



AMBROSE



CONFERENCE & CATERING

TASTE | QUALITY | SERVICE



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BREAKFAST



CLASSIC BREAKFAST

BASIC BEGINNINGS MINI | \$4.99

- Assorted Muffins
- Sliced Fresh Fruit

BASIC BEGINNINGS FULL | \$6.99

- Assorted Muffins
- Sliced Fresh Fruit
- Mini Danishes
- Cinnamon Buns

SMART SUNRISE | \$6.59

Select One (1):

- Egg and Cheese English Muffin
- Sausage, Cheese and Egg English Muffin
- Bacon, Cheese and Egg English Muffin

Triangle Hashbrowns

SWEET AND SAVOURY | \$7.99

- House Made Fresh Waffles or French Toast
- Slices of Bacon
- Sliced Fresh Fruit

“LIONS” BREAKFAST | \$8.25

- Scrambled Eggs
- Slices of Bacon
- Sausage Links
- Cubed Hashbrowns

**Explore our Selection of beverages on
page 27**

We proudly accommodate a variety of dietary needs: Gluten Free, Vegetarian,
Vegan and low carb options available

**BREAKFAST
SELECTIONS**



SIGNATURE BREAKFAST

SIGNATURE BREAKFAST

12 person minimum | priced per person

CANADIAN BREAKFAST | \$12.99

Select One (1):

- Slices of Bacon
- Sausage Links
- Grilled Ham

Scrambled eggs

Cubed Hashbrowns

Pancakes

Fresh Sliced Fruit

Coffee

Tea

PRESIDENTIAL BREAKFAST/BRUNCH | \$17.99

Select One (2):

- Slices of Bacon
- Sausage Links
- Grilled Ham

Select One (1):

- French Toast
- Waffles
- Pancakes

Select One (2):

- Fresh Baked Muffins
- Butter Croissant
- Cinnamon Bun

Scrambled Eggs

Cubed Hashbrowns

Fresh Sliced Fruit

Coffee

Tea

All Breakfast Buffets served with a selection of condiments

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DELICIOUS ADDITIONS

Priced per item

FRESH AND NATURAL

FRESH WHOLE FRUIT (Bananas, Apples, Oranges) | \$0.99

ASSORTED YOGURTS | \$1.79

BAKED DAILY

BUTTER CROISSANT | \$3.49

MINI DANISHES (2 PIECES) | \$1.79

FULL SIZE MUFFINS | \$2.49

SLICED LOAF (Cinnamon Swirl, Cranberry Orange, Banana Chocolate Chip) | \$2.99

CINNAMON BUN | \$2.79

SWEET ADDITIONS

APPLE CINNAMON OATMEAL | \$2.99

BANANA BREAD OVERNIGHT OATS | \$3.99

GREEK YOGURT AND BERRIES PARFAIT | \$5.99

WARM OPTIONS

SAUSAGE LINKS (2) | \$1.50

BACON (2) | \$1.55

PANCAKES (2) | 1.99

FRENCH TOAST | \$2.99

SAUSAGE AND EGG BISCUIT SANDWICH | \$5.49

CHORIZO BREAKFAST WRAP | \$6.75



BREAKFAST ADD-ONS

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BREAKS

SNACK TIME

12 person minimum | priced per person | includes pitchers of water

SELECT BREAKS

THE REJUVENATOR | \$4.99

Fresh Whole Fruit
Brownie and Cookie Platter

DOLCE ITALIA | \$6.99

Shortbread Cookies
Almond Biscotti
Fruit Skewers

CLASSIC BREAKS

THE ENERGIZER | \$7.99

Fresh Sliced Fruit
Assorted Flavored Greek Yogurt
Survivor Cookie

COMMUNITY GARDEN | \$8.99

Tortilla Chips with Salsa & Guacamole
Vegetable Medley

SIGNATURE BREAKS

FOR THE CUP OF IT | \$12.99

Greek Yogurt Parfait
Vegetable Medley
Fruit Cup

SNACK ATTACK | \$11.99

Bagged Chips
Salted Peanuts
Cookie and Brownie Platter

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TAKE A BREAK

HEALTHY SNACKS

FRESH AND NATURAL

ASSORTED YOGURT | \$1.75
FRESH WHOLE FRUIT | \$0.99
BOWL OF TRAIL MIX | \$1.99
BOWL OF SALTED PEANUTS | \$1.99
VEGGIE CUP | \$3.99

NIBBLES

BAG OF CHIPS | \$1.99
BAG OF PRETZELS | \$1.99
BAGS OF THEATRE STYLE POPCORN | \$1.25
RICE KRISPIE SQUARES | \$0.99
COOKIES | \$1.50
BROWNIES | \$1.99
GF BROWNIE | \$3.99

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**BREAK
À LA CARTE**



PLATTERS



PLATTERS

A REFRESHING VARIETY

Priced per dozen | includes pitchers of water

SELECT PLATTERS

TORTILLA TRIO | \$26.99

Lightly salted corn tortilla chips served with black bean and corn salsa, chipotle sour cream, and cilantro guacamole

ANTIPASTO SKEWERS | \$31.99

Skewers with Mini Bocconcini Cheese, Grape Tomatoes, Kalamata Olives and Calabrese Salami

CLASSIC PLATTERS

VEGETABLE PLATTER | \$49.99

Assorted fresh vegetables served with hummus and ranch dressing

FRUIT PLATTER | \$59.99

Fresh Sliced Fruit with Vanilla Greek Yogurt Dip

CHEESE PLATTER | \$85.99

A selection of domestic and imported cheeses, garnished with fresh fruit, and served with assorted crackers

SIGNATURE PLATTERS

CHICKEN PINWHEELS | \$45.99

Delicious Chipotle Chicken Pinwheels, made with bacon and cream cheese

ADRIATIC DUO | \$59.99

Balsamic hummus and spinach dip served with pita triangles

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LUNCH

SANDWICHES & WRAPS

12 person minimum | priced per person

Ask us about our bread options

SELECT SANDWICHES | \$5.99

Select Two (2):

TOFU BAHN MI CIABBATA

CHICKPEA AND COUSCOUS WRAP

GRILLED VEGETABLE

SWEET POTATO HUMMUS BAGUETTE

EGG SALAD WEDGE SANDWICH

TUNA SALAD WEDGE SANDWICH

CLASSIC SANDWICHES | \$6.99

Select Two (2):

BLACK FOREST HAM

CHICKEN SALAD

TURKEY CHEDDAR

GREEK FALAFEL WRAP

GRILLED VEGETABLE TAPENADE WRAP

HUMMUS AND VEGETABLES

CLASSIC ROAST BEEF WEDGE SANDWICH

SIGNATURE SANDWICHES | \$10.99

Select Two (2):

ROAST BEEF AND CARAMELIZED ONION BAGUETTE

GRILLED CHICKEN CAESAR WRAP

TURKEY WITH CRANBERRY COMPOTE

MEDITERRANEAN GRILLED CHICKEN WITH PESTO MAYO

CHIMICHURRI STEAK BAGUETTE

PREMIUM ITALIAN CUTS BAGUETTE

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LUNCH
SELECTIONS

BOXED MEAL

SELECT BOXED MEAL | \$12.99

SANDWICH SELECTION FROM SELECT SANDWICH LIST
POTATO CHIPS
WHOLE FRUIT
COOKIE
ASSORTED POP AND JUICE

CLASSIC BOXED MEAL | \$14.99

SANDWICH SELECTION FROM CLASSIC SANDWICH LIST
POTATO CHIPS
WHOLE FRUIT
COOKIE
ASSORTED POP AND JUICE

SIGNATURE BOXED MEAL | \$18.99

SANDWICH SELECTION FROM SIGNATURE SANDWICH LIST
POTATO CHIPS
WHOLE FRUIT
COOKIE
ASSORTED POP AND JUICE

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FRESHLY BAKED PIZZA

Proudly Partnered with Dominos Pizza

CLASSIC PIZZA | \$29.99

Garden Vegetable
Pepperoni
Hawaiian
Meat Lovers
BBQ Chicken
Deluxe
Mediterranean

GLUTEN FREE PIZZA | \$19.99

10 Inch Gluten Free Pizza with 2 of your favorite toppings

PIZZA LUNCHEON | \$5.99

CAESAR SALAD
ASSORTED FRESHLY BAKED COOKIES
WHOLE FRESH FRUIT

Select One (1):

- Canned Pop
- Bottled Juice

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**FRESH BAKED
PIZZA**

BROTH AND BEYOND

HOUSE SOUP | \$4.99

Choice of:

- Classic Chicken Noodle
- Red Thai Curry with Chicken
- Tomato & Red Pepper Bisque
- Carrot Ginger
- Italian Wedding

BEEF HOMESTYLE CHILI | \$8.99

Served with fresh dinner rolls

VEGETARIAN HOMESTYLE CHILI | \$4.50

Served with fresh dinner rolls

BEEF STEW | \$7.99

Served with fresh dinner rolls

ENHANCEMENTS

DINNER ROLLS | \$1.25 each

GARLIC BREADSTICKS | \$0.99 each

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SOUPS

HOUSE SALADS

BEET ORANGE AND ALMOND SALAD **\$2.99**

Roasted beets with mandarin oranges and crunchy, toasted almonds in a house-made vinaigrette

MARKET LETTUCE SALAD | \$3.99

Seasonal vegetables served with sun dried tomato dressing, and peppercorn ranch dressing

CRANBERRY APPLE COUSCOUS SALAD **\$4.99**

Couscous tossed with dried cranberries and apricots, apples, almonds, red onion, fresh spinach, scallions, and citrus dressing

CLASSIC CAESAR SALAD | \$4.99

Crisp romaine lettuce, parmesan cheese, croutons, bacon, and Caesar dressing

BACON, CHEESE AND BROCCOLI SALAD | \$5.99

A fresh & flavorful mix of crisp broccoli florets, savoury, smokey bacon pieces, tangy, creamy cheddar cheese, and diced red onions add a zesty bite, all tossed in a creamy horseradish mayo dressing

BALSAMIC SPINACH GREEK SALAD | \$5.99

Freshly chopped romaine lettuce topped with a colorful mix of sliced green and red peppers, red onions, cucumbers, and grape tomatoes, and includes kalamata olives and tangy feta cheese

ENHANCEMENTS

4oz Poached Salmon | \$7.99

5oz Chicken | \$5.99

Hard Boiled Egg | \$1.99

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SALADS

SIGNATURE BUFFETS

12 person minimum | priced per person

CHICKEN POT PIE | \$11.99

Tender chicken with carrots, zucchini, potato, celery, and red peppers in a flaky pastry shell with chicken gravy. Served with a market lettuce salad

PASTA BUFFET | \$11.99

Choice of beef or vegetable lasagna, or penne pasta with Bolognese sauce.

Served with Caesar salad and garlic breadsticks

KOREAN TACO BUFFET | \$11.99

6" flour tortilla, shredded Korean chicken, pickled cucumber, salsa verde, fresh cut salsa, and shaved cabbage. Served with corn chips & salsa

CLASSIC BUFFETS

MEXICAN TACO BUFFET | \$13.99

6" flour tortilla (2 per person), ground beef, shredded lettuce, diced tomatoes, sour cream shredded cheese, green onions, and cilantro. Served with corn chips, salsa & churro

CHICKEN BIBIMPAP | \$13.99

Seasoned chicken, rice, gochujang sauce, spinach, mushrooms, and carrots. Served with cookies

BUTTER CHICKEN BUFFET | \$13.99

Butter chicken, cucumber tomato salad, basmati rice, and naan bread

SIGNATURE BUFFETS

CHICKEN TACO SALAD | \$16.99

Taco spiced chicken, romaine lettuce, shredded cheese, corn, salsa, black beans, burrito sauce (spiced sour cream), and guacamole. Served with churro

BURGER BAR BUFFET | \$16.99

4oz beef burger, sesame buns, lettuce, tomato, pickle, cheese & a condiment station.

Served with a bag of chips and a cookie

RANCHERS BUFFET | \$16.99

Pulled pork or beef, potato chippers, sesame seed buns, choice of market lettuce salad, savoury potato bacon salad or tangy coleslaw

Check out our beverage selections!



**BANQUET
BUFFETS**

CREATE YOUR OWN BANQUET \$24.99

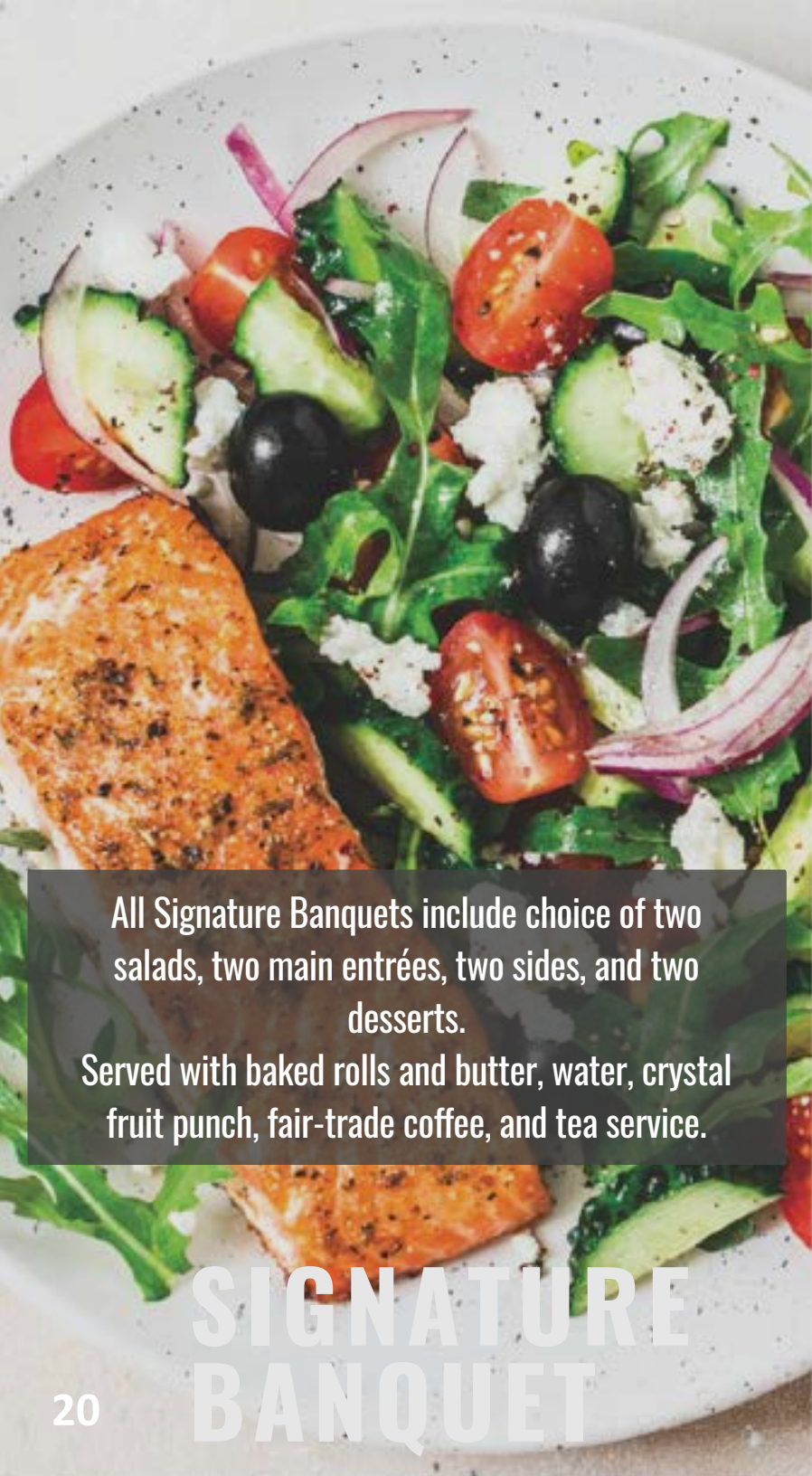
Priced per person | 25 person minimum

CLASSIC BANQUET

All Classic Banquets include your choice of one salad, one main entrée, one side, and one dessert. Served with baked rolls and butter, water, crystal fruit punch, fair-trade coffee, and tea service.

SALAD Select One (1):	SIDE DISH Select One (1):
<ul style="list-style-type: none">• Classic Caesar Salad• Market Lettuce Salad• Balsamic Spinach Greek Salad• Quinoa Roasted Vegetables• Potato Bacon Salad• Primavera Rose Pasta Salad	<ul style="list-style-type: none">• Maple Glazed Root Vegetables• Buttered Fresh Vegetables• Fragrant Basmati Rice• Red Skin Mashed Potatoes• Oven Roasted Potatoes
MAIN ENTRÉES Select One (1):	
Alberta Roast Beef served with Horseradish & Mini Yorkshire Pudding	Traditional Turkey Served with Savoury Dressing
Glazed Ham Served with Dijon Mustard	
Roasted Chicken Lemon Thyme or Herb Roasted	
DESSERT Select One (1):	
<ul style="list-style-type: none">• Mini Cupcakes• Brownie & Strawberry Kebabs• Carrot Cake• Fresh Sliced Fruit• Apple Pie	

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SIGNATURE BANQUET \$49.99

Priced per person | 75 person minimum

All Signature Banquets include choice of two salads, two main entrées, two sides, and two desserts.
Served with baked rolls and butter, water, crystal fruit punch, fair-trade coffee, and tea service.

SIGNATURE BANQUET

SALAD Select Two (2):	SIDE DISH Select Two (2):
<ul style="list-style-type: none">• Classic Caesar Salad• Market Lettuce Salad• Balsamic Spinach Greek Salad• Quinoa Roasted Vegetables• Bacon Cheddar Broccoli Salad• Primavera Rose Pasta Salad	<ul style="list-style-type: none">• Maple Glazed Root Vegetables• Buttered Fresh Vegetables• Fragrant Basmati Rice• Red Skin Mashed Potatoes• Oven Roasted Potatoes
MAIN ENTRÉES Select Two (2):	
Alberta Roast Beef Served with Horseradish & Mini Yorkshire Pudding	Traditional Turkey Served with Savoury Dressing
Glazed Ham Served with Dijon Mustard	Roasted Chicken Lemon Thyme or Herb Roasted
Glazed Salmon Served with Soy Glaze	
DESSERT Select Two (2):	
<ul style="list-style-type: none">• Black Forest Cake• New York Cheesecake with Berry Coulis• Carrot Cake with Cream Cheese Frosting• Apple Pie• Strawberry Rhubarb Pie• Fruit Cobbler with Whipped cream• Fresh Sliced Fruit with Yogurt Dip	

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HORS D'OEUVRES RECEPTION

Price by the dozen

SELECT HORS D'OEUVRES

VEGETARIAN SAMOSOAS | \$11.99

Crispy golden pastry pockets filled with a spiced blend of potatoes, peas, and fragrant herbs

MINI TANDOORI CHICKEN SKEWERS | \$13.99

Marinated masala chicken served with mint dip

ASIAN CRISPY TOFU BITES (2PP) | \$20.99

Crispy golden tofu cubes tossed in a sweet chili glaze: crunchy on the outside, tender on the inside, and packed with bold, irresistible flavour

CLASSIC HORS D'OEUVRES

TOMATO BRUSCHETTA ROLL | \$22.99

Fresh baked puff pastry bruschetta roll with big beef tomatoes

BEEF TARTARE WONTON CRISPS (2PP) | \$24.99

Sweet roasted beets finely diced and tossed with herbs, capers, and a tangy Dijon vinaigrette, perched atop a crispy wonton and finished with a zesty horseradish mayo and fresh chives

FALAFEL (2PP) | \$25.99

Crispy on the outside, soft and savory inside.; these oven-baked falafel bites are packed with herbs, spices, and plant-based goodness

CLASSIC HORS D'OEUVRES

CHICKEN POT STICKERS (2PP) | \$32.99

Served with soy ginger dipping sauce

MINI FRUIT SKEWERS | \$33.99

Fresh fruit on a 3" mini skewer served with yogurt dip

VEGETARIAN SPRING ROLLS (2PP) | \$37.99

Served with soy ginger dipping sauce

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RECEPTION



FUN & INTERACTIVE

12 person minimum | priced per person

HOT DOG ROLLER | \$4.99

Hot Dogs on a roller served with buns, ketchup, mustard, and relish

BUILD YOUR OWN ICE CREAM SANDWICHES | \$6.25

2 House made cookies served with ice cream portions

CHURRO (1PP) | \$3.99

POPCORN & CANDY BAR | \$6.25

Movie Theatre popcorn and candy bar

COOKIES & MILK | \$3.55

Chocolate Chip, Oatmeal, and Peanut Butter Cookies served with Regular or Chocolate Milk

SMOOTHIE BAR | \$3.55

Select two: Blueberry Banana, Pumpkin Pie, Creamsicle, and Chocolate Banana
Black Bean

SOFT SERVE ICE CREAM BAR | \$4.99

Vanilla or Chocolate Soft Serve and Assorted Toppings

INTERACTIVE STATIONS

**Explore our Selection of beverages on
page 27**

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INDIGENOUS CUISINE



INDIGENOUS MENU

INDIGENOUS CHOICES

6 person minimum | priced per person

SOUPS AND STEWS

THREE SISTERS SOUP | \$4.99

Blend of roasted butternut squash, sweet corn, and green beans, with seasoned vegetable stock

SMOKED CORN CHOWDER | \$4.25

White hominy corn, heirloom beans, rich beef bone broth

BUTTERNUT SQUASH AND APPLE SOUP | \$2.99

Velvety roasted squash and tart apples simmered in vegetable broth with a hint of warm seasoning

TURKEY BLUEBERRY DUMPLING STEW | \$4.50

Slow cooked sunchoke, topped with dried blueberries

SALADS AND SIDES

THREE SISTERS SALAD | \$8.05

Kale greens with squash, corn, and green beans. Pumpkin seeds, raisins, and apple cider vinaigrette

MAPLE ROASTED APPLE SLAW | \$2.99

Crisp cabbage tossed with maple-roasted apples, dried cranberries, and creamy coleslaw dressing

RICE PILAF | \$3.99

A hearty blend of wild rice, maple-roasted squash, sautéed vegetables, pumpkin seeds, and dried cranberries

SANDWICHES AND MAINS

LEEK & SAGE CRUSTED CHICKEN | \$6.99

Marinated in a savoury blend of fresh leeks, sage, garlic, and sunflower oil.

THREE SISTERS CROQUETTES (2PP) | \$1.99

Made with a savoury blend of butternut squash, sweet corn, and green beans, seasoned with herbs and lightly fried

SMOKED TURKEY CRANBERRY BAGUETTE | \$6.99

Tender smoked turkey layered with cranberry cream cheese spread and fresh spring greens on a soft demi baguette



PREMIUM DESSERTS

SWEET FINISHES

DESSERTS A LA CARTE

COOKIES | \$1.50

DESSERT SQUARES | \$2.50

SLICE OF APPLE COBBLER | \$2.50

COCONUT MACAROONS | \$3.25

BROWNIE & STRAWBERRY KEBOBS | \$3.55

SLICE OF TIRAMISU | \$5.50

SLICE OF BLACK FOREST CAKE | \$5.99

SLICE OF NEW YORK CHEESECAKE | \$6.95

DESSERT PLATTERS

SERVES 12

CRANBERRY ALMOND OATMEAL COOKIE PLATTER | \$19.50

CINNAMON BUN PLATTER | \$22.99

S'MORES BROWNIE PLATTER | \$25.99

Looking to have a special dessert?
Our Event and Catering staff can help.



BEVERAGES

REFRESHING BEVERAGES

HOT DRINKS SELECTION LEVEL GROUND COFFEE

- 10 Cup Coffee Urn | \$7.50
- 20 Cup Coffee Urn | \$14.99
- 30 Cup Coffee Urn | \$22.50
- 60 Cup Coffee Urn | \$44.99
- 80 Cup Coffee Urn | \$59.99

TAZO FAIR TRADE TEA SERVICE

- 10 Cup Tea Urn | \$5.25
- 20 Cup Tea Urn | \$10.50
- 30 Cup Tea Urn | \$15.75
- 60 Cup Tea Urn | \$31.50
- 80 Cup Tea Urn | \$41.99

OTHER HOT DRINKS

- Hot Chocolate | \$1.50
- Hot Apple Cider | \$1.75

COLD DRINKS SELECTION

CANNED OR BOTTLED

- Canned Pop (355ml) | \$1.50
- Bottled Juice (300ml) | \$1.99
- Bottled Water (500 ml) | \$1.25
- White or Chocolate Milk (250ml) | \$1.99
- White or Chocolate Milk (473ml) | \$3.50

DISPENSER DRINKS

- Lemonade Serves 50 | \$39.99
- Iced Tea Serves 50 | \$39.99
- Crystal punch (Berry, Passion Fruit or Classic) Serves 50 | \$39.99

FILTERED WATER

- Pitcher of Water Serves 6 | \$1.99
- Water Cambro Serves 40 | \$15.99
- Infused Water (Strawberry, Lemon, Orange or Mint) Serves 30 | \$29.99



BEVERAGES



Policies & Procedures

MENU & PRICING: The menu selection is an important step in planning any type of event. Ambrose catering welcomes the opportunity to tailor menus for any occasion. All prices listed in the menu are subject to 5% GST and 15% gratuity. Prices are guaranteed for a period of 60 days and subject to change thereafter.

We ask that your menu selections be made a minimum of ten business days in advance with regular updates on the number of guests expected to attend. Your event contract will detail your selected menu items, service style, and the service times requested. We will do everything possible to provide service for catering requests received with less than ten business days' notice, however, some selections may not be available and delivery times may need to be adjusted to accommodate existing catering events.

ROOM BOOKINGS: Please request room bookings and catering for your event a minimum of ten business days prior to your event. Due to the high volume of events on campus and space limitations, certain dates may be unavailable. Please book early to increase the likelihood of securing your preferred space and catering. Additionally, a room reservation does not necessarily guarantee that a catered function can be accommodated. Should the guaranteed number of guests vary from your initial request, a more suitable room may be assigned to your function by your Event Coordinator. Room rental will be charged accordingly. For the protection of our guests and in accordance with Health and Safety regulations, Ambrose Food Services will be the sole provider of all food and beverage items. Please remember to indicate your catering needs at the time of booking.

DIETARY ACCOMMODATIONS: Ambrose Food Services is able to accommodate Gluten, Lactose, Vegetarian, and Vegan sensitivities. However, allergies, anaphylactic allergies, and severe intolerances cannot be guaranteed. It is important to understand that our kitchen does not have the capacity to prepare separate meals without the possibility of cross contamination.

We recommend communicating this on registration forms or invitations

Any dietary accommodations should be communicated to your event planner as they are received. Final changes must be given three full business days prior to your event.



Policies & Procedures

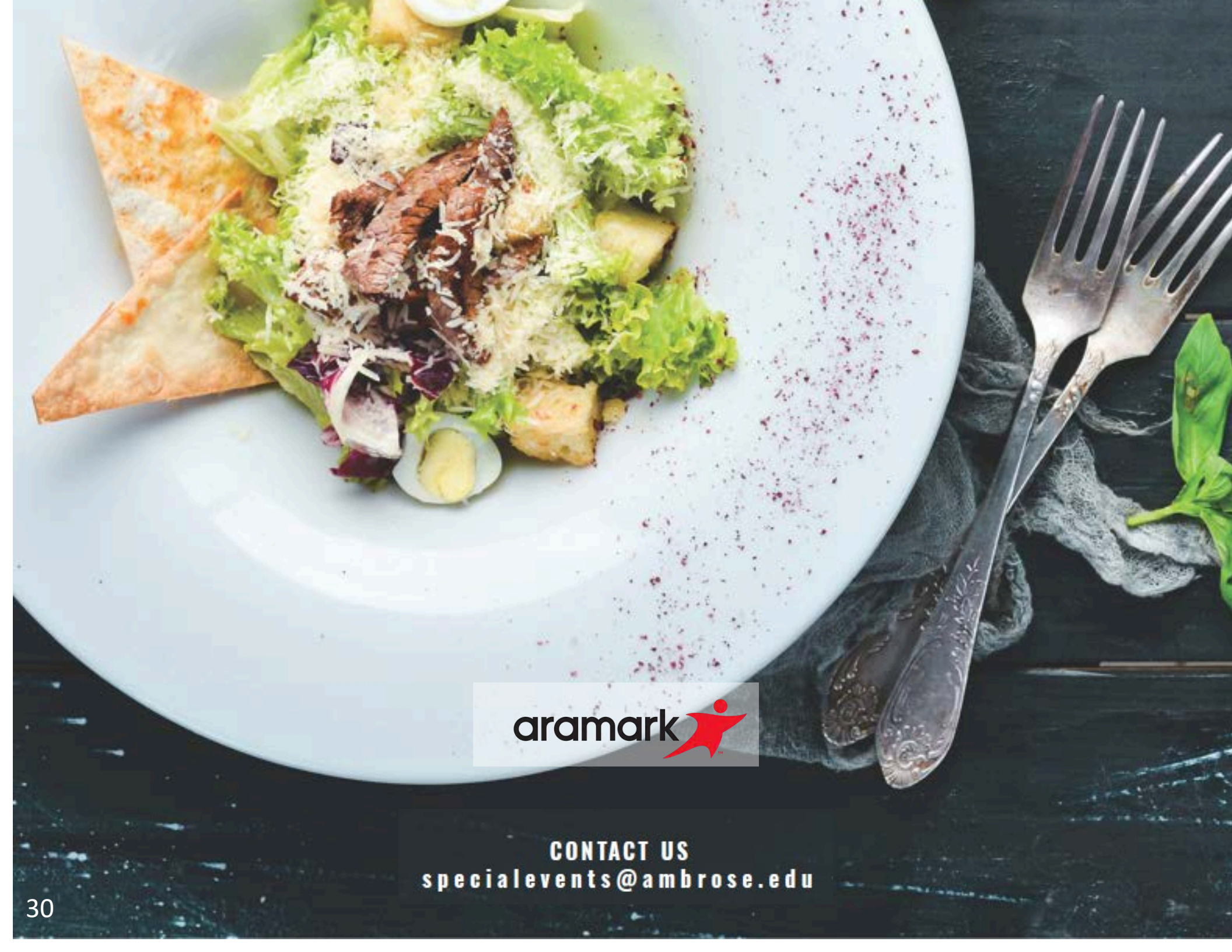
GUARANTEED NUMBERS: To ensure your event is a success, a final guaranteed number of guests is required by 3:00 pm, 3 business days prior to your event. The number of guests given at the final guarantee or your actual attendance number, whichever is greater, will be used for billing.

CANCELLATIONS: Any cancellations made less than five business days prior to your event will be charged for any expenses Ambrose Catering may have already incurred. The full amount of the catering will be billed for any events cancelled less than three business days prior to your event.

PRODUCT QUALITY AND QUANTITY: Please note that there is no credit for leftover food and beverage items. Perishable food items will not be permitted to be left out longer than two hours, due to food safety and quality regulations. No food or dishes can be removed from the event space for health and safety reasons.

EQUIPMENT & RENTAL CHARGES: All tables and chairs are included with your room rentals. Setup charges may apply depending on your event requirements. Standard service style includes linens on catering tables. Table linens are available at \$5.00/linen. Disposable service is free of charge at all events. China service, including linen napkins, will be charged at \$4.00 per place setting (\$1.50 if the event is only serving beverages) to cover the cost of China preparation and cleaning. If additional equipment is required to cater your event, the cost of rentals and labor will be charged back on your final invoice. Any arrangements concerning additional rentals will be included on your contract in advance of the event.

SPECIALTY CAKE & CUPCAKE SERVICES: \$100 cake cutting service charge | \$60 cupcake service charge
The Cake can be cut prior to delivery if not logo'd or after the cake has been delivered to the event. This includes delivery charges, disposable plates, cutlery, and napkins for orders up to 250 people. If the cake is the only served item, and/or cake cutting is requested after business hours, a 3-hour staffing charge may apply at \$25 per hour.



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CONTACT US
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