cucumber julienne carrot carrot and roma tomato Served with herb & spice vinaigrette and creamy ranch dressing.

CAESAR SALAD

A classic Caesar salad of fresh romaine lettuce, garlic caesar dressing, croutons, bacon, and parmesan cheese.

GREEK SALAD

Quinoa, marinated rustic vegetables, feta cheese, black olives and a balsamic glaze.

BABY KALE SALAD

Kale & mixed green salad with julienne red onion, dried cranberries, candied walnuts, goat cheese and sunflower seeds in a white balsamic vinaigrette.

GREEK PENNE SALAD

Penne pasta tossed with cucumber, tomato, peppers, onion & black olives in a herbed Greek vinaigrette. Garnished with feta cheese.

RUSTIC POTATO SALAD

This classic salad combines baby red skin potatoes with roasted red peppers, red onion, bacon, and fresh dill in a creamy dijon dressing.

GRILLED VEGETABLE SALAD

A medley of grilled peppers, onions, zucchini and mushrooms tossed with fresh green beans in a balsamic reduction. Served with parmesan cheese.

ROASTED ROOT VEGETABLE SALAD

Local root vegetables tossed in a honey mustard dressing over baby spinach. Garnished with goat cheese and pumpkin seeds.

QUINOA AND COUSCOUS

A blend of quinoa and couscous, dried fruit, baby spinach, pumpkin & sunflower seeds marinated in a light lemon mint vinaigrette.

SUMMER FRESH SALADS

Ask us about our seasonal Summer Fresh Salads!

Soup

CREAMY TOMATO BISQUE

Fire roasted tomato bisque with fresh basil.

SEASONAL SOUPS

Ask us about our seasonal soup selection.





Boxed Lunch Options

BOOSTER BOWL

Fresh grilled turkey, spinach, corn, tomato, avocado, Mexi fried chickpeas, avocado crema.

BUDDHA BOWL

Falafel, quinoa, roasted red pepper, avocado, cucumber, buddha sauce, black beans.

FAJITA BOWL

Shaved CAB beef, Mexi-spiced rice, roasted corn, tomato, peppers, onions, mixed cheeses, avocado crema, salsa and tortilla chips.

GREEK CHICKEN KEBAB BOWL

Chicken kebab, grape tomatoes, cucumber, feta, kalamata olives, onion, mixed peppers, quinoa, spinach and a balsamic glaze. Served with Greek tzatziki sauce.

CHICKEN COBB BOWL

Oven roasted chicken, aged white cheddar, red apple, dried cranberries, almonds, spinach, quinoa with a house vinaigrette.

BISTRO BOX

Deli sandwich, whole fruit or fruit cup, Miss Vickie's chips and beverage.

CUSTOMIZED PREMIUM SANDWICH BOX

Gourmet sandwich with choice of side salad.

***Want to switch up
your protein?
Ask us about
alternative options.**

Lunch & Dinner Buffets

Our “build your own” buffets have become some of our most popular options. This style of buffet allows each guest to customize their meal to suit their individual taste. We are happy to accommodate any dietary restrictions. Ask about options to further enhance your buffet.

GREEK SOUVLAKI BUFFET

Tender marinated roasted chicken breast skewers served with soft pita, assorted toppings and mini lemon & herb roasted potatoes or rice. Served with garden salad and dressing.

BUILD YOUR OWN PICNIC

Our grilled hamburgers and sausages with choice of three sides:

Bean Salad	Pub Chips	Baked Potato
Baked Beans	Coleslaw	Garden Salad
Potato Salad	Pasta Salad	Potato Wedges

LASAGNA CON CARNE

Mozzarella and ricotta cheese, roasted red pepper, red onion, fresh herbs and spices in a rich bolognese sauce. Roasted Vegetable Lasagna in a Creamy Alfredo Sauce with Smoked Mozzarella. Served with rustic caesar salad & cheesy baked breadsticks.

COCONUT CHICKPEA CURRY

Roasted cauliflower, onion, tomatoes, & chickpeas in a rich coconut curry sauce. Choice of roasted chicken or fried falafel. Served with vegetarian samosas, basmati rice with garlic naan bread & garden salad.

BAKED CHICKEN ALFREDO

Herb roasted chicken, peppers, onions and mushrooms in an herb infused alfredo sauce. Baked with a mixed cheese blend and served with cheesy garlic breadsticks and garden salad.

HOMESTYLE BEEF STEW

Roasted potatoes, tender beef, carrots, onion, mushrooms, squash and fresh herbs in a rich red wine garlic sauce. Served in a yorkshire pudding bowl. Served with garden salad.

GOURMET SANDWICH BUFFET

Your choice of two meat & one vegetarian deli sandwich served on locally, fresh baked Kaiser rolls. Paired with fresh garden salad.

GOURMET PIZZA BUFFET

A variety of our gourmet rectangular pizzas and garden salad with freshly baked gourmet cookies.

STUFFED CHICKEN BUFFET

Choice of one of our premium stuffed chicken options. Served with a side of dauphinoise potatoes, roasted seasonal vegetables & garden salad.



ROASTED CHICKEN BUFFET

Dry spiced rubbed, roasted quarter chicken. Served with hearty macaroni & cheese, seasonal vegetables and fresh garden salad.

KEBAB BUFFET

Marinated chicken kebabs with Greek tzatziki, with herb infused rice and roasted vegetable salad. Accompanied by guacahummus and mini naan bites. Vegetarian option available.

FRIED CHICKEN BUFFET

Fried bone-in quarter chicken served with rich chicken gravy, potato salad, coleslaw, and fresh biscuits.

BUTTER CHICKEN DINNER

Butter chicken sauce served with roasted Halal chicken or falafel. Accompanied by infused rice, house salad, garlic hummus and naan bites.

SIRLOIN STEAK DINNER

AAA sirloin steak, seasoned and grilled to perfection. Served with fluffed baked potatoes with assorted toppings, roasted seasonal vegetables and garden salad.

SHEPHERD'S PIE BUFFET

Seasoned lean ground beef tossed with fresh vegetables, herbs and roasted garlic. Topped with rich garlic mashed potatoes and served with roasted seasonal vegetables and garden salad. Vegetarian options available.

PRIME RIB BUFFET

In-house slow roasted prime rib roast, hand carved to order with demi-glace. Served with herbed garlic mashed potatoes, seasonal roasted vegetables, garden salad and yorkshire pudding.

SLOW-ROASTED TURKEY BREAST

Fresh, lean turkey breast, slow-roasted and hand carved with cranberry chutney and gravy. Served with garlic mashed potatoes, apple & herb stuffing, and roasted seasonal vegetables.

CHICKEN FAJITA FIESTA

Marinated chicken breast and flour tortillas with sautéed bell peppers & onions. Assorted toppings, vegetarian refried beans and seasoned Mexican rice. Served with garden salad and nacho chips.

Pizza

*Gluten free & vegan crust available!

GOURMET PIZZAS (12 CUT) – Tomato sauce and mozzarella cheese. Choose from: *four cheese, pepperoni, vegetarian, or the classic Margherita.*

SPECIALTY GOURMET PIZZAS (12 CUT)

Canadian – pepperoni, bacon, sliced button mushroom, and smoked mozzarella.

BBQ Chicken – roasted chicken breast, julienne red onion and roasted red pepper, drizzled with our chipotle bbq sauce.

Deluxe – pepperoni, bacon, julienne bell peppers, red onion and sliced button mushrooms.

Mediterranean Vegetable – artichokes, baby spinach, roasted red pepper, black olives, feta cheese, and roasted garlic.

Cheeseburger – pepperoni, ground beef, red onion and a mix of cheddar & mozzarella cheese.







Shareables

They say variety is the spice of life. Look no further than our our fantastic list of appetizers and platters for all your favourites. From gorgeous charcuterie boards to tried and true classics, our menu will satisfy even those with selective tastebuds.

Appetizers

LARGE VEGETABLE SPRING ROLLS (DOZEN)

Crispy mini spring rolls packed seasoned vegetables served with a sweet and sour plum sauce.

SOUTHWESTERN POTATO SKINS (DOZEN)

Deep fried potato skins filled with mozzarella and cheddar cheese. Topped with bacon, green onion and drizzled with smokey BBQ sauce.

BUFFALO BONELESS CHICKEN WINGS (PER LB)

Tossed in mild sauce and served with blue cheese dressing and crudite
Make it vegetarian with our Buffalo Cauliflower Bites.

VEGETABLE SAMOSAS (DOZEN)

Potato and vegetable stuffed samosas and baked to a golden brown and served with sweet chili sauce.

ONION RINGS (PER LB)

Thick cut, battered onion rings deep fried until golden brown and served with ranch dressing.

PUB CHIPS WITH GARLIC AIOLI

Our home cooked seasoned pub chips and housemade aioli for dipping.

CLASSIC CHEESY GARLIC BREAD (DOZEN)

Toasted ciabatta baguette smothered in garlic butter and baked under a thick layer of mozzarella and cheddar cheeses.

SLIDERS (DOZEN)

Pulled Beef, Hamburger, Veggie.

CHICKEN WINGS (PER LB)

Choice of wing sauce (mild, medium, hot, honey garlic, BBQ, sweet chili) or dill & garlic dry rub.

CHICKEN SATAY (DOZEN)

Marinated chicken skewers slowly roasted and tossed in a sweet Thai chili sauce.

BAKED BRIE CROSTINI

Rich and creamy brie cheese is drizzled with apple butter and served with crostini.

ROASTED TOMATO BRUSCHETTA BREAD (12 PIECES)

Fire roasted bruschetta on a toasted ciabatta baguette. Topped with mozzarella cheese and finished with balsamic glaze.

BBQ PULLED PORK POTATO PANCAKES (DOZEN)

Garnished with green onions and served with sour cream.

CHORIZO STUFFED MUSHROOM CAPS (DOZEN)

Brunoise red pepper & Parmigiano Reggiano.

SMOKED SALMON POTATO PANCAKES (DOZEN)

Served with dill cream cheese & creme fraiche.

BEEF SATAYS (DOZEN)

Served with chimichurri sauce.

ROASTED VEGETABLE & GOAT CHEESE
CROSTINI (DOZEN)

Garnished with Parmigiano Reggiano.

MINI GRILLED CHEESE W/ TOMATO SOUP (DOZEN)

Mini grilled cheese w/ tomato soup cup for dipping.

DIP TRIO

Homemade hummus, bruschetta and spinach dip. Served with seasoned tortilla chips & mini naan.

Platters

VEGETABLE PLATTER AND DIP

Crisp fresh vegetables served with dressing.

DOMESTIC CHEESE & CRACKER PLATTER

An assortment of cheese served with crackers.

COMBO PLATTER (SERVES 12-15)

Our most popular items together in an easy way to provide a tasty selection.

Vegetable spring roll, buffalo chicken bites, onion rings, garlic cheese bread, pulled beef potato skins.

GOURMET CHEESE & CRACKER PLATTER

A presentation of cheese served with crackers.

CHARCUTERIE BOARD

A selection of specialty craft cheeses and cured, smoked & seasoned meats. Accompanied by pickled & brined vegetables, sweet and savoury condiments and an assortment of breads.

SPINACH DIP PLATTER

Our creamy three cheese, spinach & artichoke dip is served with mini naan and seasoned tortilla chips. One of our most popular items.

HAND CARVED FRUIT PLATTER

An attractive display of assorted fresh fruit.

SWEET POTATO FRY PLATTER (PER LB)

Sweet potato fries with Cajun mayonnaise.

Specialty Food Bars

TACO BAR

Seasoned ground beef served on soft tortillas with Mexican rice. Build your tacos with roma tomatoes, iceberg lettuce, house salsa, sour cream, cheese, jalapenos and refried beans.

NACHO CHEESE FOUNTAIN

Seasoned tortilla chips with a creamy nacho cheese sauce. Toppings include roma tomatoes, sweet bell peppers, red and green onion, diced jalapenos, our house salsa and sour cream.

BAKED POTATO BAR

Seasoned & fluffed baked potatoes served with an assortment of toppings including whipped butter, mixed cheese, bacon bits, green onions and sour cream. Pulled beef add-on.

POUTINE BAR

Crispy seasoned potato wedges served with an assortment of toppings including Quebec cheese curds, mixed cheese, gravy, bacon bits, green onions and sour cream. * Add pulled beef, buff fingers and more!

MAC AND CHEESE BAR

Top your mac and cheese with an assortment of delicious toppings including bacon, tomatoes, green onion, buffalo chicken, broccoli, pulled beef.

BUILD YOUR OWN SLIDER BAR

Personalize your meal with an assortment

of options including: pulled chicken, mini burgers, and pulled beef with toppings such as pickles, fried onion straws, aioli, coleslaw, cheeses.

CHEESE FONDUE

A 3 foot tall fountain of decadent cheese fondue served with steamed and fresh vegetables, assortment of breads and crackers, nacho chips, and cured meats.

WAFFLE BAR

Make your own waffle bar with fresh batter and a waffle iron! Toppings include, whipped cream, maple syrup, fresh fruit, berry compote.

CHOCOLATE FOUNTAIN

A 3 foot tall fountain of Belgian milk chocolate, served with fresh fruit skewers, pretzels, marshmallows, cookies, brownies, licorice and rice crispy squares.

Desserts

You won't be passing on the dessert menu when its this good.

Mouthwatering cheesecakes, delicious beignets and pies that your mother would be proud of.

Desserts

ARTISAN INDIVIDUAL PLATED DESSERTS

Your choice of gourmet Belgian Chocolate Truffle, Apple Crumble Tart, and Turtle Cheesecake.

MINI CHOCOLATE LAVA CAKES

Individual chocolate cake with a warm gooey filling. Topped with chocolate sauce and vanilla ice cream.

FRESHLY BAKED COOKIES (2 PER PERSON)

A selection of gourmet freshly baked cookies make for a perfect treat.

DESSERT BUFFET (2 PIECES PER PERSON)

A selection of cakes, pies, cheesecakes, etc.



Booking Policies & Procedures

What is included in my catering?

Consultations with our Catering Manager, access to our venue, use of our catering dining ware (plates, cutlery, cups), and setup and teardown of your event. Ask us about access to our AV package.

Is there a venue fee for The Wave?

The venue fee at The Wave is \$500. During the hours of 8:00AM - 10:00PM Monday to Friday, the venue fee is waived however there is a minimum food & beverage spend of \$500 to reserve the back space at The Wave. **Please note that this is subject to change during summer hours and/or reading week.*

Can you help me with rentals:

We work closely with local vendors to ensure we have access to a wide selection of rentals and linens. Ask our Catering Manager for more information. All rentals and linens will be added to your invoice for easier payment! Once an order has been confirmed and includes linens & rentals, a cancellation fee of 50% of the cost applies.

Do you offer event planning services?

At the USC, we have access to a number of different operations to help make your event a success! Ask us about marketing, ticket and promotional material printing, coat check, signature cocktails, etc

Tips & Tricks for a Successful Event:

Start early!

Remain flexible. Things come up so having an open mind is important.

Assign responsibilities - share the tasks.

Share information - the more information that all stakeholders have, the better.

Have a back-up plan, and communicate that back-up plan.

Get online! Promote, promote, promote.

What if I need to cancel my event?

In the event that you must cancel your scheduled catering, you will not face any penalties if cancelled one week in advance. If the cancellation occurs within one week of the event, you will be billed for 50% of the invoice. If cancelled within 48 hours of the event, 100% of the invoice will be billed.

What forms of payment do you accept?

Account Code (USC)

Speedcode (Western)

Purchase Order (required for Western events over \$2000)

Cheque, Credit, Debit, Cash (USC/Western/External)

Do you require a deposit?

Internal USC Group:

If you are an internal USC group, funds must be verified upon confirmation of the event. Events over \$2000 will require a 25% deposit.

Western Client:

Events over \$2000 will require a 25% deposit.

External Client:

A 50% deposit will be required upon confirmation.

What is the cut off date to make changes & final numbers:

Changes may be made up to 72 business hours (Monday-Friday) in advance of your event. If numbers decrease, you will be responsible for paying for the final numbers that were agreed upon 72 hours prior to the event. Up to the day of the event, we are able to accommodate an increase of 10% in numbers. Depending on product availability, we may be able to accommodate a larger increase. Check with our Catering Manager. The kitchen will also do its best to accommodate increases in platters, hors d'oeuvres, etc.

Can we bring home leftover food:

Our chefs are Food Handler Certified and are responsible for determining whether or not food items are safe to remove from our venues for future consumption. Chefs will make the safe and appropriate decisions based on Food Safety Guidelines outlined by the Ontario Government.

Factors that will inevitably affect food safety include but are not limited to: type of food (seafood, meat, dairy, vegetable products); length of time food is left in warmers; length of time food is left at room temperature; potential contamination by guests.

Buffet meals are not permitted to be boxed up however appetizers, pizzas, etc can be taken home. Ask our staff for take-out boxes!

Can you accommodate allergies:

We do our best to accommodate any dietary restriction or allergy that our diners may have. We can provide nut-free items, however The Wave and The Spoke are not nut-free facilities. We will label all items when possible.

What is your booking policy:

It's recommended to book all events 5 business days in advance; for larger events, more time is preferred for ordering and staffing purposes. Bookings within 48hrs will be subject to staffing and venue/product availability.

Are we allowed to bring in outside food?

Due to the fact that we are a full food service operation, outside food is not permitted in The Spoke & The Wave. However, specialty items such as wedding cakes, birthday cakes, etc. are welcome pending approval from our Catering Manager.

Do you allow outside catering?

External caterers are based on approval by the Senior Manager, Hospitality Services. For more information, please contact Mark Leonard at mark.leonard@westernusc.ca



**Give us a call or
order online.**

Our experts are available to talk to you about
our catering and event coordination services

t. 519.661.3007

www.the-wave.ca/catering/