

CATERING

**Eat Fresh.
Eat Local.**



Well Seasoned

a gourmet food store

The Perfect Solution for Any Occasion

Need a birthday cake?



Afternoon Coffee Break?



Feeding a crowd?

Call us for a custom quote!



Gluten Free? Vegan?

No Problem!

At Well Seasoned, we make all of our salads, dressings and desserts from scratch!

We are happy to accommodate special diets or restrictions, just ask!

**Call Now: 604-530-1518
or visit www.wellseasoned.ca**

Cold Lunch Menu

15 guests minimum
(Includes assorted house made squares
& cookies for dessert)

Choose one sandwich & one salad or
Assorted sandwich platters with one salad
\$17 per person

Salad for lunch

Add roasted chicken, sliced beef or poached
shrimp to any of our salads & turn them into a
"big bowl" instead of sandwiches.

\$17 per person

Sandwiches & Wraps:

Sandwiches are made on an assortment of fresh bread,
ciabatta rolls & wraps. For gluten free bread: Add \$2



Vegetarian

Hummus, grilled veggies, feta cheese & fresh greens

Caprese

Tomatoes, mozzarella & basil leaves with olive oil &
balsamic dressing

Egg Salad

A classic with chives, farm fresh eggs & lettuce

Italian Sub

Assorted salami & ham & provolone cheese

Roast Beef

Thinly sliced, Havarti cheese & horseradish aioli

Ham & Swiss

A classic with Dijon mustard & lettuce

Chicken Salad

With celery, grapes & walnuts

Roasted Chicken & Brie

With fresh greens & a caramelized fig aioli

BLTC

Bacon, lettuce, tomato & cheddar with avocado aioli

Tuna

Old school with mayo, celery, pickles, salt & pepper

Salads with house made dressings:

Extra salads are \$4 per person & can be added to lunch or
dinner menus.



Baby Greens & Fresh Herbs

With cranberries, feta cheese, pumpkin seeds & a
balsamic vinaigrette

Caesar

Romaine dressed & topped with fresh bacon, crouton &
shaved parmesan

Field Greens & Romaine Lettuce

Sliced pears, dried cranberries, chopped pecans & blue
cheese served with pear vinaigrette.

Roasted Root Vegetables with Feta Cheese

Pomegranate molasses vinaigrette & pistachios

Greek Inspired Salad

With cherry tomatoes, cucumbers, olives & feta cheese

Quinoa Salad

With raisins, fresh herbs, cucumber & crumbled goat
cheese & a red wine vinaigrette

Asian Inspired Cabbage Salad

With red peppers, carrots, cilantro & a peanut vinaigrette

Baby Spinach Salad

With a sliced egg, bacon, red onion & a creamy dressing

Potato Salad

Old school with hard-boiled egg, green onions & sweet
paprika

Apple Cider Coleslaw

Freshly chopped cabbage, carrots, granny smith apple &
sunflower seeds dressed with a creamy dressing

Winter Greens with Shaved Asparagus

Toasted almonds & a lemon vinaigrette

Roasted Tomato Bruschetta Salad

Served with garlic croutons, fresh mozzarella, basil &
fresh greens

Fruit Salad

Fresh cut seasonal fruit, garnished with a mint
chiffonade

Hot Lunch Menu

15 guests minimum

\$24 per person



These can easily be turned into a dinner.
Add \$4 per person (the portion sizes are larger for dinner than lunch)

The Classic Lasagna

- Caesar salad with crispy bacon, croutons & fresh parmesan
- Roasted tomato bruschetta salad served with garlic croutons, fresh mozzarella, basil & fresh greens
- Classic Lasagna – beef or vegetarian
- Fresh rolls & butter
- Freshly baked squares & cookies

BBQ

- Pulled Pork Sandwiches dressed with BBQ Sauce
- Apple Cider Cole Slaw
- Potato Salad, old school with egg & green onions
- Slow baked beans (our secret recipe)
- Apple Hand Pies

Custom Bars

15 guests minimum, Served Buffet Style

Starting at \$24 per person



Taco Bar (Sample Theme)

- Corn & Black Bean Salad
 - Chunky Guacamole
 - Hand-cut Pico de Gallo
- Shredded Beef or Chicken & Bean taco filling
 - Lettuce, grated cheese, sour cream
 - Soft & hard tortilla shells
 - Tortilla chips for dipping
 - Assorted squares & pastries

Try a Chili Bar, Stuffed Potato Bar, Dessert Bar...

Roasted Chicken

- Well Seasoned oven roasted, fresh local chicken breasts & thighs
- Mushroom Gravy
- Creamy mashed potatoes
- Mixed seasonal veggies
- Green Salad with balsamic vinaigrette
- Rolls & butter
- Freshly baked squares & cookies

Indian Inspired

- Baby greens & fresh herbs with cranberries, feta cheese, pumpkin seeds & a balsamic vinaigrette
- Butter Chicken – fresh local chicken in a mild, creamy sauce
- Naan Bread
- Oven roasted cauliflower
- Basmati Rice Pilaf
- Assorted squares & pastries

Greek Inspired

- Chopped Greek salad – fresh tomatoes, cucumbers, red onion & feta cheese with black olives in a creamy olive oil oregano vinaigrette
- Fresh pita bread
- Garlic & lemon, oven roasted chicken breast
- Roasted potatoes
- Tzatziki & hummus
- Freshly baked squares & cookies

Asian Inspired

- Asian inspired cabbage salad with red peppers, shredded carrots, snow peas, cilantro & a peanut vinaigrette
- California rolls with soy sauce & wasabi
- Teriyaki Chicken, slow cooked, sticky sweet, in our house made teriyaki sauce
- Steamed sesame broccoli
- Steamed rice
- Assorted squares & pastries



And don't forget dessert!
See back for drinks, dessert,
platter & dip options.

Call Now: 604-530-1518

House-made Dips

Perfect for grazing, served with potato chips &/or
carrot/celery sticks
(dips are approx. 3 cups by volume)

Artichoke & Roasted Garlic \$28

Black Bean & Chipotle Hummus \$23

Butternut Squash Hummus \$23

Caramelized Onion & Bacon \$32

Citrus & Black Olive Tapenade \$32

Chunky Guacamole \$32

Roasted Garlic Hummus \$22

Mediterranean Feta \$28

White Bean Dip with Fresh Herbs \$23

Pimento Cheese \$32

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Custom Cakes

Great for a birthday party, anniversary, special announcement or grand opening!
Starting at \$50.

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Free delivery in Langley & parts of Surrey.
Outside of the area a \$12 delivery charge will apply.

Hot lunches are served buffet style and a 15% service fee will be added to the cost for set up & tear down

Prices include disposable plates, cutlery & paper napkins
Prices do not include applicable taxes

To Book Your Order:

Email askachef@wellseasoned.ca or

Call 604-530-1518

You can also visit us in store at #117 - 20353 64th Avenue, Langley, BC.,
or visit us online at www.wellseasoned.ca