Clubs Menu

nest
Catering & Conferences

amscc.ca  6133 University Boulevard, UBC Campus. Vancouver, BC
When you choose Nest Catering as your food catering service, you are doing more than providing guests with an amazing experience. You are supporting the AMS of UBC Vancouver, a non-profit society dedicated to the enrichment of student life. All of our proceeds go directly into the AMS to fund student services including Food Bank, Student Health and Dental Plan, and Sexual Assault Support Center.

Owned & operated by the ams

We are committed to partnering with you in creating exceptional and sustainably responsible experiences for you and your guests.

As part of our catering, we offer a 100% Ocean Wise™ certified menu. To support our environmental initiatives, all of our packaging is 100% recyclable or compostable.
Table of Contents

Breakfast  3
Continental Set
European Buffet
Sunrise Buffet
Brunch Buffet
Networking Standing Buffet

Coffee Breaks  3
Morning and Afternoon Breaks

Snacks  4

Lunch  5
Networking Standing Buffet
Sandwich & Wrap
Salads
Desserts
Boxed Lunches
Networking Lunches
Buffet Menus

Cocktail Parties  11
Buffet Menus
Cold Canapés
Hot Canapés
Food Stations

Dinner  12
À La Carte Menus
Buffet Menus

Beverage Options  16
Soft Drinks & Juices
Spirits & Beer
Wine List

Dietary symbols:  v vegetarian  ve vegan  gf gluten free

Please note, all prices are per person unless otherwise specified. Menu and prices may change without notice.
Breakfast

Continental Set

Fresh chilled juices (orange & apple)  
Sliced seasonal fresh fruit  ve  gf  
Organic yogurt, granola & dried fruits  v  
Assortment of breakfast pastries  v  
Freshly brewed organic & fair trade coffee & selection of teas  
Minimum 10 guests   |   $8.25

Coffee Break

Morning and Afternoon Breaks

Pot of freshly brewed organic & fair trade coffee (serves 8 - 10)  
$12.50 per pot

Conference urn (serves 50)  
$50 per urn

Pot of hot water for your tea (serves 8 - 10)  
(Earl Grey, orange pekoe, chamomile)  
$12.50 per pot

Conference style water stations (serves 30)  
$4 per cambro

Enhance Your Break Selection

Upper case cookies  v  
$1.50 per person

Muffin  v  
$1.50 per person

Assorted mini pastries (apple trellises, croissants, custard crowns one each per person)  v  
$2.50 per person

Assorted croissants (plain & chocolate)  v  
$2.75 per person

House-made bagels with cream cheese  v  
$2.75 per person

Loaves (assorted vegan, banana)  v  
$2.50 per person

Scones - sweet and savory  v  
$2.50 per person

Seasonal whole fruit  ve  gf  
$1.00 per person

Individual yogurts  v  gf  
$1.50 per person   |   Minimum 6 orders per item
Snacks

Snacks are served on platters or baskets

**Vegetable Crudité Platter**  v gf
Chef’s selection of fresh market vegetables served with an herb dip
$3.00 per person

**Nuts & Cheese**  v
Selection of deluxe nuts and Canadian cheeses
$5.00 per person

**Fruit & Cheese**  v
Chef’s selection of sliced seasonal fruits and Canadian cheeses
$5.00 per person

**Mixed “pub” snack items**  v
$1.50 per person
Lunch

Sandwich & Wrap – Platters

Chef selects an assortment of sandwiches which are made with a variety of deluxe fillings and meats served on a variety of fresh baked breads.

Sandwich buffet will consist of 5 different types of sandwiches selected by the chef.
Note: 30% of order will be vegetarian unless otherwise ordered

Gluten Free + $1 per person

Select from the following:

- Chicken salad sandwich, dried cranberry, celery & fresh thyme on a Portuguese bun
- Shaved roast beef, braised onions & cheddar cheese on a baguette
- Classic ham and Swiss cheese, grainy Dijon mustard, lettuce & tomato on croissant
- Oven roasted turkey breast, garlic aioli, Havarti cheese, cranberry chutney on cranberry sourdough
- Smoked salmon bagel with cream cheese, red onion, & capers
- Slow poached albacore tuna wrap, Togarashi mayo & celery
- Cumin scented chicken wrap, guacamole, salsa, lettuce & tomato

Vegetarian / Vegan

- Roasted Portobello wrap with goat cheese, red peppers, olive tapenade & pesto
- Tomato, bocconcini & basil sandwich on ciabatta with sweet balsamic
- Butternut squash salad in a cranberry wrap
- Egg salad sandwich (or wrap)
- Quinoa curry & cauliflower wrap with hummus, lettuce & tomato (wrap only)

Minimum order of 10 | $6.95 per person

Salad

- Beet & arugula salad with shallot vinaigrette
- Greek salad
- Organic mixed greens salad
- Israeli couscous

$5.95 per person

Add to Your Salad

- Sliced turkey, roast beef, ham, chicken salad, tuna salad, cumin scented chicken

Substitute a salad for a sandwich or wrap +$2.50

$2.50 per selection
Lunch

Desserts

Assorted Dessert Tray
Chef selection of assorted cookies, squares, loaves & a seasonal baking surprise  v
$1.75 per person

Cookie Monster
Basket of assorted Uppercase cookies  v
$1.50 per person

Boxed – Sandwich or Wrap

Choice of sandwich or wrap
(select from Sandwich & Wraps – individual selected choices)
Uppercase cookie or dessert square
Bottle of water or soft drink
$11.25 per person

Gluten Free

Choose a sandwich from our Vegetarian / Vegan Options
Organic mixed greens  ve gf
Brownie  v gf
Bottle of water or soft drink
Minimum box order of 6  |  $11.00
Lunch

Enhance Your Lunch Selection

Maki Roll Combo (42 pieces)
One roll of each of the following: California, tuna, salmon, kappa, chicken teriyaki, avocado, yam tempura
$21 per platter

Pie R Squared Pizza
16" pizza with your choice of one topping
(pepperoni, ham & pineapple, cheese or vegetarian)
Cut into 8 slices
$11 per pizza

Networking Lunches

Two course seated lunch – preset salad & freshly brewed organic & fair trade coffee & selection of teas
Service time is 45 mins

Network Menu 1

Salads
(choice of one)
Butter lettuce with goat cheese, pears, walnuts & garlic chive dressing  v
Kale Caesar with anchovy dressing, focaccia croutons & parmesan cheese
Tomato and bocconcini salad with basil & balsamic dressing  v gf

Main Course
(choice of one)
Roasted free range chicken breast, rosemary au jus, gratin potato & baby carrots  gf
Gourmet burger (beef or veggie) with cheese and all the fixings plus potato wedges
Wild Pacific Albacore tuna with 7 grain rice pilaf, spinach gomae with 5 spice glaze
$16 per person

More Networking Menus on next page
Lunch

Networking Lunches

Two course seated lunch – preset salad & freshly brewed organic & fair trade coffee & selection of teas
Service time is 45 mins

Network Menu 2

Salads
(choice of one)
AMS signature seafood chowder; clams, salmon & cod in a rich cream base  gf
Watermelon & feta salad with cucumber in a honey shallot vinaigrette  v gf
Panzanella salad, roasted zucchini, artichokes, olives with tomato vinaigrette & fresh parsley  v

Main Course
(choice of one)
Flank steak with braised carrots, mashed potato, café de paris, glace de viande  gf
Wild Pacific salmon filet with 7 grain rice pilaf, seasonal vegetables & harissa mayonnaise

Dessert
(choice of one) served on platters to the table
Salted caramel and apple tart  v
Chocolate brownie & raspberries  v
Assorted mini cupcakes  v

Vegetarian Options
Mushroom risotto, fried cauliflower & English peas  v gf
Eggplant parmesan, braised greens & quinoa  v

Minimum 30 guests  |  $19 per person
Lunch

Buffet Menus

Healthy Lunch

Spinach “beatnik” salad (seeds, nuts, dried fruit, Okanagan goat cheese & balsamic vinaigrette)  v gf
Local pickled beets & arugula salad with shallot vinaigrette  ve gf
Tomato caprese & quinoa Greek salad  v gf
Rice pilaf with chickpeas & vegetables  ve
Grilled free range chicken breast with sauce vierge  gf

$16.50 per person

Greek Lunch

Greek salad with feta cheese & olives  v gf
Hummus & tzatziki with naan bread  v
Greek spiced roasted chicken thighs  gf
Grilled Mediterranean vegetable platter  ve gf
Oven roasted potatoes with lemon & rosemary  ve gf
Spanakopita  v

$16.50 per person

Pasta Lunch

UBC Farm kale Caesar salad with focaccia croutons  v
Grilled marinated vegetables  ve gf
Rigatoni Bolognese
Cheese tortellini, spinach & red pepper in Alfredo sauce  v

$15 per person

Fajita Lunch

Organic green salad with cucumber & mango vinaigrette
Fajita bar includes:
Seared carne asada  gf
Cumin scented chicken  gf
Roasted peppers & onions  ve gf
Sour cream, pico de gallo & guacamole  ve gf
Saffron rice  ve gf

$16.50 per person
Lunch

Buffet Menus

Dessert

Choose one (1) dessert with your lunch order

- Uppercase cookie platter  v
- Gluten free brownies & lemon squares platter  v gf
- Seasonal whole fruit  ve gf

Minimum order of 20 | $1.50 each

Cocktail Parties

Buffet Menus

Pre-dinner
- 3 canapés per person
  - 2 cold & 1 hot

After Hours Style
- 10 canapés per person
  - 4 cold & 6 hot

Dinner Party Style
- 14 canapés per person
  - 6 cold & 8 hot

Priced per dozen, minimum order is 4 dozen per item

Cold Canapés

- Beef carpaccio with truffle, arugula & Grana Padano
- Compressed cucumber & black olive tapenade  ve gf
- Roasted yellow pepper moustarda & Okanagan goat cheese  v
- Prosciutto wrapped organic greens  gf
- Tomato Bruschetta  v
  - $17.75 per dozen

- Angus beef tartar & proper garnish
- Heirloom tomato caprese skewers  v gf
- House-cured smoked salmon on rye bread with pickled red onion & fried capers
- Albacore tuna crudo with yuzu vin & Thai chili
  - $22.50 per dozen

- Chilled poached prawn with saffron aioli
- Sous vide short rib with mustard aioli & pickles  gf
- Thai crab rolls
  - $26.25 per dozen
Cocktail Parties

Hot Canapés

- Grilled cheese sandwiches  v
- Smoked salmon quiche tartlets
- Quinoa croquettes, Sriracha aioli  v gf
- Duck confit spring rolls
  $17.75 per dozen

- Butter chicken satay with mango chutney  gf
- Pulled pork gougeres
- Risotto & parmesan arancini  v
- Chicken skewers with Thai sauce
  $22.50 per dozen

- Root beer braised pork belly with apple butter  gf
- Seared scallops on creamed leeks  gf
- Lamb merguez meatballs with cumin scented yogurt  gf
- Beef sliders with cheddar, tomato relish & red onion
  $26.25 per dozen
Dinner

À La Carte Menus

Dinner is inclusive of one appetizer, one entrée & one dessert with assorted bread rolls, freshly brewed organics & fair traded coffee and tea.

Note: the appetizer and dessert selection must be the same for all guests.

Appetizer
(choice of one)

- Roasted butternut squash salad with arugula & apple  ve gf
- Cucumber & dill salad with smoked Albacore tuna  gf
- Spinach & strawberry salad with warm goat cheese dressing  gf
- Heirloom tomato & bocconcini salad with balsamic drizzle +$3  v gf
- BC Dungeness crab cake with fennel & arugula salad +$6
- Lobster bisque + $3.50

Entrée
(choice of one)

- Grilled Sockeye salmon with roasted nugget potato & mustard jus  gf
  $26.50 per person
- Pan roasted chicken supreme with mashed potato, glazed carrots and sauce chasseur  gf
  $29.50 per person
- Pork chop with German spetzle, mustard and apple jus & braised cabbage
  $29.50 per person
- Teriyaki glazed Ling cod with soba noodle, savoy cabbage salad and bok choy
  $26.50 per person

Vegetarian Option

- Eggplant parmesan with mustard greens & quinoa  v
  $22.50 per person
- Mushroom risotto, fried cauliflower & English peas  v gf
  $22.50 per person

Dessert
(choice of one)

- Salted caramel and apple tart  v
- Chocolate and raspberries  v

(All cheese courses served assorted breads and crackers)
Dinner

Buffet Menus

Create your own buffet menu by selecting from the following à la carte list. Our buffets are served with a selection of assorted bread rolls.

Maximum service duration for buffet is 2 hours.

Please ask us for additional seasonal menu options, as well as to confirm your menu items.

Seated buffet dinners are priced for a minimum of 25 guests; otherwise a surcharge of $7.00 per person will apply.

Salads

- Organic greens with chef’s choice of two dressings  
  - Pickled beet & arugula salad with goat cheese  
  - Antipasti salad (marinated, grilled zucchini, eggplant, olives & artichoke)  
  - Greek salad  
  - Arugula, pear, walnut & blue cheese salad  
  - Tomato caprese  
- Israeli couscous salad with mint, dried cranberries & roasted peppers  
- Calabria pasta salad with olives, artichokes & sundried tomatoes  

2 choices $6.75 | 3 choices $8.50

Sides

- Steamed UBC farm produce with butter and herbs  
- Roasted local nugget potatoes with rosemary  
- Steamed & marinated mushrooms  
- Fried green beans Almondine  
- 7 grain rice pilaf  
- Roasted Brussels sprouts (when in season or other local vegetables) add +$3.00 bacon  
- Fried cauliflower with lemon & almonds  

2 choices $5.75 | 3 choices $8
Dinner

Buffet Menus

Buffet Entrée

Classic Choice

Beef / seafood lasagna
Roasted West Coast cod on miso braised cabbage
Roasted chicken thighs & primavera sauce  gf
Beef or chicken stroganoff
Roasted pork shoulder & onion soubise  gf
Spice glazed wild BC salmon on bok choy
Paella with saffron rice, chicken, chorizo, mussels, clams & prawns  gf
Coq au vin with pearl onions, carrots & celery root  gf

1 choice $7  |  2 choices $12

Premium Choice

Roasted porchetta with scalloped potato & demi glaze  gf
Roasted rack of pork on barley risotto  gf
Pan roasted chicken supreme on mashed potato  gf
Roulade of turkey with sage & dried cranberry stuffing
Slow braised beef short rib with braised vegetables  gf
Ocean Wise herb crusted BC halibut (mid-April to mid-October) on zucchini, fennel & tomato  gf
Confit duck legs on potato rosti  gf

Mustard & rosemary crusted lamb sirloins on goat cheese polenta  gf
Upgrade to rack of lamb +12  gf
Roasted sirloin beef with creamed spinach & demi glaze  gf
Upgrade to tenderloin +12  gf

1 choice $9  |  2 choices $14

Vegetarian

Eggplant parmesan  v
Vegetarian lasagna  v
Mediterranean terrine with whipped goat cheese  v

1 choice $6  |  2 choices $10
Dinner

Buffet Menus

Carving Stations
Minimum 50 guests
Chef attended
Served with a selection of fresh baked rolls with condiments or mustards

Roasted porchetta with apple butter  gf
$9.95 per person
Boneless leg of lamb with demi glaze and mint jelly  gf
$9.95 per person
Stuffed turkey breast carving with apple and sage stuffing and pan gravy
$12 per person

Action Stations
Minimum 50 guests

Mashed potato served with gravy, sour cream and chives  v gf
$4 per person
Pasta – chef’s choice of pasta with 3 different sauces
$6 per person
Beef sliders (1 sider per person)
$4.25 per person

Desserts

Assorted squares and fresh fruit  ve gf
Assorted tarts and pies  v
Assorted petit fours and fresh fruit  v
Pecan pie, apple tart, lemon meringue pie and chocolate torte  v
Assorted cheesecakes  v
Individual tiramisu  v
Assorted French pastries +$6  v
1 choice $4.25  |  2 choices $6.25  |  3 choices $8.25

Coffee and Tea
Freshly brewed organic fair trade coffee & teas
$1.50 per person
Beverage Options

Soft Drinks & Juices

Selection of Soft Drinks
(Assorted cans of Coke & Pepsi) and bottled water
$1.50 per person

Fresh chilled fruit juice (orange & apple)
$2 per person

Coffee
Freshly brewed organic and fair trade coffee (serves 8 -10)
$12.50 per pot

Hot water for tea (serves 10) Earl Grey, orange peko, or chamomile
$12.50 per pot

Conference Coffee Urn (serves 50)
$50 per urn

Punch (serves 20 guests)
Fruit punch
$25 per serving

Specialty iced teas and lemonades
$25 per serving