



## Mensch Kitchen and Catering

### **Morning Snack**

#### *Breakfast Pastries*

*all made using organic BC grown flour*

#### *Mini-Scones*

*seasonal berry and white chocolate  
caramelised onion and smoked  
cheddar*

#### *Mini Croissants*

*organic butter croissant  
house smoked ham and cheese*

#### *Mini Danishes*

*lemon curd and preserved seasonal  
fruit bechamel and Haus Sausage Co.  
Coppa*

### **Lunch Catering**

#### *Platters for Lunch*

*3 x Large Sandwich Platters*

*2 x Large Wrap Platters*

*served on True Grain French baguettes or house made wraps made*

*with BC flour Smoked Chicken Salad*

#### *Ham and Cheese*

*house smoked kassler ham, Haltwhistle Belmont*

#### *Olive Oil Poached Salmon Salad*

*green remoulade, pickled radish, sprouts*

#### *Smoked Salt Spring*

*Island crafted tofu &  
eggplant hummus,  
pickled veggies*

*2 x Large Veggie Platters*

*fresh cut and selected with the seasons, basil dip*

*1 x Large Fresh Cut, Seasonal Fruit Platter*

*Cowichan valley grown whenever possible*

## **Coffee/Tea Service**

Includes: Peak's Coffee, Westholme Teas, Cowichan Milk Co Milk and Cream, Organic Instant Decaf Coffee, Raw Sugar

## **Afternoon Snack**

### *Grazing Station*

*roasted mushroom pate, cashew spread, hummus and house preserves seasonal mustard, compotes & pickled vegetables, fresh and dried fruits served with True Grain baguette, warm homemade flatbreads & crackers*

## **Evening Wine Island Showcase Canapes**

### *Farmers Cheese Tortellini*

*sage brown butter  
fresh hazelnuts*

### *Marinated Beet Tartare*

*cashew spread, seed and nut loaf, dill  
pollen (V, GF) 34*

### *Vietnamese Chicken Kebab*

*ginger and citrus caramel, sesame and crispy  
shallots fresh mint and cilantro  
(DF, GF)*

### *Mensch's Chicken Nuggets*

*island chicken mousseline, buttermilk battered  
and fried house ketchup*

### *Mushroom Bao Buns*

*roasted shiitake, shallot and miso pate  
pickled, candied, and fried mushrooms, fresh  
sprouts (DF)*

### *Shrimp and Grits*

*sauteed humpback shrimp, maple glazed  
pork belly crispy friend creamed grits  
(GF)*

### *Salt Cod Croquettes*

*preserved lemon, tomato chorizo vinaigrette*

### *Milk Chocolate Cream Puffs*

*seasonal herbed pastry cream*

Mensch Kitchen and Catering  
PO BOX 20040, DUNCAN, BC V9L 5H1  
+1 250-466-5412  
info@menschkitchen.ca