



# Catering Menu



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## Reception Selections

### Chilled

**Candied Salmon Strips**

*Chive Sour Cream (GF)*

**Smoked Rabbit Sausage**

*Sun-Dried Cherry | Red Currant Chutney (GF)*

**Maple Butternut Squash Spread**

*Fry Bread Dippers (VG)*

**Sweet Grass Smoked Bison Tartar**

*Crostini with Juniper Cream*

**Mini Cornmeal Muffin**

*Whipped Mascarpone | Candied Walnut (V)*

### Hot

**Three Sister and Bison Chili Profiterole**

*Stinging Nettle Gouda (available vegetarian)*

**Wild Rice Croquette**

*Wild Blueberry Preserve (V)*

**Hominy Risotto Spoons**

*Birch Syrup and Sun-Dried Fruit (GF | VG)*

**Smoked Bison Yorkshire Pudding**

*Sage BBQ Sauce*

## Snacks

Pick Three (3)

Min. 10 people

- Salted Corn Nuts (GF | VG)
- Dried Apple Chips (GF | VG)
- Sweet Potato Chips w. Sumac Northern Bean Dip (GF | VG)
- Puffed Wild Rice Granola Bites (DF | V)
- Cranberry-Maple Popcorn (GF | VG)

## Open-Faced Cornbread Sandwiches

- Sage-Roasted Turkey Breast with Cranberry Spread (GF | DF)
- Grilled Chicken Salad with Butternut Squash (GF | DF)
- Fire Roasted Zucchini & Summer Squash with Chickpea-White Bean Spread (GF | DF)
- Duck Confit Salad with Grilled Leek and Wild Blueberry Spread (GF | DF)
- Sockeye Salmon Salad with Dill and Spring Onions (GF | DF)

## Food Stations

Per Person Pricing. Minimum 25 People.

**Carved Butternut Squash Station**

*Maple roasted butternut squash served with grilled vegetables and charred tomato compote (GF | VG)*

**Hominy Risotto Station**

*(GF | VG)*

**Carved Bison Tenderloin Station**

*Per Whole Tenderloin (GF | DF)*

**Braised Beef Shortrib Station**

*(GF | DF)*

## Appetizers | Salads | Soups

### Appetizers

#### Kale and Mixed Greens Salad

Maple Candied Squash | Crushed Hazelnut | Dried Cherries | Herbal Tea & Lemon Vinaigrette (GF | VG)

#### Salt Roasted Beet Salad

Arugula | Dried Blueberries | Pickled Onion | Birch Syrup Vinaigrette (GF | VG)

#### Succotash Salad

Butterleaf Lettuce with Corn Dressing (GF | VG)

#### Sumac and Beetroot Cured Salmon Gravlax

Caperberry | Pastry Straw | Fresh Dill | Lemon

#### (Seasonal-Spring) Blackberry Gnocchi

Fiddleheads | Mountain Oak Stinging Nettle Gouda (V)

### Salads

#### Quinoa and Pumpkin Salad

White Wine Vinaigrette (GF | VG)

#### Great Northern Bean, Turnip, and Tomato Salad

Herb Vinaigrette (GF | VG)

#### Hominy & Sage Over Arugula

Double Smoked Bacon | Tomato | Berry Vinaigrette (GF | DF)

#### Wild Rice Salad

Roasted Corn | Sweet Grass Smoked Salmon | Dried Cranberry (GF | DF)

#### Buttercup Squash Salad

Pumpkin Seed | Sunflower Seed | Dried Blueberries | Raspberry Vinaigrette (GF | VG)

#### Wild Rice & Smoked Duck Salad

Roasted Summer Squash | Dried Blueberries (GF | DF)

#### Kale Salad

Tea Poached Sweet Potato | Scallion Dressing (GF | VG)

## Appetizers | Salads | Soups

### Soups

Per Person Pricing

#### Hearty Three Sisters Soup

Rosemary Cracker ( *VG* )

#### Wild Mushroom Chowder

Wild Rice | Honey ( *GF* | *DF* )

#### Acorn Squash & Tepary Bean Broth

Corn ( *GF* | *VG* )

#### Red Bean & Fire Roasted Green Chili Soup

( *GF* | *VG* )

#### Cedar Smoked Beef & Sage Bouillon

Sunchoke ( *GF* | *DF* )

#### (Seasonal-Spring) Cream of Fiddlehead

Parsnip | Onion | Herb Oil ( *GF* | *V* )

#### Bison Three Sister Chilli

( *GF* | *DF* )

*GF* = Gluten Free | *DF* = Dairy Free | *VG* = Vegan | *V* = Vegetarian



## OUR INDIGENOUS PANTRY

*A list of some of the authentic ingredients used in the production of Cedar Spoon culinary events.*

- Wild Rice Flour
- Hazelnut Flour
- Chestnut Flour
- Wild Rice Stock
- Corn Stock
- Bean Stock
- Wild Mushroom Stock
- Sage
- Cedar
- Sweetgrass
- Mint
- Juniper
- Sumac
- Mustard
- Culinary Ash – Corn, Sage, Juniper
- Rosehips
- Spruce Tips (Fresh in Spring | Dried Rest)
- Dried Mushroom
- Sunflower Seeds
- Sunflower Butter
- Sunflower Oil
- Hazelnut Oil
- Pumpkin Seed Oil
- Walnut Oil
- Maple Sugar
- Maple Vinegar
- Agave
- Tea Leaves



## OUR PHILOSOPHY

To actively contribute to the decolonization and reconciliation of Indigenous peoples in Canada. Through sharing Indigenous food authenticity while honouring Canada's roots from a food perspective, Cedar Spoon will aim to bring forth awareness to the community of all that Mother Nature provides us.

The Cedar Spoon catering menus have been written while keeping authentically local ingredients and procedures in mind wherever possible.

*"Food is a way for us to reconnect with the Indigenous culture, celebrate, and bring us all together. Food is holistic, its medicine, and breaking bread is a time of listening."*

- Chef Destiny

### Entrees

Choose Two (2) Sides & Served with Cedar Tea

#### From the Sky

**Forest Mushroom Stuffed Chicken Breast**

*Herb Jus (GF | DF)*

**Sage Rubbed Pheasant**

*Wild Rice | Sun-dried Stone Fruit Pilaf (GF | DF)*

**Roasted Chicken Legs**

*Saskatoon Berry Sauce (GF | DF)*

**Slow Roasted Duck**

*Summer Berry | Grilled Apple Chutney (GF | DF)*

#### From the Land

**Sumac & Rosemary Braised Beef Short Rib**

*Roasted Chestnut (GF | DF)*

**Bison & Three Sisters Chilli**

*(GF | DF)*

**Roasted Lamb Leg**

*Juniper-Onion Sauce (GF | DF)*

**Garlic Studded Roast Venison Leg**

*Hominy Risotto (GF | DF)*

**Roasted Rabbit Stew**

*Cabbage | Corn Dumplings (DF)*

**Bison & Turnip Stew**

*Savoury Dumplings | Roasted Carrots (DF)*

## Entrees

### From the Sea

Cedar Baked Salmon Fillet

*Onion Marmalade (GF | DF)*

Cornmeal Crusted Pickerel Fillet

*Sweet Corn | Squash Puree (GF | DF)*

Smoked Whitefish

*White Bean Sautee (GF | DF)*

Corn Husk Roasted Steelhead Trout

*Thyme & Cranberry Hominy (GF | DF)*

(Seasonal-Spring) Mussels

*Spruce Tips | Spring Onions (GF | DF)*

Roasted Salmon Fillet

*Mashed Turnip | Potato (GF | DF)*

GF = Gluten Free | DF = Dairy Free | VG = Vegan | V = Vegetarian



## Sides

### From Within the Earth

Grilled Butternut Squash

(GF | VG)

Cedar Poached Root Vegetables

Maple Glaze (GF | VG)

Grilled Cactus Paddles

Sage-Lemon Vinaigrette (GF | VG)

Wild Rice and Zucchini Cakes

Chipotle Aioli

(Seasonal-Spring) Sauteed Fiddleheads

Roasted Garlic (GF | VG)

Baked Wild Rice & Wild Mushroom Pilaf

Thyme (GF | VG)

Baked Three Bean Stew

Tomato | Sage (GF | VG)

Sweet Corn and Zucchini Sauté

Toasted Hazelnuts (GF | VG)

Wilted Wild Greens and Spinach

Sumac | Sunflower Seed | Onion (GF | VG)

Salt Roasted Golden Beets

Agave Glaze (GF | VG)

Roasted Baby White Potatoes

Sage (GF | VG)

Cedar Tea Poached Potatoes

(GF | VG)

Apple & Wild Rice Stuffed Acorn Squash

(GF | VG)



## Served Desserts

Per Person Pricing

Saskatoon Berry Honey Cake  
(GF | V)

Maple Sugar Fry Bread  
*Cedar Tea Ice Cream | Birch Syrup*

## Desserts Trays

Minimum Order Three (3) Dozen

Cookie Tray  
*Maple-Wild Rice | Sunflower | Saskatoon Filled Amaranth Cookies* (GF | VG)

Chocolate-Pecan Bites  
(GF | VG)

Butternut Squash Ice Pop  
(GF | VG)

Saskatoon Berry Honey Cake Platter  
(GF | V)

GF = Gluten Free | DF = Dairy Free | VG = Vegan | V = Vegetarian







## Build Your Own Buffet

Per Person Pricing. Min 50 People.

### Base Price Buffet Includes

- Cornbread (GF | V)
- Cedar Tea (GF | V)
- Grilled Vegetable Platter (GF | VG)
- Fresh Cut Vegetables With White Bean Dip (GF | VG)

### Salads (Choice of 2)

Quinoa and Pumpkin Salad

White Wine Vinaigrette (GF | VG)

Great Northern Bean, Turnip & Tomato Salad

Herb Vinaigrette (GF | VG)

Wild Rice Salad

Roasted Corn | Sweet Grass Smoked Salmon | Dried Cranberry (GF | DF)

Buttercup Squash Salad

Pumpkin Seed | Sunflower Seed | Dried Blueberries | Raspberry Vinaigrette (GF | VG)

Kale Salad

Tea Poached Sweet Potato | Scallion Dressing (GF | VG)

### Sides (Choice of 2)

Grilled Butternut Squash

(GF | VG)

Ontario Maple Glazed Root Vegetables

(GF | VG)

Sauteed Fiddleheads with Roasted Garlic

(Seasonal/ Spring) (GF | VG)

Baked Wild Rice, and Wild Mushroom Pilaf

Thyme (GF | VG)

Baked Three Bean Stew

Tomato | Sage (GF | VG)

Sweet Corn and Zucchini Sauté

Toasted Hazelnuts (GF | VG)

Wilted Wild Greens & Spinach

Sumac | Sunflower Seed | Onion (GF | VG)

Salt Roasted Golden Beets

Agave Glaze (GF | VG)

Roasted Baby White Potatoes

Sage (GF | VG)

Cedar Tea Poached Potatoes

(GF | VG)

## Build Your Own Buffet

### From the Sky

Roasted Chicken Legs

Saskatoon Berry Sauce ( GF | DF )

Slow Roasted Duck Legs

Summer Berry | Grilled Apple Chutney ( GF | DF )

### From the Land

Sumac and Rosemary Braised Beef Short Rib

Roasted Chestnut ( GF | DF )

Bison and Three Sisters Chilli

(Can be Made Vegetarian) ( GF | DF )

Roasted Lamb Leg

Juniper-Onion Sauce ( GF | DF )

Roasted Rabbit Stew

Cabbage | Corn Dumplings ( DF )

Bison and Turnip Stew

Savoury Dumplings | Roasted Carrots ( DF )

(Can be Made Vegetarian)

### From the Sea

Cedar Baked Salmon Fillet

Onion Marmalade ( GF | DF )

Cornmeal Crusted Pickerel Fillet

Sweet Corn | Squash Puree ( GF | DF )

Mussels

Spruce Tips | Leeks ( GF | DF )

### Dessert

Saskatoon Honey Cake ( GF | V ) & Assorted Cookies ( GF | VG )

