

# NOURISH

## DAYTIME PRIVATE GROUP COOKING CLASSES

COOKING AND DINING TOGETHER IS ONE OF THE MOST JOYFUL AND INCLUSIVE ACTIVITIES YOU CAN DO. GREAT FOR TEAM BUILDING OR CELEBRATIONS. CHOOSE FROM OUR PRE-DESIGNED CLASSES FOR A FUN AND INTERACTIVE CULINARY EXPERIENCE. THESE CLASSES ARE GREAT FOR ADULTS AND KIDS ALIKE.

### CLASS OPTIONS

WE ARE COMMITTED TO USING ORGANIC INGREDIENTS AND SOURCING LOCALLY WHEN AVAILABLE. FULL CLASS DESCRIPTIONS AND MENUS ON THE NEXT PAGE.

- **BON APPÉTIT FRENCH** - LET YOUR INNER JULIA CHILD SHINE!
- **THE OTTOLENGHI EFFECT** - INSPIRED BY THE MIDDLE EAST, EMBRACED BY THE WEST
- **OTTOLENGHI 2.0** - COOKING UP A MIDDLE EASTERN FEAST
- **RUSTIC ITALIAN** - UNREFINED AND SIMPLE, WARM AND INVITING
- **CONTEMPORARY CHINESE** - A FRESH TAKE ON AN ANCIENT CUISINE
- **VIETNAMESE STREET FOOD** - A FRESH AND FUN APPROACH TO VIETNAMESE CUISINE BEYOND PHO
- **RAMEN REVOLUTION** - THE RAMEN-GYOZA COMBO IS UNDENIABLY A MATCH MADE IN HEAVEN

### CLASS DESCRIPTIONS

#### **BON APPÉTIT FRENCH - LET YOUR INNER JULIA CHILD SHINE**

LEARN TO LAYER FAVOURS AND MASTER FRENCH COOKING TECHNIQUES IN OUR BEAUTIFUL KITCHEN WHILE SNACKING ON FRESHLY BAKED BREAD AND HOMEMADE BUTTER. BON APPÉTIT!

- HOMEMADE FLAKEY MUSHROOM TART WITH CARAMELIZED ONION AND A BISTRO-STYLE VINAIGRETTE SALAD
- DECADENT BOUILLABAISSE WITH FRESH SEASONAL FISH, LOCAL MUSSELS, POTATOES AND TOMATOES
- STILL-WARM FRESH BAKED BREAD AND HOMEMADE BUTTER, AND RUSTIC TARTE AUX POMMES FOR DESSERT!

#### **THE OTTOLENGHI EFFECT - INSPIRED BY THE MIDDLE EAST, EMBRACED BY THE WEST**

INTRODUCE YOURSELF TO THE RICH FLAVOURS OF SPICES LIKE CUMIN, CORIANDER, AND INGREDIENTS LIKE PRESERVED LEMONS WHILE CREATING RECIPES ADAPTED FROM YOTAM OTTOLENGHI BEST-SELLING COOKBOOKS USING LOCAL AND SEASONAL PRODUCE. (PLANT-BASED AND GLUTEN FREE FRIENDLY)

- HEARTY KALE, SPICE ROASTED SQUASH AND MILLET ENTREE SALAD WITH TAHINI VINAIGRETTE
- OTTOLENGHI PLATE - ROASTED SPICED LEMONY CAULIFLOWER, GARLIC ROASTED CHICKEN WITH PRESERVED LEMON, HOMEMADE HUMMUS (YOU'LL NEVER BUY STORE-BOUGHT AGAIN!), PICKLED RED CABBAGE, TART AND BRIGHT GARLICKY YOGURT PLUS HOMEMADE CRISPY OLIVE OIL CRACKERS

#### **OTTOLENGHI 2.0 - COOKING UP A MIDDLE EASTERN FEAST**

THE PERFECTLY DELICIOUS "UNFRIED" FALAFEL. A LIGHTER, BAKED VERSION OF THIS MIDDLE EASTERN GEM SERVED WITH FLAVOURFUL, HERB & SPICE COUS COUS. STILL-WARM, GARLIC BUTTER FLATBREAD WITH GRILLED CHICKEN. COMPLETED WITH A MADE-FROM-SCRATCH HARISSA PASTE. LOADED WITH FRESH, SEASONAL VEGETABLES AND QUICK-PICKLED RED CABBAGE.

- FALAFEL COUS COUS PLATE
- CHICKEN "SHAWARMA" FLATBREAD

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## **HEARTY, RUSTIC, ITALIAN - UNREFINED AND SIMPLE, WARM AND INVITING**

IT'S NOT ABOUT BEING FANCY, IT'S ALL ABOUT INGREDIENTS. SMELL AND TASTE THE AROMAS OF FRESH HERBS AND QUALITY OLIVE OIL, AND CREATE A BEAUTIFUL ITALIAN DINNER FROM START TO FINISH. EXPECT FLOURED HANDS AND FUN FOODLORE, AS YOU INDULGE YOURSELF IN THE WARMTH OF ITALIAN COMFORT. (VEGETARIAN FRIENDLY)

- FLUFFY POTATO GNOCCHI-MADE FROM SCRATCH WITH ZESTY PESTO MADE LIKE NONNA DOES AND PANGRATTATO - LIFE CHANGING...
- TRADITIONAL NEAPOLITAN-STYLE THIN CRUST PIZZA DOUGH. TWO RUSTIC PIZZAS: MARGHERITA AND PIZZA BIANCA WITH AROMATIC ROASTED GARLIC AND FRESH GREENS

## **CONTEMPORARY CHINESE - A FRESH TAKE ON AN ANCIENT CUISINE**

COLOURFUL, BALANCED, AND HEALTH-CONSCIOUS; PROBABLY NOT THE WORDS YOU THINK OF WHEN YOU THINK CHINESE FOOD. THIS CLASS SHINES A NEW LIGHT ON CHINESE FLAVOURS AND SPICES, AS NOURISH OWNER, DAN CHEUNG, SPEAKS TO HOW HE REDISCOVERED THE CUISINE HE GREW UP WITH. (PLANT-BASED FRIENDLY)

- SPICY CHILI HANDMADE PORK WONTONS
- STEAMED BAO (BUNS) WITH ROASTED CHICKEN AND/OR SHIITAKE MUSHROOMS, ESSENTIAL CHINESE BBQ SAUCE, QUICK PICKLES
- RICH AND NUTTY DAN DAN MIAN (NOODLES)

## **VIETNAMESE STREET FOOD - A FRESH AND FUN APPROACH TO VIETNAMESE CUISINE BEYOND PHO**

BANH MI - FRESHLY-BAKED BAGUETTE SANDWICHES WITH A SAVOURY PORK MEATBALL, FRESH VEGGIES, QUICK PICKLES, AROMATIC HERB AND GARLIC AIOLI. BUN - MARINATED GRILLED CHICKEN IN A VEGGIE-FILLED BOWL WITH REFRESHING RICE VERMICELLI NOODLES. TOPPED WITH FRESH HERBS AND ROASTED ALMONDS AND THE FAMOUS UAMU PACKED VIETNAMESE FISH SAUCE.

- SAVOURY PORK MEATBALL BANH MI SANDWICH
- ZESTFUL LEMON GRILLED CHICKEN RICE VERMICELLI BOWL

## **RAMEN REVOLUTION - THE RAMEN-GYOZA COMBO IS UNDENIABLY A MATCH MADE IN HEAVEN**

THOUGH SUSHI, TEMPURA AND TERIYAKI ARE STAPLES OF THE WESTERN JAPANESE RESTAURANT, JAPANESE HOME COOKING, CALLED KATEI RYORI, IS COMFORT CUISINE INFLUENCED BY FLAVOURS FROM AROUND THE WORLD. LEARN ABOUT THE FOUNDATIONAL FLAVOURS THAT SHAPE JAPANESE RECIPES, WHILE GETTING A GLIMPSE INTO "JAPANIFIED" GLOBAL FLAVOURS MADE IN HUMBLE KITCHENS ACROSS JAPAN. (VEGETARIAN FRIENDLY)

- MISO RAMEN NOODLES WITH RAMEN EGG
- SALMON TEMAKI, SEASONAL GOMAE, HANDMADE VEGETABLE GYOZA AND PICKLED VEGETABLES

## **CLASS TIMES**

PRIVATE CLASSES ARE AVAILABLE DURING THE DAY, AND RANGE FROM 1 TO 2.5 HOURS. FOR GROUPS LARGER THAN 20 PEOPLE, PLEASE SEE OUR PRIVATE LARGE PARTY AND TEAM BUILDING PACKAGE.

### **DAYTIME CLASS (1 - 1.5 HOUR \$45 - \$65/PERSON )**

- CLASS MAY BEGIN BETWEEN 10:30AM AND 2:30PM
- MINIMUM 8 MAXIMUM 14 ATTENDEES

### **DAYTIME CLASS (2.5 HOUR \$85/PERSON)**

- CLASS MAY BEGIN BETWEEN 10:30AM AND 1:30PM
- MINIMUM 8 MAXIMUM 20 ATTENDEES
- GROUPS OF 15 OR MORE WILL BE SPLIT INTO 2

# NOURISH

## DAYTIME CLASS ORDER FORM

CONTACT NAME:	PHONE NUMBER:
EMAIL:	TOTAL NUMBER OF GUESTS*:
DATE OF EVENT (FIRST OPTION):	ALTERNATE DATE:
START TIME:	END TIME:

\*PLEASE NOTE ANY CHANGES TO TOTAL NUMBER OF GUESTS MUST BE EMAILED TO [INFO@NOURISHVANCOUVER.CA](mailto:INFO@NOURISHVANCOUVER.CA) **3 BUSINESS DAYS PRIOR TO THE EVENT** (WITH NO CHANGES ALLOWED FOLLOWING THIS TIME). ANY ADDITIONAL ATTENDEES MUST BE PAID FOR AT THIS DEADLINE.

ITEM	GUESTS	PRICE	GUESTS	TOTAL
<b>1 HOUR CLASSES (MINIMUM 8 MAXIMUM 14 ATTENDEES)</b>				
RUSTIC ITALIAN - NEAPOLITAN PIZZA	MINIMUM 8	\$45/PERSON		
RUSTIC ITALIAN - PESTO GNOCCHI	MINIMUM 8	\$45/PERSON		
OTTOLENGHI EFFECT - HEARTY KALE, SQUASH, & MILLET SALAD WITH PICKLED CABBAGE & OLIVE OIL CRACKERS	MINIMUM 8	\$45/PERSON		
OTTOLENGHI 2.0 - FALAFEL COUSCOUS PLATE	MINIMUM 8	\$45/PERSON		
OTTOLENGHI 2.0 - CHICKEN SHAWARMA FLATBREAD	MINIMUM 8	\$45/PERSON		
<b>1.5 HOUR CLASSES (MINIMUM 8 MAXIMUM 14 ATTENDEES)</b>				
BON APPETIT FRENCH - MUSHROOM TART & BISTRO SALAD	MINIMUM 8	\$65/PERSON		
CONTEMPORARY CHINESE - STEAMED BAO & SPICY PORK WONTONS	MINIMUM 8	\$65/PERSON		
RAMEN REVOLUTION - VEGETABLE GYOZA & RAMEN	MINIMUM 8	\$65/PERSON		

<b>2.5 - 3 HOUR CLASSES (MINIMUM 8 MAXIMUM 20 ATTENDEES)</b>				
ITEM	GUESTS	PRICE	QUANTITY	TOTAL
RUSTIC ITALIAN - FULL MENU	MINIMUM 8	\$85/PERSON		
OTTOLENGHI EFFECT - FULL MENU	MINIMUM 8	\$85/PERSON		
OTTOLENGHI 2.0 - FULL MENU	MINIMUM 8	\$85/PERSON		
CONTEMPORARY CHINESE - FULL MENU	MINIMUM 8	\$85/PERSON		
VIETNAMESE STREET FOOD - FULL MENU	MINIMUM 8	\$85/PERSON		
BON APPETIT FRENCH - FULL MENU (3HR)	MINIMUM 8	\$100/PERSON		
CLASS SUBTOTAL				

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## EVENT CATERING MENU

If you would like additional food to be catered at your event. Please see below for options.

Item	Quantity Per Order	Price	Minimum Order	Quantity To Order	Total
<b>Platters (8-10 guests)</b>					
Charcuterie & Cheese	1	\$90	1		
Vegetable Crudite (vegetarian)	1	\$45	1		
<b>Canapes</b>					
Grilled Chicken Satays	12	\$44	2		
Harissa Spiced Chicken Wings (gf)	12	\$48	2		
Smoked Salmon, Cream Cheese & Dill Crostini	12	\$42	2		
Pork Meatball Banh Mi Sliders	12	\$48	2		
Pork Meatballs with Marinara Sauce	12	\$64	3		
Sushi Rice Balls with Cooked Salmon & Spicy Mayo (gf)	12	\$44	2		
Smoked Paprika Hummus - Olive Oil Cracker (plant-based)	12	\$24	2		
Spicy Chicken Wontons	12	\$38	2		
Spicy Veggie Wontons (vegetarian)	12	\$34	2		
Gazpacho Shooters (plant-based)	12	\$32	2		
Mushrooms on Toast (vegetarian)	12	\$38	2		
Roasted Beet & Walnut Spread on Crackers (plant-based & GF)	12	\$18	2		
Lemon Rosemary Cashew Cream on Crackers (plant-based & GF)	12	\$22	2		
Sushi Rice Balls with Pickled Vegetables (plant-based & GF)	12	\$28	2		
Smoked Tofu Banh Mi Sliders (Vegetarian)	12	\$42	2		
Minty Peas on Toast (plant-based)	12	\$36	2		
<b>Mini-Entrees (served in small 4-5 bite portions)</b>					
Bangkok Soba Noodle Salad (plant-based)	12	\$48	1		
Kale & Rice Salad (plant-based & GF)	12	\$48	1		
Mac & Cheese (vegetarian)	12	\$54	2		

# NOURISH

Sweets					
Item	Quantity Per Order	Price	Minimum Order	Quantity To Order	Total
Lemon Vanilla Cake	10 People	\$70	1		
Chocolate Cake	10 People	\$70	1		
Vanilla Cupcakes	12	\$36	1		
Chocolate Cupcakes	12	\$36	1		
Vanilla Mini Cupcakes	12	\$24	1		
Chocolate Mini Cupcakes	12	\$24	1		
Salted Caramel Brownie Platter	10	\$22	1		
Chocolate Chip Cookie Platter	10	\$20	1		
Chocolate Croissant Platter	10	\$36	1		
Butter Croissant Platter	10	\$30	1		
Nourish Bar Platter (plant based & gluten free)	10	\$15	1		
Catering Subtotal					

Additions	Price	Quantity	Total
Additional Hours Requested After Class or for private use of the entire cafe during the event	\$75/hour		
Cake Cutting Fee (if bringing own cake)	\$25		
Additions Subtotal			

## GRAND TOTAL

Class Subtotal	
Catering Subtotal	
Additions Subtotal	
Subtotal	
Automatic Gratuity (18%) (this fee is GST taxable 5%)	
Gst (5%)	
Grand Total	

Initial \_\_\_\_\_5

# NOURISH

NOURISH VANCOUVER FOOD SERVICES INC.  
A.K.A. NOURISH CAFE & COOKING SCHOOL  
3742 W.10TH AVE, VANCOUVER, BC V6R 2G4

## PRIVATE COOKING CLASS AGREEMENT - TERMS AND CONDITIONS

Thank you for booking this event at Nourish Cafe and Cooking School.

This agreement is between \_\_\_\_\_ the "Rental Event Representative" to be referred to as "RER" and Nourish Vancouver Food Services Inc. to be referred to as "Nourish."

## CLASS CANCELLATIONS, RESCHEDULING, REFUNDS AND NO SHOWS

**Deposit:** A 100% deposit is required at time of booking

**Cancellation less than two weeks (14 days) notice:** No refunds

**Cancellation more than two weeks (15 days or more) notice:** The "RER" is entitled to a 50% refund

No refunds or exchanges for no shows, no exceptions.

**Cancellation by "Nourish":** In the rare occurrence that "Nourish" needs to cancel a rental, "Nourish" will provide the "RER" as much notice as possible and "Nourish" will re-book the "RER" into the next available date of the "RER"'s choice. In the situation where a new date cannot be agreed to the "RER" will receive 100% refund.

## EVENT DETAILS

**End of rental:** Finish time is \_\_\_\_\_. If the "RER" would like to use the cafe past the finish time there will be a charge of \$75/hour (based on the rental pricing above). In such a case, the "RER" must inform the supervisor from "Nourish" and any additional charges must be settled before the end of the night by "RER" or another party that the "RER" assigns if the "RER" leaves the event earlier than the last attendee leaves.

**Food:** No outside food is allowed without written approval from "Nourish". The "RER" can order from the attached catering menu for additional food.

**Damages:** Any damages caused by the attendees of the event to the facilities or property in the cafe will be charged directly to the "RER".

**Alcohol:** Will be available for purchase from Nourish if the use of the café is private or the café is closed at the time of the rental.

**Allergies and Dietary Restrictions for Catering:** "Nourish" will try to accommodate allergies and dietary sensitivities or restrictions, but the facilities come in contact with all types of foods. "Nourish" cannot guarantee there will be no cross-contamination, and they are unable to take responsibility for allergic reactions. Please do not hesitate to contact "Nourish" with any questions, and please notify "Nourish" of allergies and dietary restrictions five days before date of the booking by email. If there are any allergies in the party, "Nourish" asks that the individual bring allergy medication (such as an EpiPen) to the event. "Nourish" will do their best to accommodate for all allergies however "Nourish" reserves the right to refund the booking if "Nourish" feels it will not work for the specific event and menu.

# NOURISH

## GUEST ALLERGIES & DIETARY RESTRICTIONS

Please specify the number of people associated with each category. We will do our best to accommodate for allergies/restrictions, however, we will advise accordingly if we feel it will not work for the specific event/class and menu.

Dietary Restriction/Allergy	Number of Guests
Vegetarian	
Vegan	
Gluten-Free / Celiac	
Dairy-Free	
Nut Allergy (please specify):	
Other (please specify):	

## EVENT RENTAL AGREEMENT - TERMS AND CONDITIONS (CONT'D)

### TAXATION, DUTIES & GRATUITY

As the Nourish Café & Cooking School is operated out of Vancouver, British Columbia, Canada, all listed prices will be subject to GST and/or PST where relevant. Please note an 18% gratuity is automatically charged, and service is GST taxable (5%) according to CRA requirements.

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RENTAL EVENT REPRESENTATIVE

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NOURISH REPRESENTATIVE

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SIGNATURE

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SIGNATURE

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DATE

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DATE

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# NOURISH

## BAR MENU

### WINE

#### **CABERNET SAUVIGNON - J LOHR SEVEN OAKS (CALIFORNIA)**

**BTL \$64.00 GLS \$12.80**

Ripe fruit aromas of black plum, blueberry and cherry mix with a bouquet of toasted pastry, anise, and vanilla from a year of barrel aging. An excellent companion to grilled beef, lasagna or dark chocolate truffles.

#### **CDR. VILLAGES BILA HAUT (FRANCE)**

**BTL \$46.00 GLS \$9.20**

From winemaker M. Chapoutier a blend of mainly Grenache follow by Syrah and Carignan, this red wine has aromas of fresh herbs, raspberry and spice.

#### **ALIVE WHITE ORGANIC VEGAN 2016 (BC)**

**BTL \$55.00 GLS \$11.00**

This is an aromatic blend of Pinot Gris, Gewürztraminer and Riesling resulting in a bright and light dry wine with notes of ripe pear, white peach, minerality and gooseberry. It pairs great with seafood, halibut, grilled chicken, pasta in white sauce and fruit and cheese platters.

#### **RIESLING MERTES LANDLUST (GERMANY)**

**BTL \$44.00 GLS \$8.80**

On the palate, it has lively notes of Asian pear, red apple and peach balanced with lemon and lime notes all framed by an intense and refreshing wet stone minerality. The finish is simply wonderful; long and harmonious.

#### **ROSE FRIZZANTE - VILLA TERESA ORGANIC (ITALY)**

**BTL \$52.00**

This organic, pale salmon coloured rosé is bright and floral, with sweet berry and perfumed spice aromas. There are sweet cherry, cream flavours and candied citrus peel flavours in the mouth and a spritzzy finish.

### BEER

#### **MILL ST - LAGER ORGANIC**

**BTL \$5.95**

Delicate floral-herbal aroma; light palate with malty flavour, balanced by a hint of hoppy bitterness.

#### **PHILLIPS - BLUE BUCK ALE**

**BTL \$5.95**

A robust, malt-forward body underpinned with crisp northwest hops. Well balanced and highly drinkable.

#### **LONE TREE - APPLE CIDER**

**CAN \$5.95**

Clean, crisp cider sourced from the Okanagan Valley.