

APPETIZERS

Corn Chips and Salsa

Organic corn tortilla chips served with salsa and house-made bean dip.

Vegetables and Hummus/Bean Dip

Seasonal vegetables are served with house made hummus.

Mini Quiches

Mushrooms and swiss cheese in a light egg custard, baked in flaky mini pastries.

Mini Falafel

Traditional Middle Eastern chickpea croquettes served with lemon-tahini sauce.

Cheese Platter

An assortment of Empire Cheeses served with crackers and seasonal fruit or fruit compote.

Croquettes

Crispy fried potato fritters, stuffed with cheese and served with a lemon-herb aioli.



ONE-OF-A-KIND SALADS

Seasonal Green Salad

Available until December only

Greens and seasonal veggies are served with our maple-balsamic vinaigrette. Vegan and gluten-free.

Kale Caesar with Croutons

Available until December only

Kale tossed with traditional Caesar dressing and topped with croutons. Can be made vegan upon request.

Curried Quinoa Salad

Our tangy, mildly spiced quinoa salad, is tossed with shredded coconut and dried cranberries. Vegan, gluten-free, nutritious, and full of flavour!

Veggie Slaw

A base of shredded seasonal veggies tossed in a vinegar dressing. Vegan and gluten-free.

Potato Salad

Served with a classic creamy dressing or a tangy vinegar dressing (vegan).

Three Bean Salad

A hearty three-bean vinaigrette salad. Vegan and gluten-free.

Hours of Operation
Monday - Friday
9am - 4pm
We cater outside these
hours, anywhere on campus



Senior Common Room
Champlain College
Trent University

Cafe: (705) 748-1011 x6085
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the
seasoned
spoon



catering
menu

A cooperative café at Trent University providing a delectable, locally-sourced menu and scrumptious, seasonally inspired catering

HEARTY WRAPS

Whole-grain tortillas stuffed with seasonal veggies and one of the following choices:



Smashed chickpea
Moroccan-spiced quinoa
and veggies
Roasted roots and hummus
Egg salad
Bean burrito
BBQ tempeh



Radicchio

MIGHTY MAINS

Chilli and Chips

This robust stew is made from seasonal local vegetables and organic beans. Served with organic corn tortilla chips. A gluten-free and vegan crowd pleaser.

Veggie Shepherd's Pie

A robust medley of root veggies, lentils, and corn; topped with fluffy mashed potatoes and baked to perfection. Gluten-free and vegan.

Lasagna

A Spoon favourite! Seasonal organic vegetables layered with ricotta, hardy greens, lasagna noodles, and marinara or bechamel sauce. Gluten-free.

Frittata

Made with seasonal vegetables and herbs, local Empire cheese, and farm-fresh eggs. Gluten-free.

Chana Masala

A rich and savoury Indian chickpea and tomato dish served on brown rice. Mild in spice, but big in flavour. Gluten-free and vegan.

Mac and Cheese

Macaroni noodles smothered in a cheesy sauce and topped with breadcrumbs.

Chili Cornbread Pie

Our homemade chili baked under a crust of golden cornbread.



The Seasoned Spoon is more than just a cafe...



Portabella
Mushroom

Our cafe seeks to provide students, staff and community members with ethically produced foods and academic opportunities to engage in environmental and food issues.

As a non-profit cooperative, the Spoon community works to meet our mandate by supporting local growers through the purchase of high-quality organic and ethically traded food. We feel good about the food we serve because it's fresh, healthy, and delicious. By choosing the Seasoned Spoon for a lunch visit or for catering, you are supporting a sustainable food system that you can feel good about from field to fork!

DRINKS

Organic Fair Trade Coffee

Supplied by Planet Bean. Served with organic sugar and Kawartha Dairy cream and milk.

Organic Fair Trade Teas

We carry a wide selection of herbal and caffeinated teas and will provide your group with a broad selection. Served with Kawartha Dairy cream and milk and organic sugar.

Apple Cider

Locally produced. Available with one week's prior notice.

Black River Juices

Pear Nectar, Apple Cider, Apple Raspberry, Apple Cranberry, and Grape.



The seasonal nature of our menu means that we often have an abundance of certain crops that can be inspiration for other menu items... ask for details!

If there is anything you would like to order that you do not see included below, please feel free to contact us about possibilities. We cater breakfast, lunch, dinner, as well as coffee, tea & light snacks.

SENSATIONAL SOUPS

Minestrone

Seasonal veggies, beans, and pasta in a flavourful tomato and herb broth. Gluten-free and vegan.

Lentil Vegetable Stew

Hearty lentil stew with plenty of seasonal veggies. Gluten-free and vegan.

Carrot Ginger Soup

A pureed and aromatic soup, made with warm spices. Gluten-free and vegan.

Squash

A creamy, rich, pureed soup. Gluten-free and vegan.

Split Pea

A hearty legume based soup with smoky undertones. Gluten free and vegan.

BAKED GOODS

Cakes

Carrot Cake with Cream Cheese Frosting, Lemon Lavender Cake with Lemon Buttercream, Double Chocolate Cake with Chocolate Ganache.

Cookies

Coconut Macaroons, Ginger Crinkle Cookies, Oatmeal Coconut, Chocolate Chip, Double Chocolate Cookies.

Squares

Brownies: Mint, Lavender or Classic Chocolate, Coconut Carrot Squares, Apple Cake Squares, Date Squares, Fruit Bars (Ask about Seasonal Fruit) Lemony Love Bars

Muffins and Scones

Chocolate Chip Scones, Blueberry Scones, Sweet Lemon Scones, Cinnamon Raisin Scones, Pumpkin Spice Muffins, Apple or Carrot Muffins, Lemon Poppyseed Muffins, Double Chocolate Muffins.