

Baked Goods

Cakes & Cupcakes

Carrot with Cream Cheese Frosting,
Lemon Lavender with Buttercream,
Double Chocolate with Chocolate Ganache,
Coffee cake.



Cookies

Coconut Macaroons, Ginger Crinkle, Oatmeal
Coconut, Chocolate Chip, Double Chocolate,
Chai sugar, Earl Grey Sugar

Brownies

Mint Chocolate, Classic Chocolate.

Squares

Coconut Carrot, Apple Cakes, Date.

Bars

Seasonal Fruit Bars, Lemony Love Bars.

Muffins

Pumpkin Spice, Apple, Lemon Poppy seed,
Carrot, Double Chocolate, Cinnamon Swirl

Scones

Blueberry, Sweet Lemon, Cinnamon Raisin.

Drinks



Coffee, Organic Fair Trade.

Teas, Organic Fair Trade; A wide selection of
herbal and caffeinated teas. Served with
Kawartha Dairy cream/ milk and organic sugar.

Hot Chocolate, organic, Fair Trade.

Local Apple Cider

Black River Juices: Pear Nectar, Apple Cider,
Apple Raspberry, Apple Cranberry and Grape.

About Us



The Seasoned Spoon
is a not-for-profit, vegetarian,
cooperative café located
at Trent University.

We offer local and delicious catering
sourced from veggies grown by the
Trent Vegetable Gardens, and from
surrounding local farms.

Contact Us

Champlain College
Trent University
Cafe is open 9-4pm
Monday-Friday

(705) 748-1011 x 6086
spooncatering@trentu.ca
www.seasonedspoon.ca



Our Instagram:



Catering
order form



The Seasoned Spoon Cafe



Catering Menu

A cooperative café at
Trent University,
serving up delicious,
locally-sourced meals and
seasonal catering with
heart and purpose.



At the Spoon, we take pride in offering delicious, thoughtfully prepared catering made with the highest-quality ingredients. When you order from us, you're supporting local growers and farmers, as well as the Trent student-staff who craft each dish with care. Because we source our ingredients locally, we kindly ask that catering orders be placed one week in advance. We offer a variety of menu options, including Gluten-Free (GF) and Vegan (V) selections, please inquire.

Appetizers



Corn Chips Salsa & Bean Dip

Organic corn tortilla chips served with salsa.

Vegetables and Hummus

Seasonal vegetables served with hummus.

Mini Quiches

Mushrooms and swiss cheese in a light egg custard, baked in flaky mini pastries.

Mini Falafel

Traditional Middle Eastern chickpea croquettes served with lemon-tahini sauce.

Cheese Platter

An assortment of Empire Cheeses served with crackers and seasonal fruit or fruit compote.

Croquettes

Crispy fried potato fritters stuffed with cheese and served with a lemon-herb aioli.

Wraps & Sandwiches

Whole-grain tortillas stuffed with fresh, seasonal veggies and one of the following fillings:

- Chickpea Salad
- Moroccan-spiced Quinoa & Veggies
- Roasted Roots and Hummus
- Egg Salad
- Bean Burrito
- BBQ Tempeh

Soups



Delicious and nourishing soups for every occasion, made with veggies fresh from the garden

- Minestrone
- Lentil Vegetable Stew
- Carrot Ginger Soup
- Squash
- Split Pea

Salads



Our Salads are made with fresh veggies from the garden.

- Seasonal Green Salad, until December
- Kale Caesar, until December
- Curried Quinoa Salad
- Veggie Slaw
- Potato Salad
- Three Bean Salad

Mains



Chili and Cornbread Muffins

This robust stew is made from seasonal local vegetables and organic beans. Served with cornbread muffins or corn chips.

Options for sour cream and grated cheese.

Veggie Shepherd's Pie

A medley of root veggies, lentils, and corn topped with fluffy mashed potatoes and baked to perfection.

Lasagna

A Spoon favourite! Seasonal organic vegetables layered with ricotta, greens, lasagna noodles, and marinara or bechamel sauce.

Frittata

Made with seasonal vegetables and herbs, local Empire cheese, and farm-fresh eggs.

Chana Masala

A rich and savoury Indian chickpea and tomato dish served on brown basmati rice. Mild in spice, but big in flavour.

Coconut Chickpea Curry

Rich and creamy tomato and coconut curry. Slightly spicy and feels like a warm hug.

Mac and Cheese

Macaroni noodles smothered in a cheesy sauce and topped with breadcrumbs.

**We offer a seasonal menu. Looking for something you don't see here?
Ask for options.**