



Equi-tea Multicultural Catering

Home cooked / multi-ethnic cuisine

Equi-tea Multicultural Catering
is a project of the Multicultural
Health Brokers Cooperative

TO ORDER CALL:

(780) 423-1973

9538-107 AVE EDMONTON, ALBERTA

SALADS

▶ **Greek Salad**

Romaine lettuce with fresh tomato, cucumber, red bell pepper, feta cheese, red onion, olives, and our own dressing. Gluten free.

▶ **Caesar Salad**

Crisp romaine lettuce and croutons served with our house dressing and parmesan. Gluten free.

▶ **Asian Noodle Salad:**

Cool clear noodles. Add chicken or shrimp. Gluten Free.

▶ **Thai Spinach Salad**

Fresh, colourful vegetables with lime and sesame seed dressing. Gluten free.

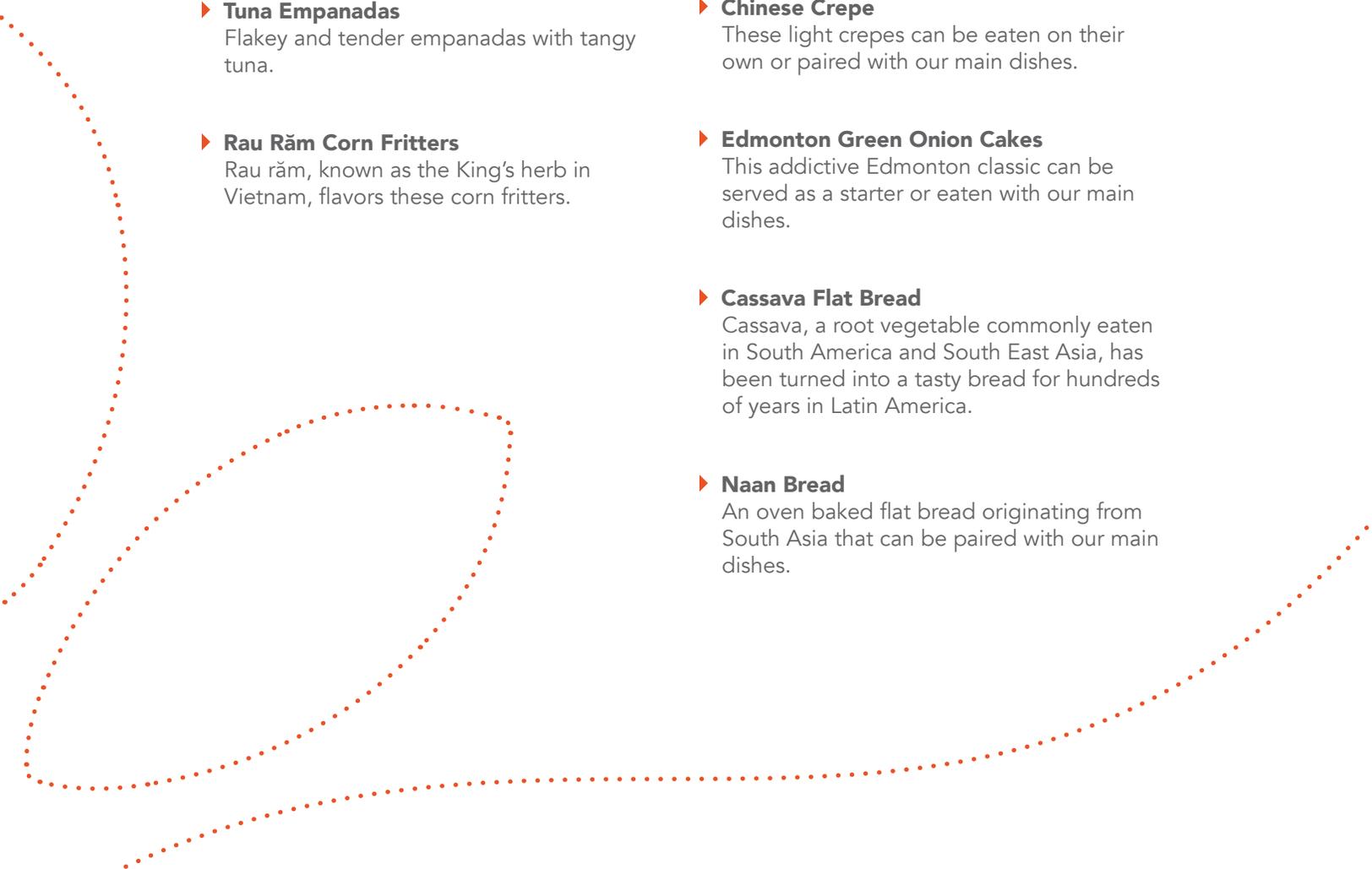
▶ **Tokyo in Edmonton Salad**

A delightfully flavoured salad featuring crispy cucumbers. Let us know how much zip you would like. Gluten free.

▶ **Seaweed Salad**

Crunchy seaweed noodles, cucumber, and sesame sauce. Gluten free.

STARTERS

- ▶ **Vietnamese Spring Rolls / Summer Rolls**
Fresh jicama and carrots. Order with fresh or stir-fried vegetables. Gluten free on request.
 - ▶ **Broiled Tofu with Miso (Tofu Dengaku)**
Fresh tofu served with miso, honey, and seaweed. Gluten free.
 - ▶ **Peppers Stuffed with Tetilla Cheese**
Green peppers filled with a smooth Spanish cheese.
 - ▶ **Samosas**
Crispy pastry stuffed with spiced beef vegetables and served with tamarind sauce
 - ▶ **Tuna Empanadas**
Flakey and tender empanadas with tangy tuna.
 - ▶ **Rau Răm Corn Fritters**
Rau răm, known as the King's herb in Vietnam, flavors these corn fritters.
 - ▶ **Vietnamese Imperial Rolls**
Golden rolls featuring chicken, taro roots, water chestnuts and onions.
 - ▶ **King's Pineapple with Shrimp rolls**
Shrimp rolls with pineapple.
 - ▶ **Hummus with Red Pepper on Fresh Baked Naan.**
House hummus recipe served with red peppers.
 - ▶ **Herb Roasted Potato**
A unique finger food, combining coconut, rau răm and sweet potato. Gluten free.
 - ▶ **Chinese Crepe**
These light crepes can be eaten on their own or paired with our main dishes.
 - ▶ **Edmonton Green Onion Cakes**
This addictive Edmonton classic can be served as a starter or eaten with our main dishes.
 - ▶ **Cassava Flat Bread**
Cassava, a root vegetable commonly eaten in South America and South East Asia, has been turned into a tasty bread for hundreds of years in Latin America.
 - ▶ **Naan Bread**
An oven baked flat bread originating from South Asia that can be paired with our main dishes.
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SOUPS

- ▶ **Pho, Vietnamese beef noodle soup**
Clear soup flavored with basil. Gluten free.
- ▶ **Vegetarian Eritrean Lentils Soup**
Comforting lentils served with vegetables. Gluten free.
- ▶ **Borsch**
Our traditional borsch served with sour cream. Gluten free.
- ▶ **Shrimps Plantain Soup**
Pink shrimps with coconut cream and plantains. Gluten free.

MAIN DISHES

- ▶ **Savory Chicken and Baked Potato**
Chicken with shallots, garlic, rosemary, and a side of green beans and potatoes. Gluten free.
- ▶ **Caribbean Chicken Curry** 🌶️🌶️
Chicken simmered in a homemade curry with root vegetables.
- ▶ **Korean Beef Bulgogi with Asian Pear Dipping Sauce** 🌶️🌶️
Marinated beef rib, served with our pear sauce.
- ▶ **Cambodian Chicken with Purple Noodles** 🌶️🌶️
Gently spiced baked chicken breast with purple noodles, carrots, and bean sprouts. Gluten free.
- ▶ **Prawns with Peach Sauce**
Shrimp glazed in peach sauce on steamed rice.
- ▶ **Jamaican Beef Stew** 🌶️🌶️
Marinated beef served with five kinds of beans. Gluten free.
- ▶ **Grilled Pork Chops with Saté Sauce** 🌶️🌶️
Pork chop glazed with sate, peanut sauce. Gluten free.

How spicy would you like it?

- 🌶️ 1 chili
- 🌶️🌶️ 2 chilis
- 🌶️🌶️🌶️ 3 chilis

All dishes served with rice.

Each dish can be made with halal meat if desired.

VEGETARIAN DISHES

- ▶ **Vegetarian Curry**   
Tofu and acorn squash cooked in our homemade curry sauce.
- ▶ **Red Bean curd with Water Spinach**
Nutritious red bean curd paired with Chinese water spinach. Gluten free.
- ▶ **King Mushroom on Greens**
Chewy king mushrooms on Chinese broccoli. Gluten free.

How spicy would you like it?

-    1 chili
-    2 chilis
-    3 chilis

All dishes served with rice.

DESSERTS

- ▶ **African Donut Twists**
- ▶ **Coconut Blossom Cookies**
- ▶ **Pancakes with Custard and Berries**
- ▶ **Seasonal Fruit Plate**
Gluten free.

BEVERAGES

- ▶ **Coffees** \$2 - \$5 / person.
Vietnamese coffee, regular or decaf coffee.
- ▶ **International teas** \$2 - \$5 / person
Served hot or cold. Try our sweet fig tea or jasmine blossom tea.
- ▶ **Pop and juice** \$1.50 / person
- ▶ **Nhi huong tra tea** \$25 / person
We are pleased to offer you the opportunity to experience a Vietnamese tea ceremony. Your host will take you through the traditional ceremony, including the inhaling of jasmine and pomelo blossoms and the practice of connecting with your soul as you savour our fine selection of Vietnamese teas. You may select two appetizers to enjoy with your tea. This service is most suitable for between 1 and 4 people.

PRICING

Lunch \$15 / person
Includes one main dish, one serving of rice, and one soup or salad.

Supper \$25 / person
Includes one appetizer, one main dish, one serving of rice and one soup or salad.

Beverages \$1.50 - \$5 / person

Desserts \$2 / person

Delivery \$25 delivery charge for areas outside the 5km in city centre. Pick up is also available.

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THE DETAILS

Order in Advance

Please place your order at least one week in advance.

Dinnerware

Disposable cutlery, napkins, plates and bamboo serving utensils are included with your order. Fine dishes available on request (additional pick up charge may apply). Chafing dishes and crock-pots are sent on hot food orders and are picked up the following day unless other arrangements have been made. We will make arrangements to pick up catering equipment the next day unless alternate arrangements have been made.

Dietary Restrictions

Please let us know if you have any dietary preferences or restrictions (vegetarian, gluten free or any allergies.) Our kitchen is not a nut free zone, however we take every precaution to avoid cross contamination of allergens with food supplies when advised but we are unable to fully guarantee this.

Cancellation

Any changes or cancellations to your order must be made 24 hours in advance.

Payment

Payment must be made by cash or cheque.



Equi-tea Multicultural Catering is a project of the Multicultural Health Brokers Cooperative.

The Multicultural Health Brokers Cooperative is an award-winning non-share worker's coop working within the social development and social enterprise sectors in Edmonton. We have over 15 years of experience supporting families, communities and public institutions in achieving social, cultural, economic equities and intercultural relationship development. Our mission is to strengthen the capacities of multi-cultural communities in Edmonton to advocate for healthy and inclusive public policies, to improve the quality of life for immigrants and refugees, and to build solidarity among communities and with partners to achieve equity.

Equi-tea Multicultural Catering has a double bottom line. We serve delicious multi-ethnic food that has been cooked from scratch for your meetings and events. Profits from the catering business will go back to supporting the Multicultural Health Brokers Cooperative's programming.

