



# EVENT CATERING OFFERINGS 2025/2026





# About this Guide

This guide has everything you need to start planning your event with Mensch Catering. Scroll down to discover our story, pricing policies, and sample menus that reflect our commitment to excellence.

As Vancouver Island's leading team for custom catering, we view these menus as a starting point. We love to create personalized culinary experiences tailored to your unique vision.

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## Booking Information

Email us at [info@menschkitchen.ca](mailto:info@menschkitchen.ca) to receive a comprehensive, custom quote tailored to your event.





**MENSCH**  
KITCHEN & CATERING



## THE EXPERIENCE

Crafting a menu that is a true reflection of your style and passions is what our dedicated team of chefs and event professionals excel at. We partner with you to design a culinary experience that captures your unique tastes and the warmth you share with your guests. Every event has its own magic; whether you envision an intimate family style gathering, sophisticated plated service, lively food stations, or exquisite canapés, we are here to transform your vision into an unforgettable feast.

## OUR VALUES

Mensch Kitchen and Catering proudly serves Vancouver Island, the Gulf Islands, and beyond while upholding the values that define us. Our focus remains on the food, and we use our expertise and care to exceed your expectations. For over 10 years, we have been crafting memorable culinary experiences with thoughtfulness and compassion. Every event we cater reinforces our commitment to a circular economy and strengthens community resilience, resulting in a superior product and deep-rooted connections within our community.

We are deeply committed to sustainable practices that reduce waste and support local producers and communities. In fact, we were the first caterer in Canada to offer a complete sustainable package. Learn more about our sustainable package here:

[Sustainability Menus](#)

**Inquire through our website, or send an email to [info@menschkitchen.ca](mailto:info@menschkitchen.ca) stating your date, guest count, venue, and desired menu.**



# OUR PRICING

At Mensch Kitchen and Catering, we value transparency every step of the way. We understand that hiring a caterer for the first time can be overwhelming, so we lay out every detail from the start to avoid surprises. This document provides a clear overview of our costs, and once we understand your vision, we will happily craft a personalized all inclusive quote to make your event exactly what you envision.

## Menu

Our menus feature carefully curated food pricing. Please note that these prices reflect the cost of food only.

## Staffing

Our team of seasoned professionals is dedicated to making your event flawless. Chefs are charged at \$45 per hour and servers at \$40 per hour. After we learn your guest count and preferred service style, whether buffet, family style, canapés, or food station, we will provide a personalized staffing quote for your event.

## Service Charge

An 18% service charge is applied to the food and beverage total from your invoice. This ensures that our dedicated team is fairly compensated for their expertise and hard work throughout your event. There is no further gratuity expected or desired.

## Catering Kitchen

If your venue lacks a commercial kitchen, we offer our mobile kitchen service. For events within the Cowichan Valley the fee is \$400 and for surrounding areas it is \$450. This fee covers gas, propane, insurance, setup, and takedown to ensure a seamless experience.

## Cake Cutting

For a personalized touch, we offer professional cake cutting and dessert set-up services at \$2 per person for any dessert that Mensch does not provide, ensuring that every slice is handled with care and presented beautifully.

## Rentals

Our pricing includes all necessary serving platters, utensils, buffet-ware, and cocktail napkins. While we do not provide tableware rental services directly, we are happy to recommend trusted rental agencies and assist in coordinating additional rental items. Most companies offer delivery, making the process seamless and allowing you the flexibility to choose pieces that align with your design scheme and budget. We also review your rental order to ensure nothing is overlooked.





## Family-Style

\$60 per guest

**Heritage Grain Sourdough (DFO)**  
preserved citrus, garlic and herb dip

**Tatlo Rd. Farm Greens (GF,V)**  
sweet and salty pumpkin seeds, blueberries in syrup,  
tayeberry vinaigrette, sprouted buckwheat

**Heirloom Tomato Salad (GF)**  
whipped ricotta , sweet onions, cucumbers  
chardonnay and oregano vinaigrette

**This Season's Offerings (GF,V)**  
Cowichan and Island grown vegetables  
marinated in Salt Spring island vinegar, garlic, herbs and olive oil

**Roasted Cowichan Potatoes (GF,DF)**  
schmaltz aioli

**Honey Roasted Brass Bell Farm Chicken (GF)**  
presented with sorrel and Dijon cream

**Pan Roasted Ling Cod (GF)**  
marinated bartoli beans and silver rill corn, smoked tomato butter

**Seasonal Pavlova (GF,VO)**  
cascade berry curd, stewed berries and fresh fruit





## Family-Style \$70 per guest

**Hearth Fired Organic Wholegrain Bread (V)**  
pinot noir vinegar and Spanish olive oil

**Crisp Romaine and Chicory Salad**  
parmesan, pork cracklings, sourdough croutons  
preserved citrus and herb dressing

**Peninsula Melon Salad (GF,V)**  
cucumbers, preserved jalapeno, fresh mint  
Charm d'ile and basil vinaigrette

**This Season's Offerings (GF,V)**  
Cowichan Valley and Island grown vegetables  
marinated in Salt Spring Island vinegar, garlic, herbs and olive oil

**Roasted Cowichan Potatoes and Chanterelles (GF,DF)**  
rosemary and garlic roasted, funky aioli

**Forty-Eight Hour Island Beef (GF)**  
plum and red wine reduction  
charred alliums and peppers

**Pan Seared Salmon (GF)**  
herbed crème fraiche and marinated summer squash and beets

**Apple Tart**  
Frangipane, shortcrust, apple cider caramel





# Whole Beast Buffet

## \$75 per guest

The below menu features menu items that are whole beast focused.

The buffet includes all items listed.

### Flock

#### Cobb Salad Mini Station (GF, DFO, VO)

butter lettuce, confit chicken, pastured eggs, smoked cheddar, fresh tomatoes and peppers, cucumbers, bacon bits preserved lemon and herb vinaigrette

#### Brass Bell Farm Chicken Ballotine

chicken liver and mushroom mousse, sorrel cream

#### Grilled Chicken Hearts (GF, DF)

cippolini onions, apple rosemary glaze

### Land

#### Kebab Station – Chef action (DF, VO)

- Lamb Kofta
- Pork
- Sabich

with fresh flatbreads, spreads, veggies, pickles, fresh herbs, preserves and sauces (hot sauce, yogurt sauce, tahini sauce, amba)

#### Roasted Cowichan Potatoes (GF)

house crafted sausage, cheese curds, shallots and mushrooms

#### Braised Lamb Neck and Shank (DF)

barley and preserved tomato ragout, romensco sauce

### Sea

#### Spanish Calamari Salad (GF, DF)

torn chicories, peppers, marinated scapes, lemon and parsley

#### Pan Roasted Ling Cod (GF, DF)

tomato and preserved pepper relish

#### Spring Rolls

spot prawn mousse, shiso, sweet chili sauce

#### 'Scallops' (GF,V)

sous vide daikon radish 'scallops' in kelp sala





## Plated 3-Course \$65 per guest

Below is our sample 3-course menu – a starting point for your custom experience. We can tailor your event to include 3, 4, 5 courses or more to perfectly suit your vision.

**1st**

### **Mushroom and Ricotta Agnolotti**

spring peas, radish top pesto,  
roasted walnuts, parmesan

**2nd**

### **Brass Bell Farm Chicken Ballotine (GF)**

chicken liver, apple and bacon stuffing,  
roasted potatoes, seasonal vegetables, sorrel cream sauce

**OR**

### **Line Caught Salmon (GF)**

pan roasted – basted with garlic and thyme,  
marinated seasonal vegetables, sweet corn beurre blanc

**OR**

### **Stuffed Summer Squash (V, GF)**

stir fried organic quinoa, marinated seasonal vegetables,  
red pepper aioli

**3rd**

### **Dark Chocolate Tart**

persimmon caramel, butter crust, crème fraiche chantilly





# Canapes - I

Perfect for a free-flowing garden party or a post-ceremony cocktail hour, our passed canapés bring elegance and a sophisticated taste to your event. For a cocktail hour lasting between one and one and a half hours, we typically recommend serving 4 pieces per person. Pricing is per dozen, min. 2 dozen

## Garden

### **Pupusas (GF) - \$32**

cheese curds, Silver Rill corn salsa

### **Seasonal Arancini - \$36**

cheese curds, Silver Rill corn salsa

### **Tempura Bush Beans (GF,V) - \$38**

Island ginger ponzu

### **Black Truffle Popcorn (GF,DFO) - \$35**

organic popcorn

### **Mushroom Bao Buns (V) - \$42**

roasted shiitake, shallot and miso pate,  
pickled, candied, and fried mushrooms,  
fresh sprouts

### **Seasonal Gazpacho (GF,V) - \$36**

asparagus mint and crème fraiche - summer  
tomato - melon and sherry  
marinated fennel, herb oil, blackberry salt

### **Shishito Pepper Rellenos - \$40**

stuffed with cheese curds and fried in BC  
cornmeal batter, burnt green onion dip

### **Tomato Bruschetta (V) - \$38**

heirloom cherry tomatoes, roasted garlic  
spread, preserved melon, chervil

### **Farmers Cheese Agnolotti - \$42**

sage brown butter, fresh hazelnut

## Land + Flock

### **Jerked Pork Belly Bites (GF,DF) - \$44**

groundcherry glaze, crispy garlic

### **Oxtail Fagotini - \$46**

roasted fennel cream, basil oil

### **Mini BLT - \$48**

Sourdough focaccia, Keating Farm bacon,  
heirloom tomatoes, funky aioli

### **Grass Fed Beef Carpaccio - 50**

cheddar puff pastry, cured egg yolk preserved  
lemon dressing

### **Malaysian Chicken 'Taco' - \$50**

confit Island chicken, einkorn crepe,  
chicory, crema

### **Vietnamese Chicken Kebab (GF,DF) - \$44**

ginger and citrus caramel, sesame and crispy  
shallots fresh mint and cilantro

### **Beef Barbacoa Tacos (GF, DFO) - \$48**

MAiZ Nixtamal Tortillas, summer pickle  
mix, crema, green garnish, crispy fried  
onions

### **BBQ Pork Belly Bao Buns (DF) - \$51**

fresh leeks, cucumber and cabbage

### **Nashville Hot Fried Chicken Slider - \$48**

blue cheese aioli, pickled radish, lettuce,  
house milk bun



## Canapes - II

Perfect for a free-flowing garden party or a post-ceremony cocktail hour, our passed canapés bring elegance and a sophisticated taste to your event. For a cocktail hour lasting between one and one and a half hours, we typically recommend serving 4 pieces per person. Pricing is per dozen, min. 2 dozen

### Sea

**Smoked Sablefish Mousse - \$50**

mustard tartlet, caviar

**Pink Scallop Crudo (GF,DF) - \$50**

light citrus cure, yuzu broth anise, wasabi foam

**Salmon Gravlax - \$50**

sweet corn blini, whipped fromage frais, seasonal relish

**Sidestripe Shrimp Roll - \$55**

toasted ultimate bun, preserved lemon mayonnaise, bread and butter pickle, crispy shallots

**Humpback Shrimp Ceviche (GF,DF) - \$50**

leche de tigre, sweet potato crisp

**Honey Mussel - \$50**

uni butter, negiyaki, kewpie, romaine

**Salt Cod Croquettes - \$40**

preserved lemon, tomato chorizo vinaigrette

**Shrimp and Grits (GF) - \$50**

sauteed humpback shrimp, maple glazed pork belly, crispy fried creamed grits

**Wild Salmon Tartare (GF, DF) - \$48**

avocado-lime dressing, fingerling potatoes, MAiZ Nixtamal tortilla chip

### Sweet Finale

**Fried Banana Lumpia - \$36**

dulce de leche, cinnamon, butter

**Apple Confit Tartlet - \$42**

persimmon caramel, shortcrust, milk crumb

**Ricotta Doughnuts - \$36**

star anise sugar, orange and fig syrup

**Lemon Meringue Tartlets - \$42**

preserved berries

**Milk Chocolate Cream Puffs - \$38**

seasonal herbed pastry cream

**Mensch's S'mores - \$36**

almond biscotti, vanilla marshmallow, spiced chocolate ganache

**Macaron (GFO,VO) - \$38**

open face

cascade berry ganache, raspberry gel, sea salt

**Berries and Things (GFO,VO) - \$38**

orange and thyme meringue, honey sponge, milk chocolate mousse, seasonal berries

**Cookies + Cream Panna Cotta (GFO,VO) - \$36**

strawberry crumb, candied ginger spoon





## Grazing Stations

Our grazing stations, artfully arranged on our signature live edge tables, offer a bounty of locally sourced and house-made delights designed to captivate and feed your guests. Whether as an enticing welcome spread or a stunning dessert display, these stations provide a feast for both the eyes and the palate.

### **Classic** \$24 per guest

Haus Sausage Co's salumis and organic Canadian cheeses  
Mensch's chicken liver pâté, headcheese and pork rilette  
marinated olives, seasonal pickles, compotes, mustard, fresh and preserved fruits, candied nuts, crackers (gf) and fresh breads

### **Seafood** \$26 per guest

smoked salmon, whitefish spread, marinated herring, smoked tuna tartare  
oysters on the half shell  
cucumber salad, seasonal relish, mustard, pickles and fresh veggies,  
lemon and herbs, organic breads, crackers (gf)

### **Vegan** \$20 per guest

hummus, mushroom pâté, cashew spread, roasted squash spread, preserved eggplant, seasonal pickles, marinated cherry tomatoes, dolmades, fresh seasonal veggies and fruits, preserved fruits, assorted crackers (gf), fresh manoushe flatbreads, organic breads, house ketchup chips

### **Dessert** \$20 per guest

chocolate persimmon tarts, raspberry meringue tartlets, carrot cake cupcakes (gf), cookies – sourdough chocolate chip, seasonal macarons (gf), miso sugar cookies, donuts – seasonal crullers, honey glazed donut holes, beignets, fresh + dried fruits, roasted + candied nuts



# Food Stations - I

Our food stations offer a versatile solution, ideal for late-night snacks or an elegant cocktail party. A minimum of three stations is required for a full meal experience, though additional stations may be arranged based on your event timeline and food selection. For extended service, we customize the setup to ensure your guests remain fully satisfied throughout the night.

## Poutine \$14 per guest

house cut + fresh fried kennebec fries  
smoked brisket burnt ends  
island chicken confit  
VI cheese curds and house made gravy,  
toppings: bourbon caramelized onions,  
green onions, funky salt shaker

## Taco \$16 per guest

build your own tacos on MAiiZ Nixtamal tortillas

- cornmeal fried rockfish
- braised beef barbacoa
- rice and beans

slaw, pickled red onions, sweet onions,  
fresh herbs, crispy tortillas  
salsa verde, pico de gallo, pickled chili  
salsa, seasonal hot sauce

## Fast Food \$18 per guest

### Chef Action Station

Fried Chicken Sliders - milk bun,  
gochujang aioli, radish pickle and  
lettuce

Hot Pockets - beef bolognese filling

Hot Dog Rolls - 100% beef shortrib  
hotdogs, organic puff pastry

French Fries - house ketchup, mayo  
and gravy

## You Mac me Smile \$14 per guest

Cowichan Pasta Co's campanelle pasta  
pulled pork, beef bolognese, house  
smoked sausage

bacon bits, sun dried tomatoes, corn  
relish, roasted peppers  
herbed breadcrumbs





## Food Stations - II

Our food stations offer a versatile solution, ideal for late-night snacks or an elegant cocktail party. A minimum of three stations is required for a full meal experience, though additional stations may be arranged based on your event timeline and food selection. For extended service, we customize the setup to ensure your guests remain fully satisfied throughout the night.

### **Poké Station** \$18 per guest

served over warm seasoned sushi rice

- marinated albacore tuna
- wild salmon

shaved radish, cucumber, green onions, edamame, crispy shallots, nori, furikake  
wasabi cream, ginger ponzu, avocado lime dressing

### **E-Kernel-Y Yours** \$6 per guest

#### **Interactive Popcorn Stall**

**\*requires popcorn machine rental**

freshly popped organic corn with real butter

sauerkraut, spicy tomato and herb, and chef's favorite umami tsunami popcorn seasonings

house made sweet and salty kettle corn

add ins: candied nuts and milk chocolate

### **SE Asian Street Food** \$18 per guest

#### **Chef Action Station**

Mini Banh Mi - slowly roasted pork loin, chicken liver pâté, pickled carrots and jalapenos

Island Chicken Satay - tahini sauce

Duck Egg Fried Rice - smoked tofu, grated veggies, groundcherries, vietnamese caramel

Thai Noodle Salad - fresh veggies and sprouts, cilantro, fermented ginger dressing

### **Warm Cookie Station** \$11 per guest

#### **Chef Action Station**

fresh baked brown butter chocolate chip cookies

cookies and cream panna cotta

miso sugar cookies, popcorn cookies, seasonal berry macarons



Thank you for exploring our catering packet. At Mensch Kitchen and Catering, we bring passion and creativity to every event, ensuring that your vision is transformed into an unforgettable culinary experience. With our custom menus and commitment to sustainability, we craft experiences that celebrate community and quality.

**Ready to begin planning? Visit our contact page or get in touch directly. We look forward to working with you.**



### CONTACT FORM

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