

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 our hummus or with one of our delightful bean dips.

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.



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.

Creamy Potato Salad

Classic potato salad. A gluten-free crowd pleaser!

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

Office: (705) 748-1011 x6086

seasonedspoon@trentu.ca

www.seasonedspoon.ca

**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:



Butternut
squash

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.

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!

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!

For more information about the cafe and our educational offerings, visit our website:
www.seasonedspoon.ca

DRINKS

Organic Fair Trade Teas

We carry a wide selection of teas from Four O'Clock Teas, the Algonquin Tea Company, and Traditional Medicinals. Black and Herbal Teas are available.

Apple Cider

Locally produced, available with one week's prior notice.

Organic Fair Trade Coffee

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



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.

Tuscan Soup

A creamy white bean soup with plenty of seasonal vegetables and herbs. Gluten-free and vegan.

Squash

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

Tom Kha Soup

A tangy, salty, and creamy Thai coconut soup. Gluten-free and vegan.

BAKED GOODS

Cakes

Carrot Cake with Sweet Tahini or Buttercream Frosting, Lemon Lavender Cake with Buttercream Frosting, Apple Ginger Cake with Buttercream Frosting, Chocolate or Chocolate Raspberry Cake with Chocolate Frosting

Cookies

Coconut Macaroons, Ginger Cookies, Oatmeal Cookies: Raisin, Chocolate Chip or Coconut Spice, Chocolate Chip Cookies, Double Chocolate Cookies

Squares

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

Muffins and Scones

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