



BOW VALLEY ATHLETIC CLUB

CATERING

MENU

2025

ABOUT US

The Bow Valley Athletic Club is no longer your dad's club. Through an uncompromising commitment to deliver an elevated member experience, expanded modern amenities, curated programming and services, and affiliations that cater to the lifestyle demands and aspirations of a diverse membership, we will provide our members with Calgary's Premier Downtown Social and Athletic Club.

However, we are much more than a club. The BVAC is a sanctuary for young professionals and seasoned executives alike to relax, recharge, compete, and connect on their terms. We are a community that is an integral part of downtown Calgary's energy and revival.

For more information please contact:

Robin Bowen

Food & Beverage

Director

(587) 897-0373

robin.bowen@bowvalleyathleticclub.com

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SPECIAL EVENTS

HAVING A SPECIAL EVENT?

Having a Special Event?
Looking for Something
Different?

Ask about our Chef –
Dustin Schafer Build a
Custom Menu for you!

Our Chef will personally
Design a Menu for your
Event at Market Price.

Please allow minimum 15
days' notice for this option.



Function Space at the Bow Valley Athletic Club 2025

Food & Beverage Deposit - Minimum Spend of Food & Beverage for Complete Room

Room	Breakfast 6am - 11am	Lunch 11am - 2pm	Cocktail/Dinner 2pm-close
Dinning Room	\$1,000	\$1,500	\$3,500



Please see our Event Catering
Package for our list of food and
beverage options. A confirmed
food order is to be placed with a
minimum of 5 business days prior
to the event's date.

Custom Menu options are also
available upon request with our
Chef. A copy of our catering
menu will be sent along with this
information package or upon
request.

Room Setups and additional
accommodations are to be discussed with
the F&B Director - Robin Bowen prior to the
event. Please contact -
robin.bowen@bowvalleyathleticclub.com



Capacities & Room Layouts

Dining Room	Capacity (Estimate)
Breakfast Buffet	65-70
Cocktail Reception (Self-Serve Buffet)	100-110
Cocktail Reception (with Butler Service)	100-110
U-Shape	30
Sitting Dinner (Buffet in the Room)	65
Classroom with Buffet	40
Rounds of 8 with buffet in room	48
Rounds (no buffet)	72-80
Theater (no buffet)	65
Theater (with buffet)	70

CATERING INFORMATION

PRICING

All prices are subject to an 18% service charge and a 5% GST. The service charge is pooled and distributed to employees according to BVAC policy.

Menu prices and service charges may change without notice to reflect current market conditions.

FOOD ALLERGIES & PREFERENCES

We offer gluten-free and dairy-free options under request for an additional charge. Please let us know your dietary allergies and preferences, and we will be happy to accommodate your needs

OUTSIDE FOOD & BEVERAGE

For health and safety reasons, all food served at BVAC must be provided by the Club.

Outside food or beverages are not permitted on the premises, except for celebration cakes and wines. These items must be served by our staff and are subject to a plating fee and/or corkage fee per bottle.

Please arrange for these items with the Catering Department in advance.

GUARANTEE POLICY

Menu selection and an updated guest count are required 5 days prior to the event date. The final guaranteed number of guests must be provided 2 business days before the event. This number cannot be reduced once confirmed. If no guarantee is provided, the event will be billed for either the number of guests originally booked or the actual number served, whichever is greater. Please note that for last-minute increases, the Club can accommodate the same meal choice as selected for the guaranteed number.

BAR SERVICES

We offer a range of liquor service options, including host bar service, drink tickets One bar is provided for every 50 guests. Additional bars can be arranged upon advance request, subject to availability A Bartender charge of \$45.00 per hour applies to all ticketed bars, with a minimum of 3 hours.



RECEPTION ENHANCEMENTS

*Please choose from 4 hot & 2 cold selections. *\$39 Per Guest**

COLD



Tomato Bruschetta- parmesan, basil, balsamic
Caprese Skewers – grape tomato, bocconcini,
basil, balsamic, olive oil
Tartare- red and gold beets, goat cheese
Prawn Cocktail- cocktail sauce
Oysters – house mignonette

HOT

Prawn Tempura – togarashi, miso aioli
Alberta Beef Sliders
Seared Scallops – celery pesto
Steak Bite Skewers – house made bbq sauce
Arancini- roasted garlic aioli



Additions

House-Fried Potato Chips with chipotle aioli (\$5)

Chef Selected Fine Cheese Board with citrus marinated olives, grapes,
dried fruit, roasted nuts, baguette and assorted crackers (\$16)

Charcuterie Board with house-made rilette, sliced imported salumi, marinated
grilled vegetables, pickles, grainy mustard, toasted baguette and garlic
focaccia (\$16)

Fresh Garden Vegetable Platter with roasted red pepper hummus and fried pita
chips (\$14)

Poached Jumbo Shrimp Platter with fresh lemon, green onion remoulade
sauce, cocktail sauce and parsley (\$16)

Mediterranean Platter with hummus, tzatziki, roasted garlic dip, pita chip,
cherry tomato, cucumber, red pepper, olives and feta cheese (\$16)

CHEF ATTENDED STATIONS

RECEPTION MENU

Chili Lime and Tequila Sautéed Prawns with creamy sweet corn polenta, cherry tomato and pickled jalapeño salad (\$20)

Pan Seared Gnocchi with sun-dried tomato, kale and toasted almond (\$20)

Creamy Cacio e Pepe pasta action station served with fresh parsley and cracked black pepper (\$24)

Stir-Fry Beef Strip and Carrot, Broccoli, Onion, Green Onion, Cilantro with chow mien noodle crunchy chili oil (\$22)



SUSHI STATION

** Price per guest • minimum order 18 people •
under 18 people orders will be charged a service fee of
\$15**

Standard Option Dynamite Roll, California Roll, Spicy Salmon Roll, Spicy Tuna Roll, Yam Roll Veggie Maki Roll soy sauce, pickled ginger and wasabi (\$20)

Deluxe Option Salmon Nigiri, Shrimp Nigiri, Dynamite, Veggie Maki Roll, Rainbow Roll and Signature Roll soy sauce, pickled ginger and wasabi (\$25)



CHEF ATTENDED STATIONS

TACO STATION

** • Price per guest • minimum order 15 people •
choose 1 protein**

Chimichurri Beef Tacos sliced chimichurri
marinade flank steak flour and corn taco shell,
cabbage slaw, sliced lettuce, nacho cheese,
jalapeño, fresh lime, cilantro sour cream and pico
de gallo (\$18)



Ranchero Chicken Tacos - smoked tomato braised grilled chicken thigh flour
and corn taco shell, cabbage slaw, sliced lettuce, nacho cheese, jalapeño,
fresh lime, cilantro sour cream and charred pineapple cilantro salsa (\$16)

Pork Carnitas Tacos maple-glazed carnitas shredded pork flour and corn taco
shell, cabbage slaw, sliced lettuce, nacho cheese, jalapeño, fresh lime, cilantro
sour cream and pico de gallo (\$16)

CARVING BOARDS

• Price Per Guest •

Rosemary Dijon Crusted Alberta Beef Striploin with caramelized onions,
horseradish and dinner rolls (\$24)

Garlic Thyme Roasted Pork Loin with fennel apple slaw, grainy mustard and
dinner rolls (\$22)

Montreal Smoked Meat with
sauerkraut, garlic, dill,
pickles, grainy mustard and
house-made rye (\$22)

Roasted Brined Turkey
Breast with orange
cranberry chutney (\$22)



CONTINENTAL BREAKFAST BUFFETS

** Minimum 10 Guests**

Assorted mini-Danishes, butter croissants and select muffins butter and fruit preserves Gluten Free pastries

Fresh orange or grapefruit juice Fresh brewed Chronicle coffee, decaffeinated coffee and teas (\$22 Per Person)

Fresh sliced fruit and berries

Individual yogurts, assorted flavours Assorted mini-Danishes, butter croissants and select muffins, butter and fruit preserves

Fresh orange or grapefruit juice, Fresh brewed Chronicle coffee, decaffeinated coffee and teas (\$25 per person)

HOT BREAKFAST BUFFETS

** Minimum 25 Guests**

Farm fresh scrambled eggs

Country breakfast sausages & maple smoked bacon

Crispy mini smashed potato -with sautéed onions & peppers

Assorted mini-Danishes, butter croissants and select muffins

Fresh orange or grapefruit juice Fresh brewed Chronicle coffee, decaffeinated coffee and teas (\$29 Per Person)



Free-range scrambled eggs with aged white cheddar

Crêpes drenched in maple butter, garnished with fresh berries

Country breakfast sausages & maple smoked bacon

Yukon Gold potato and caramelized onion hash browns

Assorted mini-Danishes, butter

croissants and select muffins

Fresh orange or grapefruit juice, Fresh brewed Chronicle coffee, decaffeinated coffee and teas (\$34 Per Person)

CORPORATE LUNCHESES

Minimum 15 Guests

Corporate Lunches include freshly brewed Seattle's Best coffee, decaffeinated coffee and teas.

Assorted Cold table Mixed young lettuces, colorful vegetable ribbons and creamy lemon basil dressing

New potato salad with green beans, grape tomatoes and grain mustard vinaigrette

Mediterranean pasta salad with red onion, cucumber, black olives and crumbled feta cheese

Daily soup kettle creation

Create your own sandwiches Our sandwiches are served with a variety of breads & rolls that are freshly baked each morning

Platters of black forest ham, roasted turkey breast, pepper roasted beef sirloin, Genoa salami –

Ocean wise white tuna salad

Black bean hummus Butter lettuce, sliced vine tomatoes, and pickles

Sliced aged cheddar, Swiss and smoked Gouda cheese

Sweet table Platter of assorted brownies & Nanaimo bars Mini butter tarts (\$36 Per Person)



HOT LUNCH BUFFETS

Minimum 25 Guests

ITALIAN FEAST

*** \$39 Per Guest***

Slow-Cooked Beef Bolognese Baked Lasagna

Herb-Marinated Chicken Caponata

Tuscan Focaccia

Kale Caesar Salad with garlic herb croutons, oven-dried tomatoes and
parmesan vinaigrette

Roasted Zucchini and Mushrooms with lemon parsley butter

Dessert: Tiramisu, Mascarpone, Espresso-Soaked Sponge

TACO FIESTA

*** \$39 Per Guest***

Chipotle Rubbed Slow-Cooked Pork Carnitas

Smoked Tomato Braised Grilled Chicken Thighs

Red Cabbage Coleslaw with pickled red onion and chili lime vinaigrette

Warm Flour and Corn Tortillas

Roasted Corn and Chili Seasoned Long Grain Rice

Pico de Gallo, Guacamole, Shredded White Cheddar, and Fresh Cilantro

Assorted Dessert

WEST COAST BUFFET LUNCH

*** \$39 Per Guest***

Caesar Salad

Mixed Green Salad

Greek inspired couscous salad

Chicken Breast

mushroom balsamic cream sauce

Salmon – citrus caper sauce

Smashed & roasted Potato

Maple Roasted Carrots

Buttered Green Beans

Roasted Beets

Assorted Desserts

HOT LUNCH BUFFETS

Minimum 25 Guests

Choose three salads

Arugula, radicchio and butter lettuce mix, shaved radish, grape tomatoes, red wine vinaigrette
Greek vegetable salad with romaine chiffonade and crumbled feta, lemon oregano dressing
Roasted Carrot Salad with pumpkin Seeds, cilantro and Yogurt Dressing
Quinoa Tabbouleh, with tomato, parsley and Citrus Vinaigrette
Melon, cucumber and red onion salad with jalapeno lime vinaigrette
Potato Salad, Cornichons with parsley and shallots, grainy mustard dressing
Red cabbage, carrot and kale salad, dried cranberries and pumpkin seeds, poppy seed dressing

Choose one soup

Coconut chicken curry with lemongrass
Miso broth with shitake mushroom and tofu
Roasted tomato, spinach and parmesan

Choose two entrees \$44 per guest

Choose three entrees \$52 per guest

Lunches served with Steamed rice /sea salt and olive oil tossed fresh vegetables

Entrées

Crispy stir-fried beef and vegetables with hoisin chili glaze
Jerk roasted pork loin with pineapple salsa
Sea salt and rosemary roasted chicken breast with pearl onion and mushroom sauce
Whiskey and soy barbecued turkey thighs with mango chutney
Seared steelhead trout with charred tomato caper relish
Lemon parsley baked codfish with double smoked bacon and clams
Moroccan style sweet potato, chickpea and squash stew
Seared black bean and corn cake with lemon basil yogurt
Curried cauliflower and potatoes with toasted cashews

Choose Two Desserts

Fresh fruit and berry salad with chopped mint
Butter pecan tarts
Maple cream brûlée
Lemon meringue squares with toasted coconut
Assorted country style chocolate brownies and squares
Decadent cookies

DINNER BUFFET

Minimum 40 Guests

Dinner Buffets include freshly baked rolls with butter, freshly brewed coffee, decaffeinated coffee and tea.

Please note: *We are pleased to provide alternate meals for guests with dairy, gluten, and vegetarian restrictions. Requests for additional special meals or dietary restrictions can be accommodated for a charge of \$6 per person. The names of these guests must be provided a minimum of three business days prior to your event.*

Cold Table

angled mixed salad greens with garden vegetables, vinaigrette and creamy dressings
Tuscan bean salad,
spicy pickled eggplant, marinated mushrooms, roasted garlic, extra virgin olive oil
Southwestern roasted corn, quinoa and edamame salad
Creamy dill potato salad with smoked bacon and gherkins

Hot Table

Choose Three Selections

Mustard and herb roasted Alberta beef sirloin with Alberta wild mushroom and leek
confit, red wine jus
Lemon thyme and sea salt seared chicken breast with basil yogurt sauce
Char sui style bbq pork with spicy mango shallot compote
Seared Atlantic salmon pavé with tomato caper relish
Wild mushroom ravioli with roasted butternut squash and parmesan
Cauliflower, chickpea and potato curry
Chef's selection of potato or rice and vegetables in season

Sweet Table

Carrot cake, maple pecan tarts, flourless chocolate cake, individual crème brûlée,
fresh cut fruit (\$69 Per Person)



DINNER BUFFET

Minimum 40 Guests

Seasonally inspired soup of the day

Cold Table

Romaine, radicchio and arugula with sprouts and garden vegetables, vinaigrette and creamy dressings

Red cabbage, carrot and kale salad, dried cranberries and pumpkin seeds, poppy seed dressing

Mediterranean chickpea and grilled vegetable salad with crumbled feta cheese

Creamy pesto penne salad with roasted mushrooms & pickled spicy eggplant

Grape tomato, cucumber and baby bocconcini salad with torn basil, sea salt and honey balsamic vinaigrette

Hot Table

Choose three selections

Chimichurri roasted Black Angus beef tenderloin with oyster mushroom demi glacé

Apple cider brined Ontario free-range chicken with apple bacon relish

Fogo Island cod filet with charred leeks and lemon butter sauce

garlic and rosemary roasted Alberta lamb leg with mint pistou

Moroccan style sweet potato, chickpea and squash stew

Seared black bean and corn cake with lemon basil yogurt

Served with herb roasted mini creamer potatoes and rice pilaf and vegetables in season

Sweet table

Carrot cake, maple pecan tarts, flourless chocolate cake, individual crème Brulée, fresh cut fruit

(\$79 Per Person)



BAR & BEVERAGE SERVICE

**FINAL CHARGES ARE BASED ON CONSUMPTION, ALL
PRICES ARE SUBJECT TO CHANGE**

NON-ALCOHOLIC

1.8 L CARAFE - \$27

FRESHLY GROUND HIGHLY ROASTED COFFEE
CAFFEINATED OR DECAFFEINATED

\$3 PER TEA BAG

STEVEN SMITH TEA SELECTION
A SELECTION OF HERBAL TEAS OR BLACK TEAS

\$3 EACH

PREMIUM TROPICANA JUICE
355 ML

\$4 EACH

ASSORTED SOFT DRINKS
355 ML

\$3 EACH

SAN PELLEGRINO SPARKLING MINERAL WATER
500 ML

\$6 EACH

ESKA NATURAL SPRING WATER 100%
CANADIAN

\$3 EACH

ALCOHOL

GLASS OF WINE
6 OZ

\$13 EACH

BEERS/CIDERS
355 ML

\$9 EACH

BEERS/CIDERS
473 ML

\$10.50 EACH

STANDARD HIGHBALL
1 OZ

\$8.50 EACH

PREMIUM HIGHBALL
1 OZ

\$10 EACH

COCKTAIL
1.5 OZ

\$17 EACH

**To Enquire about special wine selections,
please contact our Food & Beverage Director –
Robin Bowen – robin.bowen@bowvalleyathleticclub.com **



BOW VALLEY ATHLETIC CLUB

Calgary's premier downtown racquet, athletic and social club.

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