

## APPETIZERS

### Seasonal Crostini

Made from seasonal vegetables, spread over slices of baguette, topped with melted mozzarella from Empire Cheese.

### Nachos and Salsa

Corn tortilla chips served with a delicious salsa and house-made bean dip.

### Vegetables and Hummus/Bean Dip

Seasonal vegetables 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.



## ONE-OF-A-KIND SALADS

### Seasonal Green Salad

*Available until December only*

Greens and seasonal veggies served with our maple-balsamic vinaigrette.

### Vegan Kale Caesar with Chickpea Croutons

*Available until December only*

Kale tossed with our tangy, creamy, vegan caesar dressing and topped with tamari toasted chickpeas.

### Curried Quinoa Salad

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

### Roasted Beet Salad

Roasted beets seasoned with balsamic and herbs and served with feta and toasted seeds.

### Creamy Potato-Pickle

Classic potato salad brightened up with dill pickles!

### Kale-Apple-Carrot

*Available until December only*

Shredded veggies and apple with a yummy mustard-maple vinaigrette. Topped with toasted sunflower seeds.

### Chickpea-Carrot

This hearty combo is dressed in a garlicky, lemony, paprika vinaigrette.

## Hours of Operation:

Monday & Friday

8:00 am – 3:30 pm

Tuesday – Thursday

8:00 am – 6:00 pm

[We cater outside these hours.]



Senior Common Room

Champlain College

Trent University

Cafe: (705) 748-1011 x6085

Office: (705) 748-1011 x6086

[seasonedspoon@trentu.ca](mailto:seasonedspoon@trentu.ca)

[www.seasonedspoon.ca](http://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.

We cater anywhere on campus!

## HEARTY WRAPS

Whole grain tortillas stuffed with one of the following choices and lots of seasonal veggies.



Butternut Squash

BBQ Tempeh  
Chickpea Hummus  
Egg Salad  
Smokey Red Lentil Hummus  
Curried Chickpea  
Apple Chutney and Old Cheddar  
White Bean, Roasted Garlic and Thyme Spread

## MIGHTY MAINS

### Chili and Chips

Delicious and filling, this robust stew is made from seasonal local vegetables, organic red kidney and black beans. Served with corn tortilla chips and topped with (optional) aged cheddar cheese from Empire.

### Balsamic Roasted Vegetables with Organic Grain

Seasonal root vegetables slow roasted to perfection with organic balsamic vinegar, garlic and herbs, and served over organic brown rice.

### Savory Veggie Shepherd's Pie

A robust medley of root veggies, lentils and corn; the topping is made from potatoes from our gardens here at Trent, mashed until light and fluffy and baked until crispy... Sublime!

### Lasagne

A Spoon favorite! Seasonal organic vegetables layered with tomato sauce, creamy cheese, greens and gluten-free rice noodles.

### Quiche

Another Spoon Classic...Flaky pastry filled with seasonal herbs and vegetables, local Empire cheese, eggs and cream. Yum.

### Chana Masala

Rich and savoury, our saucy chickpea, tomato and spinach curry is served on brown rice and can be made spicy or not! A complete meal made with love and local ingredients.

### Mushroom and Kale Frittata

Our potato-crust savoury frittata is the perfect brunch dish, made with farm fresh eggs and local produce!



Portabella Mushroom

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



Radicchio

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](http://www.seasonedspoon.ca)

## DRINKS

### Organic Fair Trade Teas

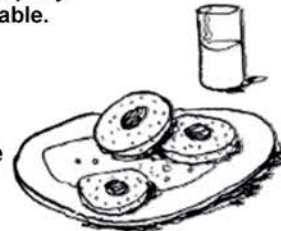
We carry a wide selection of teas from Four O'Clock Teas and the Algonquin Tea Company. Black and Herbal Teas are available.

### Apple Cider

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

### Organic Fair Trade Coffee

From Planet Bean, Decaf available.



## BAKED GOODS

### Cakes

Carrot Cake with Sweet Tahini or Buttercream Frosting, Truffle Cake, Lemon Lavender Cake with Buttercream Frosting, Spice Cake with Caramel Frosting, Chocolate Cake with Chocolate Frosting

### Cookies

Lavender Shortbread, Vegan Ginger Cookies, Coconut Macaroons, Spiced Coconut Oatmeal Cookies, Classic Chocolate Chip Oatmeal Cookies, Chai Spice Cookies, Chocolate Coma Cookies

### Squares

Butter Tart Bars, Classic Brownies, Lemon Love Bars, Spiced Coconut Oat Bars, Nanaimo Bars

### Muffins and Scones

Coconut Chocolate Chip Scones, Maple Nut Scones, Sweet Lemon Scones, Cinnamon Raisin Scones, Vegan Pumpkin Muffins, French Onion Scones, Whole Wheat Oatmeal Muffins, Lemon Poppyseed Muffins



## SENSATIONAL SOUPS

### Minestrone

Seasonal veggies, beans and pasta in a flavourful tomato broth.

### Green Lentil and Seasonal Veggies

Hearty and filling.

### Carrot-Apple-Ginger

Bright and warming!

### Creamy Potato Leek

A classic combo seasoned with thyme and nutmeg.

### Curried Squash and Mushroom

Slightly sweet pureed soup with yummy sauteed mushrooms.

### Tangy Cabbage Potato

Seasoned with honey, cider vinegar and caraway.