

## 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.

### Samosas with Apple Chutney

Savoury Indian pastries, filled with curried veggies, served with a house-made Apple Chutney.

### 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.

### Tofu Bites

Crispy fried tofu bites, served with a sesame-ginger dipping sauce.

### Cheese Platter

An assortment of Empire Cheeses, served with crackers and seasonal fresh fruit.

### Handpies

Savoury turnovers made with flaky pastry and stuffed with seasonal veggies and cheese.



Arugula

## 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 Diesel House Coffee Roasters

## Hours of Operation:

Monday & Friday

8:00 am – 3:30 pm

Tuesday – Thursday

8:00 am – 7:00 pm

[We cater outside these hours.]



Senior Common Room  
Champlain College  
Trent University

Cafe: (705) 748-1011 ex 6085

Office: (705) 748-1011 ex 6086

[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 now cater  
anywhere on campus!

## 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.

## 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.

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



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)

## HEARTY WRAPS

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

### White Bean, Roasted Garlic and Thyme Spread

### BBQ Tempeh

### Chickpea Hummus

### Egg Salad

### Smokey Red Lentil Hummus

### Mushroom Paté

### Vegan Tofu Cream Cheese

### Curried Chickpea

### Apple Chutney and Old Cheddar



## ONE-OF-A-KIND SALADS

### Seasonal Green Salad

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

### Vegan Kale Caesar with Chickpea Croutons

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

### Roasted Beet Salad

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

### Creamy Potato-Pickle

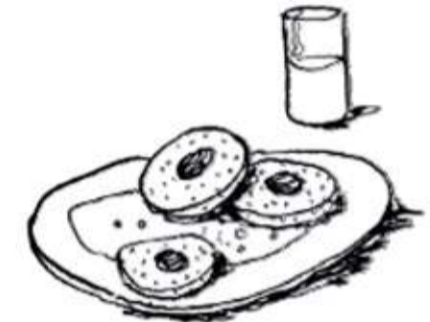
Classic potato salad brightened up with dill pickles!

### Kale-Apple-Carrot

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



## 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