

The YMCA Community Café is also available for catering during the evenings and offers a separate evening menu. We please ask that you give us a minimum of one week notice for evening catering events and 24 hours notice for lunches. We can accommodate both large or small parties. Please contact us to set up a meeting to discuss your luncheon or evening menu choices.

Community Café

The YMCA Community Café is a project created for youth who are unemployed or under employed. This Café is an initiative which teaches practical skills to those involved by preparing them with employability skills that they will use their entire lives. The Café engages youth in a project in which they can take ownership, be dependable and be proud of their accomplishments.

YMCA

**2400 13th AVE. REGINA, SK.
S4P 0V9**

Phone: 1-306-757-9622 Ext.268

Fax: 1-306-525-5508

E-mail: catering@regina.ymca.ca

YMCA OF REGINA COMMUNITY CAFÉ CATERING MENU



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REGINA, SK. S4P 0V9

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**We build strong kids,
strong families, strong
communities.**

**Hours of Operation
Monday to Friday
7am-3pm**

Sandwiches

6\$ per person

(Ask for available bread choices)

BBQ Pulled Pork

Our recipe of slow roasted pork shoulder with a secret rub and braising method which makes our pulled pork sandwich pretty darn tasty. Its served with our zesty mayo, cheddar and coleslaw.

Roast Beef and Cheddar

Slow roasted beef thinly sliced and simmered in gravy made from the roasting pan. Horseradish mayo and cheddar finish off this tender flavor packed sandwich.

Chicken Salad Club

Tender chunks of roasted white and dark meat, sun-dried tomatoes, sweet onions, dijon mustard and mozzarella cheese. Topped with bacon, spinach and tomatoes.

Vegetable Pita

Avocado, sweet onion, cucumbers, fresh tomatoes with spinach and hummus on a warmed herb flat bread.

Classic Tuna Salad

Celery, chives, mayo and tuna make this sandwich a simple yet delicious choice.

Smoked Turkey with Sundried Cranberry, Pesto Mayo

Thinly sliced smoked turkey, parmesan, fresh spinach, tomatoes and sundried cranberry, pesto mayonnaise.

Soup

5\$ per person

Cream of Tomato, Basil

A classic home-style soup made with Tomatoes, herbs and cream, simmered to perfection.

Cream of Wild Mushroom

A oven roasted blend of wild mushrooms, aromatic herbs and cream with a hint of roasted garlic.

Hearty Garden Vegetable

A selection of seasonal vegetables slowly simmered in a vegetable broth.

Cream of Broccoli with Cheddar

A rich blend of cream, broccoli and aged Canadian cheddar.

Mexicali Chicken

Chicken, beans, tomatoes, and corn all belong to this mildly spicy soup. We also add fresh lime juice, cilantro, and an Ancho pepper which simmers in the soup till finished. We then add a dollop of sour cream and toasted seasoned tortilla chips.

Roast Pork and Tomatillo Stew

Tender oven roasted pork shoulder, tomatillos, garlic, and potatoes with cilantro.

Beverages

- Juice (apple, orange) 2\$ per person
- Bottled water 2\$ per person
- Coffee / Tea (ask for choices) 2\$ per person
- Decaf available upon request
- 2% milk 500ml 2\$ per person
- Chocolate milk 500ml 2\$ per person

Salads and snacks

Spinach Salad (5\$ per person)

Fresh spinach, sliced mushrooms, tomatoes, sweet onions, and goat cheese served with a creamy lemon poppy seed dressing.

Mixed Greens (5\$ per person)

A blend of mixed greens, shredded carrot, mushrooms and red peppers topped with our own home made balsamic vinaigrette.

Caesar Salad (5\$ per person)

Crisp Romaine lettuce, Parmesan cheese and herbed croutons lightly tossed in a creamy Caesar dressing.

Pasta Salad (5\$ per person)

Large Rotini noodles, celery, shredded carrots and green onions lightly tossed in our creamy lemon herb dressing.

Vegetable Tray (5\$ per person)

A mix of bite size vegetables with a homemade creamy dipping sauce.

Cheese and Crackers (5\$ per person)

Fully customizable to meet your needs. Please call for options.

Hummus with Pita Chips (5\$ per person)

Roasted garlic and sundried tomato hummus served with toasted pita chips.

Fruit Tray (5\$ per person)

A variety of bite size fruit served with a light cream cheese dip.

Cookies and Treats (2\$ per person)

Some choices include, ginger snaps, oatmeal raisin, chocolate chip , puffed wheat square, rice crispy squares. We also take requests.