



BUFFET CATERING MENU & SERVICES 2018 / 2019

Contact
catering@irongoat.ca
403-493-9377 or 403-609-0222

If in Canmore visit us at
The Village at Eagle Crossing
125 – 701 Benchlands Trail



LET US CATER YOUR NEXT CORPORATE OR PRIVATE EVENT

Make an impression with your guests by allowing Iron Goat Catering provide the menu and exceptional service for your next event. Over the past 10 years the Iron Goat Pub & Grill has built a reputation in Canmore for having great food and service; now we take it across the Bow Valley and beyond.

We help you target your corporate or party needs for your event and determine a budget that works. From formal dinners to lunch time sandwiches we cover all your needs to make you look like a hero to your guests and co-workers.

Iron Goat Catering is proud to be the preferred caterer for popular local hotels and resorts.

Take a moment to review our menus. If there's something special you have in mind that isn't on the menu; feel free to talk to us.

There is always a solution!



BREAKFAST



All food and beverage are subject to 20% service charge and 5% gst

BREAKFAST BUFFET

\$20.50 per person

Fresh fruit salad, assorted breakfast pastries and toast station, scrambled eggs, home fries, your choice of sausage, ham or bacon, granola, assorted yogurts,

IRON GOAT BREAKFAST

\$23.50 per person

Fresh fruit salad, breakfast pastries and toast station, bagels and cream cheese, scrambled eggs, home fries, your choice of sausage, ham or bacon, granola, assorted yogurts, smoked salmon and domestic cheese

SWEETER BREAKFAST BUFFET

\$21.50 per person

French toast, pancakes, maple syrup, your choice of sausage, ham or bacon, berry compote and whipped topping

FRITTATA BREAKFAST BUFFET

\$21.50 per person

Baked vegetable frittata with peppers, onions, tomatoes, mushrooms and cheddar, your choice of sausage, ham or bacon, home fries, fresh fruit salad, breakfast pastries and toast station

CONTINENTAL

\$16.50 per person

Fresh fruit tray, toast station, breakfast pastries, preserves, butter, granola and assorted yogurts

EURO CONTINENTAL

\$19.50 per person

Assorted cold cut, sliced cheeses, fresh fruit tray, toast station, breakfast pastries, preserves, butter, granola and assorted yogurts

Add an extra breakfast meat to your breakfast for \$2.50 per person

Add delicious Oatmeal with all the sides for \$2 per person

Change your Fruit Salad to a Fruit Platter for \$2 per person

Coffee, decaf, tea and juice included with all above buffets

gluten-free options available at \$3.00 per person



COFFEE BREAKS



All food and beverage are subject to 20% service charge and 5% gst

COFFEE BREAK

\$5.00 per person

Coffee, decaf & tea

COFFEE BREAK DELUXE

\$12.00 per person

Fresh fruit platter, croissants, coffee, decaf & tea

HEALTH BREAK

\$16.00 per person

Fresh fruit tray, granola bars, crudité with dips, trail mix, coffee, decaf & tea

Or build your own AM or PM Coffee Breaks

COFFEE BREAK MENU

\$13.50 per person

Coffee & tea and choice of two of the following:

- Fresh fruit platter
- Croissants
- Fresh whole fruit
- Assorted granola bars
- Muffins
- Trail Mix
- Crudité platter with dip
- Assorted granola bars
- Assorted cookies
- Candy station
- Crudité with dips
- Hummus and pita bread
- Buttered popcorn

*Or enjoy a Cheese plate with Canadian cheeses, pickles and gherkins,
olives and crackers*

Add Hot Chocolate or Hot Apple Cider to any break for \$2.00 per person



ALL DAY BUFFETS



All food and beverage are subject to 20% service charge and 5% gst

SOUP, SALAD & SANDWICH

\$19.50 per person

House-made soup of the day or choose from our extensive list, choice of two salads, assorted sandwiches and fillings. See options on next page.

PASTA BAR

\$23.00 per person

Italian Sausage and vegetable rotini pasta with marinara sauce, bacon macaroni & cheese, Caesar salad, mixed green salad and garlic bread

SEAFOOD BANQUET

\$25.50 per person

Lemon, dill salmon, shrimp and assorted vegetables, cilantro lemon rice, crab pasta salad assorted rolls and butter

BEEF ON A BUN

\$25.50 per person

Tender pulled Alberta beef tossed in savory bar-b-que sauce, mixed green salad with Chef's choice of 2 dressings, coleslaw, corn on the cob, brioche buns and pickle slices

CAMP FIRE MEAL

\$23.00 per person

Alberta Angus tri-cut sirloin steaks, grilled bratwurst, home-style baked beans, herb roasted potatoes, mixed greens, Chef's choice of 2 dressings, biscuits and sausage gravy

add vegetable medley

\$2.00 per person

TACO BAR

\$23.50 per person

Hard and soft taco shells, seasoned ground beef, pulled Mexican chicken, sour cream, Pico de Gallo, onions, tomatoes, lettuce, Tex-Mex cheese, rice and beans and a mixed green salad

add grilled shrimp

\$4.00 per person

OLD SCHOOL SALAD BAR

\$25.50 per person

Mixed greens, romaine and spinach give you a base for all the fixings you want: smoked turkey, ham, tuna salad, Greek quinoa salad, cottage cheese, cheddar cheese, hard-boiled egg, pickles, nuts, assortment of vegetables and fruit, assorted rolls & butter



HEARTIER BUFFETS



All food and beverage are subject to 20% service charge and 5% gst

CLASSIC ROAST DINNER

\$36.50 per person

Peppercorn sirloin steak, roasted chicken supreme, herb roast potatoes or garlic mashed potatoes, garden vegetable medley, mixed green salad with Chef's choice of 2 dressings, assorted dinner rolls, horseradish and mustard

ITALIAN DINNER

\$37.50 per person

Chicken parmigiana in rich tomato sauce with mozzarella and fresh basil, vegetarian lasagna, Caesar salad, rotini pasta salad, garden vegetable medley, garlic bread

FIELD & STREAM

\$38.50 per person

Baked lemon, dill salmon, onion demi glaze roasted sirloin steak, garlic mashed potatoes or herb roasted potatoes, cilantro lemon rice, garden vegetable medley, mixed greens with dressings, dinner rolls

OFF THE GRILL BBQ

\$34.50 per person

Grilled chicken, pork back ribs, assorted vegetables, home-style baked beans, corn on the cob, German potato salad, Caesar salad with all the accompaniments and homemade biscuits

SEA, AIR & LAND

\$44.00 per person

Herbed chicken supreme, baked lemon, dill salmon, sirloin steak with mushroom sauce, herb roast potatoes, cilantro lemon rice, garden vegetable medley, mixed green salad with Chef's choice dressings and dinner rolls

IRON GOAT GAME MEATLOAF

\$33.50 per person

Iron Goat's Award Winning bison, elk and beef meatloaf with garlic mashed potatoes, corn on the cob, broccoli, caramelized onion, gravy, spinach and goat cheese salad and dinner rolls

Gluten-free options available at \$3.00 per person



BUFFET SALAD & SOUP CHOICES

All food and beverage are subject to 20% service charge and 5% gst

SALADS

Goat cheese and Spinach Salad	\$5.00 per person
Mixed Green Salad	\$4.50 per person
Caesar	\$4.50 per person
Greek Quinoa Salad	\$4.25 per person
Rotini Pasta Salad	\$4.50 per person
German Potato Salad	\$5.00 per person
Coleslaw	\$4.50 per person
Beet Salad	\$4.50 per person

SOUPS

New England Clam Chowder	\$5.75 per person
Tomato & Basil	\$4.50 per person
Garden Vegetable	\$4.50 per person
Chicken & Corn Chowder	\$5.25 per person
Country Cream of Mushroom	\$4.50 per person
Loaded Baked Potato & Bacon	\$5.00 per person
Cream of Broccoli & Cheddar	\$4.50 per person
Carrot & Ginger	\$4.50 per person
French Canadian Ham & Pea	\$4.50 per person
Butternut Squash	\$4.50 per person
Beef & Barley	\$5.25 per person



DESSERTS



All food and beverage are subject to 20% service charge and 5% gst

All desserts are \$4.00 per person

Assorted Dessert Squares

Cheesecake with fruit topping

Chocolate Fudge Brownies

Assorted Cookies

Tiramisu (gluten-free)

Double Chocolate Cake (gluten-free)



BUFFET ENHANCEMENTS



PANNED DISHES AND PASTAS

All food and beverage are subject to 20% service charge and 5% gst

Not as stand-alone items, available as add-ons to buffets on previous pages only

Chicken & Spinach Lasagna **\$6.25 per person**

Lasagna noodles with roast chicken, sautéed spinach in a light alfredo sauce with Italian cheeses

Vegetable Lasagna **\$5.25 per person**

Garden vegetables with marinara sauce with lasagna noodles and finished with Italian cheeses

Baked Mac & Cheese **\$5.00 per person**

Macaroni noodles with creamy cheese sauce, baked with cheddar

Blackened Chicken and Bacon Carbonara **\$5.50 per person**

Blackened chicken breast, smoked bacon, onions, garlic, cream and parmesan

Baked Penne Bolognese **\$5.50 per person**

Classic Italian meat sauce baked with penne pasta, baked golden brown with parmesan cheese

Gluten free pasta is available for an additional \$2 per person

PLATTERS

Platters are based on 12 people

Housemade corn chips & Salsa **\$22.00**

Vegetable Crudit  with assorted dips **\$54.00**

Fresh Fruit Platter with honeyed yogurt dip **\$65.00**

Duck Wings, with chipotle mango, honey and walnuts **\$33.00**

Chicken Wings, hot, mild, bar-b-que or honey garlic **\$34.50**

Assorted Domestic Cheese pickles and gherkins, olives and crackers **\$125.00**

Roasted Garlic Hummus & assorted breads **\$44.50**

Blue Cheese and Spinach Stuffed Mushroom Caps **\$26.50**

Blue Crab Dip with warm pita **\$64.00**

House-made Bruschetta with French baguette crostini **\$22.50**

Roasted Red Pepper Dip with French baguette and pita **\$55.00**

gluten-free options available at \$3.00 per person



BAR SERVICES AND STAFFING



Iron Goat catering offers full host or cash bar service for any event. We will take care of the necessary off-site ALGC permit for a \$25 fee.

Available Bar Services

Host bar – Event host pays for all guest drinks

Cash bar – Guests pay for their own drinks

Toonie bar – Guest pays \$2 per drink, host covers remainder cost

All bars include bar mixes and condiments, glassware may be charged at a nominal fee.

Please discuss with your catering contact to ensure that you book the best bar for your event.

STAFFING

Serving Staff for all events \$17 / hr

All events require a minimum of 1 staff member, minimum 3 hours

All bars require staffing.

\$32 hour per staff member, minimum 3 hours

CHEF SERVICES

Our chefs have a wide array of knowledge and talent to provide the best experience for you and your guests.

Chef fee \$32 / hr minimum 3 hours per event

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125 – 701 Benchlands Trail

Pricing does not include GST or service charge



FINER PRINT

Children 0 – 3 years of age – free, 4 – 12 years of age - ½ price.

Confirmation of final guest count must be given 120 hours (5 days) prior to the event. You will be charged for the number of guests which was confirmed, unless more arrive than expected. If this is to occur, you will then be billed for each individual over the confirmed number of guests.

All function details must be arranged at least 10 days prior to the function.

The Iron Goat reserves the right to make alterations if product is unavailable at the time of the event.

A 25% or \$500 deposit fee, whichever is more, is required at time of confirmation. Deposit is to be paid by credit card only. Full payment is required one day after termination of event by credit card or cheque. Payments may be paid within 15 days of termination of event only if prior arrangements have been made. All cheques must be made out to Iron Goat Pub & Grill.

There will be no charges applied if a cancellation notice is given at least 10 days prior to the function. In the event of a charge, the client will be charged for the number of guests confirmed. The client will be charged for the full amount of the function if no one shows up for the event and no cancellation notice was given.

The client is responsible for damages to or on the venue's property or injury to the staff and/or guests caused by the client and/or client's guests.

The Iron Goat has the right to refuse service to any guest.