

The background is a solid red color. In the upper right quadrant, there are several thin, white, parallel diagonal lines that extend from the top right towards the center of the page.

Red Oak Catering - Daytime Menu 2025



We would like to take this opportunity to introduce to you Red Oak Catering, the premier catering service located in St. John's, Newfoundland. We offer an array of different options in regards to menus and locations.

Our menu package serves as a starting point to plan your event, however we are happy to provide customized offerings to make your event one to remember!

All items listed in the menu package are priced per person.

A complete list of policies is provided on the next page.

Conditions of Booking

- 1) Red Oak Catering must supply all food and beverage requirements for events at Emera Innovation Exchange. No food or beverages are allowed to be brought onto the premises without prior approval.
- 2) All food and beverage charges are subject to 15% gratuity and all charges are applicable to 15% HST.
- 3) All prices are subject to change without notice and final pricing will be confirmed **3 weeks** prior to the event due to increased food market volatility.
- 4) All alcoholic beverages must be purchased from our facility. Any abuse from the client's guests could result in bar services being terminated earlier than scheduled.
- 5) Red Oak Catering is not responsible for any loss of materials or personal belongings as a result of them being left on the premises.
- 6) Guaranteed numbers in attendance and final meal selections are required **FIVE (5) BUSINESS DAYS** prior to the event. After this time, any last-minute cancellations or adjustments will not be accepted.
- 7) Any accounts in arrears after 30 days will be subject to 2% per month in addition to the original balance.
- 8) Please note that credit card transactions in excess of \$2500.00 will be subject to a 2% surcharge.
- 9) Some allergies and dietary restrictions may be subject to a surcharge fee.
- 10) We cannot guarantee that any item made in our kitchen is 100% free of gluten or allergens, but we will strive to accommodate all dietary requests and to provide the information necessary regarding menu items.
- 11) There is a china rental fee of \$2.00 per person for catered events located at the Johnson Geo Centre.

Breakfast

The Sunrise

Pastries | Croissants | Muffins | Fruit Platter | Orange Juice | Coffee | Tea

Early Bird

Pastries | Croissants | Muffins | Fruit Platter | Bacon | Oven Roasted Potatoes | Scrambled Eggs | Coffee | Tea

Breakfast Burritos

Scrambled Eggs | Cheese | Sausage | Salsa | Sour Cream | Sliced Fresh Fruit | Coffee | Tea

Please note that all breakfast is served buffet style

Breakfast Add-Ons

Sausage
Baked Beans
Salt Cod Cakes
Toutons & Molasses
Cheddar & Swiss
Yogurt Parfait

Beverages

Coffee | Tea
Juice Jug
Soft Drinks
Perrier

Breaks

Morning Refresh

Yogurt | Fruit Salad | Coffee | Tea
Muffins | Yogurt Parfait | Coffee | Tea

Afternoon Refresh

Cookies | Whole Fruit | Coffee | Tea
Croissants | Cheddar & Swiss | Coffee | Tea

Lunch

Sandwich Board

Daily Soup | Garden Salad

Braised Beef Stew 🌿

Root Vegetables | Dark Ale Broth | Baguette | Garden Salad

Grilled Chicken Fajitas

Vegetables | Spiced Rice | Tomato | Lettuce | Cheddar | Sour Cream | Salsa |
Baja Salad

Pasta Bake

Bolognese | Parmesan | Garlic Toast | Caesar Salad

Sticky Chicken 🌿

Honey | Grainy Dijon | Rice | Lime Cucumber Salsa | Zucchini

Pulled Pork

Apple Cider BBQ Sauce | Asian Slaw | Baguette | Garden Salad

Butter Chicken 🌿

Chickpea Salad | Mango Chutney | Basmati | Naan

Lunch Buffet

Fresh Baked Bread | Butter

Salads | Choose 2

Pasta | Garden | Spinach | Coleslaw

Mains | Choose 2

Oven Roasted Cod 

Lemon | EVOO | Scrunchions

Roasted Chicken 

Herbs | Garlic | Cream

Pork Loin 

Fennel Rosemary Crust | Mushroom Demi

Potato | Vegetables  

Mini Sweets

Coffee | Tea

Lunch Add-Ons

Daily Soup

Garden Salad

Mini Sweets

Cookies